

LIVING PHILOSOPHY

Discover, Awaken, Transform

**Foundations to Practical Philosophy
at New Acropolis International Organization (IONA) - India**



Living Philosophy is a 19-week foundation course in Practical Philosophy that brings the wisdom of ancient Eastern and Western philosophies to inspire us to lead more harmonious lives in today's times.

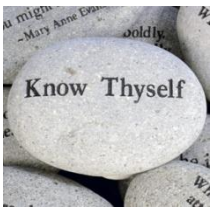
When Philosophy is practical, it is educational, helping us to know ourselves and to improve ourselves.

Through these 19 sessions (1 session of 2 hours per week), the Living Philosophy course touches different practical, universal and timeless concepts of life from the wisdom of cultures and civilizations of the ancient world, with the perspective of how these can become practical tools to make a profound, lasting difference in our lives today.

The classes comprise lectures and practical guided exercises. The course also includes a fully experiential seminar and one-on-one meetings with the teachers.

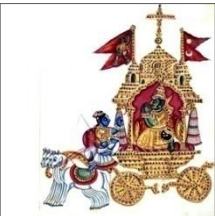
The course syllabus follows.

PART ONE - ETHICS (Man and 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 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



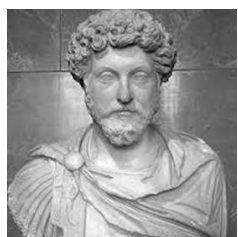
Liberation : Inspiration from the Buddha

- 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



The Inner Voice and 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 search for Beauty and Happiness: Greco-Roman philosophy

- The need and the means to elevation of consciousness
- Beauty and the Beautiful – teachings of Plotinus
- The path to Happiness through virtues – teachings of Aristotle



The awakening of consciousness : Wisdom of the Stoics

- Neoplatonism and the Philosophy of Ancient Rome
- 3 paths to Unity
- True freedom and principles of Stoic Philosophy



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 TWO - SOCIO-POLITICS (Man and 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



The Essence of Ethical Politics

- The 4 archetypes of the human being
- The school of Pythagoras in ancient Greece
- The Philosophical and Political ideal



Forms of Governance

- Various models of governance in society
- The nature and challenges of Democracy
- Principles of New Acropolis



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;
- Philosophy as a bridge to higher consciousness and to the Mysteries



Peaceful Warrior Experiential Seminar

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

PART THREE - THE PHILOSOPHY OF HISTORY (Man and the world)



Myth and History

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



The Cycles of Time

- Cycles in Nature: Connecting to a more natural way of life
- Cycles of Time : The ancient Greek concept of “great year” by Plato
- The Age of Aquarius – characteristics of our current times



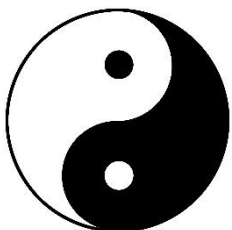
The Wheel of Life

- Cycles of Time according to ancient Eastern Philosophy
- The ancient Indian concept of Yugas
- The Kaliyuga – characteristics and opportunities of the current times



The Divine Spark in Man - Evolution and Destiny of Humanity

- What does it mean to be the human being of today?
- 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