#### **Gunther Hammel**

# The Way, Vol. 1 – Practical Poetry Inspired by Stoicism

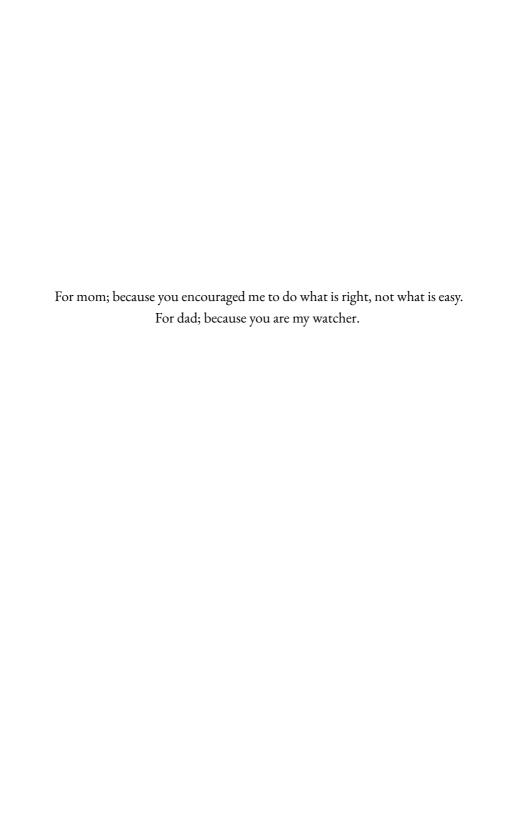
Poetizer Publishing

Printed by Poetizer Publishing, 2024

www.poetizer.com

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## On Philosophy

Philosophy should make you warmer to the world, not cold or detached. We're here an instant: to spend time lamenting life would be wasting it. Instead, make of use the power you are given to help those near you. Same as your body, your mind needs to exercise, so read, learn, think, act. What good is it if you stop after reading and put none to practice? Would a star athlete watch tapes and then do nothing? Only if they're hurt. Luckily, if so, your mind is unaffected if you choose it's not.

# On Being a Part of the Whole

Everything that is your hair, toes, eyes, hands, fingers, brain, heart, lungs, feet, limbs, coffee, tea, bagels, lasagna, pizza, salads, mushrooms, peas, apples, pets, brothers, sisters, mothers, fathers, sons, daughters, cousins, grandparents, kitchens, pipes, houses, streets, stop signs, neighborhoods, cities, states, countries, continents, oceans, comets, asteroids, planets, stars, solar systems, galaxies, parsecs, superclusters, and, in fact, the whole universe exists as a whole. We are a tiny fragment of the grand cosmos.

#### On Death

Contemplate your death. Do not obsess over it, but remember it. As a part of life, your death deserves some respect while you can give it. It will help you see you're a part of something grand outside of yourself, which will continue to unfurl far past your time. Our stay is not long make the most of it! Become a better human; let go of grudges, be present always, love your lot, and above all recall that you'll die. This should not scare us. It should encourage us to live the best we can.

### **On Community**

We do the right thing not because any reward, but to serve others. Or, more pointedly, we contribute to the Whole of which we're a part. We're all connected. our daimons a fraction of life's divinity. Let this fact guide you; consider how your actions will affect others. Living for yourself is not the mark of life lived, but that of restraint. Unshackle your mind! Live for more and break the chains which hold your heart back. The cosmopolis is ready for your action; contribute your verse!