



Epistles on Withdrawal from the World

Lucius Annaeus Seneca

Epistle 7: On Crowds

Do you ask me what you should regard as especially to be avoided? I say, crowds; for as yet you cannot trust yourself to them with safety. I shall admit my own weakness, at any rate; for I never bring back home the same character that I took abroad with me. Something of that which I have forced to be calm within me is disturbed; some of the foes that I have routed return again. Just as the sick man, who had been weak for a long time, is in such a condition that he cannot be taken out of the house without suffering a relapse, so we ourselves are affected when our souls are recovering from a lingering disease. To consort with the crowd is harmful; there is no person who does not make some vice attractive to us, or stamp it upon us, or taint us unconsciously therewith. Certainly, the greater the mob with which we mingle, the greater the danger.

But nothing is so damaging to good character as the habit of lounging at the games; for then it is that vice steals subtly upon one through the avenue of pleasure. What do you think I mean? I mean that I come home more greedy, more ambitious, more voluptuous, and even more cruel and inhuman, because I have been among human beings. By chance I attended a mid-day exhibition, expecting some fun, wit, and relaxation, and exhibition at which men's eyes have respite from the slaughter of their fellow-men. But it was quite the reverse. The previous combats were the essence of compassion; but now all the trifling is put aside and it is pure murder. The men have no defensive armour. They are exposed to blows at all points, and no one ever strikes in vain. Many persons prefer this programme to the usual pairs and to the bouts "by request." Of course they do; there is no helmet or shield to deflect the weapon. What is the need of defensive armour, or of skill? All these mean delaying death. In the morning they throw men to the lions and the bears; at noon, they throw them to the spectators. The spectators demand that the slayer shall face the man who is to slay him in his turn; and they always reserve the latest conqueror for another butchering. The outcome of every fight is death, and the means are fire and sword. This sort of things goes on while the arena is empty. You may retort: "But he was a highway robber; he killed a man!" And what of it? Granted that, as a murderer, he deserved this punishment, what crime have you committed, poor fellow, that you should deserve to sit and see this show? In the morning they cried "Kill him! Lash him! Burn him! Why does he meet the sword in so cowardly a way? Why does he strike so feebly? Why doesn't he die game? Whip him to meet his wounds! Let them receive blow for blow, with chests bare and exposed to the stroke!" And when the games stop for the intermission, they announce: "A little throat-cutting in the meantime, so that there may still be something going on!"

Come now; do you not understand even this truth, that a bad example reacts on the agent? Thank the immortal gods that you are teaching cruelty to a person who cannot learn to be cruel. The young character, which cannot hold fast to righteousness, must be rescued from the mob; it is too easy to side with the majority. Even Socrates, Cato, and Laelius might have been shaken

in their moral strength by a crowd that was unlike them; so true is it that none of us, no matter how much he cultivates his abilities, can withstand the shock of faults that approach, as it were, with so great a retinue. Much harm is done by a single case of indulgence or greed; the familiar friend, if he be luxurious, weakens and softens us imperceptibly; the neighbour, if he be rich, rouses our covetousness; the companion, if he be slanderous, rubs off some of his rust upon us, even though we be spotless and sincere. What then do you think the effect will be on character, when the world at large assaults it! You must either imitate or loathe the world.

But both courses are to be avoided; you should not copy the bad simply because they are many, nor should you hate the many because they are many, nor should you hate the many because they are unlike you. Withdraw into yourself, as far as you can. Associate with those who will make a better man of you. Welcome those whom you yourself can improve. The process is mutual; for men learn while they teach. There is no reason why pride in advertising your abilities should lure you into publicity, so that you should desire to recite or harangue before the general public. Of course I should be willing for you to do so if you had a stock-in-trade that suited such a mob; as it is, there is not a man of them who understand you. You may say: so that they will have to be moulded and trained by you so that they will understand you. You may say: "For what purpose did I learn all these things?" But you need not fear that you have wasted your efforts; it was for yourself that you learned them.

In order, however, that I may not to-day have learned exclusively for myself, I shall share with you three excellent sayings, of the same general purport, which have come to my attention. This letter will give you one of them as payment of my debt; the other two you may accept as a contribution in advance. Democritus says: "One man means so much to me as a multitude, and a multitude only as much as one man." The following also was nobly spoken by someone or other, for it is doubtful who the author was; they asked him what was the object of all this study applied to an art that would reach but very few. He replied: "I am content with few, content with one, content with none at all." The third saying-and a noteworthy one, too-is by Epicurus, written to one of the partners of his studies: "I write this not for the many, but for you; each of us is enough of an audience for the other." Lay these words to heart, Lucilius, that you may scorn the pleasure which comes from the applause of the majority. Many men praise you; but have you any reason for being pleased with yourself, if you are a person whom the many can understand? Your good qualities should face inwards. Farewell.

"Do you bid me," you say, "shun the throng, and withdraw from men, and be content with my own conscience? Where are the counsels of your school, which order a man to die in the midst of active work?" As to the course which I seem to you to be urging on you now and then, my object in shutting myself up and locking the door is to be able to help a greater number. I never spend a day in idleness; I appropriate even a part of the night for study. I do not allow time for sleep but yield to it when I must, and when my eyes are wearied with waking and ready to fall shut, I keep them at their task. I have withdrawn not only from men, but from affairs, especially from my own affairs; I am working for later generations, writing down some ideas that may be of assistance to them. There are certain wholesome counsels, which may be compared to prescriptions of useful drugs; these I am putting into writing; for I have found them helpful in ministering to my own sores, which, if not wholly cured, have at any rate ceased to spread.

I point other men to the right path, which I have found late in life, when wearied with wandering. I cry out to them: "Avoid whatever pleases the throng: avoid the gifts of Chance! Halt before every good which Chance brings to you, in spirit of doubt and fear; for it is the dumb animals and fish that are deceived by tempting hopes. Do you call these things the 'gifts' of Fortune? They are snares. And any man among you who wishes to live a life of safety will avoid, to the utmost his power, these limed twigs of her favour, by which we mortals, most wretched in this respect also, are deceived; for we think that we hold them in our grasp, but they hold us in theirs. Such a career leads us into precipitous ways, and life on such heights ends in a fall. Moreover, we cannot even stand up against prosperity when she begins to drive us to leeward; nor can we go down, either, 'with the ship at least on her course', or once for all;

Fortune does not capsize us,-she plunges our bows under and dashes us on the rocks.

“Hold fast, then, to this sound and wholesome rule of life; that you indulge the body only so far as is needed for good health. The body should be treated more rigorously, that it may not be disobedient to the mind. Eat merely to relieve your hunger; drink merely to quench your thirst; dress merely to keep out of cold; house yourself merely as a protection against personal discomfort. It matter little whether the house be built of turf, or of variously coloured imported marble; understand that a man is sheltered just as well by a thatch as by a roof of gold. Despise everything that useless toil creates as an ornament and an object of beauty. And reflect that nothing except the soul is worthy of wonder; for to the soul if it be great, naught is great.”

When I commune in such terms with myself and with future generations, do you not think that I am doing more good than when I appear as a counsel in court, or stamp my seal upon a will, or lend my assistance in the senate, by word or action, to a candidate? Believe me, those who seem to be busied with nothing are busied with the greater tasks; they are dealing at the same time with things mortal and things immortal.

But I must stop, and pay my customary contribution, to balance this letter. The payment shall not be made from my own property; for I am still conning Epicurus. I read to-day, in his works, the following sentence: “If you would enjoy real freedom, you must be the slave of Philosophy.” The man who submits and surrenders himself to her is not kept waiting; he is emancipated on the spot. For the very service of Philosophy is freedom.

It is likely that you will ask me why I quote so many of Epicurus’ noble words instead of words taken from our own school. But is there any reason why you should regard them as sayings of Epicurus and not common property? How many poets give forth ideas that have been uttered, or may be uttered, by philosophers! I need not touch upon the tragedians and our writers of national drama; for these last are also somewhat serious, and stand half-way between comedy and tragedy. What a quantity of sagacious verses lie buried in the mime! How many of Publilius’s lines are worthy of being spoken by buskin-clad actors, as well as by wearers of the slipper! I shall quote one verse of his, which concerns philosophy, and particularly that phase of it which we were discussing a moment ago, wherein he says that the gifts of Chance are not to be regarded as part of our possessions. Still alien is whatever you have gained by coveting. I recall that you yourself expressed this idea much more happily and concisely: And a third, spoken by you still more happily, shall not be omitted: The good that could be given, can be removed.

I shall not charge this up to the expense account, I because I have given it to you from your own stock. Farewell.

Epistle 14: On The Reasons For Withdrawing From The World

I confess that we all have an inborn affection for our body; I confess that we are entrusted with its guardianship. I do not maintain that the body is not to be indulged at all; but I maintain that we must not be slaves to it. He will have many masters who makes his body his master, who is over-fearful in its behalf, who judges everything according to the body. We should contact ourselves not as if we ought to live without it. Our too great love for it makes us restless with fears, burdens us with cares, and exposes us to insults. Virtue is held too cheap by the man who counts his body with the greatest care; but we should also be prepared, when reason, self-respect, and duty demand the sacrifice, to deliver it even to the flames.

Let us, however, in so far as we can, avoid discomforts as well as dangers, and withdraw to safe ground, by thinking continually how we may repel all objects of fear. If I am not mistaken, there are three main classes of these: we fear want, we fear sickness, and we fear the troubles which result from the violence of the stronger. And of all these, that which shakes us most is the dread which hangs over us from our neighbour’s ascendancy; for it is accompanied by great outcry and uproar. But the natural evils which I have mentioned,-want and sickness, -steal upon us silently with no shock of terror to the eye or to the ear. The other kind of evil comes, so to speak, in the form of a huge parade. Surrounding it is a retinue of swords and fire and

chains and a mob of beasts to be let loose upon the disembowelled entrails of men. Picture to yourself under his head the prison, the cross, the rack, the hook, and the stake which they drive straight through a man until it protrudes from his throat. Think of human limbs torn apart by chariots driven in opposite directions, of the terrible shirt smeared and interwoven with inflammable materials, and of all the other contrivances devised by cruelty, in addition to those which I have mentioned! It is not surprising, then, if our greatest terror is of such a fate; for it comes in many shapes and its paraphernalia are terrifying. For just as the torturer accomplishes more in proportion to the number of instruments which he displays,-indeed, the spectacle overcomes those who would have patiently withstood the suffering,-similarly, of all the agencies which coerce and master our minds, the most effective are those which can make a display. Those other troubles are of course not less serious; I mean hunger, thirst, ulcers of the stomach, and fever that parches our very bowels. They are, however, secret; they have no bluster and no heralding; but these, like huge arrays of war, prevail by virtue of their display and their equipment.

Let us, therefore, see to it that we abstain from giving offense. It is sometimes that people that we ought to fear; or sometimes a body of influential oligarchs in the Senate, if the method of governing the State in such that most of the business is done by that body; and sometimes individuals equipped with power by the people and against the people. It is burdensome to keep the friendship of all such persons; it is enough not to make enemies of them. So the wise man will never provoke the anger of those in power; nay, he will even turn his course, precisely as he would turn from a storm if he were steering a ship. When you travelled to Sicily, you crossed the Straits. The reckless pilot scorned the blustering South Wind,-the wind which roughens the Sicilian Sea and forces it into choppy currents; he sought not the shore on the left, but the strand hard by the place where Charybdis throws the seas into confusion. Your more careful pilot, however, questions those who know the locality as to the tides and the meaning of the clouds; he holds his course far from that region notorious for its swirling waters. Our wise man does the same; he shuns a strong man who may be injurious to him, because an important part of one's safety lies in not seeking safety openly; for what one avoids, one condemns.

We should therefore look about us, and see how we may protect ourselves from the mob. And first of all, we should have no cravings like theirs; for rivalry results in strife. Again, let us possess nothing that can be snatched from us to the great profit of a plotting foe. Let there be as little booty as possible on your person. No one sets out to shed the blood of his fellow-men for the sake of bloodshed,-at any rate very few. More murderers speculate on their profits than give vent to hatred. If you are empty-handed, the highwayman passes you by; even along an infested road, the poor may travel in peace. Next, we must follow the old adage and avoid three things with special care: hatred, jealousy, and scorn. And wisdom alone can show you how this may be done. It is hard to observe a mean; we must be chary of letting the fear of jealousy lead us into becoming objects of scorn, lest, when we choose not to stamp others down, we let them think that they can stamp us down. The power to inspire fear has caused many men to be in fear. Let us withdraw ourselves in every way; for it is as harmful to be scorned as to be admired.

One must therefore take refuge in philosophy; this pursuit, not only in the eyes of good men, but also in the eyes of those who are even moderately bad, is a sort of protecting emblem. For speechmaking at the bar, or any other pursuit that claims the people's attention, wins enemies for a man; but philosophy is peaceful and minds her own business. Men cannot scorn her; she is honoured by every profession, even the vilest among them. Evil can never grow so strong, and nobility of character can never be so plotted against, that the name of philosophy shall cease to be worshipful and sacred.

Philosophy itself, however, should be practised with calmness and moderations. "Very well, then," you retort, "do you regard the philosophy of Marcus Cato as moderate? Cato's voice strove to check a civil war. Cato parted the swords of maddened chieftains. When some fell foul of Pompey and others fell foul of Casar, Cato defied both parties at once!" Nevertheless, one may well question whether, in those days, a wise man ought to have taken any part in

public affairs, and ask: "What do you mean, Marcus Cato? It is not now a question of freedom; long since has freedom gone to rack and ruin. The question is, whether it is Caesar or Pompey who controls the State. Why, Cato, should you take sides in that dispute? It is no business of yours; a tyrant is being selected. What does it concern you who conquerors? The better man may win; but the winner is bound to be the worse man." I have referred to Cato's final role. But even in previous years the wise man was not permitted to intervene in such plundering of the state; for what could Cato do but raise his voice and utter unavailing words? At one time he was "hustled" by the mob and spat upon and forcibly removed from the forum and marked for exile; at another, he was taken straight to prison from the senate-chamber.

However, we shall consider later whether the wise man ought to give his attention to politics; meanwhile, I beg you to consider those Stoics who, shut out from public life, have withdrawn into privacy for the purpose of improving men's existence and framing laws for the human race without incurring the displeasure of those in power. The wise man will not upset the customs of the people, nor will he invite the attention of the populace by any novel ways of living.

"What then? Can one who follows out this plan be safe in any case?" I cannot guarantee you this any more than I can guarantee good health in the case of a man who observes moderation; although, as a matter of fact, good health results from such moderation. Sometimes a vessel perishes in harbour; but what do you think happens on the open sea? And how much more beset with danger that man would be, who even in his leisure is not secure, if he were busily working at many things! Innocent persons sometimes perish more frequently. A soldier's skill is not at fault if he receives the death-blow through his armour. And finally, the wise man regards the reason for all his actions, but not the results. The beginning is in our own power; fortune decides the issue, but I do not allow her to pass sentence upon myself. You may say: "But she can inflict a measure of suffering and of trouble." The highwayman does not pass sentence when he slays.

Now you're stretching forth your hand for the daily gift. Golden indeed will be the gift with which I shall load you; and, inasmuch as we have mentioned gold, let me tell you how its use and enjoyment may bring you greater pleasure. "He who needs riches least, enjoys riches most." "Author's name, please!" you say. Now, to show you how generous I am, it is my intent to praise the dicta of other schools. The phrase belongs to Epicurus, or Metrodorus, or some one of that particular thinking-shop. But what difference does it make who spoke the words? They were uttered for the world. He who craves riches feels fear on their account. No man, however, enjoys a blessing that brings anxiety; he is always trying to add a little more. While he puzzles over increasing his wealth, he forgets how to use it. He collects his accounts, he wears out the pavement in the forum, he turns over his ledger, - in short he ceases to be master and becomes a steward. Farewell.

Epistle 19: On Worldliness and Retirement

I leap for joy whenever I receive letters from you. For they fill me with hope; they are now not mere assurances concerning you, but guarantees. And I beg and pray you to proceed in this course; for what better request could I make of a friend than one which is to be made for his own sake? If possible, withdraw yourself from all the business of which you speak; and if you cannot do this, tear yourself away. We have dissipated enough of our time already; let us die in harbour. Not that I would advise you to try to win fame by your retirement; one's retirement should neither be paraded nor concealed. Not concealed, I say, for I shall not go so far in urging you as to expect you to condemn all men as mad and then seek out for yourself a hiding-place and oblivion; rather this your business, that your retirement be no conspicuous, though it should be obvious. In the second place, while those whose choice is unhampered from the start will deliberate on that other question, whether they wish to pass their lives in obscurity, in your case there is not a free choice. Your ability and energy have thrust you into the work of the world; so have the charm of your writings and the friendships you have made with famous and notable men. Renown has already taken you by storm. You may sink yourself into the depths

of obscurity and utterly hide yourself; yet your earlier acts will reveal you. You cannot keep lurking in the dark; much of the old gleam will follow you wherever you fly.

Peace you can claim for yourself without being disliked by anyone, without any sense of loss, and without any pangs of spirit. For what will you leave behind you that you can imagine yourself reluctant to leave? Your clients? But none of these men courts you for yourself; they merely court something from you. People used to hunt friends, but now they hunt pelf; if a lonely old man changes his will, the morning-caller transfers himself to another door. Great things cannot be bought for small sums; so reckon up whether it is preferable to leave your own true self, or merely some of your belongings. Would that you had had the privilege of growing old amid the limited circumstances of your origin, and that fortune had not raised you to such heights! You were removed far from the sight of wholesome living by your swift rise to prosperity, by your province, by your position as procurator, and by all that such things promise; you will next acquire more important duties and after them still more. And what will be the result? Why wait until there is nothing left for you to crave? That time will never come. We hold that there is a succession of causes, from which fate is woven; similarly, you may be sure, there is a succession in our desires; for one begins where its predecessor ends. You have been thrust into an existence which will never of itself put an end to your wretchedness and your slavery. Withdraw your chafed neck from the yoke; it is better that it should be cut off once for all, than galled for ever. If you retreat to privacy, everything will be on a smaller scale, but you will be satisfied abundantly; in your present condition, however, there is no satisfaction in the plenty which is heaped upon you on all sides. Would you rather be poor and sated, or rich and hungry? Prosperity is not only greedy, but it also lies exposed to the greed of others. And as long as nothing satisfies you, you yourself cannot satisfy others.

“But”, you say, “how can I take my leave?” Any way you please. Reflect how many hazards you have ventured for the sake of money, and how much toil you have undertaken for a title! You must dare something to gain leisure, also, or else grow old amid the worries of procuratorships abroad and subsequently of civil duties at home, living which no man has ever succeeded in avoiding by unobtrusiveness or by seclusion of life. For what bearing on the case has your personal desire for a secluded life? Your position in the world desires the opposite! What if, even now, you allow that position to grow greater? But all that is added to your successes will be added to your fears. At this point I should like to quote a saying of Maecenas, who spoke the truth when he stood on the very summit: “There’s thunder even on the loftiest peaks.” If you ask me in what book these words are found, they occur in the volume entitled *Prometheus*. He simply meant to say that these lofty peaks have their tops surrounded with thunder-storms. But is any power worth so high a price that a man like you would ever, in order to obtain it, adopt a style so debauched as that? Maecenas was indeed a man of parts, who would have left a great pattern for Roman oratory to follow, had his good fortune not made him effeminate, nay, had it not emasculated him! An end like his awaits you also, unless you forthwith shorten said and, as Maecenas was not willing to do until it was too late, hug the shore!

This saying of Maecenas’s might have squared my account with you; but I feel sure, knowing you, that you will get out an injunction against me, and that you will be unwilling to accept payment of my debt in such crude and debased currency. However, that may be, I shall draw on the account of Epicurus. He says: “You must reflect carefully beforehand with whom you are to eat and drink, rather than what you eat and drink. For a dinner of meats without the company of a friend is like the life of a lion or a wolf.” This privilege will not be yours unless withdraw from the world; otherwise, you will have as guests only those whom your slave-secretary sorts out from the throng of callers. It is, however, a mistake to select your friend in the reception-hall or to test him at the dinner-table. The most serious misfortune for a busy man who is overwhelmed by his possessions is, that he believes men to be his friends when he himself is not a friend to them, and that he deems his favours to be effective in winning friends, although, in the case of certain men, the more they owe, the more they hate. A trifling debt makes a man your debtor; a large one make him an enemy. “What,” you say, “do not kindness

establish friendships?" They do, if one had had the privilege of choosing those who are to receive them, and if they are placed judiciously, instead of being scattered broadcast.

Therefore, while you are beginning to call your mind your own, meantime apply this maxim of the wise: consider that it is more important who receives a thing, than what it is he receives. Farewell.

Seneca. *Ad Lucilium Epistulae Morales*. Trans. Richard M. Gummere. London: William Heinemann, 1918.

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