

ΓΝΩΘΙ ΣΑΥΤΟΝ (Greek)



NOSCE TE IPSVM (Latin)

The purpose of the AHS Psychology Course is the study of humanimal behavior and mental processes for acquisition and application of information. Thus, the primary goal is:

Know Thyself

Per ancient Greek "gnothi sauton", where 'Know' is GNOTHI and 'Thyself' is SAUTON.

Roman Latin "Nosce (cognosce) te ipsum", NOSCE is 'know' and TE is 'thy' and IPSUM is 'self'.

The unexamined life is not worth living. - *Socrates*

All the gold which is under or upon the earth is not enough to give in exchange for virtue. - *Plato*

We are what we repeatedly do. Excellence, then, is not an act, but a habit. – *Aristotle*

No one can give you better advice than yourself. - *Cicero*

Most powerful is he who has himself in his own power. - *Seneca*

Look well into thyself; there is a source of strength which will always spring up if thou wilt always look there. - *Marcus Aurelius*

Peace visits not the guilty mind. - *Juvenal*

The fool doth think he is wise, but the wise man knows himself to be a fool. - *William Shakespeare*

To thine own-self be true; And it must follow, as the night the day. Thou can'st not then be false to any man. -- Hamlet. Act I. Sc. 3

At some point your heart will tell itself what to do. - *Achaan Chah*

There is only one corner of the universe you can be certain of improving, and that's your own self. - *Aldous Huxley*

People travel to wonder at the height of mountains, at the huge waves of the sea, at the long courses of rivers, at the vast compass of the ocean, at the circular motion of the stars; and they pass by themselves without wondering. - *St. Augustine*

Maturity begins to grow when you can sense your concern for others outweighing your concern for yourself. - *John MacNaughton*

We can never be certain of our courage till we have faced danger. ~ *Duc Francois de La Rouchefoucauld*

Courage is not simply one of the virtues, but the form of every virtue at the testing point. – *C.S. “Jack” Lewis*

If you want to test your memory try to remember what you were worrying about a year ago today. - *E. Joseph Cossman*

More people would learn from their mistakes if they weren't so busy denying them. - *Anonymous*

You will find poetry nowhere unless you bring some with you. - *Joseph Joubert*

Freedom from desire leads to inner peace. - *Lao-Tzu*

When you are looking in the mirror, you are looking at the problem. But, remember, you are also looking at the solution. -- *Anonymous*

The way life treats you is a merciless mirror image of your attitude toward life. - *Anonymous*.

Learning to live what you're born with is the process, the involvement, the making of a life. - *Diane Wakoski*

Discouragement is simply the despair of wounded self-love. - *Francois de Fenelon*

Intimacy is being seen and known as the person you truly are. - *Amy Bloom*

I don't want to be a passenger in my own life. - *Diane Ackerman*

If I have lost confidence in myself, I have the universe against me. - *Ralph Waldo Emerson*

If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours. - *Henry David Thoreau*

Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind. - *Dr. Seuss*

You have to know how to accept rejection and reject acceptance. - *Ray Bradbury*

The thing that is really hard, and really amazing, is giving up on being perfect and beginning to work on becoming yourself. - *Anna Quindlen*

Reputation is what other people know about you. Honor is what you know about yourself. - *Lois McMaster Bujold*

It is easy in the world to live after the world's opinion; it is easy in solitude to live after our own; but the great man is he who in the midst of the crowd keeps with perfect sweetness the independence of solitude. - *Ralph Waldo Emerson*

It may be all right to be content with what you have; never with what you are. - *B.C. Forbes*

He that respects himself is safe from others; He wears a coat of mail that none can pierce. -- Henry Wordsworth Longfellow

The remarkable thing is that we really do love our neighbors as ourselves; we do unto others as we do unto ourselves. We hate others when we hate ourselves. We are tolerant toward others when we tolerate ourselves. We forgive others when we forgive ourselves. It is not love of self but hatred of self which is at the root of the troubles that afflict our world. - *Eric Hoffer: U.S. Writer*

Work like you don't need the money.

Love like you've never been hurt.

Dance like nobody's watching.

- *Anonymous*

Most of the shadows of life are caused by standing in our own sunshine. - *Ralph Waldo Emerson*

Man is what he believes. - *Anton Chekhov*

Those who can't laugh at themselves leave the job to others. - *Anonymous*

You grieve you learn

You choke you learn

You laugh you learn

You choose you learn

You pray you learn

You ask you learn

You live you learn

- *Alanis Morissette, from her album "Jagged Little Pill"*

Know Thyself

by Alexander Pope

Know then thyself, presume not God to scan;
The proper study of mankind is Man.
Placed on this isthmus of a middle state,
A being darkly wise and rudely great:
With too much knowledge for the Sceptic side,
With too much weakness for the Stoic's pride,
He hangs between; in doubt to act or rest,
In doubt to deem himself a God or Beast,
In doubt his mind or body to prefer;
Born but to die, and reasoning but to err;
Alike in ignorance, his reason such
Whether he thinks too little or too much:
Chaos of thought and passion, all confused;
Still by himself abused, or disabused;
Created half to rise and half to fall;
Great lord of all things, yet a prey to all;
Sole judge of truth, in endless error hurled:
The glory, jest, and riddle of the world!

Still I am learning. - *Michelangelo, on his death bed*

KNOWING - The Greeks knew; the Romans knew...CLICK PICS BELOW FOR 3 CLIPS RELATED TO KNOWING THE SELF:

ΓΝΩΘΙ ΣΑΥΤΟΝ

The Big Picture



Matrix Oracle

NOSCE TE
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UP with Maslow!!!