



**PRACTICAL APPLICATION OF MARCUS AURELLIUS'S
PHILOSOPHICAL THOUGHTS IN CONTEMPORARY LIFE – AN
APPLIED PHILOSOPHICAL APPROACH**

Marimuthu Prahasan¹

Correspondence: prahasankm@esn.ac.lk

Abstract

Learning Philosophy means learning life as Philosophy is rich with resources to flourish human life. Philosophy boosts the inner potentiality of an individual to live a highly standardized, fullest, and model life with great understanding at individual, and societal levels. Especially, wisdom in Stoic Philosophy is a great resource to give a blueprint to human life on how to live. The renowned book '*Meditations*' containing the philosophical thoughts, and practices of Rome Emperor Marcus Aurellious is one of such wisdom. The book praised by the philosophers in history as 'moral wisdom of primitive mind'. The contents of the book are fully practised by the author. Learning of this book will be a turning point to readers who wish to see new meaning to their life and live every second with meaning, and be with inner prosper in life. Nowadays as the philosophers and academics of philosophy are prioritizing the practical application of philosophy in day to day life, introducing these kinds of philosophical thoughts to the general public became of paramount importance. The research problem of this study is 'how to apply or practice philosophical thoughts in day to day life?' This research is conducted and completed with secondary data following qualitative research method. The research questions are how to use the ideas embedded in *Meditations* to contemporary life? Is there anybody practised, and followed these thoughts in the history? What kind of good life may a person expect by following the thoughts?

Keywords: *Applied Philosophy, Self Actualization*

¹ Department of Philosophy and Value Studies, Faculty of Arts and Culture, Eastern University of Sri Lanka