

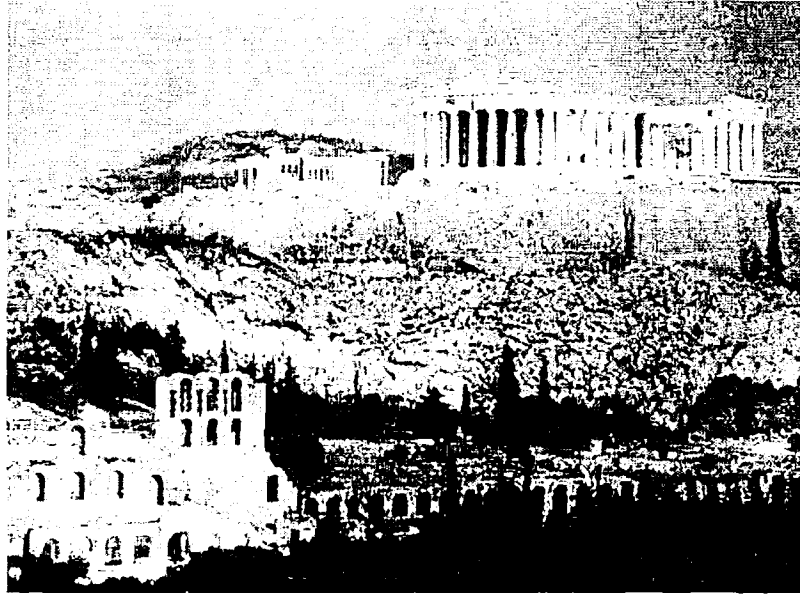
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THE PANDORA WAY FOR A BETTER LIFE IN THE 21ST CENTURY

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THE **PANDORA WAY** FOR A BETTER LIFE IN THE 21ST CENTURY



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This book 'Ancient Greek Pearls of Wisdom for the 21st Century' is about guiding and supporting you to improve your personal, professional and business life in our current 21st century society.

This is achieved by:

1. Presenting a set of Ancient Greek Pearls of Wisdom in each area of life (wealth, governance, friendship, etc.) and proposing a solution in responding to basic questions in each such area (e.g. 'Why should I believe in the Supreme Being? and What do I need religion for in my business activities?')
2. Summarizing the impact of several noted ancient Greek thinkers to the world and the relevance of their contributions today.
3. Offering you, an Improvement Approach (**The Pandora Way**) based on Ancient Greek Wisdom (for each area: governance, wealth, association with others, self-management, education and family, etc.) including: over 60 'tips', more than 40 'golden rules' and numerous (over 20) 'recommendations' that you may consider and use to manage yourself, your family and your business more effectively and potentially make your life better.

The Pandora Way is further detailed in the next pages.

The Pandora Improvement Approach

Pandora, from Greek, meaning ‘the all-endowed’, or ‘the all-gifted’, or ‘the all-giving’ was the first human woman created by the ancient Greek gods, specifically by Hephaestus and Athena on the instructions of Zeus, the Supreme God of ancient Greeks. The **Pandora Improvement Approach (The Pandora Way)** is based on ancient Greek pearls of wisdom and the tips, rules, recommendations and action plans presented in this book.

The term ‘**The Pandora Way**’ contains 13 letters. **Number 13** is holy and of the highest spiritual significance in many world religions. A Prophet has 12 followers ($12+1=13$). Ancient Greeks had Zeus, as the most supreme god and 12 olympian gods and goddesses ($12+1=13$). Remember also that our year contains 52 weeks (13 times 4 weeks), this being the time it takes our Earth to revolve around the Sun.

In terms of the world-theory of **Pythagoras**: 1 represents the beginning; 3 symbolizes; etion and heaven; and $1+3=4$, represents harmonious perfection.

The Pandora Way contains the 13 keys to a happier and more balanced life, as depicted in table 1.

Letter	Description
T	Trust. Trust yourself, others, friends, family, laws, country, Supreme Being, Nature. Seek truth and justice
H	Harmony. Practice and preach harmony to all
E	Energize. Energize your soul to partake into more spiritual thinking
P	Participate. Participate and commit in life. Create your own brilliant story
A	Activate. Take positive actions to improve things. Be creative in your own way
N	Nourish. Narrate and nourish your life with physical exercise, music, praying, meditation, nature, beauty, kindness and harmony
D	Donate. Donate your skills, friendship, kindness, time and wealth
O	Organize. Organize yourself and others. Foster structure and better relations. Manage time
R	Renew. Renew your approach, skills, knowledge, dexterities and education. Innovate
A	Associate. Associate with others with friendship, love, goodness and kindness
W	Withstand. Withstand the bad effects in life with friendly and kind thoughts. Be more resilient
A	Agonize. Agonize and strive for the betterment of all beings. Be beneficial
Y	Yield. Yield to truth, friendship, love, harmony, justice, goodness and kindness

Table 1: The Pandora Way: 13 keys to a happier and more balanced life

The Pandora Way is conceptually made up of the following components:

1. Pandora Improvement Framework
2. Pandora Improvement Roadmap
3. Pandora Improvement Plans.

These are detailed next.

1 Pandora Component 1: Improvement Framework

The Pandora Improvement Framework is your new home that will nurture you to a better life. It has three foundation pillars representing the **three universal forces** (3 Ss) driving, energizing, influencing and concerning your life and business: **(S1) Supreme Being, (S2) Society and (S3) Soul**.

Each force is based on concepts and principles of Heraclitus, Epicurus, Socrates, Plato, Pythagoras, The Stoics and Aristotle, as shown in Table 2 and Figure 1.

Force	Dimension of Force	Philosopher
1	Supreme Being (S1): Relating to Universe, Supreme Being and Nature	Heraclitus Epicurus Pythagoras
2	Society (S2): Relating to Governance, Law, Wealth and Justice	Aristotle Heraclitus Plato Pythagoras
3	Soul (S3): Relating to Managing and Improving Self, Education and Learning, Associating with Others, Family and Life Events	Socrates The Stoics Epicurus Pythagoras

Table 2: Pandora Component 1: Improvement Framework

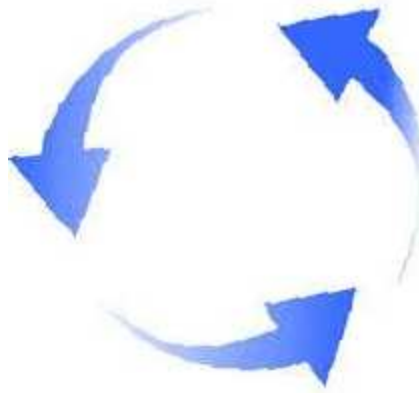


Figure 1: Improvement Driving Forces

First Force: This is concerned with aspects of **The Supreme Being (S1)**. The principles and concepts I find most relevant here are:

1. The conceptual view of **Heraclitus** that all entities come to be in accordance with the Logos (principle of order, reason and knowledge, or God);
2. The quotation of **Heraclitus**: ‘Human laws are the creation of Divine Law, as it (the Divine Law) is superior to all other laws and it is applicable to all people the same way’; and
3. The maxim of **Epicurus**: ‘Do not fear God’ included in his four-part all-cure doctrine ‘Tetrapharmakos’.

This force energizes you to reach your **Milestone 1**: ‘Connect to Logos, Supreme Being and Nature’ in your Pandora Improvement Roadmap.

Full details and the relevant ancient Greek pearls of wisdom related to this force and recommendations for improvement are mainly included in ‘Chapter 2: Connecting to Universe, Nature and the Supreme Being’.

Second Force: This is concerned with aspects of **Society (S2)**. The principles and concepts I find most relevant here are:

1. **Aristotle** believes the public life to be far more virtuous than the private one. Three of his quotations related to governance are: ‘Laws govern and should be above all other rules’, ‘There is a law which is superior to all written laws and this is the law of morality’, and ‘Freedom is the pre-condition to democracy’.
2. The quotation of **Heraclitus**: ‘Human laws are the creation of Divine Law, as it (the Divine Law) is superior to all other laws and it is applicable to all people the same way’.
3. **Plato** says reason and wisdom should govern instead of rhetoric and persuasion.

4. Pythagoras discussed, described and taught the three requisites of good governance to be: Justice, economy, and enforcement of law.

Justice to be expressed by the rulers being equal in all things to the citizens, and surpass them in nothing else than justice;

Economy to be expressed in applying the principle of good order in cities and households and in avoiding luxury, avarice and greed in both states and houses; and

Enforcement of law to be expressed, primarily, by applying the state's laws equally to all people, rulers obeying the law of their state, and rulers extending their power to provide excellence, concord, harmony and rhythm to all beings and their community.

This force energizes you to reach your **Milestone 2**: 'Relate to others and govern fairly by learning to be governed first' and **Milestone 3**: 'Learn to Manage Wealth and Avoid Greed' in your Pandora Improvement Roadmap.

Full details and the relevant ancient Greek pearls of wisdom related to this force and recommendations for improvement are mainly included in 'Chapter 3: Improving your Governance and Law aspects' and 'Chapter 4: Managing your Wealth better'.

Third Force: This is concerned with aspects of the **Soul (S3)**.

The principles and concepts I find most relevant here are:

1. The guidance of **Socrates** to his students: To keep interested in the truth; to make sure that your soul is as good as possible; and to get a good soul, maintain the four virtues of prudence, temperance, courage and justice.

2. The principles of living taught by the **Stoics** (Zeno of Citium, Pyrrho, Epictetus, etc.):

- (a) Prudence (Ability to judge between actions at a given time);
- (b) Temperance (Practicing self-control, abstention and moderation);
- (c) Courage (Endurance and ability to confront fear and uncertainty); and
- (d) Justice (Proper moderation between self-interest and the needs of others).

3. The view of Pythagoras which depicted friendship as being of Divine origin and in its universality being triangular: Friendship of God for all creatures, Friendship of all creatures for God, and the Friendship of all creatures for one another. Also associating with others and friendship had the highest value as they mirrored eternal love.

4. Epicurus considered friendship a matter of the most crucial importance. Everybody, including women and slaves attended his teachings at his school, called 'The Garden'. He claimed that friendship, more than anything else, contributed to the good and pleasant life as it is the cohesive force that makes society and human cohabitation and coexistence possible at all.

This force energizes you to reach your **Milestones 4 to 9** in your Pandora Improvement Roadmap:

Milestone 4: 'Learn and Practice Friendship and Love';

Milestone 5: ‘Achieve Harmony both Within and Outside myself’;
 Milestone 6: ‘Practice Goodness and Kindness to All’;
 Milestone 7: ‘Practice the Golden Rule of Moderation’;
 Milestone 8: ‘Educate Yourself and Others’;
 Milestone 9: ‘Support and Commit to Your Family’.

Full details and the relevant ancient Greek pearls of wisdom related to this force and recommendations for improvement are mainly included in chapters 5 to 10.

All forces energize you to reach your Milestone 10:

‘Fulfill the Goals of Your Life by Benefiting Others’ which is included in the final chapter (‘Epilogue’).

2 Pandora Component 2: Improvement Roadmap

The Pandora Improvement Roadmap shows you the way and the direction to take to reach your destination.

This is your second component of the proposed Pandora Ancient Greek Wisdom Improvement Approach.

The Pandora **Improvement Roadmap** contains a set of milestones (see Table 2) and your personal and business vision and values statements and milestones, tips, golden rules, recommendations and improvement plans, one for each area of living (religion, governance, wealth, friendship, etc.).

Milestone	Description	Chapter
1	‘Connect to Logos, Supreme Being and Nature’	2
2	‘Relate to others and govern fairly by learning to be governed first’	3
3	‘Learn to Manage Wealth and Avoid Greed’	4
4	‘Learn and Practice Friendship and Love’	5
5	‘Achieve Harmony both Within and Outside myself’	6
6	‘Practice Goodness and Kindness to All’	7
7	‘Practice the Golden Rule of Moderation’	8
8	‘Educate Yourself and Others’	9
9	‘Support and Commit to Your Family’	10
10	‘Fulfill the Goals of Your Life by Benefiting Others’	Epilogue

Table 2: Pandora Improvement Roadmap Milestones

3 Pandora Component 3: Pandora Improvement Plans

The Pandora Improvement Plans contain specific actions to take to reach your destination.

This is the third component of the proposed Pandora Ancient Greek Wisdom Improvement Approach.

I propose that you develop and implement two Pandora Improvement Plans, one for yourself and one for your business or professional activities.

Your plans may be based on the tips, solutions, golden rules, action points and recommendations contained in each chapter of this book (for each area of living (governance, wealth, friendship, etc.).

Conclusion

The concept of the **proposed Pandora Ancient Greek Wisdom Improvement Approach (The Pandora Way)** has as its inherent and dynamic components and driving forces the **pearls of ancient Greek wisdom** noted in this book and my proposed solutions, golden rules and recommendations in each area (religion, governance, friendship, etc.)

This approach (The Pandora Way) can sensitize, inspire and motivate you to take action and consider how you can govern yourself, and your life and business better by what is described and proposed in this book.

It can also play the role of your personal wellbeing multi-tool, your behavioral guidance system and your self-help guide (if you so wish).

Forces (Supreme Being (S1), Society (S2), Soul (S3)), goals, tips, milestones, rules, recommendations, plans and action points energize your **RAS** (Reticular Activating System) which controls your body and mind, as various studies have shown, into action. They do this by supporting your RAS to stay focused, do things and achieve what you want. Furthermore they reinforce your learning and your capability to be more adaptable and resilient and change your habits to the better.

The bricks and mortar joining and supporting all pillars and holding this edifice (The Pandora Way) together are represented by the pearls of wisdom of ancient Greece, and my golden rules, recommendations and action plans.

At the first level, pearls of wisdom teach us the values of moral and just living and provide us with examples to follow.

At the second level, golden rules distil in a more concrete and easy-to-remember format the guiding principles to follow if we want to improve in a particular area in our life (e.g. Wealth Management, friendship, etc.).

At the third level, recommendations show you how I have used the above pearls and golden rules in practice.

At the fourth level, improvement action plans, incorporating all of the above, give you a ready-made vehicle to implement the required actions for your improvement in the particular areas (e.g. Wealth management, friendship, kindness, etc.).

You may consider and potentially amend and use any or all of the above (pearls, rules, recommendations, action plans).
IT IS ENTIRELY UP TO YOU.

All of these are dealt with in this book ‘**Ancient Greek Pearls of Wisdom for the 21st Century**’.

These may enable, support, and help you craft your own Road Map which includes your personal and business improvement plans that eventually will lead you, in most cases, to a Happier and More Balanced Personal and Business Life in the 21st Century.