

LAUGH AND LEARN: THE VILLAGE'S UNFORGETTABLE COACHING SESSION



Once upon a time, in a small village, there lived a quirky philosopher named Marcus. He was known for his wise teachings and his eccentric ways. People from all around would come to hear him speak and learn from his profound insights.

One day, Marcus decided to hold a coaching session for the villagers, inspired by his meditations on human nature and the principles of Stoicism. As he began the session, he emphasized the importance of living in harmony with nature, both the capital "N" Nature at large and the small "n" nature that resides within each individual.

The villagers were intrigued by Marcus' teachings, but some couldn't help but chuckle at his eccentricities. He had a habit of talking to himself while stroking his long beard, as if engaging in deep conversations with invisible sages.

As the coaching session went on, Marcus shared the concept of virtue and how it relates to living in accordance with nature. He explained that virtues such as kindness, benevolence, and self-preservation are inherent in human nature and lead to a path of happiness. The villagers nodded in agreement, appreciating the simplicity and wisdom of his teachings.

But then, one curious villager raised a question, "If human nature is inherently good and promotes virtues, why are there so many bad people in the world?"

Marcus smiled and replied, "Ah, my friend, that is because some people get stuck in the primal instincts of seeking pleasure and avoiding pain. They prioritize short-term gains over long-term benefits, and that leads them astray from the path of virtue."

The villagers pondered Marcus' words, and one woman spoke up, sharing a recent incident from her life. She talked about her husband's two-week trip and how she felt resentful for taking care of their dog in his absence. She sought acknowledgement and thanks for her efforts, but her husband dismissed it, causing further frustration.

Marcus listened carefully and analyzed the situation. He explained that her primal brain, concerned with conserving energy and seeking pleasure, had focused on the extra work involved in caring for

the dog. This perspective led her to perceive the task as a duty and obligation, which demanded gratitude in return.

"But," Marcus continued, "if you were to align with your higher thinking brain and see the dog as a natural and loving part of your family, your perspective would change. You would derive joy from caring for it and the benefits of love, exercise, and companionship. In that case, gratitude wouldn't even be necessary, as the act itself would be rewarding."

The woman nodded, realizing that her perception had been influenced by her primal brain's instincts. She thanked Marcus for the insight and decided to approach caring for the dog with a new perspective.

As the coaching session concluded, the villagers left with a newfound appreciation for the importance of aligning with their higher thinking brain and living in harmony with nature. They also learned not to take Marcus' eccentricities too seriously and even found themselves chuckling at the image of a wise philosopher talking to invisible sages.

From that day forward, the villagers made an effort to override their primal instincts and prioritize the path of virtue and long-term benefits. As they did so, they experienced greater happiness and fulfillment in their lives.

And so, Marcus Aurelius, the quirky philosopher, continued his teachings, and his wisdom became renowned throughout the land. His coaching sessions were always a blend of profound insights and light-hearted humor, leaving the villagers inspired and amused.

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