

ACROPOLIS

Vol 3, Issue 6 | January - March 2020

On the cover:

'The hour of the Hero'

In this edition:

A Stoic Guide to our Emotions

Ulysses – the Mission to Return Home

Photoblog: Rejoice, There is Still Hope for Humanity

Book Launch: Above All, Be Good



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ABOUT

On the cover: The Hour of the Hero

For a long period of modern time, myths and legends were looked upon as entertaining stories that depicted bygone years filled with dramatic and colourful characters with heroic abilities. They were considered separate from daily life and something to be viewed with awe and curiosity. Today, our societies and the world at large seem to mirror the dark periods in these myths, in need of light and virtue. The difference today is we can no longer afford to wait for a single Hero to emerge from a misty backdrop and save us all. We need millions of smaller heroes rising in their unique ways to become examples of courage and ethics in society. We need to be little heroes in our own circles and in our own lives, transforming ourselves first, and bringing the voices that stand for peace, universal love and respect.

ACROPOLIS

Vol 3 Issue 6 | January – March 2020

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Chronicles of the Peaceful Warrior: the group that explored the hero's journey using creativity, art and journaling

Dear Reader,

We are delighted to bring to you this new year's edition of ACROPOLIS, covering the first three months of 2020. At whichever point of the quarter you're reading this, whether in the cold winter of January – February or the growing warmth of March, we hope you have had a meaningful year so far!

In this edition, we have sought to bring you inspiration, philosophical tools and perspectives to aid you on the journeys that you are on, or will embark upon. The articles and content you will find here dip into the journey of the Hero from ancient Mythology, an inspiring poem in connection to World Poetry Day, a glimpse into a cultural-philosophical aspect of Chinese tradition, and a wonderful new book on Stoic Philosophy, among others. Pair these with the interesting monthly talks at each of the New Acropolis centres. And of course, we welcome you to our flagship practical philosophy course, Living Philosophy, with a batch opening in each of the months this quarter.

Here's to new beginnings and meaningful journeys ahead.

Happy Reading!

Anand Baskaran
Editor - ACROPOLIS

A Stoic guide to our Emotions

Gilad Sommer



Human beings are often said to be rational creatures, but in reality we are very much emotional creatures as well. More often than not, history is a showcase of tragic actions taken by human beings overcome by their passions. And apart from these grand-scale dramas, our everyday life is full of instances where the right thing is sacrificed for the sake of the urge, the ego, the instinct.

In great theatrical tragedies, such as the Shakespearean King Lear or Romeo and Juliet, the passionate actions taken by the protagonists lead to an unfortunate chain of events of betrayal and death.

This is the fate of characters in great dramas, but how many times the small dramas of our everyday life have developed in negative ways because of our lack of control? How many times have our passionate actions led us to a deep, dark hole?

In order to develop the necessary mastery over our emotions, the Stoics recommended we should observe and understand them first, deconstruct them by recognizing their true nature. In their writings we find a startling analysis, almost a system, of the various emotions and their causes.

At the center of their psychological teachings we find the concept of *Pathos*, the unhealthy passions, agitations of the soul that are contrary to reason or nature. Those are the emotions which lead us to act against our nature, and against our best interest. It is interesting that the Greeks used the same word *Pathos* (πάθος) to indicate both passion, and suffering. Today we use this Greek root in the words Pathology (the study of suffering), and Apathy (the lack of passion).



The Stoics, beginning with Zeno and Hecato, divide the passions to four groups:

1. **Epithumia** – Craving or strong desire

A desire to possess something that holds an apparent gain for us. Anger, for example is an expression of craving, defined as the desire for punishing the person thought to have inflicted an undeserved injury.

2. **Phobos** – Fear

A belief of threatening evil which seems to the subject of it insupportable. Some examples are fear of disgrace and the fear of impending work.

3. **Hêdonê** – Pleasure

Newly formed belief of present good, and the subject thinks it right to feel enraptured. Malice is one type of such pleasure, which is the enjoyment of another's ills.

4. **Lupê** – Sorrow (form of suffering)

A newly formed belief of present evil, the subject of which thinks it right to feel depression and shrinking of soul. Envy, a distress caused by another person's prosperity, is a form of irrational sorrow.

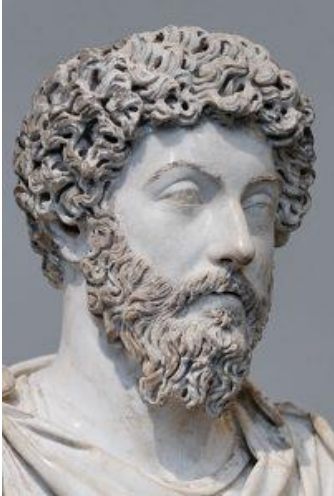
The philosopher is vigilant, observes within, and is not led by impressions. He chooses to act according to reason.

As can be seen, the passions are based on appearances, that is, on our interpretation of reality. They result from false value judgements.

Objective reality makes an impression (*Phantasia*) on our souls. This impression feeds the passion and causes us to react.

The philosopher aims to reflect (*Dianoia*) on the true nature of these impressions, and guided by the inner *Hegemonikon*, our ruling part, to act according to true value judgements.

The philosopher is vigilant, observes within, and is not led by impressions. He chooses to act according to reason.



For example, we may feel craving for a certain object, thinking it will be good for us. Yet we all know that many times we crave for things that are clearly not good for us, i.e, junk food or other addictions. In that sense, we are acting against our best interest, that is, we are acting irrationally. On the other hand, there are many things we dislike or fear, yet may be good for us in the long term.

This is what the Buddhist and Greek philosophers defined as the greatest evil – ignorance. That is, the false perception that what is good is bad and vice versa. The poison is seen as a blessing, and the blessing as poison.

We cannot trust our feelings so long as they are not purified by the light of reason. The aim is to release ourselves from the effect of ignorance-based passions, and to nurture the positive sentiments of the sage – joy, caution and wishing.

Despite the popular conception of the Stoics, in their writings, the ideal sage is not portrayed as a cold, apathetic person. By reflecting on the good and the bad, and on the true nature of things, the sage develops natural, rational sentiments – *Hai Eupatheiai*, literally, the good passions.

These are: Wish, Caution and Joy.

Joy [*Chara*], the counterpart of pleasure – rational elation.

Caution [*Eulabeia*], the counterpart of fear – rational avoidance.

Wishing [*Boulesis*], the counterpart of craving – rational appetite.

In the words of Marcus Aurelius:

“Very little is needed to make a happy life, it is all within yourself”.

{ *The aim is to release ourselves from the effect of ignorance-based passions, and to nurture the positive sentiments of the sage* }

This article is an excerpt from a chapter from the book Above All, BE GOOD – A Stoic Guide to Happiness, authored by Gilad Sommer and published by New Acropolis (India). Refer to pg-19 for more details about the book, including a talk based on the topics covered in it.

Poetry: Ithaka by Constantine Cavafy

Compiled by Muthuramalingam S



To give impetus to international poetry movements, World Poetry Day is celebrated on 21st March. We bring to you a beautiful poem *Ithaka* written by the renowned Greek poet Constantine Cavafy. The poet expresses the idea that each person is looking for his own Ithaka, his personal supreme goal. However, in the end, it is not the goal but the journey that matters, because this journey makes us wise and gives us the richest good: experience, knowledge, and maturity.

Enjoy the poem, and pair it with the article that follows, which highlights the journey of the hero Ulysses, and the valuable lessons we can learn for our own journeys through life.

Ithaka

As you set out for Ithaka
hope your road is a long one,
full of adventure, full of discovery.
Laistrygonians, Cyclops,
angry Poseidon—don't be afraid of them:
you'll never find things like that on your way
as long as you keep your thoughts raised high,
as long as a rare excitement
stirs your spirit and your body.
Laistrygonians, Cyclops,
wild Poseidon—you won't encounter them
unless you bring them along inside your soul,
unless your soul sets them up in front of you.
Hope your road is a long one.
May there be many summer mornings when,
with what pleasure, what joy,
you enter harbors you're seeing for the first time;
may you stop at Phoenician trading stations
to buy fine things,
mother of pearl and coral, amber and ebony,
sensual perfume of every kind—

as many sensual perfumes as you can;
and may you visit many Egyptian cities
to learn and go on learning from their scholars.

Keep Ithaka always in your mind.

Arriving there is what you're destined for.

But don't hurry the journey at all.

Better if it lasts for years,

so you're old by the time you reach the island,

wealthy with all you've gained on the way,

not expecting Ithaka to make you rich.

Ithaka gave you the marvelous journey.

Without her you wouldn't have set out.

She has nothing left to give you now.

And if you find her poor, Ithaka won't have
fooled you.

Wise as you will have become, so full of
experience,

you'll have understood by then what these
Ithakas mean.

Ulysses: The Mission to Return Home

Sivan Barzilay



Image courtesy: Pixabay | 851878 | CC0-PD

Are you familiar with those moments when it seems that life is talking to you, sending you some message, a direction? In the beginning, it might not seem very clear but with some extra observation and deeper investigation you become able to view the connection.

And so, a few weeks ago, the name Ulysses came to my life. It landed on me with no prior announcement, as if it wanted to tell me something, give me some message. I was not aware of this name before, but could guess that it was from Roman or Greek mythology. Indeed, based on some short investigation, I learnt that it is the Roman name of the Greek hero Odysseus, the main character of the famous Odyssey.

Most importantly, the story of Ulysses describes the voyage of returning home. In his story, the journey back home is accompanied by many difficulties, dangers. It is not a simple path.

Why did this story come to me all of a sudden? Am I also in a similar process of returning home? And how should I understand it better? My questions about home have arisen quite often in the last few years. I was born in Israel and have always felt very connected to it and to my family. But at some point in my life I had to leave it in order to fulfill a greater dream, more Human. Anyone that



has had to leave his homeland, his country, knows that it is not a simple thing to do. Today, after 10 years I feel much more at ease with my new location, but I know that the search for home is not yet complete. It is much greater and more profound than only a geographic location. Home is a place within us, beyond space and time, and Ulysses is here to help me reflect on it and remember.

The Beginning of the Voyage

Ulysses, or his better known Greek counterpart, Odysseus, was the king of a very special island named Ithaka. Ithaka was known to be prosperous under his rule and his wife- Penelope, had given birth to a baby boy; it seemed as if his life was peaceful and good. Hence when the kings of the Greek city-states arrived to Ithaka to request Ulysses to join them in the war against Troy, he did not easily agree and tried deceiving them by playing mad... he walked on the beach dressed only in his underwear, drawing a plough, sowing seeds of salt in the sand. The deception didn't hold for long. Left with no choice, he had to join them. Within a few days, he left Ithaka to begin his journey to Troy.

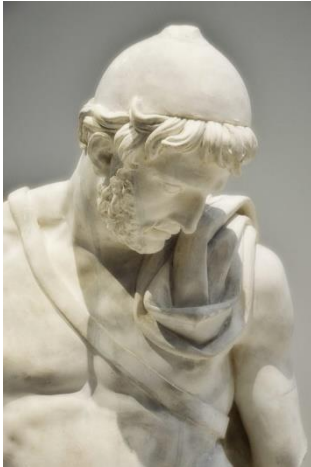
So when life calls you, you need to move. Any resistance will just cause suffering and, as in Plato's allegory, when you start to move, you will see that all these "chains" are easy to break.

This is not the only story that starts with the mention of a hero who tries to run away from his destiny...it is very clear that any change we seek in our life requires that we step out of the known comfort zone. At first, we don't want to do it. We find reasons to avoid movement, to avoid the effort. We know that it is needed for our growth but our mind plays tricks on us. We try to deceive life, to silence this voice inside of us that wants to be courageous and adventurous, by giving all kinds of excuses and justifications, sometimes as ridiculous as sowing salt in the sand; yet we believe in it. It might work for a short while but eventually in some way or another, life will make us move.

Plato, in his allegory of the cave, describes us: chained from the moment we are born, unable to move our legs, hands, or neck, so that we are always looking at the same things in the same way. There is a beautiful quote by Einstein that says, "If you always do what you always did, you will always get what you always got." So when life calls you, you need to move. Any resistance will just cause suffering and, as in Plato's allegory, when you start to move, you will see that all these "chains" are easy to break.



Going back to our story, the war against Troy lasted ten years. And Ulysses plays a very important role. He was the one who came up with the idea of the famous Trojan Horse. Being convinced that it is a gift from the Gods, the Trojans agreed to allow the huge crafted horse to enter through the armored gates of the city without knowing that inside were hidden dozens of soldiers. In this intelligent way, the kings were able, at last, to conquer Troy.



After 10 years finally Ulysses would return to his beloved homeland and to his people. It seems that the story has reached its happy end; tragically, however, the story only just begins. His voyage home takes another 10 years and is known in the famous Iliad as “Nostos”, which means “the long journey home”.

To Ithaka – The Journey

In his journey, Ulysses travels by sea, visiting many islands and goes through many challenges. He fights against monsters, stands against temptations, takes difficult decisions...but most importantly, along the journey he never forgets his home – Ithaka, the goal of the mythical adventure.

Stories and Poems have been written about Ithaka, the legendary place which symbolizes one’s life goal; the place that we yearn to reach, the climax of our dreams, the meaning of our life. It is the place that is familiar to our heart. Some traditions might call it heaven, describing us as the fallen angels. Other traditions call it the place of light, where you can see beyond all illusions. We might call it home, a kind of compass that always shows us the right direction in life.

One might want to read more about this place. Interestingly, the goal itself is never described in length; the emphasis is on the journey itself.

As in the Ithaka poem, it is just a matter of time before we all set out on this journey. But when you do decide to embark, ask for it to be long and full of adventure. Don’t search for the short cuts and the easy ways out. Instead give yourself fully to the journey and know that all the challenges that you will meet on your way are just reflections of what you have inside of you. Welcome them since they will reveal to you the greatest enigma of all, the enigma of yourself.

it is just a matter of time before we all set out on this journey. But when you do decide to embark, ask for it to be long and full of adventure.



Observe your envy in order to let go of it, your anger in order to control it, your lack of discipline in order to develop one, your tendency to separate yourself from others in order to develop fraternity and your need to be loved in order to learn to love unconditionally...the journey back home is but a mirror of fire; an invitation to “know thyself” as was inscribed on the facade of the temple at Delphi.

All the secrets are inside of us and thus the journey home is never outside. It doesn't matter if we are in our homeland or not, if we are in a big house or in a tent. The real home lies within us and it is related to our ability to reflect and develop our inner life. To be Human is to be rich, not with possessions but with Human Virtues and capabilities. When our inner home is full of light, when our windows and doors are always open and fresh air and love reside inside, we are becoming rich.

To be the hero of our life, to search and seek wisdom and truth, even in times of great winds which push us away from the shore.

How Should We Prepare for the Journey?

A child like curiosity, an uncorrupted spirit that refuses to withdraw when it experiences a challenge, a great intelligence to always find ways to advance forward, a yearning heart longing for the familiar home which was lost, a humorous attitude and courageous mind.

The story of Ulysses is a great allegory of man's life-journey. To be the hero of our life, to search and seek wisdom and truth, even in times of great winds which push us away from the shore. To always be on the path as much as we can, with dedication and seriousness. To keep walking home...

Thank you Ulysses for the inspiration.

Photoblog – Rejoice, there is still hope for humanity!

Pierre Poulain





The world we knew is no more. The world is changing, and at first glance- not for the best. Everywhere we look around there is reason to worry: if it is about Politics, Ecology, Immigration, Art, Communication, Education, etc.... it seems that on a wide scale – to put it simply – Humanity is at stake.

There are enough reasons to fall into despair, but sometimes, when you least expect it, a spark of hope appears. This year in Paris, I had the honour of presenting three prints from the “PhotoSophy” series at the International Art exhibition of the “Salon d’Automne”.

Next to me in the exhibition was a strange guy called “AJ”. He came from Santa Fe in New Mexico, and presented some photos related to “Hidden Identities”. AJ stands for Abraham Jacob, and he defines himself as a “Navajo Ashkenazi” – his mother being one of the Navajo Indians of the native American tribes, and his father an Ashkenazi Jew from Europe. (Find him on Internet, search for AJ Goldman).

On the last of the four exhibition days I offered AJ that we exchange emails, so he gave me his business card on which was printed one of his photos, a photo I really liked. Receiving the card, I said “Great, I really like this photo” and he replied “It’s yours”. I thought he was referring to the business card, but I wasn’t sure and asked “You mean the card is mine, right?” and he replied : “No, I mean the photo”. I asked “Why?” And he said: “Because you like it”... I replied “I see, and you don’t like my photos?” He told me that he really liked one of them, so I said “Well, it is yours!”

So at the end, I returned to Israel with one of his photos and he returned to Santa Fe with one of mine. What is important here is the opening of the heart, the lack of egoistical interest and calculation, and the ability to share and offer a stranger something valuable to you, just because you discover that by doing so, you can increase happiness.

Humanity is still standing, and experiences like this one shows us that despite the craziness of our current times, there is still hope for a better future because an open heart is one of the most powerful weapons one can have.



Pierre Poulain is a philosopher and a renowned international photographer. In 1986, he founded the New Acropolis School of Philosophy in Israel. Exhibits from one of his exhibitions titled "Paradoxes" were recently on display as part of Art Bengaluru at UB City in November 2019.

Pierre Poulain’s latest exhibition titled ‘Photosophy’ will be presented in Bangalore this year. For more information on the artist and his work, please visit www.photos-art.org/

The Symbolism of the Chinese Dragon

Agostino Dominici



The Chinese Dragon is the most ancient and most important mythological and esoteric symbol of China. The origins of this symbol are lost in the mists of time. In China, artefacts depicting dragons have been unearthed which date back to the fifth millennium BC. It is said that the ancient people of China saw themselves as the descendants of the dragon and even today Chinese people feel a strong connection with this symbol.

There are representations of dragons practically all over China. The most important of these are found in royal palaces, sculpted or painted in temples or woven on silk robes worn by high priests and royalty. The symbol of the dragon (especially the Yellow Dragon) was the symbol of imperial authority, the emblem of the emperor. Legendary emperors like Huang-Ti (Yellow Emperor) and Yan-Ti were both closely related to 'Long' (a generic name for the Chinese Dragon). There is also a story which connects the mysterious figure of Fu-xi with dragons. According to this tradition, Fu-xi had the arrangement of the trigrams of the I Ching revealed to him in the markings on the back of a mythical dragon-horse.

In the various alchemical, religious and philosophical writings of China, there are many references to Chinese sages who, after gaining immortality, became identified with the dragon and ascended to heaven. After his meeting with Lao Tzu, Confucius allegedly remarked "I cannot tell how he mounts on the wind through the clouds, and rises to heaven. Today I have seen Lao Tzu, and can only compare him to the dragon." Besides the popular 'Long', there are more than 100 ancient dragon names attested in Chinese classic texts.

Unlike the "evil" dragon of the Western imagination, the Chinese dragon is a beneficent and gracious creature



*In one form, we find it coiled like the
Ouroborus, the symbol of the eternal return
and the totality of life*

Unlike the “evil” dragon of the Western imagination, the Chinese dragon is a beneficent and gracious creature. In popular mythology it signifies power, excellence, goodness, perseverance, heroism, nobility and greatness. It brings energy, optimism, intelligence, courage, good fortune and ambition. In the philosophy of the Yin and Yang, it is identified with Yang – the “positive” and active pole of life, the realm of spirit, heaven and the divine. In one tradition, we find three classes of dragons: the lowest were the Li Lung or earth dragons, whose realm was the waters of the earth, the second class were the Chen Lung who were associated with storms and clouds (the astral realm) and finally we find the Tien lung or celestial dragons, who belonged to the spiritual realm and guarded the mansions of the gods.

In one form, we find it coiled like the Ouroborus, the symbol of the eternal return and the totality of life. The Chinese dragon is related to the number 9, the most sacred number in China. 9 is the symbol of time and cyclicity. A legend speaks of 9 major types of dragon: the horned dragon, winged dragon, the celestial dragon, the nature spirits dragon, the dragon of hidden treasures, the coiling dragon, the yellow dragon and the dragon king. These nine are the offspring of the primordial dragon, the unknowable “mystery”. Thus it becomes esoterically identified with the eternal and omnipresent TAO. This is why the dragon acquires an unlimited range of paranormal powers. It is said to be able to disguise itself as a silkworm, or become as large as our entire universe. Folktales speak of the dragon having all the attributes of the other 11 creatures of the zodiac, in other words, it contains within itself all the possible archetypes of existence.

Some scholars have suggested that the form of the Chinese dragon comes from stylized depictions of existing animals, such as snakes, fishes or crocodiles. Interestingly enough, in Chinese Buddhism the dragons are analogous to the Hindu Nagas, the wise serpents, who are depicted emerging from the mouth of Makara (the mythical crocodile, vehicle of Varuna in the Vedic tradition). These symbols suggest the analogy between the mythical dragons of ancient China and the Initiates, teachers of mankind who, like fishes (see also Hindu, Assyrian and Babylonian Myths), emerge from the ocean (symbol of past evolutionary cycles) and, after having accomplished their “avatic” tasks, return into the sea.

With this short article I hope to have inspired you to dip your feet as well as your hearts and minds into the “rich” waters of Chinese mythological symbolism. And who knows if one day, you will not end up face to face with the Dragon itself.



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 (INDIA) - BANGALORE



Celebrating World Philosophy Day 2019

Audience at the lecture *The Art of Observation* held at Sublime Gallery as part of New Acropolis' offerings at Art Bengaluru 2019



Practical Socio-politics exercise

Students of the Living Philosophy course experience a group exercise using art to understand human relationships in society

NEW ACROPOLIS AROUND THE GLOBE



World Philosophy Day (Seoul, South Korea)

An interactive session to understand human nature based on the painting *Vitruvian Man* by Leonardo da Vinci



CULTURE

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

NEW ACROPOLIS (INDIA) - BANGALORE



Chronicles of the Peaceful Warrior

An 8-week project for members, of discovery and expression relating to the journey of the Hero in myths across the globe



Building the Butterfly Effect

An interactive art installation as part of Art Bengaluru 2019 at UB City, inviting connection to the values of beauty and change

NEW ACROPOLIS AROUND THE GLOBE



A glimpse into past cultures - Mayan (Guatemala)

An experience in self-knowledge and fraternity, while relating to historical, mythical and mystical aspects of the region

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 generosity.

NEW ACROPOLIS (INDIA) - BANGALORE



Ecology workshop for children

Living Philosophy course students conducted an ecology workshop for children at a school run by NGO *Parikrama*



Upcycled Gardening

An ecology activity of creating a garden using planters created from used plastic bottles and jerry cans

NEW ACROPOLIS AROUND THE GLOBE



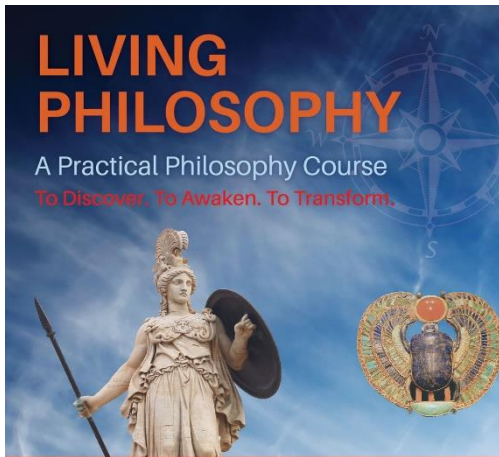
Ríos Project in Fall (Sabadell, Spain)

Volunteers of New Acropolis inspected the state of the water of the Ripoll River

Schedule of Events at New Acropolis (Bangalore)



January 2020



Living Philosophy | INDIRANAGAR

15-WEEK PRACTICAL PHILOSOPHY COURSE

Course starts: 10th January (Friday)

Duration: 15 weeks | 1 class per week (7:30 – 9:30 every Fri)

Free introductory sessions: 27th Dec and 3rd Jan, 7:30 PM (Fri)

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.



Certainty in an Uncertain World

LECTURE & GUIDED EXERCISE | INDIRANAGAR

25th January (Saturday), 6:30 PM to 8:30 PM

In the rapidly changing, fast-paced world of today, many of us are left to navigate uncertainty in the different aspects of our lives. We seek stability but often it seems elusive. Ancient cultures like Tibetan Buddhism, the wisdom of ancient India and ancient Greece say that there is a spark of the “constant” within each human being, and we therefore have the ability to find what is certain and unwavering in the world. What practical tools and perspectives can we draw from this ancient wisdom to find Certainty in our Uncertain world?



Two Greek Masters: Socrates and Plato

LECTURE & GUIDED EXERCISE | JAYANAGAR

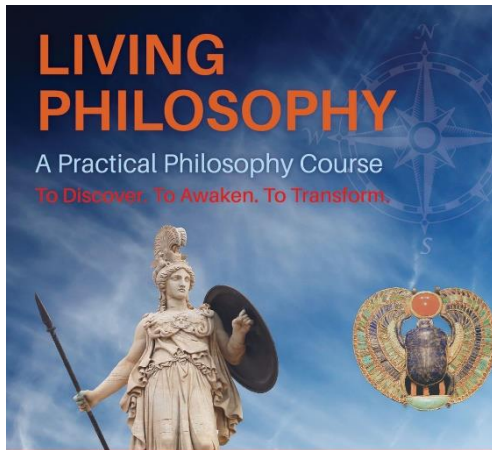
26th January (Sunday), 5:00 PM to 7:00 PM

The Greek master and disciple duo of Socrates and Plato have greatly influenced western philosophical thought and inspired many down the centuries. The core of Socrates' teachings relate to the human quest for happiness. While Plato speaks about the mysteries of nature, education and his “Allegory of the Cave” guides us on our role as citizens. Because of their universal nature, these teachings find profound relevance for us in the 21st century. Join us to encounter the life and practical lessons from the two Greek Masters.

Schedule of Events at New Acropolis (Bangalore)



February 2020



Living Philosophy | INDIRANAGAR

15-WEEK PRACTICAL PHILOSOPHY COURSE

Course starts: 21st February (Friday)

Duration: 15 weeks | 1 class per week (7:30 – 9:30 every Fri)

Free introductory sessions: 31st Jan and 14th Feb, 7:30 PM (Fri)

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.

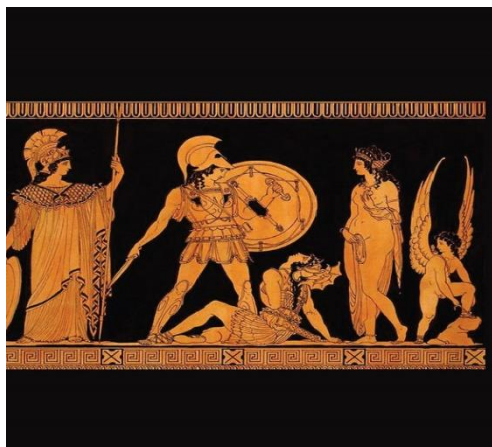


The Art of Human Relationships

LECTURE & GUIDED EXERCISE | INDIRANAGAR

8th February (Saturday), 6:30 PM 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 and 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.



Living the Hero's Journey

LECTURE & INTERACTIVE SESSION | JAYANAGAR

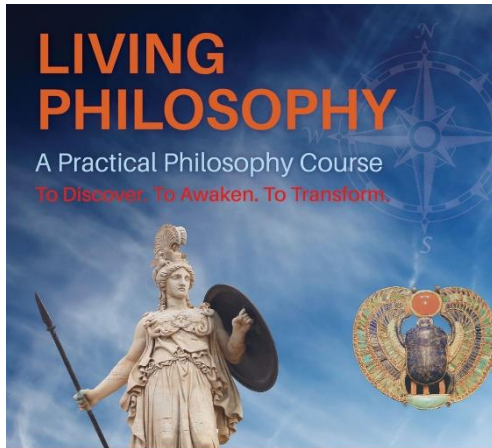
15th February (Saturday), 6:30 PM to 8:30 PM

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*.

Schedule of Events at New Acropolis (Bangalore)



March 2020



Living Philosophy | JAYANAGAR

15-WEEK PRACTICAL PHILOSOPHY COURSE

Course starts: 10th March (Tuesday)

Duration: 15 weeks | 1 class per week (7:30 – 9:30 every Tue)

Free introductory sessions: 25th Feb and 3rd Mar, 7:30 PM (Fri)

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.



Seeking Beauty through The Art of Observation

LECTURE & INTERACTIVE SESSION | JAYANAGAR

7th March (Saturday), 6:30 PM to 8:30 PM

Often, what is most important is beyond the apparent. To be able to metaphorically read between the lines requires us to develop our observation. It is much more than just to see; it is to be able to look into the depths and perceive the cause of what is seen, allowing it to touch and change us. Through the medium of photography and exposure to the works of various international photographers including Barbara Morgan, Pierre Poulain, and Henri Cartier-Bresson, we present a method for observation and evaluation of art - and indeed, life itself.



Above all, Be Good : A Stoic guide to happiness

BOOK LAUNCH WITH LECTURE | INDIRANAGAR

28th March (Saturday), 5:30 PM to 7:30 PM

New Acropolis (India) has published a fascinating and relevant book by this title, authored by Gilad Sommer, the director of the Chicago centre of New Acropolis International Organisation. Join us for the book launch event with a talk relating to the topics in the book, concerning foremost the questions of right living and happiness. From Zeno, an eclectic philosopher who taught in the Stoa of Athens, to Marcus Aurelius, the great philosopher king, this book brings the story of the Stoics and their teachings.

Above all, be Good – A Stoic Guide to Happiness



Book Launch Event

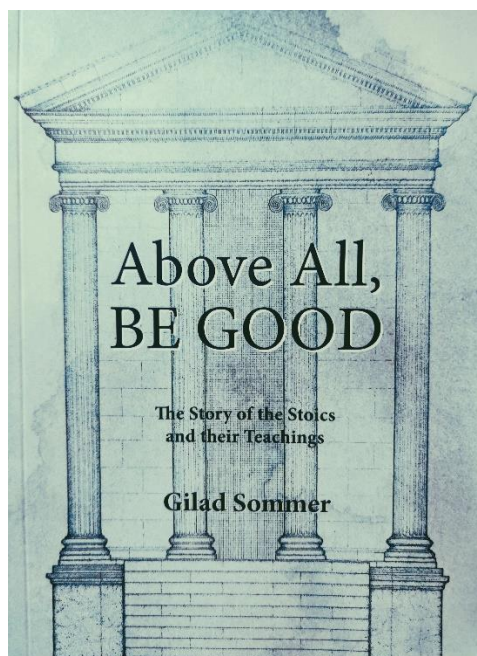
New Acropolis (India) has published a fascinating and relevant book titled *Above All, BE GOOD – The Story of the Stoics and their Teachings*, authored by Gilad Sommer, the director of the Chicago centre of New Acropolis International Organisation. We are happy to launch this book to our audience in Bangalore, through a special launch event on **28th March, 2020** (refer pg 18 for details).

About the Book:

We all want to live a good life, but while many of us accept the ready-made answers our society, education and media offer – the Stoics believed that the real answer to the question of the good life must pass through the use of our own reason, which should not be confused with the intellect.

Stoicism developed in times in which people were losing touch with metaphysical values and the wisdom of the ancients. Today, with the disintegration of the moral traditions of our cultures, we are seeking answers as well, a wise way of life in a chaotic world. The pragmatic teachings of the Stoics find a listening ear among contemporary seekers, as they come from a time very similar to our own.

From Zeno, an eclectic philosopher who taught in the Stoa of Athens, to Marcus Aurelius, the great philosopher king who left his thoughts to posterity, this is the story of the Stoics and their teachings.



Purchasing the book:

Copies of *Above All, BE GOOD* are available on sale from January 2020 at the New Acropolis (India) centres located in Indiranagar and Jayanagar.

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
- 2 of the sessions across Part 2 and Part 3 of Living Philosophy include Socratic Café - interactive group dialogues

COURSE DATES

Indiranagar - January 2020 batch (Fridays)

Course starts: 10th January, Friday

Duration: 15 weeks | 1 class per week
(7:30 to 9:30 PM every Friday)

Free introductory sessions:

20th and 27th December and 3rd January, 7:30 to 8:30 PM

Jayanagar - March 2020 batch (Tuesdays)

Course starts: 10th March, Tuesday

Duration: 15 weeks | 1 class per week
(7:30 to 9:30 PM every Friday)

Free introductory sessions:

25th February and 3rd March, 7:30 to 8:30 PM

Indiranagar - February 2020 batch (Fridays)

Course starts: 21st February, Friday

Duration: 15 weeks | 1 class per week
(7:30 to 9:30 PM every Friday)

Free introductory sessions:

31st January and 14th February, 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 | info@newacropolis.in | +91 96638 04871

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



INDIRANAGAR

January 2020 batch (Fridays)

Course starts: 10th January, Friday
(7:30 to 9:30 PM)

Free introductory sessions:

20th and 27th December and 3rd January,
7:30 to 8:30 PM

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

INDIRANAGAR

February 2020 batch (Fridays)

Course starts: 21st February, Friday
(7:30 to 9:30 PM)

Free introductory sessions:

31st January and 14th February,
7:30 to 8:30 PM

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

JAYANAGAR

March 2020 batch (Tuesdays)

Course starts: 10th March, Tuesday
(7:30 to 9:30 PM)

Free introductory sessions:

25th February and 3rd March,
7:30 to 8:30 PM

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