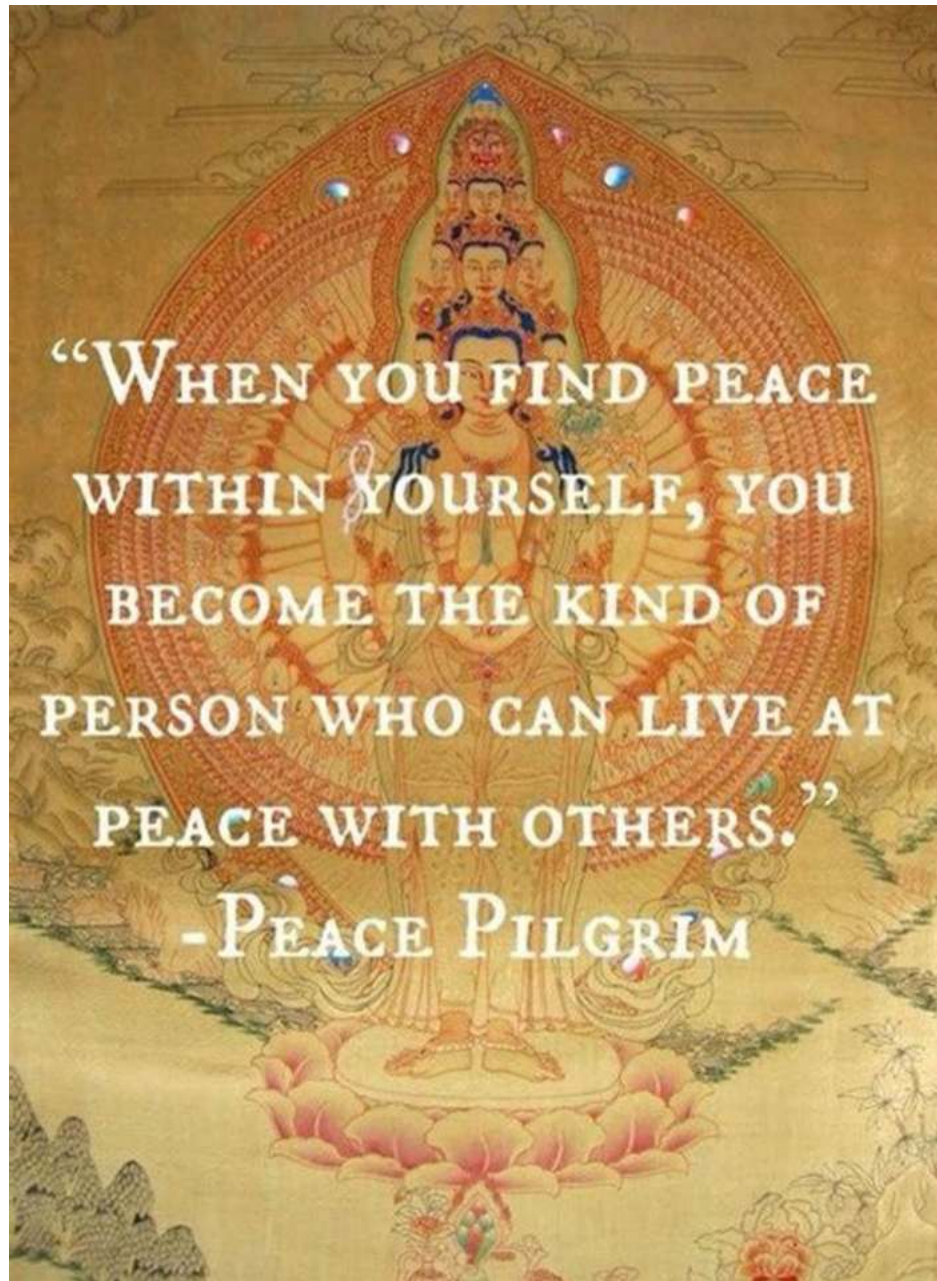


The Fate Of Inwardness And The Return Of The Ancient Arts Of Living



In a world consumed by technology and materialism, the concept of inwardness and the ancient arts of living have been largely forgotten. Our increasingly fast-paced and superficial lives have left little room for deep self-reflection and

authentic connection with others. However, there is a growing longing within many of us to return to a more meaningful way of existence.

Understanding Inwardness

Inwardness refers to the practice of looking within oneself, exploring the depths of our thoughts, feelings, and desires. It is about cultivating self-awareness, introspection, and mindfulness. Ancient civilizations, such as the Greeks, Egyptians, and Eastern cultures, valued inwardness as an essential aspect of personal growth and enlightenment.



Ars Vitae: The Fate of Inwardness and the Return of the Ancient Arts of Living

by Elisabeth Lasch-Quinn (Kindle Edition)

★★★★☆ 4.3 out of 5

Language : English

File size : 8481 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 432 pages



However, with the advent of modernity and the rise of individualism, this vital aspect of human existence has been overshadowed by external achievements and materialistic pursuits. The focus shifted from inner fulfillment to external validation, leading to a disconnect from our true selves and the wisdom of our ancestors.

The Return of the Ancient Arts of Living

Fortunately, in recent years, there has been a resurgence of interest in ancient wisdom and the art of living. People are seeking alternative ways to find meaning, purpose, and fulfillment in their lives. They are turning to practices such as meditation, yoga, mindfulness, and other ancient traditions that promote self-reflection, self-expression, and self-transcendence.

These practices offer invaluable insights into the human condition and provide tools to navigate the complexities of modern life. They teach us how to cultivate inner peace, enhance our relationships, and find balance amidst chaos. By reconnecting with the ancient arts of living, we can restore harmony within ourselves, with others, and with the natural world.

The Benefits of Embracing Inwardness

Embracing inwardness and the ancient arts of living brings forth a multitude of benefits. It enables us to gain a deeper understanding of ourselves and our place in the universe. It allows us to find clarity amidst confusion and make conscious choices that align with our values and aspirations.

Moreover, by cultivating inwardness, we develop resilience and emotional intelligence. We become better equipped to handle stress, adversity, and difficult emotions. We learn to embrace and integrate our shadows, fostering self-acceptance and compassion towards ourselves and others.

Embodying the Wisdom of Our Ancestors

Reconnecting with the ancient arts of living means embracing the timeless wisdom passed down by our ancestors. It means honoring and integrating the lessons learned from different cultures and traditions, allowing us to create a more holistic and inclusive worldview.

By embracing this wisdom, we can learn to live in harmony with nature and recognize the interconnectedness of all beings. We can tap into the collective wisdom of humanity and contribute to a more sustainable and compassionate world.

The fate of inwardness and the return of the ancient arts of living ultimately lies in our hands. As individuals, we have the power to reclaim our inner worlds and create a more conscious and fulfilling existence. By embracing inwardness and incorporating the ancient arts of living into our lives, we can rediscover our true selves, deepen our connections with others, and contribute to a more harmonious and compassionate world.



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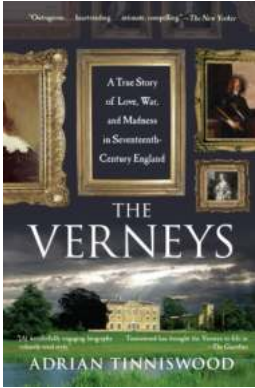


Despite the flood of self-help guides and our current therapeutic culture, feelings of alienation and spiritual longing continue to grip modern society. In this book, Elisabeth Lasch-Quinn offers a fresh solution: a return to classic philosophy and the cultivation of an inner life

The ancient Roman philosopher Cicero wrote that philosophy is *ars vitae*, the art of living. Today, signs of stress and duress point to a full-fledged crisis for individuals and communities while current modes of making sense of our lives prove inadequate. Yet, in this time of alienation and spiritual longing, we can glimpse signs of a renewed interest in ancient approaches to the art of living.

In this ambitious and timely book, Elisabeth Lasch-Quinn engages both general readers and scholars on the topic of well-being. She examines the reappearance of ancient philosophical thought in contemporary American culture, probing whether new stirrings of Gnosticism, Stoicism, Epicureanism, Cynicism, and Platonism present a true alternative to our current therapeutic culture of self-help and consumerism, which elevates the self's needs and desires yet fails to deliver on its promises of happiness and healing. Do the ancient philosophies represent a counter-tradition to today's culture, auguring a new cultural vibrancy, or do they merely solidify a modern way of life that has little use for inwardness—the cultivation of an inner life—stemming from those older traditions? Tracing the contours of this cultural resurgence and exploring a range of sources, from scholarship to self-help manuals, films, and other artifacts of popular culture, this book sees the different schools as organically interrelated and asks whether, taken together, they can point us in important new directions.

Ars Vitae sounds a clarion call to take back philosophy as part of our everyday lives. It proposes a way to do so, sifting through the ruins of long-forgotten and recent history alike for any shards helpful in piecing together the coherence of a moral framework that allows us ways to move forward toward the life we want and need.



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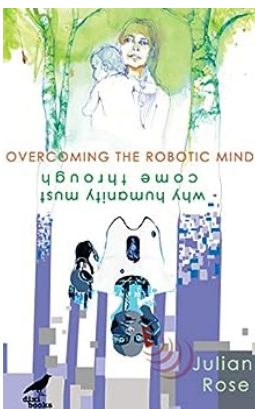
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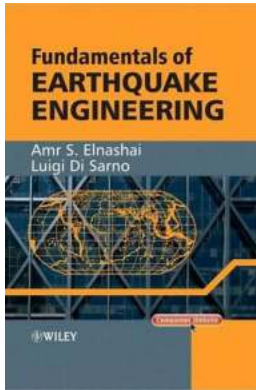
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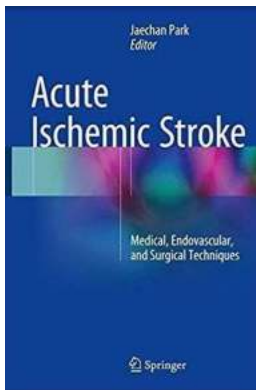
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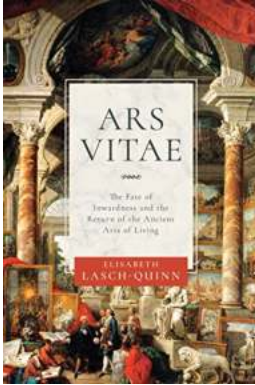
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