

# Download The Emperors Handbook A New Translation Of The Meditations

Meditations (Medieval Greek: ?? ??? ??????, translit. Ta eis heauton, literally "things to one's self") is a series of personal writings by Marcus Aurelius, Roman Emperor from 161 to 180 AD, recording his private notes to himself and ideas on Stoic philosophy. Marcus Aurelius wrote the 12 books of the Meditations in Koine Greek as a source for his own guidance and self-improvement. Hesychasm is a mystical tradition of contemplative prayer in the Eastern Orthodox Church. Based on Jesus's injunction in the Gospel of Matthew that "when thou prayest, enter into thy closet, and when thou hast shut thy door, pray", hesychasm in tradition has been the process of retiring inward by ceasing to register the senses, in order to achieve an experiential knowledge of God (see Theoria). I created this site to share my passion for Ancient Roman history. I hope you find something interesting and useful here. I currently have posted GLADIATOR: The Real Story, which provides the true historical background for Ridley Scott's film Gladiator for you to read, enjoy, or perhaps to help you with a project; plus a preview of my work in progress, the new book: Ancient Latin literature. Literature in Latin began as translation from the Greek, a fact that conditioned its development. Latin authors used earlier writers as sources of stock themes and motifs, at their best using their relationship to tradition to produce a new species of originality.