Module 7 Explicating a text

“No man is free who is not master of himself”

The essence of this quote is, it doesn’t really matter what external freedoms you possess, if you are not master of your own thoughts and actions, you are not free.”

In other words, you can have the freedom that comes with certain privileges in your life, such as wealth and education, but if can’t control destructive thoughts or behaviours, you won’t benefit from those external freedoms. Conversely, you might not have the freedoms of wealth and education, but you are in control of how you perceive and interact with the world, which leads to freedom.

For example, Neslon Mandella spent 27 years in prison for his fight against apartheid in South Africa. Despite this external loss of freedom, he did not lose sight of what he believed and continued to be a source of knowledge and hope for equality for all.

An analogy I can think of that might make this concept clearer…Imagine having all the money in the world to go where you want and do what you want, but you spend all your time in the throes of addiction, you are not free at all.