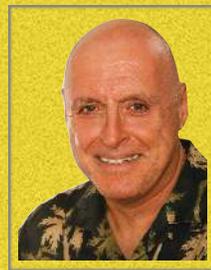


THE EXTRA POINT

BY JERRY ROBERTS



147 The Wisdom of Marcus Aurelius Works Today

He was the emperor of Rome and ruled some 1,850 years ago. There's much to learn from a man called one of the five "good" Roman emperors. I'm Jerry Roberts and I've got a small sampling of the wisdom of Marcus Aurelius, today, on The Extra Point.

Being called "one of the five good Roman emperors" was saying something. From Augustus in 27 BC to Theodosius in 395 AD when the Roman Empire broke up, there were 71 emperors and co-regents, someone who was a co-ruler. So, historians have told us only five of these guys would qualify as somebody you wouldn't mind living next door to you.

To put it mildly, you wouldn't want most Roman emperors running Adelup. But there was a difference with Marcus Aurelius. He was a philosopher, clear thinker, and seemingly had the best interests of Romans at heart.

I caught this quote that matched up pretty well with something I recently presented to a leading company in Guam's health care industry a few weeks ago. Aurelius said: "When you wake up in the morning, tell yourself: The people I deal with today will be meddling, ungrateful, arrogant, dishonest, jealous and surly."

That may seem a little grim but folks in customer service often face off with people who don't treat them well. The key point is that, in almost all cases, it's not personal. They're having a bad day or are just unhappy in general, but it's not about us — so we don't want to take it that way. Return kindness and help them solve their issue, and don't let the bad attitude of someone ruin our day.

This one will hit home. Aurelius said: "It never ceases to amaze me: we all love ourselves more than other people, but care more about their opinion than our own."

We grant people so much power over our thoughts. We worry about what others think about us. So many people spend a lot of time perfecting and sanitizing their social media accounts, so people will hopefully believe that they lead interesting, fulfilling lives. Even if the real life is not working out, on Facebook and Instagram we're awesome. One of the best things I've ever heard is, "What people think about me is none of my business."

It wasn't from Marcus Aurelius but it is absolutely liberating. I want to be well liked just like everybody else, and hopefully by treating people well that will be accomplished. But I won't worry about what I can't control.

Aurelius said: "Don't try to get even with other people." Absolutely right. Getting even can be a draining experience and, frankly, it can take your character and morals into dark places you don't want to go. Aurelius also stated a version of how to handle this, that the best revenge is success.

I cap this off with something everyone should take to heart. He said: "Don't set your mind on things you don't possess, but count the blessings you actually possess and think how much you would desire them if they weren't already yours."

That's powerful. Take an inventory of your blessings and think how much you would want them if they weren't already yours. The thoughts of Roman emperor Marcus Aurelius.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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