



MINUTES FROM
AUGUST 18, 2024, SUNDAY
REDWOOD STOA GROUP MEETING
MET ONLINE USING ZOOM
10:00AM–12:00PM PT

Attendees: Simon, Larry, David, Michael T., Alan, Michael B., Niyant, John, Nate, Takako

This month's theme: *Wisdom*

Open discussion:

- Practical wisdom helps us be Good, always with more to learn and internalize through practice
 - Knowledge vs. wisdom
- The mind-body interaction
- Gaining knowledge slowly, then transforming it into a greater wisdom
- The evolution of humans shines light on how the brain works
- Where we get our knowledge about what is Good and Bad

Stoic practice

- Michael T. asked a family member for their most important book in order to better understand other loved-ones' perspectives.
- Simon took medicine to temper his feverish illness, unlike his usual teetotaling approach.
- David has been meditating regularly.
- Alan has been listening to others more, in the spirit of Epictetus' recommendation.
- Niyant has been looking for small things he has control over and then tackling them.
- Takako has been giving up control over how others feel in her life.
- John embraced a new situation in his life that is more moderate with fewer distractions.
- Michael B. had a Stoic process over an aggressive letter in the mail, resulting in a peaceful disposition.

Reports and Announcements:

- The Stoic Fellowship — Globally Connected – Locally Engaged
 - <http://www.stoicfellowship.com/>
- Fremont Stoics
 - <https://www.meetup.com/fremont-stoics/>
- MeetUp fees are \$200/year (Apr & Oct). Thank you to those who have donated!

Group goals achieved:

- We met!



Next Month's Meeting:

- Next meeting will be in Virtual Space, on **September 15, 2024**.
- Next month's theme: **Reflection**

Zoom Meeting Chat Log:

10:05:48 From Simon to Everyone:

Redwood Stoa Jargon List Link>>>

[https://docs.google.com/document/d/1-](https://docs.google.com/document/d/1-rqb3he7uoBsk6KtjHgoqFuFwDvilzGORK8E1hdR9Yw/edit?usp=sharing)

[rqb3he7uoBsk6KtjHgoqFuFwDvilzGORK8E1hdR9Yw/edit?usp=sharing](https://docs.google.com/document/d/1-rqb3he7uoBsk6KtjHgoqFuFwDvilzGORK8E1hdR9Yw/edit?usp=sharing)

10:05:56 From Michael B to Everyone:

JAN - Rational by Nature

FEB - Judgment & Assent

MAR - Desire & Aversion

APR - What is in our Power

MAY - Temperance

JUN - Fortitude

JUL - Justice

AUG - Wisdom

SEP - Reflection (HCR Library)

OCT - Living in Accordance with Nature (Tilden)

NOV - Gratitude

DEC - Social by Nature

10:07:46 From Michael B to Everyone:

"Knowledge is knowing that a tomato is a fruit. Wisdom is not putting it in a fruit salad."

10:08:37 From Alan H. L. to Everyone:

Reacted to "'Knowledge is knowin..." with 👍

10:22:55 From Nate to Everyone:

Sorry I'm late. I'm at work. What is the topic today?

10:23:05 From Michael B to Everyone:

AUG - Wisdom

10:24:48 From Nate to Everyone:

Thank you

10:28:06 From dave to Everyone:

Key Concepts:

Two Systems of Thinking:

System 1 (Fast Thinking): This is the intuitive, automatic, and quick way of thinking. It operates effortlessly and often unconsciously, making snap judgments based on experience and intuition.



System 2 (Slow Thinking): This is the more deliberate, analytical, and effortful way of thinking. It is used for more complex problem-solving and reasoning, requiring conscious thought and attention.

10:28:16 From Simon to Everyone:

Welcome back, Nate!

10:28:24 From John Knighton to Everyone:

Thanks, Dave.

10:28:34 From dave to Everyone:

Conclusion:

Kahneman concludes that while System 1 is efficient and often useful, it can lead to errors, especially in complex situations. Understanding when to engage System 2, despite its cognitive load, is crucial for better decision-making. The book offers insights into improving judgment and decision-making by recognizing the limitations and biases of our thinking.

10:28:39 From dave to Everyone:

chatgpt stuff

10:32:28 From Larry Berger to Everyone:

Wisdom, then, is helpfully defined, just as Chrysippus maintained, as a disposition to properly interpret our impressions, and act accordingly. It is achieved by improving our ability to correctly judge those impressions. That is, among other ways, by Stoic training.

The Stoics thought that working toward wisdom requires bettering one's reasoning abilities ("logic" in the broad sense of the term) as well as learning about natural philosophy, or what we today call science. In a deep sense, then, wisdom becomes knowledge of how to live well as a human being situated in the cosmos at large.

--from Massimo Pigliucci, I think

10:45:29 From Larry Berger to Everyone:

"Take my wife...please!"

--Epictetus, the Insult Stoic

10:47:29 From Michael B to Everyone:

Another favorite: "Good judgement comes from experience. Experience comes from bad judgement.

10:48:26 From Simon to Everyone:

Reacted to ""Take my wife...plea..." with 🤔

10:48:51 From Larry Berger to Everyone:

Reacted to "Another favorite: "G..." with 👍

10:50:42 From Larry Berger to Everyone:

"The map is not the territory"

--Someone

11:03:55 From Michael B to Everyone:



A quick googling: "The map is not the territory" is a phrase first coined by Alfred Korzybski (1931) to reflect that the abstraction of something is not to be confused with the thing itself, or that models of reality are often mistaken for reality itself.

11:04:26 From Larry Berger to Everyone:

Reacted to "A quick googling: "T..." with 👍

11:04:34 From dave to Everyone:

"All models are wrong, but some are useful."

11:05:27 From Takako to Everyone:

Reacted to "A quick googling: "T..." with 👍

11:07:29 From Larry Berger to Everyone:

"Strong opinions, loosely held"

11:18:06 From Larry Berger to Everyone:

In the immortal words of George W. Bush, "Fool me once, shame on, shame on you. Fool me ... you can't get fooled again!"

11:24:19 From Simon to Everyone:

Reacted to "In the immortal word..." with 😊

11:26:32 From dave to Everyone:

Reacted to "In the immortal word..." with 😊

11:26:45 From dave to Everyone:

Reacted to ""Strong opinions, lo..." with 👍

11:39:43 From Nate to Everyone:

Getting a call have to go

12:00:28 From Alan H. L. to Everyone:

thanks all. Take care!

>>>

Join the Redwood Stoa! Now you can become an official member of the Redwood Stoa by adding your name through the following web form: <https://redwoodstoa.wordpress.com/join-the-redwood-stoa/>
It's pleasant to do and will help the group effectively plan future events! Follow us too!