Twitter Thread by The Stoic Empire



The Stoic Empire
@TheStoicEmpire

//Thread of wisdom//

The modern mind is overstimulated and the modern body is under stimulated and overfed. Meditation, exercise, and fasting restore an ancient balance.

~ @naval

Retweet to add another.

I have never met a man so ignorant that I couldn't learn something from him.

~ Galileo Galilei

The first principle is that you must not fool yourself - and you are the easiest person to fool.

~ Richard Feynman

Your best work involves timing. If someone wrote the best hip hop song of all time in the Middle Ages, he had bad timing.

~ @ScottAdamsSays

When you are content to be simply yourself and don't compare or compete, everyone will respect you.

~ Lao Tzu

The man who asks a question is a fool for a minute, the man who does not ask is a fool for life.

~ Confucius

Accept everything just the way it is.

Do not seek pleasure for its own sake.

Do not, under any circumstances, depend on a partial feeling.

Think lightly of yourself and deeply of the world.

~ Miyamoto Musashi

There is no fear for one whose mind is not filled with desires.

~ Buddha

Wise men speak because they have something to say; fools because they have to say something.

~ Plato

An underrated lesson:

It's hard to be angry with the world when you're not angry with yourself.

~ The Stoic Empire

No man is free who is not master of himself.

~ Epictetus

Every child is an artist. The problem is how to remain an artist once he grows up.

~ Pablo Picasso

You can never cross the ocean until you have the courage to lose sight of the shore.

~ Christopher Columbus

The two most important days in your life are the day you are born and the day you find out why.

~ Mark Twain

Fall seven times and stand up eight.

~ Japanese Proverb

The person who says it cannot be done should not interrupt the person who is doing it.

~ Chinese Proverb

A happy, calm, and peaceful person will make better decisions. So if you want to operate at peak performance, you have to learn how to tame your mind.

~ @naval

If you don’t get this elementary, but mildly unnatural, mathematics of elementary probability into your repertoire, then you go through a long life like a one-legged man in an ass-kicking contest.

~ Charlie Munger

Happiness depends more on the inward disposition of mind than on outward circumstances.

~ Benjamin Franklin

They will envy you for your success, your wealth, for your intelligence, for your looks, for your status - but rarely for your wisdom.

~ @nntaleb

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.

~ Henry Ford

It is the mark of an educated mind to be able to entertain a thought without accepting it.

~ Aristotle

If you're intelligent, you won't be offended by being wrong.

If you've mastered the skill, you won't be hurt by failure.

If you're wise, you won't be upset by the truth.

~ The Stoic Empire

The only true wisdom is in knowing you know nothing.

~ Socrates

Just keep in mind: the more we value things outside our control, the less control we have.

~ Epictetus

Think of yourself as dead. You have lived your life. Now, take what's left and live it properly.

~ Marcus Aurelius

If you are depressed you are living in the past.
If you are anxious you are living in the future.
If you are at peace you are living in the present.

~ Lao Tzu

You cannot teach a man anything; you can only help him find it within himself.

~ Galileo Galilei

Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.

~ Margaret Mead

When we are tired, we are attacked by ideas we conquered long ago.

~ Friedrich Nietzsche

The hallmark of a successful man is being able to sit for half an hour in peace.

~ The Stoic Empire