

ACROPOLIS

Vol 4, Issue 3 | Winter edition



On the cover:
'Journaling to Heal'

In this edition:
Inspiration for the inner journey of the philosopher
Building a relationship with yourself
New beginnings in the new year

On the Cover:

Journaling to Heal

Journaling has proven to be helpful physically, mentally, emotionally and spiritually too. This past year has been unprecedented, to say the least, on so many levels. Now more than ever, something as simple as maintaining a journal can bring hope and meaning for each of us in unexpected ways. It provides a channel for us to not just release our emotions but to then ask ourselves how we might address these and sow the right seeds, as we enter a new year. The journal simply listens, strong and silent. It is up to us to invest time into making this a sacred activity.

Acropolis

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ACROPOLIS

Vol 4 Issue 3 | Winter 20-21 edition

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Editor's Note

Dear Reader,

I am delighted to bring to you the Winter edition of Acropolis. Winter season is the time of the year when life around us seems to slow down. Interestingly however, there is a side of life that has tremendous potential to accelerate in this season - which is our inner life. Let's grab the opportunity to take a pause, introspect and reflect on our actions in the past year and to nourish the seeds towards a better version of ourselves in the coming year 2021.

Happy reading!

Ankit Jain

Editor - Acropolis

Inspiration for the Inner Journey of the Philosopher

Anand Baskaran



Image by DARSHAK PANDYA from Pixabay

Winter is here!

Across the northern hemisphere, winter has taken hold. Bangaloreans have brought out their warm clothes, there is a definite nip in the air. In many other parts of the country and the world, winters are harsher, and far more measures are required to counter the chill. To a greater or a lesser degree, this season is a time to generate warmth. For the philosopher, the season takes on a deeper significance, it goes beyond the physical.

Cycles in Nature

For the poet, the artist, the scientist, and lovers of the great outdoors, Nature is the great muse - much inspiration and solace is found in her lap. The philosopher too looks to nature for inspiration and a deeper understanding of reality. A keen observation of nature, combined with a deep understanding that the human being is a part of nature and not apart from it, holds many keys for a more meaningful and harmonious way of living.

The significance of Winter

The characteristic cold of winter marks a certain frigidity, a slowing down of movement all around nature. This reminds us to slow down with the frantic movement of our hectic lives and pause to breathe and introspect. Winter is about going within - establishing an inner silence and calm that enables deeper introspection.

The slowing down of the movement is in the external - it is not to be confused with passivity or disconnection. The seed planted in autumn sprouts in spring, in winter it is seemingly passive to the eye, but underground it is a flurry of life, with roots spreading deeper underground. The silence and deep introspection of winter is a way to strengthen our roots, our connection with ourselves, and with the values that are at the core of our lives. Winter is a time to clarify and strengthen what is essential, discerning from that which is superficial and letting go of habits, patterns, and tendencies that are no longer an aid to our growth or the betterment of the world around us. As deep and strong we develop the roots of clarity and introspection in winter, that much more vibrant and vital will the subsequent expression and fruition be in the spring that is to come after.

Sol Invictus

In the depths of winter, on the 21st of December is the Winter Solstice. This is a moment marking a peak in the annual cycle, the longest night of the year, metaphorically the peak of darkness. The word Solstice shares its origin with the Roman idea of *Sol Invictus*, which translates to "The Sun is invincible". This is an idea that myriad other cultures of the ancient world share - Through their practices and myths, like the myth of Amaterasu in Japan which reminds us that however challenging the current moments are, the sun is never overpowered by the darkness - it always emerges. The light always prevails over darkness!

May we all take the opportunity to dig within and build the inner strength that will enable a strong response of truth, beauty, and goodness to the challenges we are faced with.



The silence and deep introspection of winter is a way to strengthen our roots, our connection with ourselves and with the values that are at the core of our lives.



Building a Relationship with Yourself

Saloni Kamble



Thought Catalog thoughtcatalog, CC0, via Wikimedia Commons

The time for warm blankets and warmer coffee is here. We're tucked into the bed a little longer and wrapped in warm woolen. We bring the year to an end and celebrate the beginning of a new one. Winter is always eventful....even though it may seem calm on the surface.

Many cultures across times and geographies believe that these longer nights hold a powerful energy for regeneration, renewal and self-reflection. It's a time of quiet energy, an opportunity to look within oneself and bring focus to what one truly needs.

It's a time to set goals and intentions for the coming year, to examine and let go of our past, and to make changes within ourselves. The winter is essentially tied to a personal awakening.

To truly harness the energy of winter towards going deeper, reflecting and getting started on the inner, there's a simple yet powerful place to start – journaling.

What is Journaling?

Before we begin, let's define what journaling is. Conventionally, a journal is a written record of your thoughts, experiences, and observations. While it's as simple as that, it's also so much more than that. A personal journal is an ideal environment to begin to have a relationship with yourself. It is a perfect place to think, feel, discover, expand, remember, and dream.

Why should I write a journal?

Scientific studies have shown that journaling is a wonderful practice for modern life. The more fundamental benefits are – improved mindfulness, memory, and communication skills. But studies have also found it can lead to better sleep, a stronger immune system, more self-confidence, and a higher I.Q.

Labeling emotions and acknowledging traumatic events – both natural outcomes of journaling – have a known positive effect on the human psyche. And finally, writing is an organizational system. Keeping a journal helps to organize each day, daily events, and our goals and aspiration.

Brought down to its essence, this simple tool has a strong why. Journaling means to make a habit of building a relationship with our inner self. To learn more about our self, make more informed decisions, and take strides in the direction of the life we dream of.

How to start writing a journal?

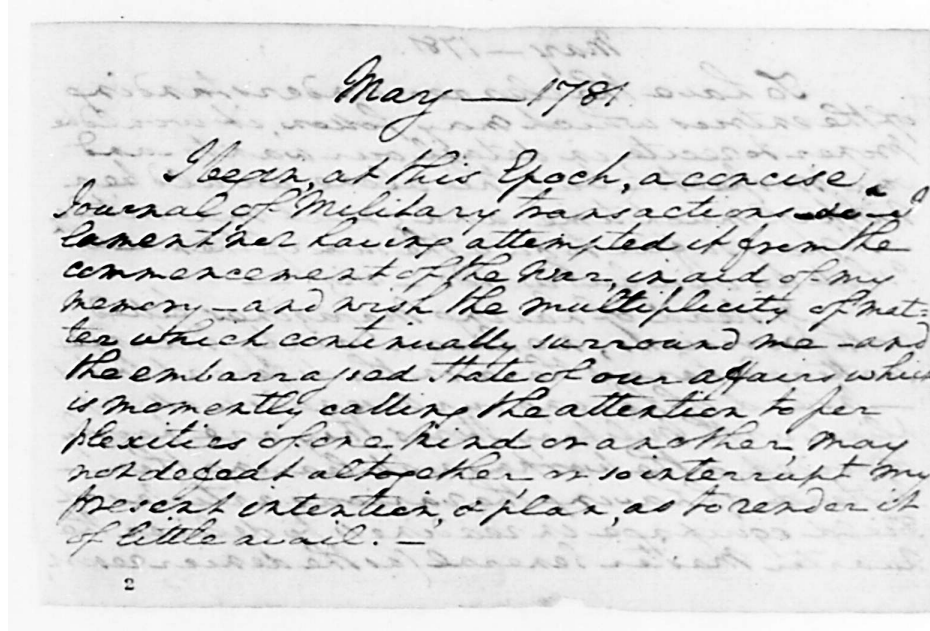
There are no actual rules for journaling. But here's a simple way to approach it in the beginning.

- Start each morning by identifying tasks, goals for the day.
- Write a few bullet points (2-3) to make it easier to start and make progress. You can mix personal and work stuff together, or add it separately.
- At the end of each day, look back at what you accomplished, what you learned, what you want to follow-up on tomorrow, and how you're feeling at the moment.



A personal journal is an ideal environment to begin to have a relationship with yourself. It is a perfect place to think, feel, discover, expand, remember, and dream.





Washington's journal. Image courtesy of the Library of Congress.

Start small. Don't make a huge commitment. Start with a goal of 21 days of journaling; this will give time to find your rhythm and also to show real impact. Spend just 5- 10 minutes a day reflecting in your journal.

When the 21 days are up, go back and review the learning and progress you've made. Then you can decide specifically which practices you want to take with you further, add new ones, or even reinvent your process. The important thing is to start.

Speaking of practices, here are a few to help build our own.

What are the great journaling practices?

- **Find your frequency.** In the beginning, set aside a few minutes every day to write. This will help you to write in your journal regularly. Once it's become a habit, find your frequency. 20 mins a day, four days a week? You decide.
- **Make it easy.** Keep your journal handy at all times. Then when you want to write down your thoughts, you can. Try to jot down your thoughts while feeling stuck or stuck in a line, or on the bus, or simply whenever you feel inspired to.
- **Write whatever feels right.** Your journal your own private place to discuss whatever you want. Let the words flow freely. Don't worry about spelling mistakes or what other people might think. Especially remember to be honest, and to never ever judge yourself.
- **Create a ritual.** End or begin your day with journaling and a mug of tea! Have a special journaling blanket that you like to snuggle under. Put on your favorite playlist. Write with a fluffy pen. Make journaling a nice, relaxing activity, not just another item on your to-do list.

And finally, to the most pressing of all questions. Okay, but what do I say?

What to write about in a journal?

Start writing about where you are in your life at this moment. Describe your living situation, your work, and your relationships. What do you want to do that you haven't been able to? What are the things you do already that bring you joy?

For five to ten minutes just start writing in a "stream of consciousness." Don't edit your thoughts or feelings. Don't censor your thoughts. Just. Keep. Writing

- **Good vibes only.** Dedicate one section of all the most uplifting ideas, thoughts, and stories. Write down inspiring quotes, lyrics, and anecdotes. Revisit this section whenever you need a little feeling good.
- **Maintain a log of successes.** Begin by writing the big ones that you are reminded of. Then regularly jot down small successes that occur during the week. As you pay attention, this list will grow and inspire.
- **Keep a log or playlist of your favorite songs.** Write about the feelings they evoke. When you hear a song that triggers a memory, write down how you feel and explore that time and space of your life.
- **Make a mind-map, list goals, outline your vision.** List your short-term and long-term, write down everything you are curious about, list your passion projects, reflect on your accomplishments, and definitely include a section for all the things that you find interesting.
- **Gratitude.** Journaling is a big way to generate gratitude. As part of your journaling sessions, be sure to write about everything you are grateful for – if you can, do it every day. Gratitude is directly related to happiness.

Make it your own

Writing a journal is most enjoyable when it is truly yours. Experiment with books, binds, and papers. Figure out the pen that most calls to you. Don't write everything, just write what makes you happy. If you learn that you just want to have an interesting journal, do that. What matters is that it should be what you want it to be.

Remember that a journal is an unpublished memoir – only more authentic. Happy journaling!

New Beginnings in the New year

Shashwati Balasubramanian



Image by silviarita from Pixabay

"Every new beginning comes from some other beginning's end."

~ *Lucius Annaeus Seneca*

2020 - what a year we have had!

The entire world came to a grinding halt for the most part of the year. It was a year mostly spent at home, a year in which we discovered Zoom and as work from home became the norm, we learned to cut vegetables, count cooker whistles, and feed our children while taking work meetings. A strange difficult year! For many, a year full of sadness and loss. We lost people we loved and all of us experienced the havoc the pandemic has created worldwide.

As we enter the new year we all hope that it will bring with it a change in the tide. That the new year will be 'Happy' and will bring better times both personally as well as collectively. But we must remember that no change will come from thin air. Nor simply because the year is 'New'. A better time will come as a consequence of our actions in the past year. It is just like the farmer at the end of the harvest season. His rich harvest of the seed comes from the previous year's efforts, these seeds will enable the start of the new cycle of growth.



We give thanks for pain and mistakes, because pain and mistakes, if we have overcome them, or are trying to overcome them, have placed us directly on the path of experience



So as the year comes to an end, we must examine our philosophical efforts and learnings from the year gone by. What are the seeds that we bring to the new cycle?

Here are a few questions that can help you reflect on this:

- What was your biggest challenge in the past year?
- What was the learning that it brought you?
- What was the value/virtue that strengthened you this year?
- What did you learn about yourself that you didn't know before?

When we look at what we have gained thus in the past year we realize that we also have a lot to be grateful for. Through all the challenges, life has been generous and taught us well. While what we have lost might be irrecoverable, we can be richer through what we have learned by going through these difficulties consciously, and our experience of coping with or overcoming them.

To quote Delia Steinberg Guzman, former International President of New Acropolis:

“ We give thanks for pain and mistakes, because pain and mistakes, if we have overcome them, or are trying to overcome them, have placed us directly on the path of experience.”

Now, from this inner space of reflection one can look ahead and imagine what we would like to create or aspire for in the coming year. In addition to external goals and aspirations, as a philosopher, remember to also set yourself an inner goal. The goal one that relates to how you would like to build yourself philosophically in the coming year, and what your next steps and efforts towards this will be.

In this way, through meaningful reflection and the necessary efforts, the new year can indeed bring us a lot of hope and strength.

2020 A Historic Year - Learning to take forward

Saloni Kamble, Muthuramalingam S, Ankit Jain



Martin Vorel - LibreShot

Though the year 2020 had been shadowed by the pandemic and disruptions, it has also provided learnings, such as recognizing the triumph of the human spirit and connections and living life with gratefulness.

Here are some learnings from this historic year that inspire us in our journey forward:

Living in harmony with nature



There have been several sightings of wild animals, air, and water becoming more cleaner. With the pause in industrial and commercial activity, many of us could listen to the voices of nature around us. This cessation of activities, gave us a moment to reflect on nature. Though nature has not reclaimed itself, we now have an opportunity to recognize the importance of aligning ourselves with nature.

Realizing what is essential



We could not have imagined that we could live and sustain life without so many things that we assumed as essential. Many of us would have realized how we were functioning in *autopilot* mode and consuming and dissipating what is not essential or of any value to us or to others.



Recognizing the goodness in us

We have heard numerous stories of how good samaritans are still active in these times of need and trying to help fellow humans. These samaritans are all around us- a friendly neighbor who checks whether you need help, cops, and health care workers who serve in the frontline, employers who take care of their employees. Many of us felt the immense gratitude that we have for those samaritans who serve with empathy.



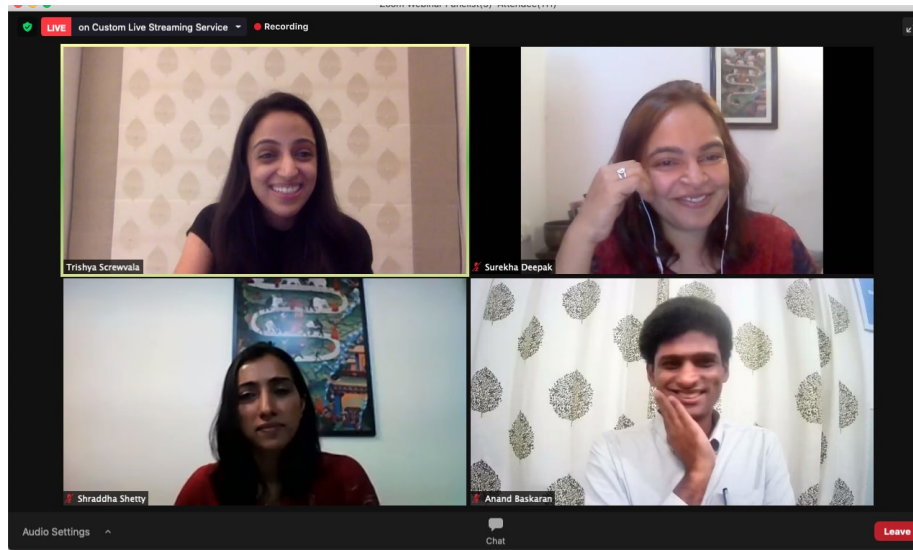
Challenges make you stronger

Just like building physical strength requires the application of challenge to your muscles, the same goes for our emotional and mental strength. Challenges produce resistance, which initiates the opportunity to develop fortitude. As you go through challenges, you become stronger and stronger.

Challenges test your resolve and commitment to your goals. And when you actively engage with them, you develop emotional and mental strength.

What's The Key To Staying Inspired?

Karan Kamble



Snapshot from the online panel discussion "Awakening Your Inner Muse", held by New Acropolis on the occasion of World Philosophy Day 2020

It has been a year of restricted movement for the world at large. Staying indoors as a precautionary measure against a wily virus, people have had to make peace with seeing the walls of their home more often than they would like.

But it would be a mistake to think that Covid-19 restrictions have placed limits on footsteps alone – the human spirit too has had to contend with curbs as a result of the prolonged homestay. Now closing in on a year since the world turned upside down (or at least skewed uncomfortably), motivation levels are likely to be dwindling. What, then, is the way to keep going?

On 21 November 2020, philosophers from New Acropolis came together for an engaging panel discussion along these lines. The event with the theme "Awakening Your Inner Muse" was held virtually on the occasion of World Philosophy Day, which is celebrated on the third Thursday in November every year.

The key idea, according to the panel, was to find inspiration within rather than outside.



The notion that the muse or 'source of inspiration' can be found within is empowering in the face of circumstances.



"When we look outside to find inspiration, whether it is a beautiful poem, whether it is a quote that we read, whether it is a human example that touches our heart, we might find inspiration in these," says panellist Shraddha Shetty, head of the New Acropolis branch in Pune. "But maybe another way of looking at it is, these examples or this beautiful poem that touched our heart or the quotes that we read touches something inside our heart. It reminds us of something that exists within us," she says.

Anand Baskaran, who leads the Jayanagar branch of New Acropolis in Bengaluru, says that the notion that the muse or 'source of inspiration' can be found within is empowering in the face of circumstances.

"The circumstances that keep us stuck or the changing circumstances that sweep us away, they can be a powerful force in our lives, and they either keep us in their clutches... or they can make us react in a frantic and often not the best way," says Mr Baskaran.

Having inspiration at such close quarters, therefore, helps when the going gets tough.

While acknowledging that the force of circumstance has intensified in the pandemic, Mr Baskaran reminds us that challenging circumstances are always a factor in human life. What is important, he says, is to provide a "meaningful response" to the circumstances "from an inner place of stability and strength".

At New Acropolis, members who participate in its programs are encouraged to "know thyself", an ancient Greek aphorism that promotes an investigation of one's life. Practiced consistently, this time-tested approach can, among other things, equip people with the tools to offer a meaningful response in the face of conditions.



Philosophy is more than ideas. All the information becomes philosophy and wisdom when we start to practice it



Adding to the conversation, Surekha Deepak, who is a teacher at the Indiranagar branch of New Acropolis Bengaluru, says that while it is perfectly alright to seek inspiration in people or things, it is more enriching to connect with the values that infuse the material source of inspiration.

"The source of inspiration is not in the mundane, is not in this world of impermanence or in the world that's constantly changing around us. The idea of beauty or the idea of good can change in how it is commonly perceived. You might be saying "I'm inspired by this beautiful object" and then that beauty dies if, say, the object is destroyed, but the idea of beauty and the value of beauty is constant," says Ms Deepak.

Look beyond the form to connect with the value, she advises.

The occasion for the panel discussion being to mark the occasion of World Philosophy Day, the conversation touched upon the role and practical importance of philosophy too.

"In today's time, it is not easy to call oneself a philosopher," says Ms Deepak, referring to the narrow view of the philosopher, developed in modern times, as someone who is buried in books, engaged in purely intellectual thought, and removed from the matters of day-to-day living.

"Philosophy is more than ideas. All the information becomes philosophy and wisdom when we start to practice it," she says, presenting the classical view of the philosopher who walks the talk and lives the ideas.



Intellectually, we may know a lot, that doesn't make us wise



"It's not a one-time thing – like reading some book... like Plato's 'Republic' or the 'Bhagavad Gita' and then it automatically makes you a philosopher," says Ms. Shetty. "Intellectually, we may know a lot, that doesn't make us wise."

Philosophy helps us to know ourselves better, she says.

These are some of the values upon which the international organization New Acropolis was founded in 1957 by historian and philosopher Jorge Ángel Livraga Rizzi. Rooted in the principles of fraternity, knowledge, and development, the school of philosophy has branched out to over 65 countries in its existence for more than six decades.

In all the countries where it is present, the organization's activities are in the fields of Philosophy, Culture, and Volunteering, the three pillars of New Acropolis.

In India, New Acropolis centers are present in Mumbai, Bengaluru, and Pune. While the Mumbai and Bengaluru main centers have been in existence for more than a decade, the schools in Pune and Jayanagar (Bengaluru) are the latest additions.

One of the panelists, Baskaran, leads the Jayanagar center. He believes that philosophy is a force for good in this world.

"Philosophy and ways to connect with a meaningful life: these are not good-to-haves but a necessity. It's a necessity not only in order to feel good or for self-development, but for nothing short of a better world," he says.

"Without this, I don't think we are able to do justice to our human lives."

You can watch the replay of the panel discussion [here](#)

Beware of "zero risk"

Pierre Poulain



I chose this image, of a person possibly separated or isolated from others by a window, to illustrate a simple concept: we isolate ourselves in order to reduce the risk of pandemic, but by doing so, we open the door to perhaps an even more dangerous risk: the obsession of "zero risk".

What I mean, is that even though it is absolutely legitimate to protect our individual health by isolation, by doing so we risk initiating a dangerous degradation of the social health.

Living in society implies certain amount of risks, and that is a fact. Any interaction with other human beings in any relationship we establish challenges our individual comfort and habits. Driving is a risk, travelling is a risk, discovering new cultures and paradigms is a risk, and in general, being alive is risky. Every living being risks dying, isn't it so? But of course, the fear of dying should not diminish our will of living.

What I am trying to say, is that there is no such thing as "zero risk". We can't eradicate all the viruses and bacteria from our life, and we need to accept to live with the virus without letting it's presence destroy the essence of our social life.

The most common response from the "authorities" is to try to control, and distribute fines, instead of informing, educating and restoring the trust. We experience, in most of the countries worldwide - apart from some very rare exceptions - a total rupture between the citizens and their representatives, and those representatives are lost - not to mention in total panic - and thus they don't know any other way, other than regaining control by applying the same old measures, which have proven to be more dangerous than efficient. The danger of those people being in charge, is that they impose on us their lack of vision, their absence of imagination and most of all: their fear.

The obsession of "zero risk" may help cure more individuals, but is the price acceptable, if by doing so we are destroying the social and cultural ground on which the entire Humanity evolves? We must accept the risk as part of life. We must learn to live with it, because otherwise, we could reach, in a not so distant future, a situation where there will be no more social life to endanger at all.

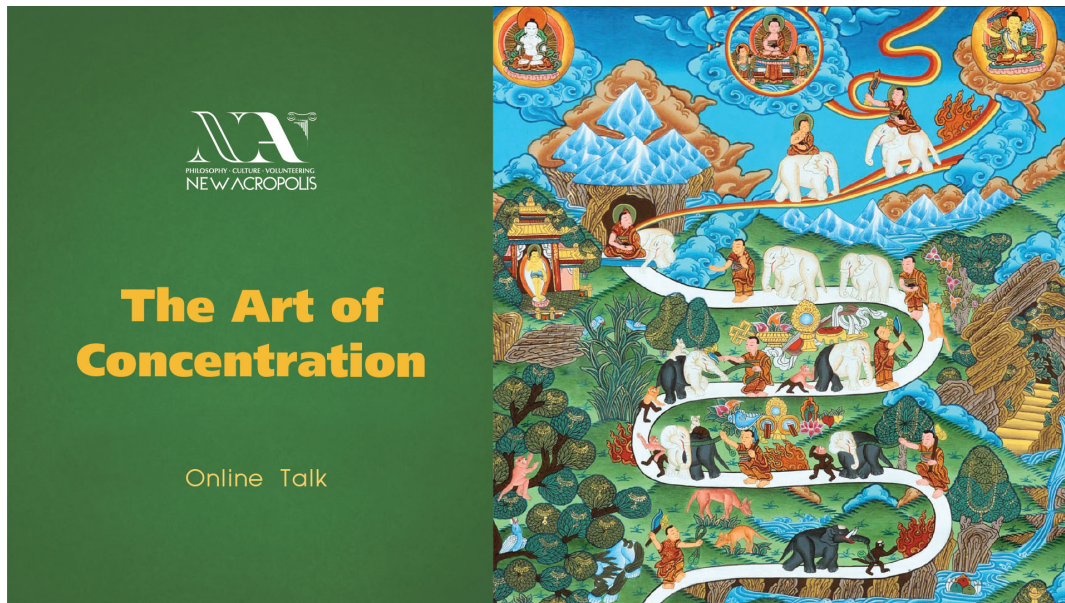
So let's be courageous. Let's embrace our fear, take it by the hand and move forward with it.



Pierre Poulain is a philosopher and a renowned international photographer. In 1986, he founded the New Acropolis School of Philosophy in Israel.

For more information on the artist and his work, please visit www.photos-art.org/

Upcoming events - March



The Art of Concentration

Date and Time: 6th March, Saturday, 5:30 pm to 7:00 PM

Do you find yourself ruled by 140-character stories or 30-second commercials, or jumping from one half-done project to another? In the fast-paced lives we lead, it can be easy to get lost in doing many things. 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.

Register for the online session [here](#).

No. of participants limited on first come first serve basis

For more information, reach out to us at info@newacropolis.in | 9663804871



LIVING
PHILOSOPHY

Practical Philosophy Course

Discover Awaken Transform

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.

The course touches different practical, universal and timeless concepts of life from the wisdom of civilizations of the ancient world, with the perspective of how these can become practical tools to make a profound, lasting difference in our lives.



Duration: 19 weeks | 1 class per week (7:30 to 9:30 PM)
For details on upcoming batches in Jan to Mar 2021, refer to [our website here](#)



SYLLABUS

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.

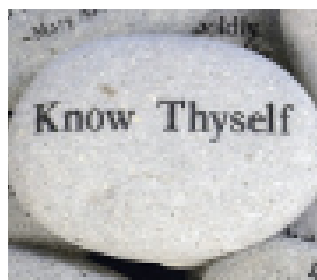
When Philosophy is practical, it is educational, helping us to know ourselves and to improve ourselves.

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 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 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



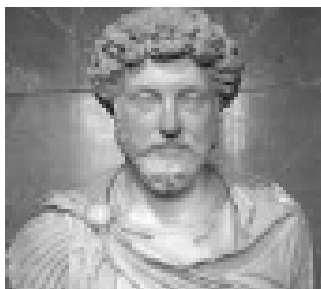
Liberation - Inspiration from the Buddha

- 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 & 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

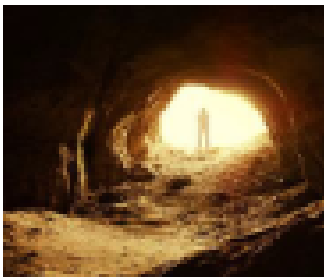
- Neoplatonism and the Philosophy of Ancient Rome
- True freedom and principles of Stoic Philosophy
- 3 paths to Unity



Destiny and Inner order – Wisdom from Egypt and China

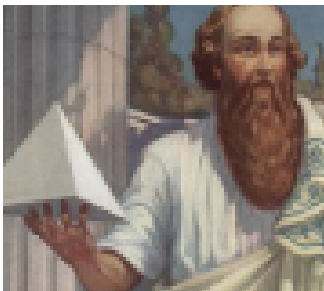
- Justice, Order and Virtue as important everyday tools
- Concept of Justice in ancient Egypt
- The connection between individual ethics and a harmonious society
- Harmony and human relationships - the wisdom of Confucius

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



The Essence of Ethical Politics

- The 4 archetypes of man
- 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 individual and group exercises, combined with 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 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



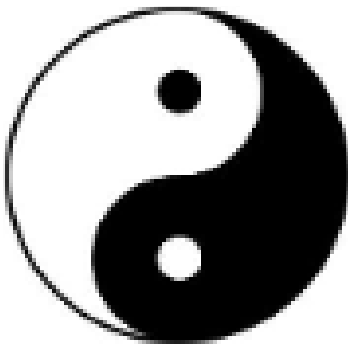
The Wheel of Life

- 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 & 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

About New Acropolis



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 Culture, 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.

Visit our website at www.acropolis.org.in