



Anaxagoras

“Nothing comes into being nor perishes, but is rather compounded or dissolved from things that are. So we would be right to call coming into being composition and perishing dissolution.”



We would love to hear your feedback: suggestions about new topics? Ideas about improvements? Like to share your experience and make it an eBook, White Paper, check-list? Please let us know through <http://www.amareway.org/> There, you can also read more on related topics. Thanks!



Introduction

We chosed to dedicate one booklet to Anaxagoras, from his role in “bringing” philosophy to Athen, his intuition about arising and separation of aggregates, and for giving a scientific account of natural phenomem. Also, for his theory about the flatness of the earth. That shows that every person who chosed to be great, is also a part of the context where she/he lives; we should admire innovators, but also remember to think with our own mind. It is never a matter of accepting totally, or rejecting everthing, what one wise person says; it is about listening, readind, and making our educated opinion about what is said and shown.

Biography

Anaxagoras was a Pre-Socratic (or, rather, pre-platonic) Greek philosopher. Born in Clazomenae in Asia Minor, Anaxagoras was the first philosopher to bring philosophy from Ionia to Athens. He attempted to give a scientific account of eclipses, meteors, rainbows, and the sun, which he described as a fiery mass larger than the Peloponnese. He was accused of contravening the established religion and was forced to flee to Lampsacus.

Anaxagoras is famous for introducing the cosmological concept of Nous (mind), as an ordering force. He regarded material substance as an infinite multitude of imperishable primary elements, **referring what is usually generation and disappearance to mixture and separation respectively.**

Anaxagoras wrote a book of philosophy, but only fragments of the first part of this have survived, through preservation in work of Simplicius of Cilicia in the sixth century AD.

Anaxagoras was arrested by Pericles' political opponents on a charge of contravening the established religion, or for simpatizing with the Persians. It took Pericles' power of persuasion to secure his release. Even so he was forced to retire from Athens to Lampsacus in Troad (c. 434–433 BC). He died there in around the year 428 BC. Citizens of Lampsacus erected an altar to Mind and Truth in his memory, and observed the anniversary of his death for many years.

Quotes

Appearances are a glimpse of the unseen.

Everything has a natural explanation. The moon is not a god, but a great rock, and the sun a hot rock.

It is not I who have lost the Athenians, but the Athenians who have lost me.

Men would live exceedingly quiet if these two words, mine and thine, were taken away.

The descent to Hades is the same from every place.



His controversial enquiring mind

From Answers.com: "Anaxagoras did not believe that the sun and moon were divinities, as the Greeks did, and he was prosecuted for his teachings. He returned to Asia Minor to a town allied with Athens, Lampsacus (now Lapseki, Turkey). Here he was treated with respect, and his memory was still honored a century after his death".

"The most spectacular was his discovery that the moon does not shine by its own light".

"Anaxagoras believed that the earth was flat and floated on air, but he understood that the heavenly bodies rotated".

Sources

Special thanks to Wikipedia, which provided the backbone of the main content of this booklet, and allows to distribute it under a Creative Common licence.



Appendix – AmAre Way in more details

$$\text{Happiness} = \text{Aware (Being)} + \text{Meditating} + \text{Active (Being)} + \text{Respectful (Being)} + \text{Eating (Properly)}$$

1.1 How to calculate it?

Aware		Meditating		Active		Respectful		Eating	
W	G	W	G	W	G	W	G	W	G

Explanation of variables:

A: Aware (being) of each other and couple’s feelings, thoughts, needs and wants

M: Meditating together, or at least sharing thoughts

A1: Active (being) together, do things together

R: Respectful (being) of each other and couple’s feelings, thoughts, needs and wants

E: Eating properly and support each other healthy lifestyle, and also feed the relationship with positive feelings and thoughts

(...): if there are additional aspects considered too important to be included in the rest of the formula, they can be weighted and graded here

For each variable, please specify:

w: weight, importance given to each aspect (sum of all weights should be 100)

g: grade, rating given to each aspect (each grade is a value between 0 and 1)

If you want to use a spreadsheet, where you can insert the values and see them automatically calculated, you can use: <http://spsht.amareway.org/>

1.2 What does it mean?

AmAre formula is meant to be descriptive and preventive, but not predictive. That is, it quantifies the current situation, and the strengths and weaknesses we should be aware of and act upon. Regardless of what the number says, we are always responsible, here and now, for our happiness, so a high result means we should keep building our happiness as we have successfully done so far, and a lower result means there are aspects to act upon to improve our lives.

One of the formula’s strengths is its unlikeness to reach One, the perfect score, or Zero. This formula is useful so we can improve our awareness about the situation so far, and build a better present. Once the formula served its purposes, we can move on. Because the ultimate happiness is not reaching number 1, it is in finding and renewing the appropriate life-dynamics. If we can accept the way life is, and the fact that different people assign different weights and grades to the pillars of their happiness, and still respect and care about all of us, doing our best for the mutual happiness, we are on the way to build together a lasting happy living.

This is a scale to interpret the overall result of the formula:



0-0.3: This is an unlikely result, so please double check each values inserted. If values are correct, it is possible the perception of your SWB tends toward emphasizing the non-positive aspects, or that there is a short-term serious issue. This means there is a need to work on all your priorities to make them more satisfying to you in the medium term.

0.31-0.60: Your level of SWB could be higher, if you are closer to 0.31 result. If you are closer to 0.5, you are near an exact average value where you perceive the same value of positive and non-positive components in your life. In both cases, by working on the AmAre variables (starting from the ones with higher weight and lower grade), you can substantially improve your well-being.

0.61-0.90: You tend towards an optimal level of SWB. You feel happy, and likely experienced most or at least many of the happiness "fringe benefits". You likely live joyfully everyday: no matter the ups and downs we all have, you can make the best of them for yourself and the people around you.

0.91-1: This result is unlikely to be reached, so please double check each values inserted. If values are correct, you are achieving the maximum level of SWB, which you can sustain by living joyfully .

To interpret the value of each AmAre variable, you can use the same scale. If a variable is high in weight, and low in grade, then it requires attention and action to improve it. If a variable is low in weight, and high in grade, then you may ask yourself if its grade is slightly over estimated.

We suggest to calculate your AmAre Index once per week for the first 5 weeks. Then, to calculate it once per month. Please make sure to start from scratch at each calculation, meaning you should not check values assigned in the past; after calculating your current AmAre Index, you can then check what changed compared to the previous calculations. If you want to be reminded about monthly calculation, you can register the AmAre newsletter on. <http://www.amareway.org/>

1.3 Where are references and further information?

<http://www.amareway.org/>

(Official website)

<http://www.amareway.org/personal-development-free-personal-development-ebooks/>

(Free eBooks: AmAre applied to blogging, social media, etc.)

[Subjective well-being blog](#)

(Review of research about Subjective well-being)