

Know thyself: Spirituality in Greek and Roman writers

By Anthony Pitman

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Know Thyself is an anthology of spiritual writings from classical times. 'Know thyself' was taken by Socrates to mean your real self, the soul, which at present is imprisoned in this physical world. The expressed aim of Plato and, over five hundred years later, Plotinus was to become one with God, shifting back to a higher plane of consciousness which is seen as our true heritage.

Also included in the book are quotations from the Stoics and Epicureans, which give both encouragement in this struggle for detachment and practical advice for countering 'the slings and arrows of outrageous fortune'. At the end there is a brief narration of the clash between the spiritual philosophy of the ancient world and the new, burgeoning movement of Christianity.

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