



ACROPOLIS

Volume 5, Issue 4

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About New Acropolis



New Acropolis is an international non-profit volunteer-run organization with 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 centers 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.

Connect with us:

Visit our website www.acropolis.org.in

To know more about our international activities: www.acropolis.org/en/

Join our silent Telegram/WhatsApp group for updates on our events

Indiranagar: Message on 96638 04871

Jayanagar: Message on 99861 45294

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Editor's Note

"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer."

F. Scott Fitzgerald, *The Great Gatsby*

Dear Reader,

As summer is upon us bringing with it the promise of many possibilities, we take this opportunity to invite you to engage with the greatest philosophical teacher of all- **LIFE**

This magazine is a way of sharing insights into a seemingly unexplored word like *Philosophy* to be able to understand how the age-old wisdom can be simplified through contemplation, inspiration and practice.

In this edition, we have curated some special articles that provide a unique perspective on Life and Nature. We hope you are inspired by the thoughts and ideas shared here.

We also invite you to experience our foundation course "Living Philosophy" and our other events if you are inspired to take your contemplations deeper.

Happy reading!

Jyothika Lobo

Editor - ACROPOLIS

The Key to Triumph

Carlos Adelantado



At the outset, I believe we must differentiate between what we call “success” and what we would consider a true “triumph”.

Success comes through the happy outcome of a matter in which we have been involved, or the actions we have taken to achieve a certain end. But to do something successfully does not mean to be triumphant.

In fact, our whole existence is built on victories and defeats, that is, on what we call successes and failures, which alternate in their appearance and disappearance from our sphere of consciousness. Any human being of a certain maturity can recognise and accept that, in the course of their lives, they have come to know the taste of these two types of experience.

Triumph is something more complex, for it does not lie in simple things, but in reaching higher goals by overcoming greater difficulties. And that is why triumph is naturally related to life, the most precious good one can possess, and could be summed up in the phrase that marks the great objective of human beings: “to be triumphant in life”.

But what does it mean to be triumphant in life? We have been led to believe that it is to achieve an enormous number of possessions of all kinds, or a level of comfort that brings us closer to happiness without having to make the slightest effort.

I don't think so. If anything, from a philosopher's point of view, it is about attaining the purest and highest thing we can conceive of, and... dear friends, is there anything purer than the dreams of the soul? is there anything greater than discovering the secrets of life? Most human beings, in their childhood, dream the purest dreams: no one wants to be a normal person, one loves the adventurous life, one wants to help others, one fights against injustice and ignorance. In the age of ideals, we are like a flower that opens up and wants to catch all the light, climb the highest mountains and find the most beautiful valleys.

Why should we renounce all this? Maybe to be triumphant in life consists in not betraying our youthful ideals and not running after the mirages of this illusory world, because once they are reached, they vanish in our hands like a handful of sand.

Perhaps triumph resides within us and manifests itself as a force that drives us to follow our dreams, despite the falls, the pain and the effort that this entails. Perhaps triumph means getting past the fallen trees that block our path, and continuing to advance towards the horizon, further, always further.

To find the key to triumph we must be brave and know how to love, we must dare and want, but really want! For that key is within us and, therefore, finding it depends on ourselves. On the courage to begin to travel unknown paths. On a love that cannot be extinguished by human miseries.

We need to be in a healthy state of tension, which has nothing to do with having a bad temper or exhibiting uncontrollable nervousness. It has to do with finding a natural state of attention, which we can apply at any time and in any situation. A tension that keeps us alert to discover life's opportunities and to take advantage of them.

If we are attentive, we will discover that life will reveal a succession of doors to us. And every door has a key to open it. The key to triumph is within you.



Philosophy as a Way of Life

Julian Scott



The other day I heard a memorable phrase from the mouth of a Yorkshire farmer: “Farming is a way of life.” And it occurred to me that anything which is done properly must be a way of life. The same is true of philosophy.

“Generally speaking, university philosophy is mere fencing in front of a mirror... And yet, if there is one thing desirable in this world, it is to see a ray of light fall onto the darkness of our lives, shedding some kind of light on the mysterious enigma of our existence.” – Schopenhauer

According to Pierre Hadot, a French philosopher of the 20th century, it is a long time since philosophy was seen as a way of life. With some exceptions, he said, “modern philosophy is first and foremost a discourse developed in the classroom and then consigned to books.”

In the ancient world, however, for example in Greece and Rome, a philosophical system was seen as merely the necessary framework for a fairly small number of maxims by which the philosopher could live his life. A practical example of one of these philosophical maxims is the following by the Stoic philosopher Epictetus: “Learn how to put up with insults, and tolerate other people.” Philosophy in this sense is an art of living and the aim of philosophy is to master that art: to become a master of the art of life. We could say that it is the supreme art, which justifies all others.

Hadot shows that in antiquity there were 'spiritual exercises' that were practised by all philosophers: meditation on one's experiences culminating in the 'examination of conscience' at the end of each day and the planning for the next; the contemplation of Nature to understand the laws of life and to induce a state of inner joy and serenity; the contemplation of one's own mortality, resulting in a contempt for death and a realization of the unimportance of human affairs within the greater scheme of things.



Still today, we have the concept of 'a philosophical attitude to life' which implies a certain stoicism and acceptance of things as they are. It implies being able to remain calm and contented even in the greatest adversity. This really sums up the philosophical ideal. How can philosophy help us attain it? By making us feel connected with a greater reality, which we may call Nature, Life or God, according to our preference. Philosophy is, on the one hand, to grasp some fundamental truths, such as 'the universe is one' or 'unity in multiplicity'. We come into contact with these truths by reading the works of great philosophers and by using our thinking and intuitive faculties. But after the realization must come the constant effort to live a life in accordance with these metaphysical truths. If we are all one, we have to try to live in harmony with our fellow human beings and ultimately to cease to think in terms of 'me' and to think instead in terms of 'us'. If you are a painter or a musician, you have to practise in order to perfect your art; so with philosophy, the art of living, it is impossible to be satisfied with the theory alone. To be a philosopher is to make the effort to perfect ourselves in the art of living.

It is interesting to note that every philosopher of antiquity sought to have a positive effect on the world around him. For example, many of the Pre-socratic philosophers were also statesmen; Plato tried to change the world with his political ideas; and Epicurus said that "vain is the word of that philosopher which does not heal any suffering of man."

Is it not time that true philosophy returned to our world to play its important part in unifying human beings, bringing them back into union with themselves, with Nature and with others?

The Spring Equinox

Nataliya Petlevych



We all are cheered by days full of the renewing energy of spring – a beautiful time when nature awakens, the days become longer and everything living rejoices.

There is a special time in the year when the Sun is exactly above the equator, hence the Earth's axis neither points toward nor away from the Sun and day and night are approximately 12 hours long everywhere on Earth. This is known as the equinox, which comes from the Latin "aequus" – "equal" and "nox" – "night". There are two equinoxes: Spring (between 19 and 21 of March) and Autumn (between 21 and 23 of September). Astronomically, in the northern hemisphere, spring starts from the moment of the spring equinox, after which the Earth's axis tilts toward the Sun and the days start to get longer than the nights.

The spring equinox is also a special festivity connected to the yearly cycle of the Sun and the renewal of nature, as well as to spiritual resurrection. Traditionally, the equinox and spring mark the renewal of the world and of life. It is the time when a hero or a god overcomes the darkness of the underworld or death and comes out into the light of life.

Thus, the Persian New Year festival of Nowruz falls exactly on the Spring Equinox. It is an old festivity with Zoroastrian roots. At the New Year, the world that was created in mythological time is reborn. It transforms from an aged, worn out world into a new one and reclaims its characteristics of life, light, health and fertility, as well as its order in accordance with the principles of a Cosmic Order.

In ancient Rome, before the times of Julius Caesar, the new year started in March and, during the spring equinox, the ancient Romans celebrated the Quinquatria – old Etruscan festivities honouring the goddess of wisdom Minerva. The Roman poet Ovid tells us that it was a celebration of Minerva’s birthday. Other authors mention that on that day in ancient times Minerva’s temple on one of the sacred hills of Rome was consecrated.

In ancient Greece and Rome, there was another celebration connected precisely with the spring equinox – although it originally came from Phrygia – the mysteries of the Great Mother Cybele and her son Attis. The celebration lasted a whole week and it was on the spring equinox, Hilaria – the day of joy – that Attis was resurrected after his death.

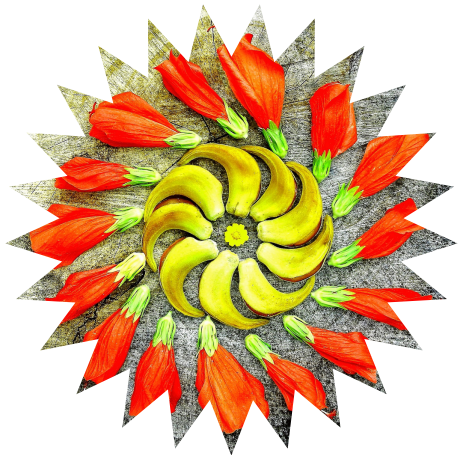
According to Jewish tradition, God made the sun, moon and stars on the fourth day of creation. The Talmud explains that the Sun was created in its spring equinox position and returns to it every 28 years. There is a blessing that is recited every 28 years to express gratitude to the Creator for the Sun.

In Japan, at the time of both the spring and autumn equinoxes, Buddhist followers celebrate O-Higan. Etymologically, it means “the other shore” and is a reminder of the impermanence of everything in this manifested world, and the need to cross the river of existence and reach the Pure Land of Bliss. In this way, it is connected with the spiritual move from the world of suffering to the world of enlightenment.

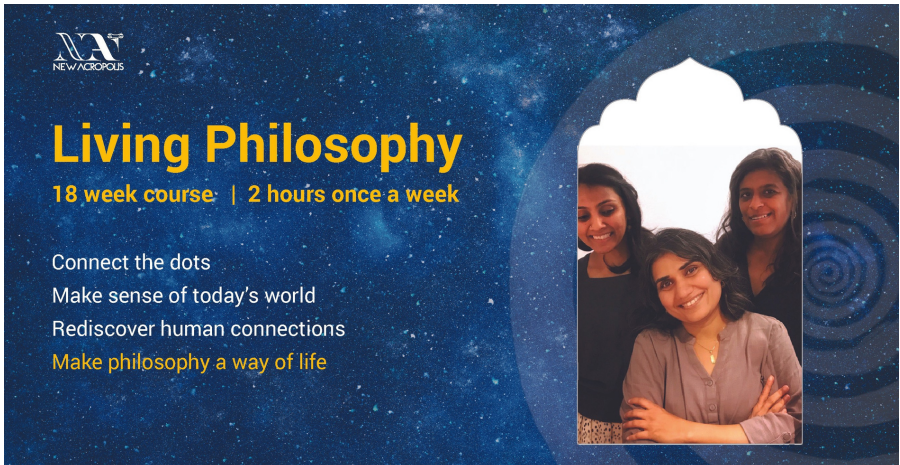
There are many more festivities in spring, calculated on the basis of the spring equinox and the lunar calendar. Among others we can mention the Celtic Beltane, the Babylonian New Year, Passover, Easter, the Tamil New Year and the Latvian Lieldienas.

All the above mentioned celebrations and many more connected with spring include different beautiful rituals, especially of purification, that help to manifest the sacred time of the festivity and enable us to reconnect with the meaning of that celebration.

As living parts of nature ourselves, let’s open our hearts to the spiritual sun and grow and blossom together with the spring.



Living Philosophy @ New Acropolis Bangalore



Through 18 weeks that include experiential practices, you will be introduced to philosophical ideas from different cultures and civilizations.

The course combines ideas conceived by important philosophers spanning from the east to the west. It aims to make ancient philosophy accessible to the one who seeks to build himself and his future by cultivating a philosophical approach to life.

Each class is designed to help you reflect, introspect and bring these ideas alive in your daily life.

We invite you to attend the free introductory sessions that will give you a glimpse into some of the topics covered in the course.

Courses starting

@Indiranagar centre

October



@ Jayanagar centre

October

Click Here

to

Register

This course introduces the essence of ancient philosophy as a tool for the person to build himself and his future.

Philosophical life makes it possible to reveal the mysteries of man and the world, to deepen the view of reality and move in the world with more authenticity, inner confidence and happiness.

Over 19 sessions of lectures and practical exercises, you will be introduced to ideas from different cultures and civilizations. Each class is designed to help you reflect, introspect and bring these ideas alive in daily life.

PART 1: Who am I?

Meet yourself through perspectives of different cultures

How can we get to know ourselves better? How can we live in greater closeness to who we really are? What are the values we can work with? Through perspectives from the philosophies of ancient civilizations across the world, we deal with questions around purpose and meaning, happiness, ethics and freedom. This section brings Insights from Bhagavad Gita, the Stoics, Aristotle, Buddha, Confucius and ancient Egypt.

DISCOVER YOURSELF

Knowing yourself is essential for your inner development. In this session you will learn about the development of inner values through the seven principles in man and nature according to Greek and Indian philosophy.

BHAGAVAD GITA: REVEALING OUR INNER HERO

Developing inner strength to do the right action and becoming a peaceful warrior.

BUDDHA: PATH OF TRANSFORMATION

Learn about the roles of challenges and crises in our lives through the life and wisdom of Buddha.

MYSTERIES OF TIBET

Drawing inspiration from the teachings of ancient Tibet, investigate how control of the

mental is a major key for human development and spirituality

GREEK- ROMAN PHILOSOPHY: ABOUT HAPPINESS AND BEAUTY

Deeper meaning of these values through the teachings of Plotinus and Aristotle

FREEDOM TO BE: LESSONS FROM STOICS

Be inspired by the Stoics' understanding of human reality to take responsibility for your own life.

ANCIENT CHINA AND EGYPT: LIVING MEANINGFULLY

About justice and our ability to discern, inspired by the "Weighing of the Heart" from ancient Egypt and social order according to ancient China.

MEETING WITH THE TEACHER



PART 2: How can we live together?

We are here, together, this is our story. The society we live in is us! In this section we will look at the relationship between man and society and at navigating the challenges of living together without losing our personal freedom. Discover how the fabric of society is created, find your place by drawing inspiration from Plato's Republic, the wisdom of Pythagoras and more.

PLATO'S ALLEGORY OF THE CAVE: AWAKENING THE SOUL

Practising to see the reality as it is and the role we have to support each other in liberating ourselves

BUILDING A JUST SOCIETY

Principles of life together and practical tools to bring about real change.

LEARNING TO COEXIST

Teachings from Plato's 'Republic'

EDUCATION FOR HUMAN DEVELOPMENT

Active process that connects us with ourselves while giving tools to think, choose and act.

PRACTICAL SEMINAR

Know Yourself and put the learnings from these sections into practice

PART 3: Is it possible and how can we influence the future?

We are building the future all the time, the question is how and in what direction. In this section we will explore what is the role of the individual in the cycle of creation? How can we broaden our view? A glimpse into cycles of time, destiny, history and mythology.

LESSONS FROM MYTHOLOGY

Open the heart to myths and their connection to history and connect with eternal wisdom that goes beyond ever-changing history. Learn how myths are connected to our history

CYCLES IN HISTORY: AGES, YUGAS

Natural cycles and the development of humanity through ancient wisdom.

SOCRATIC CIRCLE

Process and practice major ideas learnt from the course

EVOLUTION AND DESTINY OF HUMANITY

About freedom, destiny and role of will power in building our future; inspired by the myth of Prometheus

FORGING A BETTER FUTURE THROUGH PHILOSOPHY

We discuss, share and summarise the 19 weeks together

MEETING WITH THE TEACHER

How to Sign Up?

Attend one of our introductory sessions to know the details and essence of the course. To know more, call us at 9663804871 or register on our website at <https://acropolis.org.in/living-philosophy-course-bangalore/>



UPCOMING EVENTS

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The leader in you- Styles of leadership

Sat, 10th Jun 6:30-8:30 PM @ New Acropolis Indiranagar

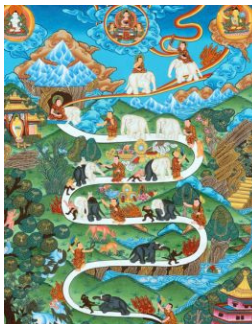
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What water can teach us: An interactive session

Sun, 18th Jun 6:30-8:30 PM @ New Acropolis Jayanagar

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[Register](#)



**The Art
of
Concentration**

The Art of Concentration

Sat, 5th Jul, 6:30-8:30 PM @ New Acropolis Indiranagar

On the Cover:

Tabebuia Rosea

"Happiness held is the seed. Happiness shared is the flower." John Harrigan

As the garden city, Bangalore begins to express its happiness in this season through its myriad blooms, we bring to you the memories of Tabebuia Rosea or Pink Trumpet flowers that lined the many roads of Bangalore in March and brought joy to every beholder in spite of the ground reality. The Tabebuia Rosea native to Central America, has become part of Bangalore's legacy inviting us to contemplate on the popular saying 'Bloom where you are planted'.

Image credits: By Peeravit18 on Getty Images

ACROPOLIS

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ACROPOLIS

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Living Philosophy

Connect the dots
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Rediscover human connections
Make philosophy a way of life



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