

World's First Stoic Poetry Slam

Orlando Stoics Helps Poet-Philosophers Explore Themes of Resilience and Self-Reflection

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StoicDan (407) 327-7000
askstoicdan@gmail.com

(ORLANDO)—On January 29, 2024, the Orlando Stoics, one of the largest philosophy reading groups in North America, ventured into new territory by hosting their first-ever Stoic Poetry Slam.

The virtual event featured poets and performers from around the world, giving modern philosophers and students a chance to explore modern perspectives on life's challenges and to get a global perspective on how different cultures see the world through this ancient philosophy.

"Our Monday night events usually involve the teachings of philosophers like Seneca and Sartre," said StoicDan, organizer of the Orlando Stoics. "But our poetry slam shifted our focus to contemporary voices and themes of difficulty, uncertainty, and impermanence in our lives."

While the attendance for the event was smaller than the typical Monday night gathering, the engagement and shared experiences exceeded expectations.

"The intimate setting allowed for meaningful connections, proving that discussing life's challenges openly is a valuable and enriching process," said StoicDan. "The diverse themes presented by poets showcased the universality of Stoic principles."

Both Stoicism and psychology recommend openly discussing problems in life as a path to introspection and understanding our weaknesses, which is normally an awkward process. The poets and performers from the event included pieces from Australia, Hawaii, and Florida:

- Jesse from Australia urged attendees to "Wake up and learn from the past instead of feeling anxiety and regret.
- Aiya from Hawaii talked about the acceptance of past scars and failures, so move with the current and be resilient.
- TSleeveless from Philadelphia said don't struggle with the contradictions of the world, instead press forward and strive for self-improvement.
- Bill Huyett from Florida said that despite a fast-moving society with much chaos, it's "your choice alone" on how to live your life.
- Sylvester Johnson from Orlando: We can all feel despair and negative emotions, but we can look within and practice empathy to understand others.

StoicDan said "Introspection is a process that can be awkward, but the poetry slam proved to be a powerful avenue for people to connect and share their stories."

Encouraged by the positive response, Orlando Stoics announced plans for another poetry slam in April, ensuring a continuation of this unique exploration of modern Stoic philosophy. The group

looks forward to continuing their exploration in their next slam as a way to allow individuals to share and reflect on their own experiences and to learn from others.

For more information about the Orlando Stoics and their upcoming events, visit the web site (<http://www.orlandostoics.com>) or their Meetup page (<https://www.meetup.com/orlando-stoics>).

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