

Early Greek Self-exploration

Heraclitus (c 540-480 BCE) was a pre-Socrates philosopher from Ephesus (present day Turkey), Very little is known about his Life; because he was an eccentric recluse. He wrote one Book and fragments were recorded by other sources. His ideas significantly influenced later Greek philosophers, including Plato, Aristotle, and the Stoics and 19th Century German philosophers Hagel, Heidegger and Nietzsche.

Below are selected quotes attributed to Heraclitus.

Quotes can be useful to stimulate awareness in your self-exploration.

- 1. There is nothing permanent except change.**
- 2. All things flow, nothing abides. You cannot step into the same river twice, for the waters are continually flowing on. Nothing is permanent except change.**
- 3. Everything flows and nothing abides; everything gives way and nothing stays fixed. The only constant in life is change**
- 4. The content of your character is your choice. Day by day, what you choose, what you think and what you do is who you become.**
- 5. We have to be faster in calming down resentment than putting out a fire, because the consequences of the first are infinitely more dangerous than the results of the last**
- 6. Presumption must be quenched even more than a fire**
- 7. To do the same thing over and over again is not only boredom: it is to be controlled by rather than to control what you do**
- 8. How can you hide from what never goes away?**
- 9. Applicants for wisdom do what I have done -- inquire within**