

Look closely at the small things in nature. There is something lovely in each one. - after Marcus Aurelius · Meditations 3.2

spark & wonder



Everything keeps changing. How life feels depends on what we think about it. - after Marcus Aurelius · Meditations 4.3

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The quietest place you can go is inside yourself. - after Marcus Aurelius · Meditations 4.3

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Think less about what you don't have, and more about what you do. - after Marcus Aurelius · Meditations 7.27

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We suffer more often in imagination than in reality. - Seneca · Letters 13.4

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The best cure for anger is to wait. - after Seneca · On Anger 2.29

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The story behind these pages

Most pictures in this pack show a child taking a moment. A boy kneels by a stone and watches a beetle carry a crumb. Another looks up at the night sky with his cat. One starts his morning in the garden, and one takes a deep breath at the bottom of the palace steps. When your child pauses, ask: what is this child looking at, and what can you see or hear right now?

These drawings come from

The Calm Emperor

The Wise Friend

Scan to see the book