

https://en.wikisource.org/wiki/Of_Peace_of_Mind

XI.1 These remarks of mine apply only to imperfect, commonplace, and unsound natures, not to the wise man, who needs not to walk with timid and cautious gait: for he has such confidence in himself that he does not hesitate to go directly in the teeth of Fortune, and never will give way to her. Nor indeed has he any reason for fearing her, for he counts not only chattels, property, and high office, but even his body, his eyes, his hands, and everything whose use makes life dearer to us, nay, even his very self, to be things whose possession is uncertain; he lives as though he had borrowed them, and is ready to return them cheerfully whenever they are claimed. (...)

XI.3 When he is bidden to give them up, he will not complain of Fortune, but will say, "I thank you for what I have had possession of: I have managed your property so as largely to increase it, but since you order me, I give it back to you and return it willingly and thankfully. If you still wish me to own anything of yours, I will keep it for you if you have other views, I restore into your hands and make restitution of all my wrought and coined silver, my house and my household. Should Nature recall what she previously entrusted us with, let us say to her also: 'Take back my spirit, which is better than when you gave it me: I do not shuffle or hang back. Of my own free will I am ready to return what you gave me before I could think: take me away.'"

XI.4 What hardship can there be in returning to the place from whence one came? a man cannot live well if he knows not how to die well. We must, therefore, take away from this commodity its original value, and count the breath of life as a cheap matter. "We dislike gladiators," says Cicero, "if they are eager to save their lives by any means whatever: but we look favourably upon them if they are openly reckless of them." You may be sure that the same thing occurs with us: we often die because we are afraid of death.