

Plato's allegory of the cave represents much more than what was originally thought of this 400 BC work. When looking from the perspective of the story, all of the prisoners have the ability to be free but they must break the chains and come forward, but this is wrong because everyone has their own idea of freedom so to be truly free is only going to apply to the prisoner. This theory however completely contradicts Plato's theory as he believes that to be free is to know what freedom means. When you are chained up in the dark and forced to watch the wall and you never know anything else, then obviously you are not free as we can see according to Plato, "How could they see anything but the shadows if they were never allowed to move their heads" (Plato, 1892, p214). This shows how the prisoners in this story know nothing else other than the pictures on the wall of the cave and that everything else to them would be very new and confusing. To them, they have only known the world that was provided to them by the puppet masters and suddenly have the ability to explore the world around them and they are stunned by it. He also says that these prisoners do not actually want to be free because that would require leaving the cave or represented in education, people do not want to learn because it requires them to exit their comfort zone and we can clearly see that with Plato's passage, "Certain professors of education must be wrong when they say that they can put knowledge into the soul that was not there before, like sight into blind eyes" (1892, p. 218). This portrays the belief that only certain people are born with the power of knowledge and others are often left behind. Here is truly seen in today's world as people are not willing to learn and are completely content with being left in the dark. I interpret Plato's definition of being in the moment as an understanding of being mindful and aware of your thoughts, experiences, and feelings and being fully engaged

with the present. His concept of being in the moment can really relate to people these days as many are concerned about past events or being anxious about what the future entails. They are disconnected from The concept of being in the moment can be summed up in various different ways. In the works done by Plato, he argues that individuals can truly be in the moment when they release the chains of self ignorance and are led on a path of education.

However, this greatly contrasts the work in the Symposium, specifically in Diotima's Speech. Her idea of being in the moment was more of the aspect of love and intellectual enlightenment as she argues that love is a transformative process that leads people to enhance their current status. This theory leads us away from the physical world and the mundane, and allows us to fully be engaged in the world of education and wisdom as love transforms an ordinary person into someone that is able to appreciate things they seek "anyone who has been guided to this point in the study of love and has been contemplating beautiful things in the correct way and in the right sequence, will suddenly perceive, as he now approaches the end of his study, a beauty that is marvelous in its nature" (1982, 211a). In Diotima's Speech within Plato's Symposium, there is a central theme about being in the moment and how you can really achieve this. In her theory of education, the journey starts with choosing to obtain many beautiful bodies and then later switching to just one that you can cherish. This inherently will lead to the attraction of the soul into the partner. Her theory progresses with Beautiful laws that are created in the mind for the betterment of the people then going to eventual beauty of knowledge and obtaining that so you are able to perceive beauty in its purest form. Diotima claims that love is not only the intense physical attraction, but actually a

path towards more knowledge and understanding. The moment of education in this story, according to Diotima, is when people start to notice beauty in things that are all around us and not limited by physical attraction and then that transforms into becoming intellectually and morally good. If therefore someone's soul is good even if his physical attraction is slight, that will be enough for him, and he will love and care for that person, and seek out and give birth to the kind of discourse that will make young men better people (Plato 1892, pg 210). When comparing this concept of being in the moment with works "The Myth of the Cave", you can see from this perspective that people are only limited by their own ignorance and you have to break that in order to become enlightened of the truth. This differs greatly from Diotima's theory as with hers it is that you must seek out love and beauty to truly appreciate things and then you will be able to obtain all the knowledge you desire. This Speech is used to set an ethical standard as in the end goal of Diotima's speech, you are required to have moral intelligence while also having the intelligence that comes with education and higher learning.

Shorris's perspective I feel has a closer feel to the works of Plato as he encourages the idea of coming together as one and being able to lift ourselves from the chains of ignorance and become educated. His theory includes a lot of similarities to Plato's where an instructor is needed to fully understand what it means to be in the moment and how to get there. His story also has similarities with the rest of Plato's work the " Republic" as he believes that it is a social obligation to engage in politics. However I would say that the theory in Shorris's work, Venice Walker's story, resembles the works of Diotima's in the way that you have to be immersed in the culture to fully understand what it means to be a part of it. According to her, if you have always been

around poverty then all you are going to know is poverty and how to act in that way. She is insinuating that people are heavily formed by what they are being raised up in. Her theory insists that people need to be able to observe beautiful things and in observing that they will try to be beautiful themselves. This corresponds with Diotima's theory as you have to try and be near beautiful things in order to become beautiful yourself.

Being in the moment can be phrased in many different ways as there have been several different theories on how to achieve this. I believe that all of these theories have their benefits when it comes to achieving your goals and other endeavors. However they also have things that could be worked on to make them better. So I believe that with a combination of a little bit of each theory, a superior one could be made to truly understand from all viewpoints. I think with the combination of Diotima's theory of education and using love to enhance yourself and from "The Myth of The Cave" by realizing that I have limitations but if I admit that, and try and work on those things and better myself at the same time. I believe that these theories have provided me with a sense of how college is still a long journey, but as long as I am able to focus on the things I need to accomplish, I will be alright.