Cole Forbes

Professor Dollieslager

English 111

14 October 2015

**Journal 1**

Heraclitus was a pre-Socratic Greek philosopher who lived from 535-475BC. He was born in the Turkish city Ephesus and thought pretty highly of the fact he was self-taught. He was known as “The Obscure” and “The Weeping Philosopher”.(Graham) Heraclitus was a very sad guy who spent most of his time focusing on all of the negative things about the way humans treat each other.  Even though he was not the most positive man alive he still had a pretty noticeable impact on philosophy by influencing philosophers like Plato and the Stoics(Graham).

The quote “Opposition brings concord: out of discord comes the fairest harmony.” means that if two sides are having a disagreement they may need some sort of conflict or confrontation in order to really settle things and bring peace. Around Heraclitus’ time the beginning of a new tradition of writing thoughts and knowledge down was hotly debated. He opposed the existing philosophy that writing was bad and believed that everything eventually changes.

This quote has applied in my life from the times I have had disagreements with my friends. For example, one of my friends talked to a girl that I liked, and I really did not want to talk to him. That does not help anyone bring harmony or peace to anything. Speaking from my experience, after I have had a problem with someone and then I voice my opinions and we get mad or yell or fight or some combination of those three possible outcomes, then everything can go back to being harmonious and peaceful. So Heraclitus may be a somber negative guy, but he really gets how people and different situations work, some of them at least.

Works Cited

Graham, Daniel. "Heraclitus". *The Stanford Encyclopedia of Philosophy* (Fall 2015 Edition). Edward N. Zalta (ed.). <<http://plato.stanford.edu/archives/fall2015/entries/heraclitus/>>.