

Some beliefs and values of the ancient Greeks:

- A wise person is a good person
- People should seek excellence by living a balanced life and exercising the body and the mind or soul
- Wisdom leads to happiness

"The unexamined life is not worth living."

~ Socrates, according to Plato

"Learning is a process of remembering what you already know."

~ Socrates, according to Plato

"Everyone desires the good, no one desires evil."

~ Socrates, according to Plato

"*Graecia capta ferum victorem cepit.*" (Captured Greece captivated her uncivilized captor [Rome].)

~ Horace, Roman poet

"Never let the future disturb you. You will meet it, if you have to, with the same weapons of reason which today arm you against the present."

~ Marcus Aurelius, the philosopher-emperor of Rome

"The safest general characterization of the European philosophical tradition is that it consists of a series of footnotes to Plato."

~ Alfred North Whitehead, 20th century philosopher

"If you are at Rome live in the Roman style; if you are elsewhere live as they live elsewhere."

~ St. Ambrose, Catholic thinker of the Middle Ages

"Rome has spoken; the case is closed."

~ Augustine, Catholic thinker of the Middle Ages

"*Veni, vidi, vici.*" (I came, I saw, I conquered.)

~ Julius Caesar, general and dictator of Rome

Humanism is the belief that all human beings have dignity and are capable of improving life by using their reason. Humanism began with the ancient Greeks and was revived in the Renaissance period of 15th and 16th century Europe.

