



De la brevedad de la vida (Filosofía nº 8) (Spanish Edition)

Lucio Anneo Séneca

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Con la frase el espacio que vivimos no es vida sino tiempo, Séneca nos introduce de lleno en la filosofía de la vida, en el hecho de vivir, en la brevedad de ese espacio de tiempo que se nos concede. Pero en ese espacio, que es exiguo, debemos, nos dice el filósofo latino, aprender a vivir y a morir, cosa que no es fácil, afirma también. Al parecer, sigue diciendo el maestro, algunos grandes hombres que han existido, a pesar de renunciar, abandonar y desprenderse de todo aquello que les servía de rémora, como las riquezas, empleos y placeres, para aprender a vivir, muchos de ellos dejaron este mundo confesando que no lo consiguieron. Para alcanzar ese cometido, como buen filósofo, nos avisa con estas amonestaciones:

La vida si se sabe aprovechar es larga

Si andamos escasos de tiempo, es que lo derrochamos

No hemos recibido una vida exigua, sino que nosotros mismos la hacemos breve

La vida te ofrece un ancho campo si sabes disponer de ella dejándote guiar por la razón.

Según Séneca la brevedad de la vida es sólo para aquellos que la malgastan con actividades múltiples y distintas del estudio de la filosofía. Estos desconocen el valor del tiempo, el pasado no lo controlan, el presente se les va de las manos y tienen pánico al futuro, es decir, solo los filósofos son los que han entendido y han aprendido a valorar el tiempo en sus tres momentos y han aprendido a vivir y a morir, por lo tanto solo el sabio es el único capaz de disfrutar íntegramente de la vida.

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