

Man Know Thyself

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Know Thyself; Or, Nature's Secrets Revealed - 1911

Socrates and Self-Knowledge - Christopher Moore 2015-10-09

The first systematic study of Socrates' interest in selfhood, examining ancient philosophical ideas of what constitutes the self.

Knowledge of Self - Supreme Understanding 2009-07-30

Do you know who - and what - you are? Do you know who you're meant to be? Do you know how to find the answers to questions like these? Knowledge of Self is the result of a process of self-discovery, but few of us know where to begin when we're ready to start looking deeper. Although self-actualization is the highest of all human needs, it is said that only 5% of people ever attain this goal. In the culture of the Nation of Gods and Earths, commonly known as the Five Percent, students are instructed that they must first learn themselves, then their worlds, and then what they must do in order to transform their world for the better. This often intense process has produced thousands of revolutionary thinkers in otherwise desperate environments, where poverty and hopelessness dominate. Until now, few mainstream publications have captured the brilliant yet practical perspectives of these luminary men and women. Knowledge of Self: A Collection of Writings on the Science of Everything in Life presents the thoughts of Five Percenters, both young and old, male and female, from all over the globe, in their own words. Through essays, poems, and even how-to articles, this anthology presents readers with an accurate portrait of what the Five Percent study and teach, as well as sound direction on how to answer timeless questions like: Who am I, and why am I here? Why is there so much injustice in the world, and what can be done about it? Who is God and where on Earth is he? How do I improve myself without losing myself? Why are people of color in the situations they're in? What can we do about the global problems of racism and poverty?

Know Thyself - Michael Schiavello 2016

Know Thyself - Amor Russell 2020-08-04

These writings are intended for qualified mystical aspirants and initiates—those who have eyes to see with spiritual vision and ears to hear with intuitive understanding. Unless one has already attained a Degree of spiritual illumination, these writings may not even be comprehended. The principles herein were conceived and born from a syncretism between ancient Freemasonry, Qabalah, Gnosticism, Eastern Yoga, Mystic Christianity, and Alchemy, as these are the paths that clearly teach the supreme doctrine. Therefore, some basic knowledge of all these sacred paths may be necessary before the all-inclusive message of their singular purpose becomes clear in the fullness of esoteric wisdom.

The Art of War - Sun Tzu 2021-03-18

The Art of War is an enduring classic that holds a special place in the culture and history of East Asia. An ancient Chinese text on the philosophy and politics of warfare and military strategy, the treatise was written in 6th century B.C. by a warrior-philosopher now famous all over the world as Sun Tzu. Sun Tzu's teachings remain as relevant to leaders and strategists today as they were to rulers and military generals in ancient times. Divided into thirteen chapters and written succinctly, The Art of War is a must-read for anybody who works in a competitive environment.

Know Thyself - Richard Lynch 1954

Know Thyself, O Man!, and be Thine Own Physician - Mrs. D. A. Gallion 1865

Stolen Legacy - George G. M. James 2013-04-08

For centuries the world has been misled about the original source of the Arts and Sciences; for centuries Socrates, Plato and Aristotle have been falsely idolized as models of intellectual greatness; and for centuries the African continent has been called the Dark Continent, because Europe

coveted the honor of transmitting to the world, the Arts and Sciences. It is indeed surprising how, for centuries, the Greeks have been praised by the Western World for intellectual accomplishments which belong without a doubt to the Egyptians or the peoples of North Africa.

Man Heal Thyself - Queen Afua 2021-03-12

Man Heal Thyself: The Wellness Warrior's Journey to Self-Mastery is a global call to wellness addressed to men. Each man is prompted to evaluate himself regarding his activities to support of his family and do the work he creates and produces in the world. Within the text are wellness protocols to practice personal development through daily disciplines. The tasks are designed to enable strengthening social, emotional, and spiritual wellness on the journey to self-mastery.

Man, Know Thyself AGAIN - Kofi Khepera 2020-08-02

Man, Know Thyself AGAIN is a compendium, presented in a lecture notes format, of some of the educational and philosophical concepts that were developed in and spread from ancient Kemet (Egypt). In this volume, the author has gathered and listed main points from the works of a multitude of scholars who wrote about ancient Kemet's educational and philosophical thought. The writers, both past and present, show that the ancient Afrikan scholars of Kemet had indeed developed advanced systems and concepts of education and philosophy that in many ways laid the very foundations for the birth of Western civilization.

Know Thyself - Na'im Akbar 1998

Apology - Plato 2018-08-20

The Apology of Socrates was written by Plato. In fact, it's a defensive speech of Socrates that he said in a court noted down by Plato. The main subject of the speech is a problem of the evil. Socrates insists that neither death nor death sentence is evil. We shouldn't be afraid of the death because we don't know anything about it. Socrates proved that the death shouldn't be taken as the evil with the following dilemma: the death is either a peace or a transit from this life to the next. Both can't be called evil. Consequently, the death shouldn't be treated as evil.

Man Heal Thyself - Queen Afua 2012

Image, Identity, and the Forming of the Augustinian Soul - Matthew Drever 2013-07-18

Through examination of Augustine's account of the human relation to God, Matthew Drever finds a crucial resource for a religious reorientation and reevaluation of the human person,

Know Thyself - Mitchell S. Green 2017-11-28

Know Thyself: The Value and Limits of Self-Knowledge takes the reader on tour of the nature, value, and limits of self-knowledge. Mitchell S. Green calls on classical sources like Plato and Descartes, 20th-century thinkers like Freud, recent developments in neuroscience and experimental psychology, and even Buddhist philosophy to explore topics at the heart of who we are. The result is an unvarnished look at both the achievements and drawbacks of the many attempts to better know one's own self. Key topics in this volume include: Knowledge – what it means to know, the link between wisdom and knowledge, and the value of living an "examined life" Personal identity – questions of dualism (the idea that our mind is not only our brain), bodily continuity, and personhood The unconscious — including the kind posited by psychoanalysis as well as the form proposed by recent research on the so-called adaptive unconscious Free will – if we have it, and the recent arguments from neuroscience challenging it Self-misleading – the ways we willfully deceive ourselves, and how this relates to empathy, peer disagreement, implicit bias, and intellectual humility Experimental psychology – considerations on the automaticity of emotion and other cognitive processes, and how they shape us This book is designed to be used in conjunction with the free 'Know Thyself' MOOC (massive open online course) created through collaboration of the University of Connecticut's Project on Humility and Conviction in Public Life, and the University of

Edinburgh's Eidyn research centre, and hosted on the Coursera platform (<https://www.coursera.org/learn/know-thyself>). The book is also suitable as a text for interdisciplinary courses in the philosophy of mind or self-knowledge, and is highly recommended for anyone looking for a short overview of this fascinating topic.

Elijah Muhammad--Original Man Know Thyself - Abul Pitre 2021-10-15

Elijah Muhammad--Original Man Know Thyself: A Pedagogy for Black Liberation introduces students to the works of Elijah Muhammad, a thought leader who championed the development of Black education and helped to raise the consciousness of Blacks in America between 1934 and 1975. The book examines Elijah Muhammad's works and accomplishments within the context of modern education. The text begins with a biographical sketch of Elijah Muhammad and an exploration of how his life can provide a blueprint for liberation through education. Following these contextual introductions, the volume features nine selections, one of which comes from the Muhammad Speaks newspaper and the rest of which are from Elijah Muhammad's classic books, *Message to the Blackman in America*, *How to Eat to Live*, and *Our Savior Has Arrived*. In addition to its focus on education, the book demonstrates how the teachings of Elijah Muhammad have contributed to Africana/Black Studies. Discussion questions throughout stimulate critical thinking and challenge readers to apply the excerpted works to contemporary educational practice.

Humility of Heart - Herbert Vaughan 2010-10-01

Cardinal Vaughn wrote these reflections over a century ago, and they are as pertinent today as when they were first assembled into a book. "There is no Saint however holy and innocent who may not truly consider himself the greatest sinner in the world. It is enough that he knows himself to be man to recognize that he is liable to commit all the evil of which man is capable." This thought alone will inspire us to humility and this book is a great aid to true humility, which is essential to salvation. St. Alphonsus writes: "a single bad book will be sufficient to cause the destruction of a monastery." Pope Pius XII wrote in 1947 at the beatification of Blessed Maria Goretti: "There rises to Our lips the cry of the Saviour: 'Woe to the world because of scandals!' (Matthew 18:7). Woe to those who consciously and deliberately spread corruption-in novels, newspapers, magazines, theaters, films, in a world of immodesty!" We at St. Pius X Press are calling for a crusade of good books. We want to restore 1,000 old Catholic books to the market. We ask for your assistance and prayers. This book is a photographic reprint of the original. The original has been inspected and many imperfections in the existing copy have been corrected. At Saint Pius X Press our goal is to remain faithful to the original in both photographic reproductions and in textual reproductions that are reprinted. Photographic reproductions are given a page by page inspection, whereas textual reproductions are proofread to correct any errors in reproduction.

Sophie's World - Jostein Gaarder 2007-03-20

One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

Know Thyself - Ingrid Rossellini 2018-05-22

A Kirkus Reviews Best Book of 2018 A lively and timely introduction to the roots of self-understanding--who we are and how we should act--in the cultures of ancient Greece, the Roman Empire, and Middle Ages and the Renaissance "Know thyself"--this fundamental imperative appeared for the first time in ancient Greece, specifically in Delphi, the temple of the god Apollo, who represented the enlightened power of reason. For the Greeks, self-knowledge and identity were the basics of their civilization and their sources were to be found in where one was born and into which social group. These determined who you were and what your duties were. In this book the independent scholar Ingrid Rossellini surveys the major ideas that, from Greek and Roman antiquity through the Christian medieval era up to the dawn of modernity in the Renaissance, have guided the Western project of self-knowledge. Addressing the curious lay reader with an interdisciplinary approach that includes numerous references to the visual arts, Know Thyself will reintroduce readers to the most profound and enduring ways our civilization has framed the issues of self and society, in the process helping us rediscover the very building blocks of our personality.

Know Thyself - Plato 2011-01-01

Aesthetics as Philosophy of Perception - Bence Nanay 2016-01-14

Aesthetics is about some special and unusual ways of experiencing the world. Not just artworks, but also nature and ordinary objects. But then if we apply the remarkably elaborate and sophisticated conceptual apparatus of philosophy of perception to questions in aesthetics, we can make real progress. The aim of this book is to bring the discussion of aesthetics and perception together. Bence Nanay explores how many influential debates in aesthetics look very different, and may be easier to tackle, if we clarify the assumptions they make about perception and about experiences in general. The focus of Aesthetics as Philosophy of Perception is the concept of attention and the ways in which this concept and especially the distinction between distributed and focused attention can help us re-evaluate various key concepts and debates in aesthetics. Sometimes our attention is distributed in an unusual way: we are attending to one perceptual object but our attention is distributed across its various properties. This way of experiencing the world is special and it plays an important role in characterizing a number of phenomena associated with aesthetics. Some of these that the book talks about include picture perception and depiction, aesthetic experiences, formalism, the importance of uniqueness in aesthetics, and the history of vision debate. But sometimes, in some aesthetic contexts, our attention is not at all distributed, but very much focused. Nanay closes his argument with an analysis of some paradigmatic aesthetic phenomena where our attention is focused: identification and engagement with fictional characters. And the conflict and interplay between distributed and focused attention is an important feature of many artworks.

"Know Thyself": Jnana Yoga - Omraam Mikhaël Aïvanhov 2012-05-14

"Know thyself!" All science and all wisdom lies in knowing ourselves, in finding ourselves, in the fusion of our lower self with our higher self. The symbol of the initiate who has succeeded in this is the serpent with its tail in its mouth. A serpent forms a straight or wavy line, and a line is limited. But the serpent with its tail in its mouth forms a circle, and a circle represents the infinite, the limitless, the eternal. Those who succeed in becoming a circle enter a world without limitations where the "above" and the "below" are no longer separated, because all the powers and all the riches and virtues of the true, higher self have been infused into the lower self. The higher and the lower become one and a human being becomes a divinity.' Omraam Mikhaël Aïvanhov

Man Know Thyself - Maulana Wahiduddin Khan 2000-01-01

In this series, Maulana Wahiduddin Khan has presented the fundamental teachings of Islam in a simple way.

Evolutionary Philosophy - Ed Gibney

The Oxford Handbook of Philosophy and Psychoanalysis - Richard Gipps 2019-02-14

Psychoanalysis is often equated with Sigmund Freud, but this comparison ignores the wide range of clinical practices, observational methods, general theories, and cross-pollinations with other disciplines that characterise contemporary psychoanalytic work. Central psychoanalytic concepts to do with unconscious motivation, primitive forms of thought, defence mechanisms, and transference form a mainstay of today's richly textured contemporary clinical psychological practice. In this landmark collection on philosophy and psychoanalysis, leading researchers provide an evaluative overview of current thinking. Written at the interface between these two disciplines, The Oxford Handbook of Philosophy and Psychoanalysis contains original contributions that will shape the future of debate. With 34 chapters divided into eight sections covering history, clinical theory, phenomenology, science, aesthetics, religion, ethics, and political and social theory, this Oxford Handbook displays the enduring depth, breadth, and promise of integrating philosophical and psychoanalytic thought. Anyone interested in the philosophical implications of psychoanalysis, as well as philosophical challenges to and re-statements of psychoanalysis, will want to consult this book. It will be a vital resource for academic researchers, psychoanalysts and other mental health professionals, graduates, and trainees.

The Varieties of Self-Knowledge - Annalisa Coliva 2016-07-05

This book explores the idea that self-knowledge comes in many varieties.

We “know ourselves” through many different methods, depending on whether we attend to our propositional attitudes, our perceptions, sensations or emotions. Furthermore, sometimes what we call “self-knowledge” is not the result of any substantial cognitive achievement and the characteristic authority we grant to our psychological self-ascription is a conceptual necessity, redeemed by unravelling the structure of several interlocking concepts. This book critically assesses the main contemporary positions held on the epistemology of self-knowledge. These include robust epistemic accounts such as inner sense views and theory-theories; weak epistemic accounts such as transparency theories and rational internalism and externalism; as well as expressivist and constitutivist approaches. The author offers an innovative “pluralist” position on self-knowledge, emphasizing the complexity of the phenomenon and its resistance to any “monistic” treatment, to pose new and intriguing philosophical challenges.
Man, Woman, Know Thyself! - Elmer Jefferson Bartholomew 1908

Personal Intelligence - John D. Mayer 2014-02-18

One of the co-developers of the theory of emotional intelligence uses case studies and cutting-edge research to show that everyone also has another diverse set of skills, called personal intelligence, that work together to evaluate ourselves and others. 25,000 first printing.

Know Thyself - Stephen M Fleming 2021-04-29

From the ancient Greeks to Buddhism, our ability to check reality and recalibrate has fascinated philosophers for thousands of years. Yet it is only recently that we've developed the technology to create a rigorous science of self-awareness, what we call metacognition. Head of the Metacognition Lab at University College London, Stephen Fleming is the world's leading expert in this new field of neuroscience. In *Know Thyself* he explains both the vast potential of metacognition and why it is that we still so often get it wrong. Based on his own pioneering studies, full of cutting-edge research from computer science, psychology and evolutionary biology, made tangible with powerful real-life examples, Dr Fleming shows how developing metacognition can help us become smarter, make better decisions and lead more effectively. While AI has been posted as the remedy to human error, its flaw is its lack of self-awareness. In the way a coach can dramatically improve an athlete's performance or a conductor can guide an orchestra through a complicated piece of music, *Know Thyself* reveals how metacognition offers humanity a crucial edge in our modern world. It is one that might yet turn out to be our saving grace.

Identity: A Very Short Introduction - Florian Coulmas 2019-02-15

Identity has become one of the most widely used terms today, appearing in many different contexts. Anything and everything has an identity, and identity crises have become almost equally pervasive. Yet 'identity' is extremely versatile, meaning different things to different people and in different scientific disciplines. To many its meaning seems self-evident, since its various uses share common features, so often the term is used without a definition of what, exactly, is meant by it. This provokes the core question: What exactly is identity? In this *Very Short Introduction* Florian Coulmas provides a survey of the many faces of the concept of identity, and discusses its significance and varied meanings in the fields of philosophy, sociology, and psychology, as well as politics and law. Tracing our concern with identity to its deep roots in Europe's intellectual history, individualism, and the felt need to draw borderlines, Coulmas identifies the most important features used to mark off individual and collective identities, and demonstrates why they are deemed important. He concludes with a glimpse at the many ways in which literature has engaged with problems of identity throughout history. ABOUT THE SERIES: The *Very Short Introductions* series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

Socrates - Luis E. Navia 2009-12-02

A scholar of ancient Greek philosophy, Navia contributes to the immense body of commentary about Socrates with this tour of the historical man-about-Athens. All of the material about Socrates derives from four works that survived the wreck of Greco-Roman civilization: Aristophanes' comedy *Clouds*; Xenophon's dialogues; Plato's dialogues; and Aristotle's tracts.... Quoting extensively from these writers' works, Navia shows where biographical agreement exists and where inference and speculation begin, as in the story of the oracle of Delphi proclaiming Socrates the wisest of men. An assessment of Socrates' essential

philosophical precepts culminates Navia's pursuit of the living Socrates, and his hunt could attract readers with a Platonic dialogue or two under their belts.-Booklist[A] vivid account of Socrates's life and ideas....The carefully documented research provides a valuable resource for those interested in the man and his ideas. Students researching philosophy will benefit from the author's accessible connections between the beliefs of Socrates and those of many modern thinkers.-School Library JournalOne of the most influential thinkers in the history of the West was Socrates of Athens (469-399 BCE). Literally, thousands of books and other works of art have been devoted to him, yet his character and the tenets of his philosophy remain elusive. Even his contemporaries had very different impressions of him, and since he himself left no writings to posterity, we can only wonder: Who was this man really? What ideas and ideals can be truthfully associated with him? What is the basis for the extraordinary influence he has exerted throughout history?Philosopher Luis E. Navia presents a compelling portrayal of Socrates in this very readable and well-researched book, which is both a biography of the man and an exploration of his ideas. Through a critical and documented study of the major ancient sources about Socrates - in the writings of Aristophanes, Xenophon, Plato, and Aristotle - Navia reconstructs a surprisingly consistent portrait of this enigmatic philosopher. He links Socrates' conviction that the unexamined life is not worth living with Immanuel Kant's later concept of an innate moral imperative as the only meaningful purpose of human existence. He highlights Socrates' unrelenting search for the essence and value of the soul as that aspect of his philosophical journey that animated and structured all his activities. Navia also considers Socrates' relationship with the Sophists, his stance vis-à-vis the religious beliefs and practices of his time, his view of the relationship between legality and morality, and the function of language in human life. Finally, he eloquently captures the Socratic legacy, which, more than twenty-four centuries after his death, is still so urgently relevant today.Navia brings to life this perennially important philosopher, illuminating the relevance of his ideas for our modern world.Luis E. Navia (Westbury, NY), professor of philosophy and chair of the Social Sciences Department at New York Institute of Technology, is the author of many books on ancient philosophy, including *Socratic Testimonies*, *Antisthenes of Athens*, and *The Adventure of Philosophy*.

The Immanence of God - L. W. (Lauron William) B. De Laurence 2018-11-11

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Shew Thyself a Man - Eldon Martens 2011-05-18

The great need of the hour is for Christian men to become godly men--for their daily walk to reflect the life of Christ. But just how does one become a "man of God"? *Shew Thyself a Man* answers this question with straightforward and practical advice to help you pursue the path of godliness. Either you are already becoming a man of God, or you are a prime candidate to become a man of God. In either case, this book will provide you with a simple but direct tool that could change your life now and for eternity. God is looking for men who will answer the challenge David gave his son, Solomon: "shew thyself a man" (1 Kings 2:2). This book is a guide to help you become the man God wants you to be.

Elijah Muhammad-Original Man Know Thyself - Abul Pitre 2021-10-15

Elijah Muhammad-Original Man Know Thyself: A Pedagogy for Black Liberation introduces students to the works of Elijah Muhammad, a thought leader who championed the development of Black education and helped to raise the consciousness of Blacks in America between 1934 and 1975. The book examines Elijah Muhammad's works and accomplishments within the context of modern education. The text begins with a biographical sketch of Elijah Muhammad and an exploration of how his life can provide a blueprint for liberation through education. Following these contextual introductions, the volume features nine selections, one of which comes from the Muhammad Speaks

newspaper and the rest of which are from Elijah Muhammad's classic books, *Message to the Blackman in America*, *How to Eat to Live*, and *Our Savior Has Arrived*. In addition to its focus on education, the book demonstrates how the teachings of Elijah Muhammad have contributed to Africana/Black Studies. Discussion questions throughout stimulate critical thinking and challenge readers to apply the excerpted works to contemporary educational practice. Drawing upon the past to inform the present, *Elijah Muhammad-Original Man Know Thyself* is an illuminating and valuable supplementary resource for courses and programs in education, Africana/Black Studies, and multicultural studies.

Man, Know Thyself - Rick Duncan 2013-07-09

'Man, Know Thyself' is perhaps one of the world's oldest and most important sayings. This adage was originally coined by Imhotep the world's first multi-genius and perhaps the greatest creative mortal individual who ever lived. Imhotep lived over five and a half thousand years ago from our present age. It must be said immediately that Imhotep was an African. He is among our first Notable Ancestors. Considering Imhotep's instruction, it means that as individuals, as a family, collectively as a people, a community, a society or a nation, we should know ourselves; that is, who we are. This includes knowledge of who spawned us, where we have been and where we currently are. Knowing this, as our Notable Ancestor and Grandmaster Teacher (Baba) Dr John Henrik Clarke has said, will tell us who we are and where we must get to. Who we are is dependent on who we were. Who we were should determine who we should be. To emphasise the point, Marcus Garvey, another of our most important Notable Ancestors, frequently reiterated this advice when he reminded us that our first obligation is to know ourselves. He told us that we should make our knowledge about us so complete so as to make it impossible for others to take advantage of us. He told us that in order to know ourselves we must know who our Ancestors were and what they achieved. We would then realize who we are and what we are capable of achieving. This is the meaning of the African adage and Sankofa symbol of 'looking back in order to go forward'. The importance of knowing our ancestors has been summed up in an old Native American saying that 'It is the spirit of our ancestors that should guide our path'. There is a sense however that Africans have forgotten our ancestors. Because of this, there is no 'spirit' to guide us and so Africans are lost and confused. The roots of African spirituality and culture have been made redundant. Yet as Dr Clarke points out, the umbilicord that tied Africans to our spiritual and cultural roots have only been stretched. It has never been broken. It is for Africans to come to this realization and to rediscover the spirit of our ancestors. This volume lists some of our Notable Ancestors in the hope that knowledge about them and their achievements will aid some of us in understanding where we have been, who we presently are and consequently who we must become. Ultimately, it is hoped that we may use this knowledge to reconnect with the spirit of our Ancestors and let them be our guide. This volume is based on the 'truth' about Africans and therefore correcting what is 'told' about us. This 'corrective knowledge' of us is important because as Imhotep said; 'Know the truth and the truth shall set you free'. This means being free to interpret our own story and to define who we are. This is crucial because although 'history' is a witness to the truths, 'history' has been 'stolen' by others who have hidden the truths about us. 'History' has never been true or kind to Africans and therefore it cannot tell us about us. Yet as Peter Tosh intimated, we cannot come to a consciousness of ourselves, of who we are, if we do not know the truths about us. 'History' has been described as the 'Queen' of the academic subjects. So important is History that it is said that 'whoever controls history, controls the future'. In one sense education in general and history in particular is about teaching us who we are. History teaches who we are so as to help us to know where we belong in our community (or society). Africans cannot know where we belong in society however, because our story has been told by 'others' (those who 'own history'). Africans are therefore unaware of who we are because what is 'known' about us is not the truth about us. The story of Africans, the oldest people on earth, like the history of the world, is taught by 'others'. Yet these others came into the world thousands of years after Africans had already established great civ

Man! Know thyself - Sant Kirpal Singh 1954

[Know Thyself in Greek and Latin Literature](#) - Eliza Gregory Wilkins
2018-11-13

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The Philosophy Of Self Knowledge - Agrawal 2010-08

Man, Know Thyself - Rick Duncan 2013-07

'Man, Know Thyself' is perhaps one of the world's oldest and most important sayings. This adage was originally coined by Imhotep the world's first multi-genius and perhaps the greatest creative mortal individual who ever lived. Imhotep lived over five and a half thousand years ago from our present age. It must be said immediately that Imhotep was an African. He is among our first Notable Ancestors. Considering Imhotep's instruction, it means that as individuals, as a family, collectively as a people, a community, a society or a nation, we should know ourselves; that is, who we are. This includes knowledge of who spawned us, where we have been and where we currently are. Knowing this, as our Notable Ancestor and Grandmaster Teacher (Baba) Dr John Henrik Clarke has said, will tell us who we are and where we must get to. Who we are is dependent on who we were. Who we were should determine who we should be. To emphasise the point, Marcus Garvey, another of our most important Notable Ancestors, frequently reiterated this advice when he reminded us that our first obligation is to know ourselves. He told us that we should make our knowledge about us so complete so as to make it impossible for others to take advantage of us. He told us that in order to know ourselves we must know who our Ancestors were and what they achieved. We would then realize who we are and what we are capable of achieving. This is the meaning of the African adage and Sankofa symbol of looking back in order to go forward'. The importance of knowing our ancestors has been summed up in an old Native American saying that 'It is the spirit of our ancestors that should guide our path'. There is a sense however that Africans have forgotten our ancestors. Because of this, there is no 'spirit' to guide us and so Africans are lost and confused. The roots of African spirituality and culture have been made redundant. Yet as Dr Clarke points out, the umbilicord that tied Africans to our spiritual and cultural roots have only been stretched. It has never been broken. It is for Africans to come to this realization and to rediscover the spirit of our ancestors. This volume lists some of our Notable Ancestors in the hope that knowledge about them and their achievements will aid some of us in understanding where we have been, who we presently are and consequently who we must become. Ultimately, it is hoped that we may use this knowledge to reconnect with the spirit of our Ancestors and let them be our guide. This volume is based on the 'truth' about Africans and therefore correcting what is 'told' about us. This 'corrective knowledge' of us is important because as Imhotep said; 'Know the truth and the truth shall set you free'. This means being free to interpret our own story and to define who we are. This is crucial because although 'history' is a witness to the truths, 'history' has been 'stolen' by others who have hidden the truths about us. 'History' has never been true or kind to Africans and therefore it cannot tell us about us. Yet as Peter Tosh intimated, we cannot come to a consciousness of ourselves, of who we are, if we do not know the truths about us. 'History' has been described as the 'Queen' of the academic subjects. So important is History that it is said that 'whoever controls history, controls the future'. In one sense education in general and history in particular is about teaching us who we are. History teaches who we are so as to help us to know where we belong in our community (or society). Africans cannot know where we belong in society however, because our story has been told by 'others' (those who 'own history'). Africans are therefore unaware of who we are because what is 'known' about us is not the truth about us. The story of Africans, the oldest people on earth, like the history of the world, is taught by 'others'. Yet these others came into the world thousands of years after Africans had already established great civ