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Overview. Marcus ruled as a philosopher king, he practiced Stoicism and wrote about his own Stoic practice in his journals. Meditations is considered one of the pillars of western philosophy and literature. It is also a rare primary source into the mind of a man who ruled over one of the greatest empires built by man.

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Meditations is a series of personal writings by Marcus Aurelius, Roman Emperor 161 180 CE, setting forth his 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.

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