

On the cover:

The magic of monsoons

In this edition:

What does it mean to live in a world of distractions?

Education for a better world - Celebrating Teachers

Finnish Mythology: The Kalevala



IN THIS EDITION



PHILOSOPHY

- What does it mean to live in a world of distractions? | Page 2



VOLUNTEERING

- Yearning for Change | Page 8



CHANGEMAKERS

- Education for a better world - Celebrating Teachers | Page 4



NEW ACROPOLIS

- About: New Acropolis International Organisation | Page 11
- Event Schedule for July - September 2019 | Page 13
- Living Philosophy | Page 16



ABOUT

The magic of monsoons

The months around July in Bangalore are all about the rains! The peak of the South Indian Monsoon is a time of much movement in nature, and the heat and dryness of the summer months are soon forgotten. The trees and plants respond, and the city is lush green more than any other time of the year. At the same time, both with the autumnal season and with the force of the rains and the gusts of wind, the trees shed leaves aplenty - another common sight on the streets and pavements of Bangalore this time of the year is the many fallen leaves. Autumn marks the change of the cycle, a time to let go in order to bring new life.

ACROPOLIS
Vol 3 Issue 4 | July - September 2019

Editor-in-Chief
Ran Kremer

Editor
Anand Baskaran

Editorial Team
Vivek Divekar
Muthuramalingam S

Cover & Magazine Design
Namrata Shenoy

Design Direction
Shashwati Balasubramanian

Production
Vivek Divekar

ACROPOLIS is published in India, by New Acropolis Cultural Association. Reprints of individual articles are obtainable on application to the editor. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior written permission of the copyright owner.

New Acropolis Cultural Association
(South India)

Main Centre:
261, 6th Cross, Indiranagar
1st Stage, Bangalore - 560038
Tel: +91 9663804871

Branch:
264, 7th Cross, Jayanagar
1st Block, Bangalore - 560011
Tel: +91 9986145294

Email: info@newacropolis.in
Web: www.acropolis.org.in



New Acropolis volunteers at the Annual Summer Celebration

Dear Reader,

We step into the months of July - August - September, with umbrellas and raincoats out of the cupboards, as the rains are upon us in Bangalore city. Associated day-to-day inconveniences like traffic build up during the rains are easily forgotten when put in context of the sub-par monsoons this year. Combined with the unsustainable rate of water consumption and a severe lack of healthy water conservation efforts, parts of South India have already faced water shortages, and in these times the showers are most welcome. May we take the opportunity to appreciate the inimitable beauty of the rains, and the life-sustaining value of water.

This edition of ACROPOLIS goes hand-in-hand with an exciting and highly relevant series of events at the centres of New Acropolis, Bangalore.

We explore the topics of living in a world that seems to have an unending flow of distractions, and one that calls for idealism and change. Pair the two articles that deal with these topics (*What does it mean to live in a world of distractions?* - Pg 2, and *Yearning for Change* - Pg 8) - with our talk in September: *Heart and the Mind - Embracing Change*, for some valuable perspectives and practical tools on living a more meaningful life in this chaotic world. The beginning of September brings with it Teacher's Day, and the ACROPOLIS team had the privilege to converse with three teachers in varied fields in the city of Bangalore, that we are delighted to present to you (Pg 4).

Happy reading!
Anand Baskaran
Editor - ACROPOLIS

What does it mean to live in a world of distractions?

Ankit Jain



Image courtesy <https://pxhere.com/>

A major challenge we all face in the pursuit of living our life to its full potential is - distractions. Distractions are everywhere around us, and all the time. Be it in the form of constant social media notifications on our phones or the infinite other temptations that keep us “hooked”, the list can just go on.

More than 2000 years ago, the Greek philosopher Plato tried to explain the phenomenon of distraction and ignorance in human life by using the allegory of the cave. To visualize the scene that is the basis of this allegory - imagine people transfixed to ongoings, sitting in a cave and facing a wall. Behind them is a passage that leads to the real world, with nature, sunlight and fresh air. But what they can see is simply the shadows of moving objects in front of them – disconnected from reality.

Thinking a bit about digital distractions, the visualization of Plato’s cave seems to be quite literal today... a digital cave, in which we are constantly staring at our phone and laptop screens for a major portion of our waking hours. Little screens, middling screens, gigantic screens... they seem to be our new reality. But let’s remember what Marcus Aurelius said –
External things are not the problem. It’s your assessment of them.

This includes - distractions. It is easy to think that Facebook, Youtube and all other relentless external stimuli available to us today are the root cause of our diminishing focus, but reflecting a bit deeply, these are just innocent pieces of software, or just objects, nothing more.



*External things are not the problem.
It's your assessment of them.*

So perhaps it can be more beneficial to talk about distractions more in terms of our wandering mind than looking outward and blaming external conditions for our distractions. Because then, something true and good can come of this - we can start to take complete responsibility.

What is distraction really about, what we are distracting ourselves from and why? An active philosopher will need to develop the courage to find this out.

As we get more honest about asking ourselves this question and even get a little better at becoming alert to external distractions, we may begin to notice that we ourselves seem to have an impulse to continually 'create' distractions. We may find that our personality craves for distractions as an escape route from ... what? What are we trying to escape from? I leave this to you to ponder.

Whatever answer you may come up with after an honest introspection, that will be the true answer for you. In the process of introspecting, hopefully you can start a dialogue with the part of yourself that likes the comfort of distractions. The key to conquering the power that distractions have over you, lies inside you. And it starts with knowing yourself, or as the Greeks said, 'Know Thyself'.





September 5th is celebrated as Teacher's Day, in memory of the exemplary Dr.Sarvepalli Radhakrishnan. While the teaching profession is a noble one beyond doubt, we experience often that the most inspiring teachers are the ones who expand teaching from profession to a way of life, teaching through example and inspiration.

To mark Teacher's day 2019, the ACROPOLIS team interviewed three current teachers in Bangalore city, from different fields. We present to you the way of the teacher, in their words.



Ran Kremer

Director of New Acropolis in South India;
teacher of practical philosophy in the classical tradition

An introduction of yourself through your teaching journey:

I am a lecturer in philosophy, culture and comparative study of universal thought. I joined New Acropolis in 1998, and as a volunteer and teacher, I established one of the centres of New Acropolis in Israel. Then, I moved to India in 2009 to take the opportunity of setting up New Acropolis in South India, starting with our two centres in Bangalore to date.

My vision and strongest engagement is to create a solid network of centres in South India, that promote genuine sustainable coexistence - a social model that truly unites us, in an era of many separating forces which lead to unhappiness, loneliness and destructive socio-political conflicts. My passion is the promotion of Practical Philosophy as a way of life, through the means of education to know oneself better, learn the art of making wise choices, and of being able to give a place of prominence to human relationships within our society.

How do you see the role of a teacher in today's world?

The classical approach towards the role of the teacher since ancient times is still very valid, and also very important to maintain. It is about direct personal example being possibly the best way to educate. Above all, a teacher must also be a leader through example and should "walk the talk", meaning to live what is taught and to teach what is lived.

What are the key values / qualities you feel a good teacher possesses?

To Educate through enablement, not to impose – education comes from the Latin word "Educere" which translate to "lead out" towards one's own highest potential, to enable to bring out the best of oneself. It is about encouraging individuals to become independent thinkers who have the ability to develop their own unique and genuine ideas about what they learn, and about their life in general.

To encourage creativity, problem solving skills and the capacity for out-of-the-box thinking.



To be patient, compassionate and understand that each human being evolves at his own pace. However, the teacher should at the same time be firm enough and demand the necessary efforts, while cultivating a culture of grit and striving for success.

Your advice to the youth of today on how they can build a better world:

Youth is all about being able to uncompromisingly believe in yourself and believe in your ability to constantly be better – to be able to have control of your life, and make an impact on society. Leave a mark, make a difference.

Youth is also about not giving up on a better future for humanity, better human relationships and coexistence, based on lasting, genuine and transparent friendships which go far beyond the personal interests and superficial virtual connect.

It is to build the courage to say your truth and what you truly think in front of no matter who and how many. It is also to grow the ability to face one's own fears and doubts without allowing these to stop us; to be willing to pay the price of sacrificing some of our comfort zones, and be ready to stretch beyond our boundaries into the mystery of the unknown.

It is to build the courage to say your truth and what you truly think in front of no matter who and how many.



Ashok Kumar

Musician and Theatre artist; teaches Djembe and Theatre

An introduction of yourself through your teaching journey:

I am an artist, a musician, a trainer... I have found this through a process of deep personal exploration, a match that combines and integrates my passion, my profession, my work practices and my virtues. I did not train to become a teacher - it just happened to me. Being a teacher is a Dharma, not a profession. One has to practice being the teacher, at all times, in all facets of life. It is not just to act in a specific manner in front of the students.



My journey has been an experience in the mediums of theatre, music, dance, education, training and communication. I have to give full credit to my theatre practice. It is where I discovered my skills, my abilities, my confidence through the feedback and positive reinforcement of my fellow theatre artists. My djembe experience has also brought its own unique rhythm to my teaching and helped me to listen better to the silence between the notes of my students.

How do you see the role of a teacher in today's world?

The role of a teacher has not changed with the ages, it has been constant. To be a teacher, you need to be a guide, a role-model, and provide a platform, so that the student may find the space to explore and learn. The teacher makes himself available for the student, through his presence. He or she can only show the direction and guide their abilities. It is for the student to make the journey on that path. Even though the student in this age may now have easier access to information and even more second-hand knowledge, the role of the teacher is still to help and guide them on building their own wisdom.

What are the key values / qualities you feel a good teacher possesses?

The teacher is a student too, and must be keen to learn always. One must be open to the possibilities and be accepting to receive from the surroundings, for the learning never stops. The teacher helps the student explore and go deeper within oneself. For it is only then that they can discover their potential and build their abilities.

The teacher does not impose his personal constructs. The ability to allow for different viewpoints and to look from the students' perspective, prepares the ground for teaching. The teacher has compassion towards the student and educates through the joy of sharing. When I teach, I do not aim to give information. I look to share my own experience, to connect with the person present there. This carries immense value for them and for me. So, the personal sadhana (practice of self-enquiry) that the teacher undertakes is of equal importance. The teacher must be there for the disciple, to be available to help as a friend (protagonist). And, also when needed, to be the antagonist... to push beyond their comfort with due compassion.

Your advice to the youth of today on how they can build a better world:

I would prefer not to advise as a teacher. It is too simplistic, to try to impose one's own values and experiences upon another. The journey for each person is different and unique. I only wish for each person to explore for themselves, to trust their 'gut-feeling' (the inner voice), to trust existence and dive into life. And then, it is for them to share those feelings and experiences on the journey they have undertaken.

My djembe experience has also brought its own unique rhythm to my teaching and helped me to listen better to the silence between the notes of my students.





Tara Kini

Education and Music Consultant; teacher of varied subjects;
leads music group Sunaad

An introduction of yourself through your teaching journey:

I consider myself a lifelong learner. I taught physics and music in Mallya Aditi International school for 20 years, and that was my best period of learning. Learning about how we learn, how we interact, and how these processes can help us grow mutually. Over the last 11 years, as a consultant in education, I have worked with teachers and in building curriculum. I learn afresh from every teacher that I work with and consider my journey most exciting, rewarding and fulfilling.

How do you see the role of a teacher in today's world?

A teacher, in today's world, holds a position of more responsibility than ever before. With working parents, many children, in this fast-paced world, spend more time in school with teachers and with child-minders on a weekday, than with their parents. Therefore the onus of caring, developing potential talents and being role models in value systems, falls on the teacher. In addition to competence in academic knowledge, the teacher, therefore has to examine her own values, make the effort to consciously model them in all her interactions with students, while giving equal importance to understanding the social and emotional needs of each child. A very demanding challenge, indeed!

Understanding that the source of all strength, love and happiness lies within oneself, is the key to facing all the challenges and remaining at peace.

What are the key values / qualities you feel a good teacher possesses?

The most important quality that a good teacher possesses is that of compassion. When I think back to the teachers who taught me through school, college and adult life, those who impacted me the most were the ones with deep compassion. The ability to understand you in depth, even if the interaction was limited in time. That comes perhaps, through an attitude of openness to receiving and giving ideas, love of learning, and comfort with oneself.

Your advice to the youth of today on how they can build a better world:

Young people today live in a world that is changing more rapidly than ever before. Understanding that the source of all strength, love and happiness lies within oneself, is the key to facing all the challenges and remaining at peace.

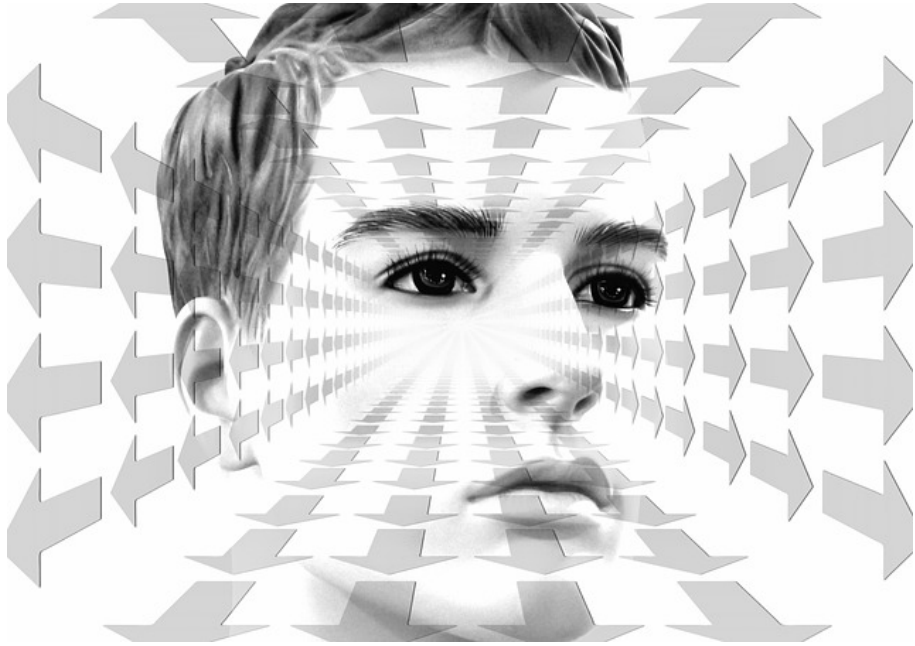


Image courtesy <https://library.acropolis.org/learning-for-change/>

There are many in the world today who are yearning for change. They want to see the world change, to become capable of addressing the current burning issues; capable not only of spotting the problems, but also to offer valid solutions and, above all, to materialize them.

It really doesn't take much to list the main issues the world at large is facing – today, and those which we may face very shortly. There might be even greater problems which are as yet not so visible, but might be the root for what is more easily seen. Among them we may suggest ignorance and materialism for example.

Global organizations, such as the United Nations with its various dedicated committees, sometimes seem to serve a different agenda than that which they were originally created for, or are simply unable to agree on the necessary direct action. Issues such as the water crises, global warming, the growing number of devastating arms and poverty, to name but a few, are left with no answer at all. We are destroying the world in our own hands, while those who have the power often seem to cynically deny these matters. There are, of course, numerous individuals and organizations that are doing wonderful dedicated work to address these problems, though it often seems that their efforts are not enough to root them out as we continue to face the same issues, sometimes with even greater gravity.

We cannot fall to despair as we simply do not have the privilege to do so. Nor would it be very philosophical to lose hope and faith in the human capacity to grow and overcome challenges. The love of wisdom underlines an everlasting possibility to move forward and upward. Hope forever remains in Pandora's Box, always within man's reach. But hope alone will not redeem the world if humanity remains idle, unwilling to change.



Perhaps the attempt to change the world by forming new frameworks, new global organizations that might agree and act in the right direction, is not sufficient. It is needed, no doubt. But is it enough? Can we really change the world for the better by relying on new agreements to be signed and followed while man himself, who is the very cause of most of the world's troubles, remains the same? Can we really agree to act together as one and implement even the most obvious needful steps? In today's global world, can a real solution be applied only in parts of the world, while others resist?

It is quite clear that Gandhi's words about being the change we wish to see in the world truly resonates with a solid truth. We cannot demand the world to change, without ourselves becoming the change we seek. Rather than focusing exclusively on external global solutions, we must also pay attention to our own individual ability to change, perhaps giving it even greater importance, because again, what's the use of having a perfect system in place, if the man that runs it remains the same?

We must find a direction, forward and upward, and through us, the word around us. In the words of Prof. Jorge Ángel Livraga, the founder of New Acropolis, we seek a new and better world, by new and better human beings.

Can we imagine ourselves better? Not more of the same, with some additional gadgets, technology and stricter laws. But better – with new virtues and abilities, higher awareness, closer to the archetypes of Justice, Truth, Beauty and Goodness, as spoken of by Plato and many other respected philosophers. Are we able to imagine ourselves with the virtues we are yet to awaken? Do we have faith in ourselves, in our common destiny as humanity? Is how we see ourselves today, all we are capable of being? Not to have, but to be...

Can't we imagine ourselves better? If we can, we already perceive what we are to become and, therefore, are linked to it. Our task then, is to walk the path towards it, to act everyday in the light of what we already know to be right deep within, and invite anyone who is willing to listen, anyone who shares in this yearning for change in himself, and in the world.

This is not an instant solution, if such a solution exists at all, nor is it easy...but it is a valid solution – maybe the only valid direction to take. It seems that wherever man is, there is a complexity, nothing is really so simple. But there is always reason for hope because essentially Man, as all the ancient traditions explain, is much more than flesh and bones that simply disappear into the void; Man, they say, is also a spiritual being, a transient stage towards unimaginable glory, a bridge between heaven and earth, spirit and matter.

*To be a philosopher is to be
an idealist, a man of virtue.*



Image courtesy <https://pxhere.com/>

Philosophy, as a way of life, has a wonderful and precious contribution to make. It brings us closer to the eternal archetypes of life and thus makes us more alive. It helps us to perceive in our own capacity, that life has a direction and a purpose...it moves and evolves. One may call it Dharma, another might call it destiny, a meaning, or a path. Philosophy shows us the way which we must follow, the change we wish for. It helps us discover that we always carry with us hope in the box, much more important than all the evils we might be carrying. It is a light that clears all shadows. It is for us to be that hope for the world. To be a philosopher is to be an idealist, a man of virtue.

Some may argue that philosophy is un-practical. Others say that it is the only practical solution. It is definitely a wonderful adventure – one that stands for the banner of change – to change ourselves for the new, and the better...to look upwards for change, as profound change always comes from above.

*Can't we imagine ourselves better?
If we can, we already perceive what we are
to become and, therefore, are linked to it.*





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



Living beyond our Boundaries

This talk at the Jayanagar branch touched upon the need and means to go beyond limitations, with perspectives from Ancient Wisdom



Talk: Two Chinese Masters

Audience at this public talk participating in a guided exercise connected to Leadership

NEW ACROPOLIS AROUND THE GLOBE



Parliamentary Review (London, UK)

The Philosophy represented by New Acropolis features in Education Services 2019, a British government publication of best practices designed to inform policy

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



Celebrating Spring equinox

On the occasion to welcome the coming of spring, we celebrated the festival of Holi with eco-friendly natural colours



Theatrical performance

A skit with a philosophical lesson - for us to be like a Mango: soft on the outside, and tough within!

NEW ACROPOLIS AROUND THE GLOBE



"Women Poets, Poetry for Women" (Bilbao, Spain)

International Women's Day was celebrated by men and women participating with great enthusiasm, in the Poetry Recital.

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



Know Thyself Seminar

Students of the Living Philosophy course at the 'Know Thyself' seminar - practical exercises, volunteering activities and a delightful potluck!



Library stock-taking

Volunteers at a session of the annual stock-taking activity for Takshila library at New Acropolis

NEW ACROPOLIS AROUND THE GLOBE



Street volunteering (Merida, Venezuela)

To promote the culture of recycling as a daily task volunteers, collaborators and friends undertook to bring order and cleanliness of public spaces.



JULY



Living Philosophy

A PRACTICAL PHILOSOPHY COURSE | INDIRANAGAR

Course starts: 22nd July (Monday)

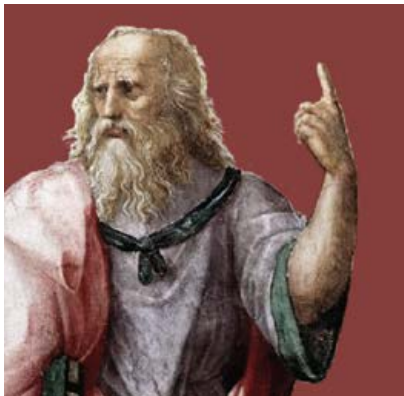
Time: 7.30 PM - 9.30 PM

Introductory Sessions: 1st & 8th July (Mondays)

Time: 7:30 PM - 8:30 PM

A 15-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.



Ethical Leadership - Lessons from Plato

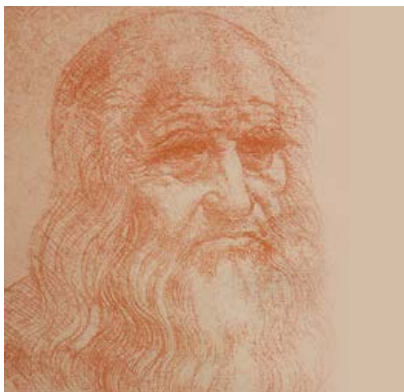
LECTURE & PRACTICAL EXERCISES | INDIRANAGAR

Date: 13th July (Saturday)

Time: 6:30 PM - 8:30 PM

How does the ideal of justice manifest in our acts of leadership? Plato's teachings on society places the ideal of Justice at the very heart of leadership and governance, bringing alive it's true essence.

Plato's "Allegory of the Cave" guides us on our role as citizens. In this talk, we will relate to the allegory and its profound message to enable us to be better human beings that can build a more harmonious society.



Leonardo da Vinci - The Renaissance Philosopher

LECTURE & PRACTICAL EXERCISES | JAYANAGAR

Date: 27th July (Saturday)

Time: 6:30 PM - 8:30 PM

Who was Leonardo da Vinci? An artist, an architect, a scientist, an engineer and an inventor. The Renaissance genius who brought together the aesthetic sense of the artist and the brilliant mind of the scientist. Leonardo shows us – in an age of increasing specialization – that the human mind is able to cover almost all areas of knowledge ... if only one dares. This talk explores keys to how we could develop this approach in our lives today by delving into his life and work, and understanding his achievements, inspirations and influences.



AUGUST



Living the Hero's Journey

LECTURE & PRACTICAL EXERCISES | **INDIRANAGAR**

Date: 3rd August (Saturday)

Time: 6:30 PM - 8:30 PM

In his seminal work *The Hero with a Thousand Faces*, Joseph Campbell carves out the universal narrative of the journey of the hero in mythic traditions across the world. In today's times, the myth often unfolds through the medium of films. Join us for a fascinating talk that relates to three films of the modern era, with the goal of discovering the possibility for each of us to traverse the mythical journey of Adventure and Transformation in our own lives.

The films we will relate to are *The Matrix*, *The Truman Show* and *The Lord of the Rings*.



Living Philosophy

A PRACTICAL PHILOSOPHY COURSE | **INDIRANAGAR**

Course starts: 21st August (Wednesday)

Time: 7:30 PM - 9:30 PM

Introductory Sessions: 7th & 14th August (Wednesdays)

Time: 7:30 PM - 8:30 PM

A 15-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.



Two Chinese Masters - The Wisdom of Confucius & Lao Tsu

LECTURE & PRACTICAL EXERCISES | **JAYANAGAR**

Date: 31st August (Saturday)

Time: 6:30 PM - 8:30 PM

From the land of ancient China has come a wealth of culture and philosophy, the intrigue and practicality of which has endured through centuries.

Confucius' teachings emphasize the values of order and harmony in society, and the role of the individual in bringing these. Lao Tsu's enigmatic and poetic wisdom speaks of simplicity, harmony and one's true nature. In this talk, we approach ancient Chinese wisdom and draw inspiration and concrete tools that we can apply in our lives today.



SEPTEMBER



The Heart and the Mind - Embracing Change

LECTURE & PRACTICAL EXERCISES | **INDIRANAGAR**

Date: 14th September (Saturday)

Time: 6:30 PM - 8:30 PM

Note: Ticket: INR 300/- with an option to pick-up, at the event, a complimentary book.

Change can be scary and exciting in equal measure. When faced with change, we often fear and resist it, not knowing 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. Can we learn to work with change in a better way? Dipping into the wisdom of the book *What do we do with the Heart and the Mind* authored by Delia Steinberg Guzman, International Director of New Acropolis, this talk explores the possibility of discovering the excitement and depth in change in our lives.



The Art of Concentration

LECTURE & PRACTICAL EXERCISES | **JAYANAGAR**

Date: 21st September (Saturday)

Time: 6:30 PM - 8:30 PM

In the year 1600, one of the great Tibetan Lamas decided to draw a special picture in order to teach his disciples about the Art of Concentration.

What is the important role of concentration according to Tibetan Buddhism, and what can we learn from this special drawing that can enable us to live a more fulfilling life in today's world? Join us for this riveting talk, which will be followed by a Guided discussion.



Living Philosophy

A PRACTICAL PHILOSOPHY COURSE | **JAYANAGAR**

Course starts: 24th September (Tuesday)

Time: 7:30 PM - 9:30 PM

Introductory Sessions: 10th & 17th September (Tuesdays)

Time: 7:30 PM - 8:30 PM

A 15-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.

LIVING PHILOSOPHY

To Discover. To Awaken. To Transform.

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 15 weeks, with classes held once a week. The syllabus 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 awakening of consciousness – tools from ancient Greco-Roman philosophy

- The need and the means to elevation of consciousness
- True freedom and principles of Stoic Philosophy from Ancient Rome
- 3 paths to Unity – teachings of Plotinus
- The path to Happiness through virtues – teachings of Aristotle



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



Destiny and Inner order – Wisdom from Egypt and China

- Justice, Order and Virtue as important everyday tools
- Concept of Justice - ancient Egypt
- The connection between individual ethics and a harmonious society
- Harmony and human relationships - the wisdom of Confucius

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 the 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 in 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.

PART 3: THE PHILOSOPHY OF HISTORY (Man & the World)



Myth & History

- Myths: Truths hidden in mythology
- Chronological time, Sacred time and Mythical time
- How Myth drives History



The Wheel of Life

- 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 of the key teachings of the course, and a glimpse into the path ahead of advanced practical philosophy courses at New Acropolis

Note:

- The sessions comprise of lecture and practical experiential exercises
- 3 of the sessions across Part 2 and Part 3 of Living Philosophy include Socratic Café - interactive group dialogues

COURSE DATES

Indiranagar - July 2019 batch (Mondays)

Course starts: 22nd July, Monday
Duration: 15 weeks | 1 class per week (7:30 to 9:30 PM every Monday)
Free introductory sessions:
 1st and 8th July, 7:30 to 8:30 PM

Indiranagar - August 2019 batch (Wednesdays)

Course starts: 21st August, Wednesday
Duration: 15 weeks | 1 class per week (7:30 to 9:30 PM every Wednesday)
Free introductory sessions:
 7th and 14th August, 7:30 to 8:30 PM

Jayanagar - September 2019 batch (Tuesdays)

Course starts: 24th September, Tuesday
Duration: 15 weeks | 1 class per week (7:30 to 9:30 PM every Tuesday)
Free introductory sessions:
 10th and 17th September, 7:30 to 8:30 PM

LIVING PHILOSOPHY

NA
PHILOSOPHY · CULTURE · VOLUNTEERING
NEW ACROPOLIS

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 | info@newacropolis.in | +91 96638 04871

To register please visit www.acropolis.org.in/living-philosophy. Course fee applicable.



INDIRANAGAR

Batch 1 (Mondays): July 22, 2019

7:30 PM - 9:30 PM

Free Intro Sessions: July 1 & July 8

7:30 pm to 8:30 pm

#261, 6th Cross, Indiranagar, 1st Phase,
Bangalore 560038

INDIRANAGAR

Batch 2 (Wednesdays): Aug 21, 2019

7:30 PM - 9:30 PM

Free Intro Sessions: Aug 07 & Aug 14

7:30 pm to 8:30 pm

JAYANAGAR

Batch 1 (Tuesdays): September 24, 2019

7:30 PM - 9:30 PM

Free Intro Sessions: Sept 10 & Sept 17

7:30 pm to 8:30 pm

#264, 7th Cross, 1st Block, Jayanagar,
Bangalore 560011