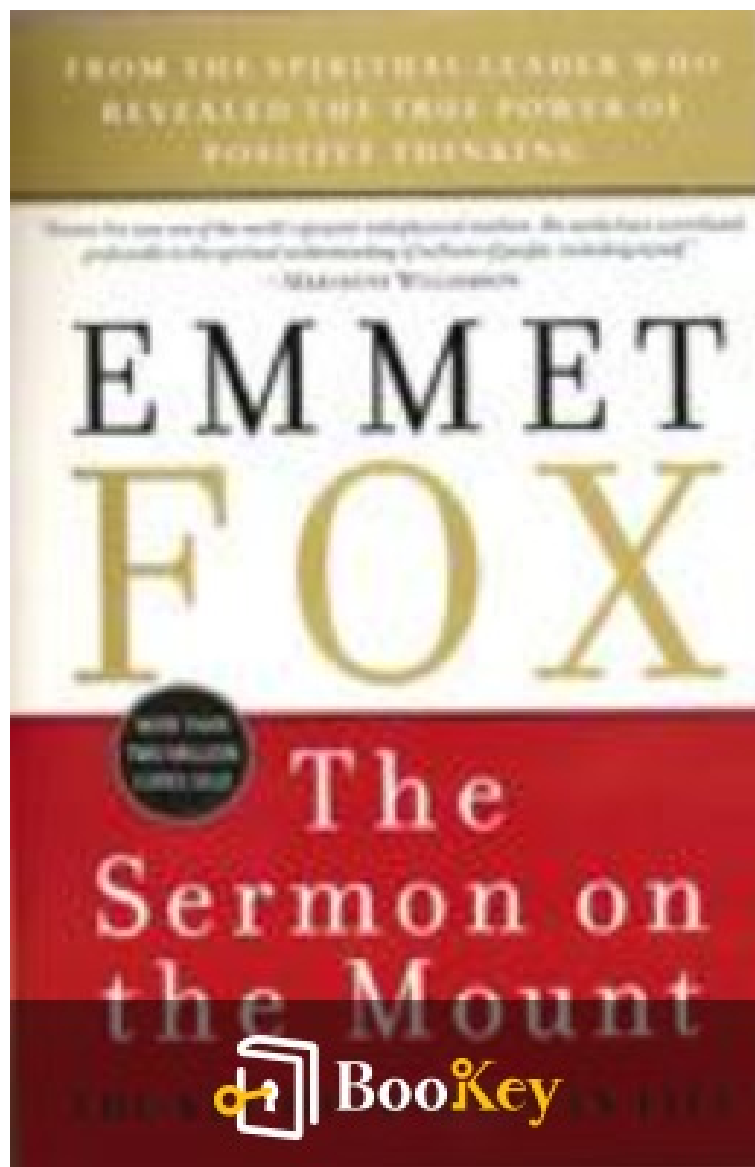


The Sermon On The Mount PDF

Emmet Fox



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About the book

Title: Discovering Wisdom in "The Sermon on the Mount" by Emmet Fox

Overview:

In his influential work, Emmet Fox presents a fresh and thought-provoking interpretation of the "Sermon on the Mount," a cherished part of the New Testament that continues to inspire countless individuals.

Key Insights:

- **Transformative Guidance:** Fox reveals the Sermon as a profound guide that fosters personal growth and spiritual enlightenment. He emphasizes that the teachings of Jesus are not just historical but offer practical wisdom for everyday living.
- **Peeling Back Context:** By examining the historical and religious layers, Fox brings forth timeless principles that encourage readers to cultivate inner peace and harmony in their lives.
- **A Call to Inclusivity:** He urges audiences to transcend traditional dogmas and embrace a broader, universal spiritual truth that resonates deeply with all seekers, regardless of their background.

For Every Reader:

Whether you are familiar with Christian philosophy or encountering the Sermon for the first time, Emmet Fox's compassionate insights will

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enlighten your understanding. His clear and accessible approach invites you on a journey of self-discovery that can lead to meaningful transformation in your daily experiences.

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About the author

Profile: Emmet Fox

Birth and Background:

- Born: 1886 in Ireland
- Died: 1951
- Profession: Initially a trained electrical engineer

Education:

- Studied in England before shifting his focus to theology and metaphysics.

Career Highlights:

- Became a minister at the Church of the Healing Christ in New York City.
- Known for dynamic lectures that attracted large audiences.

Contributions to Spirituality:

- Influential figure in the New Thought movement.
- Authored insightful works that delve into metaphysical interpretations of the Bible and the principles of positive thinking.

Key Work:

- Title: "The Sermon on the Mount"
- Description: A practical spiritual guide that sheds light on Christ's

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teachings and inspires readers to incorporate these principles into everyday life.

Legacy:

- Fox's teachings continue to resonate, providing wisdom that promotes spiritual well-being and personal growth. His influence remains significant in spiritual communities today.

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The Sermon On The Mount Summary

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The Sermon On The Mount Summary Chapter List

1. Introduction: Understanding the Essence and Relevance of Jesus' Teachings
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1. Introduction: Understanding the Essence and Relevance of Jesus' Teachings

Emmet Fox's "The Sermon on the Mount" is an insightful exploration of one of the most profound collections of teachings in the history of human thought. The essence of the Sermon lies not only in its spiritual underpinnings but also in its practical applications to the daily lives of individuals. Fox articulates that Jesus' teachings are significantly relevant today, as they imbue timeless wisdom that transcends cultural and historical barriers. This introduction seeks to unpack the fundamental essence of these teachings and elucidate their enduring relevance in the lives of contemporary individuals.

Central to understanding the Sermon on the Mount is the recognition that it presents a new paradigm of thinking and living—a radical departure from the rigid legalism of the time, urging followers towards a deeper, more intrinsic relationship with God. The Beatitudes, with their paradoxical statements on the blessedness of the meek, the mournful, and the peacemakers, invite reflection on the nature of true happiness, which often contradicts societal norms. In this sense, the Sermon serves as a mirror, prompting individuals to reconsider their values and priorities within the intersection of spirituality and practicality.

The teachings of Jesus presented in the sermon resonate deeply with the

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human experience, addressing fundamental issues such as love, purpose, and moral conduct. Each principle offers both a challenge and an invitation to engage in self-examination and transformation. For instance, the exhortation to love one's enemies pushes against the instinctual human response of revenge, cultivating compassion and understanding in the face of adversity. Fox emphasizes this teaching not merely as a lofty ideal but as a tangible practice that fosters inner peace and societal harmony.

Examples of the practical application of these teachings abound in modern life. Consider the widespread movements for peace and reconciliation which often draw on the principles articulated in the Sermon. Advocates for social justice take the teachings of loving one's neighbor and turn them into action through initiatives that seek to heal divides in communities. In personal relationships, the call to forgiveness can transform grievances into opportunities for growth and reconciliation, allowing individuals to reach emotional freedom, a point highlighted by Fox.

Moreover, the spiritual implications of Jesus' teachings encourage a shift away from materialism and towards internal fulfillment. In an age characterized by consumerism and external validation, the Sermon reminds us that true satisfaction comes from a life lived in accordance with divine principles and the inherent goodness of the human spirit. Through practices such as meditation on the Lord's Prayer, one can cultivate a deeper

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communion with the divine, opening pathways for guidance and inner peace that resonate with Fox's interpretations.

In summary, the essence of Jesus' teachings also reveals their relevance as enduring tools for personal transformation. In reflecting on the Sermon on the Mount, readers are encouraged to engage in self-reflection, allowing these teachings to permeate their understanding of life and relationships. Emmet Fox underscores that these are not merely ancient words, but living principles capable of guiding contemporary life, and shaping a reality where compassion, integrity, and faith take center stage. As we delve into the subsequent chapters, we will explore these teachings in detail, uncovering the layered meanings and practical applications that beckon for adoption in our daily lives.

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2. Chapter 1: Exploring the Beatitudes: Keys to Spiritual Success and Happiness

In Emmet Fox's exploration of the Beatitudes, as articulated in the Sermon on the Mount, readers are invited to delve deeply into the transformative teachings of Jesus. The Beatitudes, a collection of blessings found in Matthew 5:3-12, serve as foundational pillars that guide individuals toward spiritual success and genuine happiness. Fox elucidates the profound implications of each Beatitude, emphasizing their practical application in everyday life.

The Beatitudes begin with the proclamation, "Blessed are the poor in spirit, for theirs is the kingdom of heaven." Fox interprets "poverty of spirit" not as a state of emotional desolation, but rather a recognition of one's own limitations and the need for divine help. This humble acknowledgment leads one to connect with a higher power, fostering an openness to spiritual riches that can transform one's life. For example, consider someone who has achieved professional success but still feels a void in their personal fulfillment. By embracing humility and seeking spiritual guidance—perhaps through prayer or introspection—they begin a journey toward true contentment that transcends material possessions.

Next, the Beatitude states, "Blessed are they that mourn: for they shall be comforted." Fox discusses how mourning is often viewed negatively in



society; however, when one mourns, whether for a loss or for the condition of the world, it opens the door to healing. The state of mourning allows individuals to process their feelings and emerge stronger, more compassionate, and more aware of the struggles of others. A poignant example is someone who has experienced loss, such as a loved one passing away. Through their grieving process, they may become more empathic and supportive to others facing similar pain, thus finding purpose and comfort through shared experiences.

The third Beatitude, "Blessed are the meek: for they shall inherit the earth," reflects the idea that true strength lies in gentleness and self-control. Fox highlights that meekness does not equate to weakness; rather, it embodies the principle of humility and the ability to remain calm amidst life's storms. A workplace scenario illustrates this: an employee who, despite frustrations from demanding management, responds with patience and understanding gains the trust and respect of their colleagues. When challenges arise, this individual is often called upon for leadership, illustrating how meekness can indeed foster a supportive community and ultimately 'inherit the earth' through positive influence.

The phrase "Blessed are they which do hunger and thirst after righteousness: for they shall be filled" presents a powerful motivation towards pursuing moral integrity and truthfulness. Fox asserts that those who earnestly seek to

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live rightly, regardless of their present circumstances, are promised fulfillment. This is exemplified in individuals who dedicate their lives to causes greater than themselves, such as activists fighting for social justice. Their persistent quest for righteousness often rallies others, creating a collective movement that effectually leads to social change and personal satisfaction.

Further, "Blessed are the merciful: for they shall obtain mercy" emphasizes the reciprocity in kindness and compassion. Fox illustrates that the act of showing mercy towards others not only uplifts those on the receiving end but also enriches the giver's life. In everyday situations, such as a manager choosing to mentor an underperforming employee rather than chastising them, the act of mercy not only improves the employee's performance but fosters a culture of support, ultimately benefiting the organization as a whole.

The Beatitudes continue with the declaration, "Blessed are the pure in heart: for they shall see God." Fox explains that purity of heart means having a sincere intention and an uncluttered mind, free from malice or ill will. Those who strive for integrity in their thoughts and actions often find themselves in a state of peace and clarity. Consider a scenario where a businessperson, guided by ethical principles, thrives in their industry commendably—this purity not only attracts success but also leads to a sense of spiritual

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fulfillment that aligns with their values.

Lastly, the Beatitude "Blessed are the peacemakers: for they shall be called the children of God" crowns the series with a powerful call to action. Peace begins within—by fostering inner tranquility, one can navigate relationships and conflicts with grace. In practical terms, a community leader acting as a mediator during a conflict between differing groups fosters understanding and collaboration, epitomizing the essence of being a peacemaker. Such actions not only quell tensions but also establish a legacy of harmony that echoes in the hearts of those involved.

In summary, Emmet Fox encourages readers to explore the Beatitudes as essential keys to unlocking a life filled with spiritual success and happiness. Each principle offers profound insights into personal growth and community relations, serving as guiding lights that illuminate the path toward a richer, more fulfilling life. The teachings remind us that true success is not measured by worldly achievements but by the strength of our character, the depth of our compassion, and our unwavering commitment to pursue righteousness in a world that often challenges our spirit.

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3. Chapter 2: The Lord's Prayer: A Deep Dive into Its Spiritual Significance

The Lord's Prayer, often considered the quintessential prayer of Christianity, serves as a profound expression of spiritual principles and a framework for personal transformation. Emmet Fox's interpretation delves deeply into the significance of each line of this prayer, revealing its layers of meaning that can guide believers towards a more fulfilling spiritual life. In this exploration, Fox emphasizes that the Lord's Prayer is not merely a set of words to be recited but a template for understanding and experiencing an intimate relationship with the divine.

The prayer begins with the address, "Our Father which art in heaven." This salutation establishes a fundamental principle of connection; it highlights the personal nature of the divine, portraying God not as a distant deity but as a loving parent. Fox points out that recognizing divine parenthood fosters a sense of belonging and security in believers' lives. He encourages individuals to contemplate their own understanding of God, urging them to cultivate a relationship borne from trust and respect. To illustrate this, he shares the story of a young woman, Jessica, who, through her struggles in life, found solace in addressing her prayers as a direct conversation with God. Over time, this shift transformed her fears into peace, underscoring the importance of viewing God as a nurturing presence rather than a figure of authority.



The next significant aspect of the prayer is the invocation of God's kingdom: "Thy kingdom come. Thy will be done in earth, as it is in heaven." This line is pivotal for understanding the manifestation of spiritual truths in the physical world. Fox elucidates that this petition is not merely about awaiting future divine intervention; it is an active invitation to align one's life with spiritual principles such as love, compassion, and justice. He emphasizes that inviting God's kingdom into our lives encourages believers to reflect on their actions and intentions, thus creating a ripple effect of positive change in their communities. An example can be drawn from the life of Gandhi, whose principles of non-violence and truth were reflections of the divine will manifesting on earth, impacting millions.

Furthermore, the prayer includes the petition for daily sustenance: "Give us this day our daily bread." This embodiment of reliance on divine provision speaks to the importance of gratitude and trust in God's provision. By understanding that sustenance comes from a higher power, individuals can relinquish anxiety about their needs. Emmet Fox uses the metaphor of a child receiving food from a parent, underscoring the inherent trust that a child has in their caregiver's ability to provide. He encourages readers to embrace a mindset of abundance, rather than scarcity, a shift that can be tremendously liberating. This is exemplified in the experiences of many who have sought to live with faith, discovering unexpected sources of support



and provision when they surrendered their stress about material needs.

Another vital component of the Lord's Prayer is the line, "And forgive us our debts, as we forgive our debtors." This phrase encapsulates the essence of forgiveness, a theme Fox emphasizes throughout his work. He asserts that forgiveness is not only a religious obligation but a crucial step in personal liberation. Holding on to grudges and resentments creates chains that bind individuals to negativity, obstructing personal growth and connection to the divine spirit. By practicing forgiveness, one releases not only others but also themselves from the emotional toll of negative experiences. Fox illustrates this with the transformative story of a man named Mark, who, after years of holding resentment towards a business partner, found peace after finally reaching out to extend forgiveness. In doing so, he liberated himself from past hurt, enabling new opportunities for joy and success in his life.

Finally, the prayer concludes with a powerful affirmation of divine protection and leadership: "And lead us not into temptation, but deliver us from evil." This plea acknowledges human vulnerability and the ever-present challenges of life. According to Fox, recognizing the omnipresence of God serves as a safeguard against falling into despair and negativity. Understanding the nature of temptation as a deviation from our highest self allows us to navigate life's complexities with grace and resilience. He encourages believers to consciously seek divine guidance in

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their daily lives, making choices that reflect their higher aspirations rather than momentary impulses.

In summary, Emmet Fox's deep dive into the spiritual significance of the Lord's Prayer highlights its transformative potential. By shifting from a mechanical recitation of the words to an engaged exploration of their meanings, individuals can significantly enhance their spiritual journeys. Each line of the prayer serves as a stepping stone towards building a deeper connection with God, fostering forgiveness, embracing abundance, and navigating life's trials with wisdom and strength. As readers reflect on these sacred words, they are invited to integrate the principles of the Lord's Prayer into their daily lives, unlocking a path to spiritual maturity and personal empowerment.

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4. Chapter 3: The Importance of Forgiveness and Its Role in Personal Liberation

Forgiveness stands as a pivotal theme in the teachings of Jesus and holds a transformative power in the lives of individuals seeking spiritual growth and personal liberation. In "The Sermon On The Mount," Emmet Fox emphasizes that forgiveness is not merely a moral duty but a profound spiritual practice that can liberate the individual from the shackles of resentment, anger, and ego. Understanding the significance of forgiveness requires us to recognize its impact on personal well-being and spiritual health.

At the heart of forgiveness is the acknowledgment that holding onto grudges can be damaging, both emotionally and spiritually. Fox suggests that when we fail to forgive, we foster negativity within ourselves, which deepens our suffering. This suffering is often compounded by the belief that we are justified in our anger, which can create a cycle of pain that is difficult to escape. Thus, forgiveness becomes an act of self-liberation; by forgiving, we release not just the other person from the burden of our resentment, but also ourselves.

One of the practical examples that illustrate this concept comes from the realm of interpersonal relationships. Imagine a scenario where a close friend betrays your trust. The immediate reaction is often one of hurt and anger,



which can lead to a desire for revenge or withdrawal from that relationship. However, if one chooses to hold on to this pain, it can turn into a toxicity that influences every aspect of life, leading to bitterness and a negative outlook. Through forgiveness, one can reclaim that power and find peace within. A well-known case is that of Nelson Mandela who, after spending 27 years in prison, emerged without bitterness towards his captors. Instead, he embraced forgiveness, understanding that holding onto the past would only hinder his personal growth and the unity of his nation.

Forgiveness also plays a significant role in spiritual practice. Fox teaches that through forgiveness, individuals align themselves more closely with divine principles. When we forgive, we move beyond the ego's desire for retribution and instead embrace a higher perspective that promotes healing and compassion. This alignment with a higher moral and spiritual code allows individuals to experience greater inner peace and harmony. Such spiritual alignment is reinforced in the words attributed to Jesus in the New Testament: "If you do not forgive others their sins, your Father will not forgive your sins" (Matthew 6:15). This connection suggests that our ability to forgive others can affect our own spiritual development and relationship with the divine.

Additionally, Fox emphasizes that forgiveness is not a one-time event but a continuous practice. It requires a conscious decision to release negativity on

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an ongoing basis and to renew that commitment regularly. Taking small steps towards forgiveness can make the process more manageable. For instance, one might start by simply reflecting on the pain caused by another person and acknowledging it, then intentionally choosing to wish them well despite the hurt. Over time, these small intentional acts can shift one's perspective from that of victimhood to one of empowerment and autonomy.

Perhaps one of the most significant insights regarding forgiveness is the realization that it ultimately leads to personal liberation. The release of negative emotions can allow individuals to reclaim their lives from resentment and regret, opening pathways to greater joy and fulfillment. Fox encourages readers to practice forgiveness not just as an obligation, but as an essential component of a well-lived life, advocating that through this practice, one can truly experience the freedom that comes from a heart unburdened by past grievances.

In conclusion, the importance of forgiveness as elucidated by Emmet Fox in "The Sermon On The Mount" cannot be overstated. It serves as a powerful mechanism for personal liberation, enabling individuals to move forward with grace and open their lives to spiritual abundance. By embracing forgiveness, we not only heal ourselves but contribute positively to the interconnected web of human relationships, ultimately reflecting the divine qualities of love and compassion that the teachings of Jesus exemplify.

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5. Chapter 4: Living by Faith: How Trusting God Changes Our Lives

In Chapter 4 of Emmet Fox's "The Sermon on the Mount," the central theme revolves around living by faith and the profound impact that trusting God can have on an individual's life. Fox asserts that faith is not merely a passive belief in God but an active trust that shapes our thoughts, actions, and ultimately our reality. This chapter serves to explore the transformative nature of faith, illustrating how a deep, unwavering trust in God can lead to a life imbued with peace, purpose, and prosperity.

Fox begins by emphasizing the importance of faith as a fundamental aspect of human existence. He elucidates that faith is the bridge between the divine and the mundane, enabling individuals to connect with a higher power. By living in faith, individuals begin to see the world through a different lens—one where possibilities abound and where they are not limited by their current circumstances. Faith liberates us from the fear and anxiety that often accompany life's uncertainties, allowing us to navigate challenges with grace and confidence.

One of the key tenets Fox explores is the idea that trusting in God frees us from the limitations placed by our own doubts. He suggests that when people engage in true faith, they start to shift their focus from the obstacles they perceive in their lives to the boundless potential that God's guidance



can offer. This shift can be illustrated through the example of someone facing a significant career challenge, such as a job loss. Instead of succumbing to despair, a person who lives by faith would seek guidance through prayer and reflection, trusting that God has a greater plan for them. By relinquishing control and embracing faith, they might discover new opportunities that they had never considered, leading to personal and professional growth.

Fox further explains that living by faith means recognizing and affirming the presence of God in every aspect of our lives. This acknowledgment cultivates a deeper sense of optimism and resilience. For instance, consider a parent navigating the emotional tumult of a child's struggle with illness. A parent who approaches this situation through the lens of faith not only seeks medical help but also cultivates a belief that love, compassion, and divine support will see them and their child through the difficult times. This faith-driven perspective fosters an environment of hope and healing, not just for the child but also for the entire family. It reinforces the idea that trusting in God transforms our internal dialogue, allowing us to respond to life's challenges with strength and hope rather than fear.

Another critical aspect discussed by Fox is the act of "asking" in faith. He draws from the biblical assertion that we should ask, and it will be given to us (Matthew 7:7). This principle encourages individuals to vocalize their

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desires and needs unto God, affirming their belief that these requests will be heard and answered according to divine will. The act of asking builds an intimate relationship with the divine and reinforces the practice of faith in daily life. Fox cites the story of a community mobilizing to support a member facing financial hardships—when they come together in faith, praying and working towards a common purpose, they experience both individualized support and collective breakthroughs. This illustrates the communal aspect of faith, where trust in God can foster unity and provide shared strength during difficult periods.

Emmet Fox also touches on the importance of aligning one's actions with their faith—a crucial step in experiencing true transformation. He posits that genuine faith must be accompanied by corresponding actions that reflect this trust. For example, someone who has faith in God's provision should also practice generosity and stewardship of their resources. By doing so, they open themselves to the possibilities of abundance, often witnessing how their initial acts of faith are rewarded in ways they could not have anticipated.

In conclusion, Chapter 4 of "The Sermon on the Mount" emphasizes that living by faith is not merely an abstract concept but a powerful approach to life that promotes deep transformation and connection with the divine. Fox illustrates that when individuals embrace trust in God, their outlook on life

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changes significantly, as does their capacity to engage with challenges. This chapter culminates in the assertion that faith is a dynamic force that nourishes our spirit, empowers our actions, and ultimately changes our lives in profound ways.

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6. Conclusion: Applying the Principles of the Sermon in Modern Life

The teachings of Jesus, particularly as articulated in the Sermon on the Mount, resonate with profound relevance in our contemporary lives. Emmet Fox, through his interpretation, urges us to not only understand these principles but also to implement them, transforming our spiritual and daily experiences into a more meaningful existence. The challenge we face is how to apply these timeless lessons in an era filled with complexity, distraction, and multifaceted challenges.

One of the core messages from the Beatitudes, often considered the heart of the sermon, is the notion of true happiness emerging from spiritual virtues rather than material success. In modern society, where success is frequently measured by wealth, status, or insatiable ambition, cultivating qualities such as humility, mercy, and righteousness is essential. For instance, an individual striving for professional growth might find themselves tempted to engage in unethical practices to climb the corporate ladder. However, by applying the wisdom of the Beatitudes, they could refocus their effort towards being generous and compassionate, leading to long-term satisfaction and a sense of inner peace that far outweigh temporary gains.

The Lord's Prayer provides a succinct model for connecting with the divine, allowing us to ground our intentions in spiritual consciousness. Today, many

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people grapple with stress, anxiety, and a sense of unfulfillment. By integrating the Lord's Prayer into our daily routines, even amidst modern chaos, we align ourselves with a higher purpose and cultivate mindfulness. It serves not just as a plea for personal needs but as a commitment to act according to divine will. Consider someone overwhelmed by life's demands; reciting the Lord's Prayer daily could serve as a calming ritual, fostering a sense of peace and connection that might otherwise feel elusive.

Forgiveness, emphasized as a precept of the sermon, holds transformative power in our lives. In today's fragmented society, personal grievances can fester and affect our wellbeing. Fox elucidates that forgiveness is not merely about letting go of grudges but is about liberating oneself from bondage caused by resentment. An illustrative case could be that of two coworkers who have had a falling out, impacting their productivity and the workplace atmosphere. By consciously choosing to forgive each other and restore their professional relationship, they can foster a more collaborative work environment, ultimately leading to enhanced job satisfaction and effectiveness.

Living by faith, as highlighted in the sermon, is another fundamental practice that can navigate us through uncertainty. In a fast-paced world that often worships security and predictability, trusting in a higher power can provide a much-needed assurance and resilience. For instance, an individual

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facing a financial crisis may feel overwhelmed and hopeless. By embracing a faith-based approach, this person could shift their perspective from fear to trust, recognizing that often, difficulties can lead to new opportunities or growth in unexpected areas. This faith allows them to make wiser decisions without the weight of panic.

As we conclude this exploration of applying the principles of the Sermon on the Mount in modern life, it is evident that these teachings offer practical tools for achieving spiritual success and emotional well-being. Each principle—humility, prayer, forgiveness, and trust—acts as a compass guiding us toward a fulfilling life. In embracing these teachings, we not only navigate our own paths more effectively but also contribute positively to the world around us, emulating the love and compassion that Jesus so profoundly exemplified.

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 - Our lives are shaped by temperament
 - Personal development demands loneliness and solitude
- Key Insight 2**
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 - Riches are like seawater; what suit us is the most important