[6.1a] Ἐπὶ μηδενὶ ἐπαρθῇς ἀλλοτρίῳ προτερήματι. [6.1b] εἰ ὁ ἵππος ἐπαιρόμενος ἔλεγεν ὅτι "καλός εἰμι", οἰστὸν ἂν ἦν: [6.1c] σὺ δέ, ὅταν λέγῃς ἐπαιρόμενος ὅτι "ἵππον καλὸν ἔχω", ἴσθι, ὅτι ἐπὶ ἵππου ἀγαθῷ ἐπαίρῃ. [6.1d] τί οὖν ἐστι σόν; χρῆσις φαντασιῶν. [6.1e] ὥσθ', ὅταν ἐν χρήσει φαντασιῶν κατὰ φύσιν σχῇς, τηνικαῦτα ἐπάρθητι: [6.1f] τότε γὰρ ἐπὶ σῷ τινι ἀγαθῷ ἐπαρθήσῃ.

[7.1a] Καθάπερ ἐν πλῷ τοῦ πλοίου καθορμισθέντος εἰ ἐξέλθοις ὑθρεύσασθαι, ὁδοῦ μὲν πάρεργον καὶ κοχλίδιον ἀναλέξῃ καὶ βολβάριον, τετάσθαι δὲ δεῖ τὴν διάνοιαν ἐπὶ τὸ πλοῖον καὶ συνεχῶς ἐπιστρέφεσθαι, μή ποτε ὁ κυβερνήτης καλέσῃ, [7.1b] κἂν καλέσῃ, πάντα ἐκεῖνα ἀφιέναι, ἵνα μὴ δεδεμένος ἐμβληθῇς ὡς τὰ πρόβατα: [7.1c] οὕτω καὶ ἐν τῷ βίῳ, ἐὰν διδῶται ἀντὶ βολβαρίου καὶ κοχλιδίου γυναικάριον καὶ παιδίον, οὐδὲν κωλύσει: [7.1d] ἐὰν δὲ ὁ κυβερνήτης καλέσῃ, τρέχε ἐπὶ τὸ πλοῖον ἀφεὶς ἐκεῖνα ἅπαντα μηδὲ ἐπιστρεφόμενος. [7.1e] ἐὰν δὲ γέρων ᾖς, μηδὲ ἀπαλλαγῇς ποτε τοῦ πλοίου μακράν, μή ποτε καλοῦντος ἐλλίπῃς.

[6.1a] Be not elated at an excellence which is not your own. [6.1b] If the horse in his pride were to say, 'I am handsome', we could bear with it. [6.1c] But when you say with pride, 'I have a handsome horse', know that the good horse is the ground of your pride. [6.1d] You ask then what you can call your own. 'the answer is—the way you deal with your impressions. [6.1e] 'Therefore when you deal with your impressions in accord with nature, then you may be proud in deed, [6.1f] for your pride will be in a good which is your own.

[7.1a] When you are on a voyage, and your ship is at anchorage, and you disembark to get fresh water, you may pick up a small shellfish or a truffle by the way, but you must keep your attention fixed on the ship, and keep looking towards it constantly, to see if the Helmsman calls you; [7.1b] and if he does, you have to leave everything, or be bundled on board with your legs tied like a sheep. [7.1c] So it is in life. If you have a dear wife or child given you, they are like the shellfish or the truffle, they are very well in their way. [7.1d] Only, if the Helmsman call, run back to your ship, leave all else, and do not look behind you. [7.1e] And if you are old, never go far from the ship, so that when you are called you may not fail to appear.

[8.1a] Μὴ ζήτει τὰ γινόμενα γίνεσθαι ὡς θέλεις, ἀλλὰ θέλε τὰ γινόμενα ὡς γίνεται καὶ εὐροήσεις.

[9.1a] Νόσος σώματός ἐστιν ἐμπόδιον, προαιρέσεως δὲ οὔ, ἐὰν μὴ αὐτὴ θέλῃ. [9.1b] χώλανσις* σκέλους ἐστὶν ἐμπόδιον, προαιρέσεως δὲ οὔ. [9.1c] καὶ τοῦτο ἐφ᾽ ἑκάστου τῶν ἐμπιπτόντων ἐπίλεγε: [9.1d] εὑρήσεις γὰρ αὐτὸ ἄλλου τινὸς ἐμπόδιον, σὸν δὲ οὔ.

[8.1a]Ask not that events should happen as you will, but let your will be that events should happen as they do, and you shall have peace.

Chapter 9

[9.1a] Sickness is a hindrance to the body, but not to the will, unless the will consent. [9.1b] Lameness is a hindrance to the leg, but not to the will. [9.1c] Say this to yourself at each event that happens, [9.1d] for you shall find that though it hinders something else it will not hinder you.