



Free yourself! Slavery, freedom and the self in Seneca's letters

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Abstract

Book synopsis: This new collection of essays by well-known scholars of Seneca focuses on the multifaceted ways in which Seneca, as philosopher, politician, poet and Roman senator, engaged with the question of ethical selfhood. The contributors explore the main cruxes of Senecan scholarship, such as whether Seneca's treatment of the self is original in its historical context; whether Seneca's Stoicism can be reconciled with the pull of rhetorical and literary self-expression; and how Seneca claims to teach psychic self-integration. Most importantly, the contributors debate to what degree, if at all, the absence of a technically articulated concept of selfhood should cause us to hesitate in seeking a distinctively Senecan self - one that stands out not only for the 'intensity of its relations to self', as Foucault famously put it, but also for the way in which those relations to self are couched.

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Meditations is a self-examination and self-exhortation, while Seneca's letters are Advices to a Friend. (less). flag. May I please know what letters is the selection in this book comprised of? These letters are like soul-health-capsules to make your spirit grow better only when taken as prescribed and the ingested capsule simmers deep down within you. "As it is with a play, so it is with life - what matters is not how long the acting lasts, but how good it is." Seneca says, for better living and living free of filthy temptations and unrealistic desires, one should dedicate himself to her – philosophy – For which only she can save us! Well, Philosophy is not just about wisdom, but she also comprises Courage, Justice, and Temperance. (Letters from a Stoic, Seneca). Seneca didn't think there was anything intrinsically wrong with striving after social status, wealth, or even the admiration of others; such things can bring joy and excitement to life. But a problem arises when we become dependent on them for our well-being. All these things are external to us, and therefore ultimately out of our control – forever in danger of being taken away through no fault of our own: "For no one is worthy of a god unless he has paid no heed to riches. Most fall far short of the Stoic ideal of self-sufficiency. Rather, submerged in anxiety, fear, and insecurity, they seek to rid themselves of their inner discontent in a myriad of ineffective ways. One such tactic is to try run away from our troubles by moving to another part of the world. Seneca (the Younger) wrote a letter to Lucilius on masters and slaves. I find this fascinating reading (1) for better understanding how slaves were treated in general in the Roman world and (2) since Seneca encourages kindness, fairness, and friendship with slaves in a way that is not dissimilar to Paul (though without the religious... Seneca (the Younger) wrote a letter to Lucilius on masters and slaves. I find this fascinating reading (1) for better understanding how slaves were treated in general in the Roman world and (2) since Seneca encourages kindness, fairness, and friendship with slaves in a way that is not dissimilar to Paul (though without the religious focus).