

# ACROPOLIS

Vol 3, Issue 2 | January - March 2019

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NEW ACROPOLIS  
Philosophy | Culture | Volunteering  
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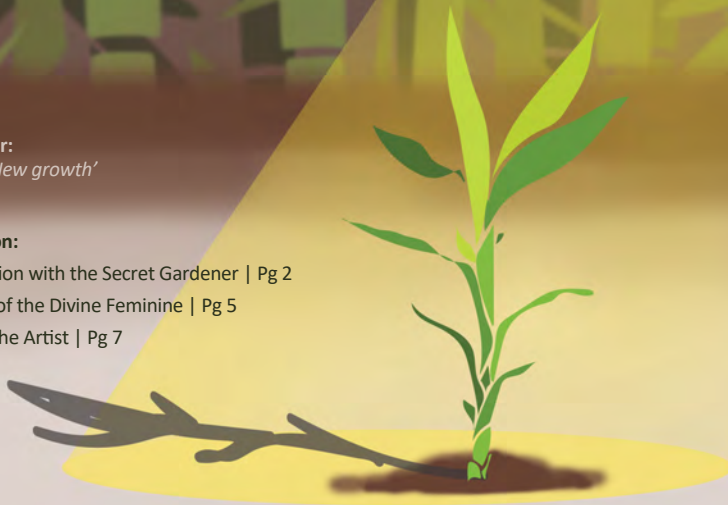
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# ABOUT

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### **On the cover: 'New Year, New growth'**

The first thing that comes to mind when we think of a New Year is "resolutions". As we step into a fresh calendar year, let's take a moment to remember that the seeds we have sown in the past years will also bear fruit and it is important for us to consciously nurture the saplings that we would like to grow!

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Dear Reader,

As you pick up this edition of ACROPOLIS, the memories of new year wishes are likely still fresh in your mind. The beginning of a calendar year brings forth, almost automatically, wishes for a Happy new year. The year is certainly new, but it is worthwhile noting that whether it will be happy or not for each of us depends largely on how consciously we make the efforts to make it so.

This issue looks at key themes in the first three months of the year through a philosophical lens, in a way that is practical in our lives - celebrate new beginnings and new year resolutions in January through a simple practice of mindfulness and self-reflection; February brings with it Valentine's day, and we look at love through the eyes of a philosopher-photographer; and with International Women's day in March, we look at the philosophical essence of the divine Feminine. Additionally, awaiting you in these pages are inspiring takes on the world of plants, and the way of the Artist, as two pathways to deepening the meaning in our own lives.

With this first issue of ACROPOLIS in 2019, we take the opportunity to wish you happy new beginnings, renewal and rejuvenation. Wishing you a [consciously] Happy 2019!

Happy reading!  
Anand Baskaran  
Editor - ACROPOLIS

# In conversation with the Secret Gardener - Gilat Ben Natan



Based on an interview conducted by Anand Baskaran



*Gilat Ben Natan studies, practices and teaches Living Philosophy for the last 17 years. She leads a team that started an organic community garden in Israel, while researching and implementing traditional, ecological methods of growing food and communicating with nature. She is also an active practitioner of pottery and storytelling.*

During a recent visit to Bangalore, she conducted a talk and workshop titled “The Secret Gardener” at the New Acropolis centre. The premise of the workshop was that the kingdom of plants that surrounds us is full of joy and wonder. If we open ourselves to it, we can learn a lot about ourselves and the world alike. Excerpts from a conversation with the ACROPOLIS team follow:

**ACROPOLIS:** We had 22 attendees in The Secret Gardener workshop, and gauging by what they shared in the summary session, without exception you seem to have triggered in them a connection between the love for gardening and their own process as human beings. You spoke about what it means to be human in this world, and how the garden can help us to understand this. Could you tell us a little about that?

**GILAT:** Nature comprises of different kingdoms. The plant kingdom and humans are interconnected. We reflect different forms that in essence are the same. If one notices carefully, one will recognise that the phases and cycles that happen within us as human beings can also be seen in the plant kingdom. If you learn to recognize them in the plants, this might help also to recognise these processes within ourselves.

**ACROPOLIS:** You also spoke about communication in the world of plants and between us as people and plants. Can you elaborate on that?



*If you tend to a garden, the attitude of attention which we learn from plants we can employ to ourselves and in our communication with other people. - Gilat*



**GILAT:** We communicate within ourselves, and with the environment. Plants and trees are not just silent spectators of everything that happens. They are taking part in the world just as we are. To identify this however, requires us to work closely with plants, and pay attention to them and their processes. If you tend to a garden, the attitude of attention which we learn from plants we can employ to ourselves and in our communication with other people.

**ACROPOLIS:** In today's world, a lot of people, a lot of communities and society at large - there is illness at the physical level and also at the psychological and mental levels. How can we work with the wisdom of the garden to address the illness among the society?

**GILAT:** The processes are similar between the ailments and healing of plants, and that of human beings and human society. While there is a common tendency to get drawn to the symptoms and try to fix them, the real healing will take place in trying to get to the root cause of it. Additionally, if a plant shows symptoms such as change of colour or holes in the leaves, if it is affected by an ailment or an insect it basically means that it is not strong enough. What is required is strengthening, and this we can do by nourishing the soil. In a similar way, the illnesses that people face can be addressed by getting to the root of it and solving for the cause; and by building our immunity.

This is particularly relevant at the psychological and mental levels. We see many signs of these, just as they symptoms that plants show us - but the question is, are we listening? And how we can strengthen ourselves and build our immunity at the psychological and mental levels is by monitoring what we are consuming at these levels - how are we nourishing ourselves?

**ACROPOLIS:** Many are interested in working with plants and gardening, but it falls away amidst our urban life. What is your advice for the urban dweller who wishes to delve into the world of plants through gardening?

**GILAT:** I think that first and foremost it is important to recognise that in an urban setting, we still have natural surroundings.





You can find in most streets one or more trees, some flowers, etc. Secondly, you can start small - even on a small window sill or a part of the balcony or terrace. There are also some plants that are suitable for the indoors. Start with these. And my advice would be not to try and start with plants that are too delicate. Go to the nursery, ask the people there for their advice on selection of plants - start with the simple plants and the simple ways. Even walking on the streets, you can see the plants that are thriving. Try to choose one tree, one plant and adopt it - on your way to work, etc. start communicating with and paying attention to it. This way you can enter the fascinating world of plants.

**ACROPOLIS:** You are a craftsperson, gardener, philosopher, teacher and storyteller. To many, these seem like multiple parallel worlds. How do they come together for you?

**GILAT:** Everything comes together. It's about connecting to the roots. The crafts, the gardening. They all are ways for me to connect to the roots.



Sangeeta Iyer

*O Mother,  
Thou who art present everywhere,  
Thou who art the embodiment of Power  
and Energy,  
I Bow to Thee! I Bow to Thee!  
I Bow to Thee!  
– Invocation to Shakti,  
the Feminine Principle*



*Ashta-Matrika, Unknown Nepali [Public domain]  
Via Wikimedia Commons*

The universe is a place of balance...Yin and Yang, night and day, summer and winter, masculine and feminine. A balance achieved by complementarity – the equal and opposite effect of dualistic entities. Yin is as essential as Yang, just as night is as essential as day; each has its role and function in the service of life as a whole. So too, the feminine is as essential as the masculine. While they may appear to be diametrically opposed in nature, they are equally important in maintaining the wholeness of life by complementing each other.

But when one half seems not to fulfil its role accurately, when women try to be like men, to get ‘ahead’ in the world for example, they appear to surrender some of the unique power of being feminine, so as to gain what they think they’re missing, by not being masculine. Perhaps it’s the same when men express more effeminate behaviour, surrendering some of their innate masculinity, in favour of obtaining the ‘metrosexual’ tag.

And yet, qualities are qualities and their eternal essence endures across time, space and gender. The drive to seek Truth, to honour Justice, to be inspired by Beauty and to do Good in the world applies to everyone, whether they are young or old, men or women. These are everybody’s privilege and, in fact everybody’s duty. Perhaps there are different paths of reaching them, depending on the energy that is dominant within each one – masculine or feminine. And instead of trying to be more ‘like the other’, what if we concentrated on tapping more into that infinite power that each one inherently has, as the seed of potential within?

For there is a power in gentleness which is unharnessed in strength – and yet, we need both. There is a power in surrender which is absent in seizing – and yet, we need both. There is a power in acceptance which is missing in argument – and yet, we need both. Perhaps wisdom is demonstrated by knowing when to use what; to discern between the need to act with assertion and the need to give in with grace. To know when we should take a stand with an emphatic attitude and when we should accept another perspective with gratitude. So how do we learn to be all of these different things? To embody so many different qualities in one, without feeling conflicted within? For women, perhaps the answer lies in the inspiration inherent in the gamut of feminine ideals in front of us.



## Her Various Faces

At first glance, there seem to be more questions than answers, because there is a pantheon of role models from whom to seek inspiration and each one seems very different from the other. Can we learn from all of them and make ourselves more capable? How great would it be to have all their qualities – from the giving, forgiving nature of Sita to the brave and tempestuous fire of Durga? Or the grace of Mother Mary and the courage of Athena, in equal measure? Or the creative power of Saraswati along with the divine beauty of Venus! Can we be a little of each and come closer to a feminine ideal that covers the entire gamut of potential and possibility?

What strikes me as the most beautiful insight about the divine feminine, is that no matter what form she takes, the underlying sentiment is that of love in all its myriad forms. This is perhaps best expressed by the goddess of love herself, Venus, who represents that which is beyond what we know of as ‘human’ love and encompasses a spectrum of love’s diverse aspects. When we use language to define it, we tend to telescope it into a single word – ‘love’, grossly inadequate to convey the vastness of Love in its entirety.

In a different form, the limitless love and unstinting commitment of Isis is celebrated as mystic. Mythology describes her diligent search for the scattered body of her husband Osiris after he’d been murdered. With the help of Thoth and Anubis, she pieced him together again and facilitated his resurrection. Her devotion is a reflection of a deeper truth...a spiritual yearning for the ultimate destination, the search for wisdom. Isis is also perceived to be the divine mother. Athena is the multifaceted goddess of wisdom, courage, inspiration, civilization, law and justice, mathematics, strength, war strategy, the arts and crafts. She is known for her calm temperament. Portrayed as a shrewd companion and patron goddess of heroic endeavour, she is noted to have fought for justice, rejecting any battle that lacked purpose. How much this attitude could help us fight for Truth!

## Life-Force

Now there’s a clue. The feminine principle sustains life; brings beauty, love, gentleness and caring to a situation. But let’s not forget the other aspect: force. An energy. A power. A driving momentum that makes things happen, charging them with life and energizing them. Again, perhaps the one word that begins to define this force is love. Not the personal, individual kind that we feel for a person, but the life-creating, life-nurturing kind that we could feel for all humanity if we expand ourselves. And like the harmony between opposites that maintains balance in life, love too, has two aspects: compassion and courage. Perhaps the former is linked more closely to ‘life’ and the latter to ‘force’.

## The Daily Choice

In every moment of our lives, there is a choice that comes before us: do we give love, acceptance, compassion and hope? Or do we withhold it? Do we exhibit courage in standing up for what is right, express determination to uphold it and take action on the side of justice? Or do we fail to do so? Do we tap into the higher principles and bring them to our earthly relationships or do we forfeit the opportunity? There are umpteen opportunities on a daily basis...opportunities to draw inspiration from the many facets of the divine feminine and imbibe a little of their spirit. Enabling us to persevere through challenges and overcome not just a single obstacle, but a series of hurdles...to win not just one battle against our circumstances, but another, and another, day after day, battle after battle, always ready for more, yearning to grow – another step further, another step higher.

*Note to reader: This is an abridged version of the article - the full version is available online at <https://library.acropolis.org/the-various-faces-of-the-divine-feminine/>*





As we look back in history, we see that Art finds expression in all ancient cultures across the world, in all its different forms – dance, music, sculpture, drama, literature and architecture, among others. This simple fact tells us that Art was not something incidental that developed within a society - simply a ‘good-to-have’ or a luxury but instead has always been an essential part of the human legacy. In ancient cultures therefore, the Artist always had a very special place and role in society. The Artist was like a medium, or a shaman, a magician who through his /her work created a bridge to the deeper aspects of life.



*In its deepest expression, Art is much more than form and colour, or notes and beats and technique. It is a tool for working with deeper layers of reality.*



On Nov 17, 2018 New Acropolis (Bangalore) organized a Philosophy Habba themed MAARGA – Building Pathways to Change to celebrate the International Day of Philosophy. The day-long festival underlined the idea that there are many beautiful paths by which we as human beings, can approach wisdom.

The first segment related to Ecology and Volunteering. The second segment related to Philosophy. The third segment of the Habba was titled The Way of the Artist. This session was a celebration of Art as a path to inspire real and meaningful change in our world today, exploring questions like ‘Can Art enable us to deepen our understanding of ourselves?’ and ‘How does Art inspire us to lead a meaningful life?’.

The session had a very special panel who brought these ideas to life through their performances and also their personal reflections based on their journey as artists.

**Gopal and Geetha Navale** treated the audience to a divine fusion of the ancient veena with the contemporary guitar. They invited the audience to close their eyes as they listened to the beautiful classical Carnatic compositions that they started their performance with so that they could feel and enjoy the music more deeply. Their performance ended with a beautiful rendition of 'Raghupati Raghava Raja Ram', one of the favourite bhajans of Mahatma Gandhi, with the whole audience joining in to sing along.



**Shashikala Reddy** presented a soulful and energetic dance piece of her own composition. Speaking about how her dance practice had been personally transformative, Shashi shared her experiences and motivation as an art therapist and the motivation behind creating her organisation - Kalatattva, as a space to bring the performing arts to the community. Shashi's firm conviction that 'Everybody can dance!' had her getting the whole audience moving and grooving to music joyfully together!

**Tara Kini** spoke about the source of Music. Where does Music come from? Where does Beauty have its source? Is it in the Artist? As an artist matures and grows in experience what he seeks to master is the art of removing himself or his Ego from the process of creation, Tara shared. Sometimes the artist is successful and sometimes he is not. But those moments when the artist is truly able to do this, he/she becomes a channel for something 'from beyond', and is able to touch the sublime. Tara's indescribably beautiful presentation of Khayal illustrated just this eternal search of the Artist.

**Bindhu Malini Narayanaswamy** was the concluding artist of the evening. With her soulful voice and her deeply spiritual renditions of the mystic poetry of the subcontinent, Bindhu took us on a journey of inspiration that was peppered with anecdotes and experiences that shaped her as an artist. Like the time when she was invited by the police department to sing the songs of Kabir in the same place where the previous year there had been communal riots, and the police themselves had been stoned. "They threw stones at us, we will throw songs at them", the officer in charge had said. Bindhu spoke about how each new song was a window to deeper understanding for her and how her journey as an artist was continuously shaping her as a person.

It was a beautiful evening with music, dance and reflection that was full of inspiration for each of us to take to work with in our own way in our lives!

*Excerpt from the book titled 'What do we do with the Heart and the Mind', authored by Delia Steinberg Guzman, International President of New Acropolis*

Compiled by Elizabeth Verghese and Sonal Joshi



## **Our feelings**

We all feel. We are human beings and we cannot avoid the power of emotion. But there are feelings that wrinkle the face and the soul and there are feelings that endow them with the brilliance of youth. Envy, resentment, skepticism, selfishness, vanity, constant criticism, sadness, bad mood, all these – if we can really call them feelings – and similar ones, are corrosive acids that destroy the person who carries them around. The future cannot be illuminated while the soul lives under the weight of such a harmful burden. Let us replace these with generosity, hope, love, sincerity, joy, understanding, just to mention a few, and youth will open its doors once again.

## **To think, to want, to act**

The mind is our highest potential. It is followed by the psyche, with its entourage of feelings, passions and emotions. And finally, our body, attached to its needs, driven by its instincts... in summary, we have a mind that thinks, a psyche that feels and a body that acts. This is, then, the order we need to establish: to think, to want and to act. We know that, in general, these factors are mixed: first we desire, then maybe we think and finally we act. This does not give us the opportunity to analyze our desires and to make sure they are worth the trouble of turning them into actions, thus taking the risk of making unnecessary or unredeemable mistakes.

The right thing to do is to think first, to think of what is desired or what should be desired; afterwards to make place for the force of desire so it can be transformed into deeds.

The natural thing for the human being is to respond to human characteristics. That is why reason is always emphasized as the difference between the human being and the animal. Let us, then, make use of this distinction: let us reason, think, be capable of making our ideas into a living thing, so they can vibrate with the warmth of feeling and become concrete realities through our actions. Those who begin with desire, yield their mind to it. They do not think, but only provide a rational form to the desire. And the action will have unforeseen consequences, good or bad, but not guided or coordinated by the best part of ourselves.

Those who begin with the idea come to want what they think, they reason out their desires and change them to become an appropriate motivation for their actions, which will be proper to a personality which lives in harmony with itself.



### **To know how to want and to know how to think**

To know how to want: requires us to acknowledge our emotions and not to leave them to their own capricious judgment. We need to learn the difference between the superficial emotions and the deep and lasting emotions, between those which only affect the external personality, and those which touch the soul.

**To know how to think:** is to put our minds in order. We need to identify our ideas, clarify them to the maximum extent and connect them to each other in a coherent manner. We do not need to have a mind full of ideas, and even less of vague, confused, negative and unconnected ideas; we need a few, but luminous, ideas. And from that point of departure, we can think, establish relations, comparisons, analogies, differences. We could reason, analyze, understand.

### **Learning to know how to want**

As human beings we are subject to a rich but terrible inner duality: the mind and the emotions joined in the same vessel of expression.

In Sanskrit, this union is called Kama-Manas - a joining of desires (kama) and thoughts (manas). These two do not always help each other, but frequently hinder each other...

To think, simply and only to think, is something quite difficult, so much so that we cannot be certain that we are able to achieve this. We think with ideas that are always impinged with emotions, or if we are lucky, permeated with noble and higher sentiments.

On the other hand, we all have desires, we all strive for something or the other. What is not so certain is that we know how to want what we desire.

To know how to want is the same as knowing how to think what we want, to pass the desires, emotions and feelings through the sieve of intelligence and knowledge.

It is not enough only to think. Only to want is not enough either. Since Nature has joined both aspects within us, we need to use this duality with skill in order to know how to want.

To want to know is not the same as to know how to want.

To want to know, to desire knowledge, is common, and unfortunately does not go beyond the plane of psychological appetites, which are dissolved before they reach application. On the other hand, to know to want comes from the higher consciousness, it is to place "Manas" on top of "Kama".

To know to want passes through various stages that we will mention briefly:

- To recognize what we want, or in other words, to recognize our emotions and sentiments. To know if they are fleeting emotions, provoked by the circumstances, or on the contrary, firm and refined sentiments which have been getting stronger and purer through the years.
- The recognition or discernment between the fleeting emotions and the stable sentiments (not the fixed obsessions) requires us to go through the difficult trial of time. If we do not put our intelligence into play, time will make certain that we will see how quickly our "ideas", or rather, the emotions that suffuse the ideas, change. Or we will see the opposite, if the ideas are consolidated with more clarity and purity.
- To think, to analyze what we want. To be objective with our desires. To seek their positive and negative aspects. To get rid of the negative or to transmute it, in order to give more room to the positive. The positive is always good for us and for the others...



- To seek, at the same time, the formulas of action that allow us to make what we want concrete. There is no better way to want than to bring it to practice. Not to stagnate in the desire, as profound and spiritual as it may be. We all can do something, as small as it may be, to realize our desires.

To summarize, things do not become reality just because we think about them. We have to know how to want them. The world needs human beings capable of *knowing how to want*. As human beings we need to *know how to want* in order to grow and to help our world.



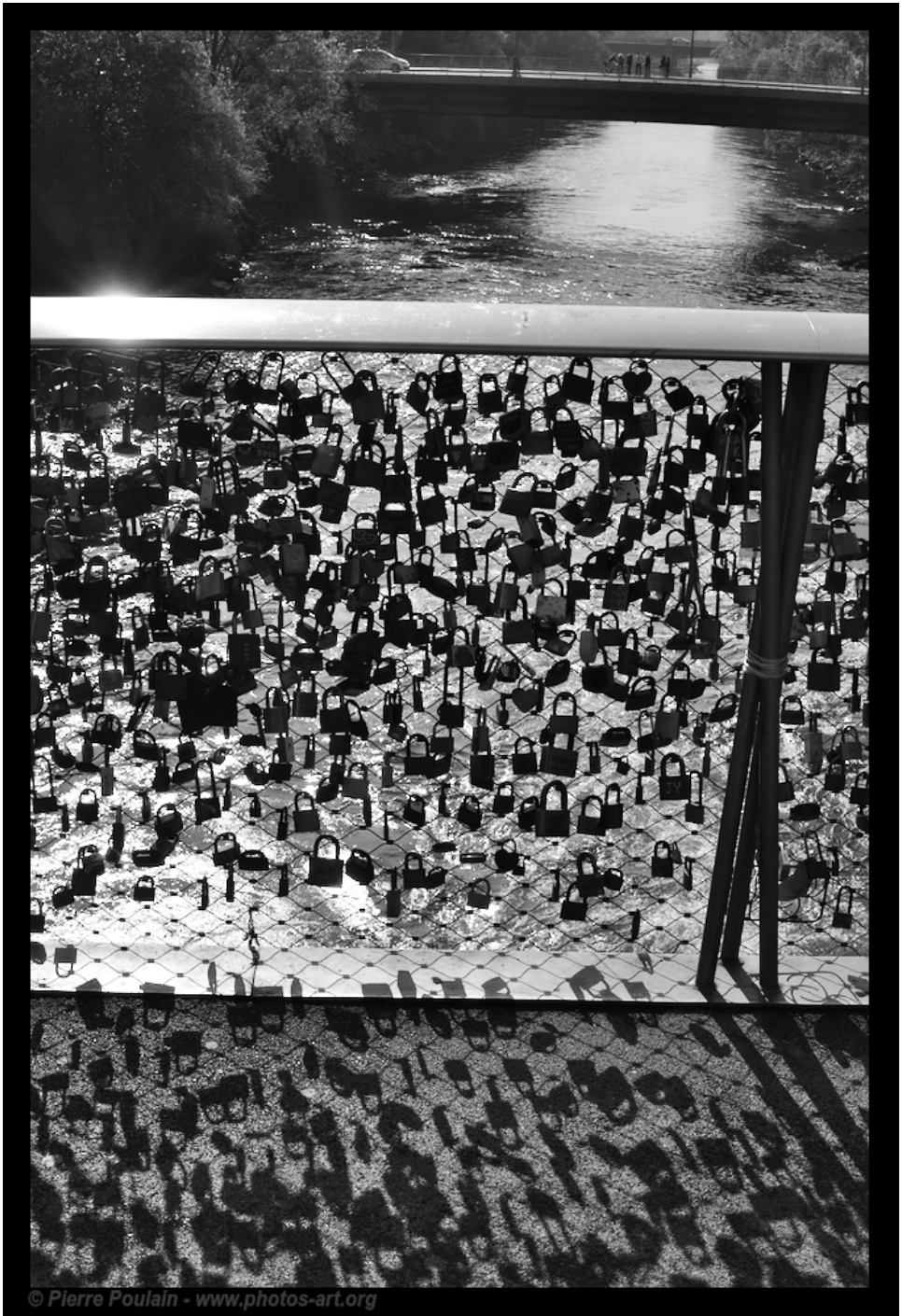
*The world needs human beings capable of knowing how to want.  
As human beings we need to know how to want in order to grow  
and to help our world.*



*The author, Delia Steinberg Guzmán, is the President of the International Organization New Acropolis and has dedicated her life to teaching the timeless values of philosophy in the classical tradition. She has written more than thirty books and handbooks about Practical Philosophy, Psychology, Ancient Civilizations, Astrology, etc. In 1972 she founded and continues to direct the Spanish magazine "Cuadernos de Cultura" (Cultural Notebooks) in which she wrote many articles and serials dedicated to promoting the practical application of philosophy in daily life.*

***Copies of 'What do we do with the Heart and the Mind' are available for purchase at the centres of New Acropolis, Bangalore. Refer to page 19 of this edition for contact and address details.***

Pierre Poulain





Seeing all those locks on a bridge in Graz, Austria, reminded me one of Joe Cocker's songs: "Unchain my heart". Those locks are set in this bridge by lovers, as a nice and romantic symbol of attachment, one to the other. They mean to say something like "Our love is so strong that our link will always stand". Two hearts .... chained one to the other.

But the bridge is in danger. I was told that the Graz municipality is considering getting rid of those locks, because their combined weight is so heavy that the bridge itself is in danger of crashing. So we have here an opportunity to consider those locks from another angle: what is the purpose of a bridge, if not to be crossed. In my understanding, life itself is like a bridge. We cross it from birth to death, accumulating experiences and hopefully some wisdom. At the end we reach the other bank when we have learned something from life, and then we have arrived in a different land.

But in this perspective a lock on the bridge would just impeach us to go on, to fulfill with the natural movement of life. I don't say of course that love is something which goes against life. I believe life to be in a way a manifestation of love (but this is to be developed in another post). What matters in my opinion is that love should be a drive to keep on walking, to always be in movement. Not something related in any way to a lock. A heart should be free, and the greatest love is the love for life itself. Now when we love somebody – and I wish for all to do so – then take your lover by the hand, and cross the bridge together. Don't lock yourself in the middle of it, walk ... run, jump, do this together, with the same rhythm, but always be in movement towards the other end of the bridge.

Just unlock your heart, unchain your heart.... and be free to love and live.

“ *A heart should be free,  
and the greatest love is the love for life itself.* ”



*Pierre Poulain is a philosopher and a renowned international photographer. In 1986, he founded the New Acropolis School of Philosophy in Israel and later on, in many other countries. Pierre blogs at [www.photos-art.org](http://www.photos-art.org)*



Namrata Shenoy

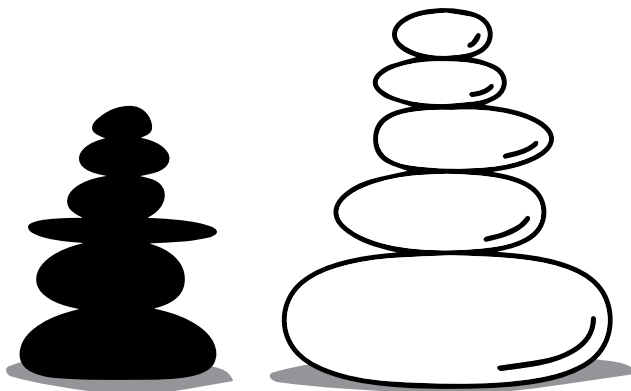
“ *Drop by drop is the water pot filled.  
Likewise, the wise man, gathering it little by little,  
fills himself with good.* ”  
- Gautama Buddha

Upagupta, the fourth patriarch, was a native of the Madura country. He had a noble countenance which indicated his integrity, and was highly intelligent and eloquent. His instructor, Shangnavasu, the third patriarch, told him to keep black and white pebbles. When he had a bad thought he was to throw down into a basket a black pebble; when he had a good thought he was to throw down a white pebble. Upagupta did as he was told. At first bad thoughts abounded, and black pebbles were very numerous. Then the white and black were about equal. On the seventh day there were only white pebbles. Shangnavasu then undertook to expound to him the four truths. He at once attained the fruit.

This is not to imply that the black pebbles indicate we are evil or have no hope for change in us. It just shows us the tendencies of the mind to fall into the traps and negativity of the mundane, the routine and the fears of our subconscious. The most important thing to remember here is that all of our thoughts can be chosen with effort. It is possible to train the mind. With a little practice, your mind can learn almost anything; it's just a question of putting your mind to it.

## To Practice

Collect a bag of black and white stones and use them like Upagupta did in the story. In this way, you train your mind to emphasize the positive every single day and eventually the negatives are outnumbered. Good luck and keep at it!





Agostino Dominici



*Image courtesy: Diana Ringo | Wikimedia Commons | CC BY-SA 3.0*

Many historians have highlighted the immense legacy that the Romans left to ‘modern’ man. This legacy, contrary to the still current ‘theories’, which portray the ancient Romans as a rough, warmongering people, ignorant of philosophy and concerned only with pragmatism, needs to be based on some different foundations. In this article, I would like to give a brief overview of some aspects of Roman culture that form part of those other foundations, foundations that have a meta-historical (i.e. mythic), symbolic and sacred character.

The kind of legacy that the Romans left to us, the way they rose to become one of the greatest empires known to history, cannot be a matter of profane living. In the heart of the greatness that was Rome, we shall seek and find a spiritual dimension, with its metaphysical symbols and an esoteric tradition. Studying this tradition we will also find traces of the *Ars Regia* (Royal Art), the true hermetic science of Alchemy.



*Image courtesy:*  
<https://cybermag.files.wordpress.com/>

## **The God Janus**

From the earliest times of Roman sacred history, not a ‘foreign’ (i.e. Greek, Persian etc.) but an Italic God – Janus, was the god of initiation into the mysteries (known as the God of Beginnings, from the Latin *initia* – to begin), he who opened and closed the *Janua* (door) of the initiation temple and guarded the heavenly gates. Janus was simultaneously the god of initiation into the mysteries and the Patron of the artisans’ guilds (*collegia fabrorum*), especially the masons’ and bricklayers’ guilds.



Related to masonry, we find the denomination of Pontifex Maximus, which originally designated the highest priest (i.e. hierophant of the mysteries). The Pontifex symbolized the one who not only built bridges (pons facere) across rivers but also traced out the road or path (in Latin, pons also means via or way).

By using a bridge, the waters, symbol of man's passional and transient nature, can be crossed. The apparently profane activity of building Roman roads refers to an esoteric teaching in which the initiate (the Pontifex) opens the way to the secret heart of Rome. Hence the saying, 'all roads lead to Rome'.

### **The God Saturn**

Like the Greeks, the Latins spoke of the Four Ages (or Races) of Man: Gold, Silver, Bronze and Iron. This tradition identifies the period of the Golden Age with the Saturnia Regna (the reign of Saturn). In the legend, Saturn, after being dethroned by Jupiter and driven away from Heaven (i.e. Olympus), took refuge in the Italian region of Lazio. Once there, 'King' Janus, received him and together they ruled the country. To the inhabitants of Lazio, Saturn taught agriculture and navigation (water symbolism again!). Legends also speak of a very ancient people who inhabited the Roman regions and who were the last descendants of 'King' Saturn and the Primordial Tradition. Virgil calls Saturn's fields the Saturnia arva where ar-vum is the arable land. To plough (arare) means to create furrows in the soil and expose it to the solar action (here the Sun is the symbol of the spirit). It is therefore necessary to 'cultivate' man's inner potentials (the soil) in order to obtain spiritual fruits. The art of cultivation (peritia ruris) of Saturn's Field is the cultivation of man's spiritual field.

Considering the occult and initiatic character of Saturn in astrology, we should not ignore the little known esoteric dimension of the Saturnalia (the ancient Roman festival of Saturn in December). Macrobius states that "it is not permitted to unveil the side of the Saturnalia which teaches about the arcane nature of the godhead but only what is disguised in fables and told to the common people... That is because not even in those initiatic ceremonies is it allowed to narrate the occult reasons emanating from the source of pure truth..." Through Saturn, says Macrobius, "from an uncultivated and dark life, we are released into the light."

The symbolism of Saturn clearly points to the idea that the sapiential tradition derived from the Golden Age found refuge in the region of Lazio, where it remained hidden, to be later revived by Rome. We could say that in the midst of a rampant Kali Yuga (or Iron Age), where the forces of materialism took the upper hand and Greece was about to 'lose' her soul, Rome brought the vision of a 'new' Golden (solar) Age back to the western world. Proofs of this are also the various etymologies related to the name Saturn. Saturn is connected with the Etruscan God Satre, which is also similar to the Anglo-Saxon divinity Saeter. In the old German language Satejar is the planet Saturn. Interestingly enough, the Sanskrit name for the Golden Age is Sat-ya Yuga. In Sanskrit, the Golden Age is also called Krta Yuga and the Greek name Chronos derives from the same Sanskrit root Kra. In summary, the Latin sate-urnus, the German saeter, and the Etruscan satre, all refer to the 'true' (Sat in Sanskrit) and 'unchangeable' (Sat again) doctrine as derived from the Golden or Primordial Age.



## New Acropolis is now in Jayanagar!



*Welcome to New Acropolis - Jayanagar branch*

We are delighted to announce the opening of the first branch of New Acropolis in South Bangalore, in Jayanagar!

### LOCATIONS IN BANGALORE

**New Acropolis - main centre (Indiranagar)**  
#261, 6th cross, 1st Phase, Indira Nagar,  
Bangalore - 560038  
**Landmark:** near Indiranagar BDA complex  
**Tel:** +91 96638 04871

**New Acropolis - branch (Jayanagar)**  
#264, 7th cross, 1st Block, Jayanagar,  
Bangalore - 560011  
**Landmark:** near Madhavan park circle  
**Tel:** +91 99861 45294

**Email:** [info@newacropolis.in](mailto:info@newacropolis.in)



*The beginning is the most important part of the work.*

*- Plato*





PHILOSOPHY

CULTURE

VOLUNTEERING

New Acropolis is an international non-profit volunteer-run organization, having a philosophical, cultural and social approach. It was founded in 1957 as a school of Practical Philosophy in the Classical Style, to promote the ideal of timeless values towards human development.

In over 60 countries where New Acropolis is present, this vision is implemented through an eclectic range of teachings, practices and activities, inspired by Classics of both Western and Eastern global cultures and ancient civilizations. Our programs, based on philosophy that is practical and active, combine theoretical and practical education with expressions in the fields of Philosophy, Culture and Volunteering. With over 20,000 volunteers of all ages, cultural backgrounds, and social levels, New Acropolis emphasizes principles of Coexistence, Fraternity and mutual collaboration beyond cultural, sexual, or religious differences.

We at New Acropolis all over the World are greatly Inspired also by the timeless principles of the Ancient Classical Indian Cultures, Arts and Philosophies. New Acropolis in India, same as in all our centres worldwide, seeks to take inspiration, knowledge and best practices from the rich artistic, Spiritual and cultural human heritage in order to enhance both individual and collective human development.

## PHILOSOPHY

Philosophy, when it is practical, is educational. It helps us to know ourselves and to improve ourselves. To be a philosopher is a way of life committed to the best aspirations of humanity.

### NEW ACROPOLIS, BANGALORE



**Working Wisely - Lecture and Open house A** session on how work can be a powerful channel for self-development and social change



### Socratic Cafe

Dialogues around roundtables at the Socratic Cafe

### NEW ACROPOLIS AROUND THE GLOBE



### The story of a warrior of truth (Athens, Greece)

For the 150th anniversary of the birth of Mahatma Gandhi, an open event at the Public Cafe in Athens



## CULTURE

The practice of human values is the basis for a model of active and participative culture, which brings out the qualities of each person, broadens the horizons of the mind and opens the human being up to all the expressions of the spirit.

### NEW ACROPOLIS, BANGALORE



#### Philosophy Habba 2018

Experiencing Art as a path to inspire real and meaningful change in our world today



#### The Butterfly Effect - the freedom to change

Public collaborative art installation at the Rangoli Metro Art Centre, Bengaluru

### NEW ACROPOLIS AROUND THE GLOBE



#### Painting for All (Costa Rica)

A free workshop organized by New Acropolis as part of the provincial festival held every year in Guanacaste

## VOLUNTEERING

Volunteering is the natural expression of a spirit of union with life and humanity, which manifests in the practice of values such as unselfishness, commitment and striving for the common good.

### NEW ACROPOLIS, BANGALORE



#### Philosophy Habba 2018: Terrace gardening

A practical workshop applying Permaculture principles to terrace gardening



#### Philosophy Habba 2018: Community gardening

Ecology initiative of street tree bed gardening based on Permaculture

### NEW ACROPOLIS AROUND THE GLOBE



#### Restoring hope (Tel-Aviv, Israel)

A project to restore parts of a neglected area of the city in collaboration with a local community centre



January to March 2019

## JANUARY



INDIRANAGAR

### LECTURE & OPEN HOUSE

#### Pythagoras: Wizard of numbers and the secrets of nature

**Date:** Jan 5th (Saturday)

**Time:** 6:30 to 8:30 PM

*"There is geometry in the humming of the strings, there is music in the spacing of the spheres."*

This talk shall be a journey together to meet the ancient Philosopher Pythagoras - starting with a look at his life, we shall learn of some of his teachings and ideas, such as 'Mathematics as a lens that reveals the Universe and strings Harmony into music'. We will then step back into the present, to unravel a way to translate this wisdom for meaningful living in our modern times.



INDIRANAGAR

### LECTURE & OPEN HOUSE

#### The Art of Human Relationships

**Date:** Jan 19th (Saturday)

**Time:** 6:30 to 8:30 PM

How can we establish good relationships with others? What can we learn from nature around us about harmonious living together? Our daily encounters in our homes, workplaces, social circles shape our daily feelings, thoughts and moods much more than we are conscious of, or can imagine!

Learning how to develop and maintain human relationships is valuable for much more than just our career and our personal life. Join us for a talk on the art of building and maintaining lasting human connections and the practice of harmonious living.



INDIRANAGAR

### 14 WEEK COURSE

#### Living Philosophy

**Course starts:** Jan 22nd (Tuesday)

**Time:** 7:30 - 9:30 PM

**Introductory sessions:** Jan 8th & 15th (Tuesdays)

**Time:** 7:30 - 8:30 PM

A 14-week Foundation course in Practical Philosophy that brings teachings of the major ancient civilisations from east to west.

Aimed to foster an active philosophical approach to our daily life, the weekly-once classes and practical sessions will uncover the keys to inner growth and leading a more meaningful and significant life.

Image courtesy: Wikimedia Commons



January to March 2019

## FEBRUARY



INDIRANAGAR

### LECTURE & OPEN HOUSE Overcoming oneself, the true victory!

**Date:** Feb 9th (Saturday)  
**Time:** 6.30 - 8.30 PM

*"No person is free who is not master of himself." ~ Epictetus*

As we seek success in the fast-paced world, we are often lost in the quest to gain more, be better than others or overcome external circumstances. But the wisdom of ancient cultures across the world point to the essential success and victory being that which is attained within. If we look closely, often we find that the barriers to our victory lie within us.

Join us as we explore keys from ancient wisdom that examines the art of transforming our lives by our own actions and effectively meeting everyday challenges with wisdom.

*Image courtesy: Josef Grunig (Public Domain-FliiLckr)*



JAYANAGAR

### LECTURE & OPEN HOUSE The Art of Human Relationships

**Date:** Feb 16th (Saturday)  
**Time:** 6:30 to 8:30 PM

How can we establish good relationships with others? What can we learn from nature around us about harmonious living together? Our daily encounters in our homes, workplaces, social circles shape our daily feelings, thoughts and moods much more than we are conscious of, or can imagine!

Learning how to develop and maintain human relationships is valuable for much more than just our career and our personal life. Join us for a talk on the art of building and maintaining lasting human connections and the practice of harmonious living.



INDIRANAGAR

### BOOK LAUNCH & DISCUSSION What do we do with the Heart and the Mind

**Date:** Feb 23rd (Saturday)  
**Time:** 5:00 to 7:30 PM

At times, we seek to understand why the results we pursue slip through our fingers. Or, we don't know how to interpret the contradictions that overwhelm us, as we sense that our feelings are pulling us to one direction and our reason to another.

Join us for the launch of this special book authored by Delia Steinberg Guzman, International Director of New Acropolis, that guides us towards a possible meaning for life and things.

*Image courtesy: <http://www.trainingzone.co.uk> [Public domain]*

# Schedule of Events at New Acropolis, Bangalore



January to March 2019

## FEBRUARY



INDIRANAGAR

### 14 WEEK COURSE Living Philosophy

**Course starts:** Feb 27th  
(Wednesday)  
**Time:** 7:30 pm - 9:30 pm

**Introductory Sessions:** Feb 13th &  
20th (Wednesdays)  
**Time:** 7:30 pm - 8:30 pm

A 14-week Foundation course in Practical Philosophy that brings teachings of the major ancient civilisations from east to west.

Aimed to foster an active philosophical approach to our daily life, the weekly-once classes and practical sessions will uncover the keys to inner growth and leading a more meaningful and significant life.

## MARCH



JAYANAGAR

### LECTURE & OPEN HOUSE Bushido - Living the spirit of the Samurai

**Date:** March 9th (Saturday)  
**Time:** 6:30 to 8:30 PM

Bushido (Japanese for the way of the Warrior) calls for an appreciation of life and teaches us to lead by example. Over the ages, it crystallised into eight virtues that constitute the path of the warrior.

While originally practiced centuries ago, the wisdom of the Bushido can provide the individual of today with a means for transformation into a chivalrous person of strength, civility and decisiveness.

This practical talk will seek to find an expression of this wisdom for today's world.



INDIRANAGAR

### BOOK READING ACTIVITY Bookworm Club : The Little Prince

**Date:** March 16th (Saturday)  
**Time:** 6:30 to 8:30 PM

*"And now here is my secret, a very simple secret: It is only with the heart that one can see rightly; what is essential is invisible to the eye."*

A book as much for adults as for children, Antoine de Saint-Exupéry's much loved Little Prince takes us through a journey to meet endearing characters, and presents beautiful perspectives that we can all apply to connect with the deeper beauty in our own lives.

The Bookworm club at New Acropolis welcomes you to an interactive Book reading and discussion of The Little Prince.

*Image courtesy: Wikimedia Commons*





January to March 2019

## MARCH



JAYANAGAR

### LECTURE & OPEN HOUSE

**Overcoming oneself, the true victory!**

**Date:** March 23rd (Saturday)

**Time:** 6.30 - 8.30 PM

*"No person is free who is not master of himself." ~ Epictetus*

As we seek success in the fast-paced world, we are often lost in the quest to gain more, be better than others or overcome external circumstances. But the wisdom of ancient cultures across the world point to the essential success and victory being that which is attained within. If we look closely, often we find that the barriers to our victory lie within us.

Join us as we explore keys from ancient wisdom that examines the art of transforming our lives by our own actions and effectively meeting everyday challenges with wisdom.

*Image courtesy: Josef Grunig (Public Domain-Flickr)*



JAYANAGAR

### 14 WEEK COURSE

**Living Philosophy**

**Course starts:** March 26th

(Tuesday)

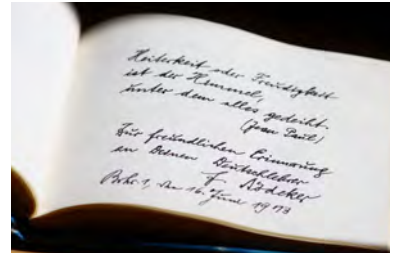
**Time:** 7:30 - 9:30 PM

**Introductory Sessions:** March 12th & 19th (Tuesdays)

**Time:** 7:30 - 8:30 PM

A 14-week Foundation course in Practical Philosophy that brings teachings of the major ancient civilisations from east to west.

Aimed to foster an active philosophical approach to our daily life, the weekly-once classes and practical sessions will uncover the keys to inner growth and leading a more meaningful and significant life.



INDIRANAGAR

### POETRY READING & EXPLORATION

**Searching for meaning in everyday life**

**Date:** March 30th (Saturday)

**Time:** 6:30 to 8:30 PM

*"Poetry is the robe, the royal apparel, in which truth asserts its divine origin." ~ Beecher*

The world of Poetry is a portal, a bridge to a deeper place within each of us. Often we forget to walk this bridge that unravels the beautiful expressions of the heart to reveal the hidden beauty of life itself. Join us for an exploration of the theme Searching for meaning in everyday life through the reading of and relating to a curated collection of poems.

*"There is something about poetry beyond prose logic, there is mystery in it, not to be explained but admired." ~ Edward Young*

*Image courtesy: Pixabay*

# LIVING PHILOSOPHY

To Discover. To Awaken. To Transform.



## Foundation Course to Practical Philosophy at New Acropolis

Living Philosophy is a course in Practical Philosophy that brings philosophical teachings of the major ancient civilisations from east to west: from Confucius to Plato, from Tibetan Buddhism to Ancient Egypt. Aimed to foster an active philosophical approach to our daily life, the weekly-once classes will uncover the keys to inner growth and wisdom towards leading a much more meaningful and significant life. Each Living Philosophy program runs over a period of 14 weeks, with classes held once a week. The syllabus is as follows:

### PART 1: ETHICS (Man & the Self)



#### Know Thyself

- Living an ethical life – a key to happiness
- The Ancient Greek and Ancient Indian understanding of the Human being
- Identifying the transient and the eternal within us
- Living Philosophy – need for Inner Change



#### The Inner Voice & the Mysteries of Ancient Tibet

- Wisdom from the Vajrayana tradition (Tibetan Buddhism)
- Recognising the illusory nature of the material world
- The importance of choice and inner identity
- H.P. Blavatsky and themes from the Voice of the Silence



#### The Peaceful Warrior

- The ancient Indian concept of Swadharma and its importance in human life
- The inner battle of Kurukshetra
- Karma Yoga and the right Action – tools of the Peaceful warrior
- Themes from the Bhagavad Gita and their relevance in today's world



#### The Artist, The In Love & The Philosopher

- The transmission of Wisdom and Ethical principles through the ages
- True freedom and principles of Stoic Philosophy from Ancient Rome
- 3 paths to Happiness and Unity – the teachings of Plotinus
- Neo-Platonism



#### Liberation - Inspiration from the Buddha

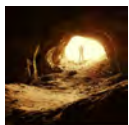
- Lessons from the life of the Buddha
- The overcoming of suffering and the process of Self-transformation
- The middle path and the 4 Noble Truths
- Key teachings from the Dhammapada



#### Tools for Life from The Ancient World - Egyptian, Chinese & Greek Philosophy

- Justice, Order and Virtue as important everyday tools
- Concept of Justice - ancient Egypt
- Harmony and human relationships - the wisdom of Confucius
- The path to Happiness through virtues– teachings of Aristotle

### PART 2: SOCIO-POLITICS (Man & Society)



#### Ethical Leadership

- The connection between individual development and social order
- The art of living together in harmony
- Plato's allegory of the cave
- The philosopher and the Leader
- Ethical leadership and concept of Justice



#### From Philosophy to Mystery

- Roles in ancient society: Childhood, Adolescence, Elders
- The role of education in human evolution; education in traditional societies
- The mysteries of nature; Tribal and Alchemical initiation
- Philosophy as a bridge to higher consciousness and to the Mysteries



#### The Essence of Ethical Politics & Governance

- The 4 archetypes of man
- Various models of governance; the nature and challenges of Democracy
- The school of Pythagoras and Ancient Greece
- The Philosophical and Political ideal
- Principles of New Acropolis



#### Know Thyself: Practical Seminar

Philosophy in action – an experiential session of practical psychological exercises, combined with Social-Ecological and Artistic activities, that strengthen the learning process of Know Thyself and Sociopolitics.



### Myth, History and the Wheel of Life

- Myths: Truths hidden in mythology
- Chronological time, Sacred time and Mythical time
- How Myth drives History
- Cycles of Time : ancient Indian idea of Yugas, the ancient Greek concept of "great year" by Plato
- The Kaliyug and the Age of Aquarius – challenges and opportunities of our times



### The Divine Spark in Man- Evolution & Destiny of Humanity

- What does it mean to be the human being of today?
- The 7 Kingdoms of Life according to esoteric philosophy
- The evolution of human consciousness; Where do we go from here?
- The ancient Greek myth of Prometheus



### Summary

A synthesis and a glimpse into what comes next (next level of Practical Philosophy teachings).

### Indiranagar - January batch (Tuesdays)

**Course starts:** Jan 22, Tuesday  
**Duration:** 14 weeks | 1 class per week  
 (7:30 to 9:30 PM every Tuesday)  
**Free introductory sessions:**  
 Jan 8 and Jan 15, 7:30 to 8:30 PM

### Indiranagar - February batch (Wednesdays)

**Course starts:** Feb 27, Wednesday  
**Duration:** 14 weeks | 1 class per week  
 (7:30 to 9:30 PM every Wednesday)  
**Free introductory sessions:**  
 Feb 13 and Feb 20, 7:30 to 8:30 PM

### Jayanagar - March batch (Tuesdays)

**Course starts:** Mar 26, Tuesday  
**Duration:** 14 weeks | 1 class per week  
 (7:30 to 9:30 PM every Tuesday)  
**Free introductory sessions:**  
 Mar 12 and Mar 19, 7:30 to 8:30 PM

# LIVING PHILOSOPHY

## A Practical Philosophy Course To Discover. To Awaken. To Transform

A foundation course in Practical Philosophy that brings philosophical teachings of the major ancient civilisations from east to west - from Confucius to Plato, from Tibetan Buddhism to Ancient Egypt.

Aimed to foster an active philosophical approach to our daily life, the weekly-once classes will uncover the keys to inner growth and wisdom towards leading a much more meaningful and significant life.

[www.acropolis.org.in](http://www.acropolis.org.in) | [info@newacropolis.in](mailto:info@newacropolis.in) | +91 96638 04871

To register please visit [www.acropolis.org.in/living-philosophy](http://www.acropolis.org.in/living-philosophy) Course fee applicable



### INDIRANAGAR

Batch 1 (Tuesdays): January 22, 2019  
7:30 PM - 9:30 PM  
Free Intro Sessions: Jan 08 & Jan 15  
7:30 pm to 8:30 pm

New Acropolis (Indiranagar), #261, 6<sup>th</sup> Cross, Indiranagar, 1<sup>st</sup> Phase, Bangalore 560038

### INDIRANAGAR

Batch 2 (Wednesdays): February 27, 2019  
7:30 PM - 9:30 PM  
Free Intro Sessions: Feb 13 & Feb 20  
7:30 pm to 8:30 pm

### JAYANAGAR

Batch 1 (Tuesdays): March 26, 2019  
7:30 PM - 9:30 PM  
Free Intro Sessions: Mar 12 & Mar 19  
7:30 pm to 8:30 pm

New Acropolis (Jayanagar), #264, 7<sup>th</sup> Cross, 1<sup>st</sup> Block, Jayanagar, Bangalore 560011