

# The Journey School Homework



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- Read Maurice Nicoll's *Commentaries*, "Note on Observation of Intellectual Center and useless Thinking and Wrong Thinking," May 22, 1948, Vol. 3, pp. 1169-1172. Dr. Nicoll asks the question: "Do *you yourself* know that you yourself have fixed attitudes and that you practically know nothing of them?" Go on a hunt to discover just one of them; find examples of its application. Allow your eyes to be opened to their prevalence. Observe, without judgment.
  - Engage one of the practices listed above (or another of your choosing), considering it through the lens of metanoia.
  - In a moment of stress, ask yourself "Whose business am I in?"



The human desire for self-transcendence.

Expressed spiritually as:  
“the desire to become divine. Words like:

Union. Participant.  
Deeper. Communion.

## The Stoics' View (Seneca, 4 BCE – 65 CE)

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Emotions are not mere physiological reactions to external things but mental perceptions and judgements about them.

Emotions were categorized into two types:

Positive = ordered, healthy

Negative = disordered, sick

Apatheia is **NOT** an emotionless state, but the state when one has only ordered, positive, healthy emotions.

# Stoics' View

*Apatheia* is the state of the mind free of disordered emotions; good emotions remain.

*Apatheia* does NOT mean a lack of emotions, care or feelings.

*Apatheia* DOES mean a state of spiritual peace or well being wherein excessive and “negative” emotions such as lust, gluttony or anger are replaced by more rational emotions and desires such as love, moderation, peace and love.



As a process to that attraction to union, spiritual traditions, especially Christian monasticism, adopted a threefold process:

Purgation  
Illumination  
Union

In support of this journey toward Union, *apatheia* is the process of becoming increasingly free from:

Disordered bodily senses.

Disordered emotions.

Disordered thoughts.

