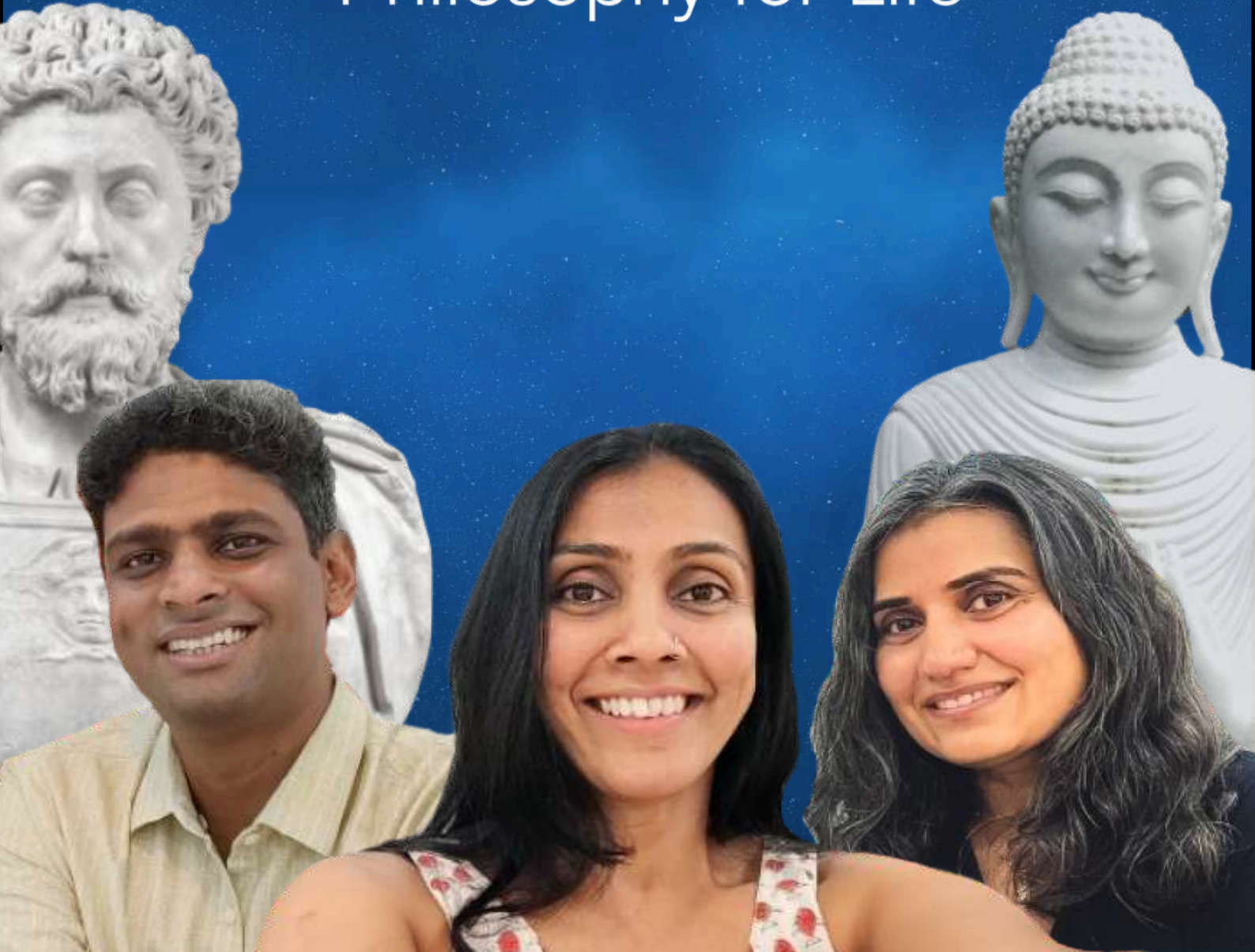



mārga
Philosophy for Life





**A practical interactive
philosophy course to
connect deeper with
yourself, the community
and the world.**

 16-Week Course

 2 Hours Every Week

 7:30 PM - 9:30 PM

About Marga

Discover paths to meaningful living and to unveil mysteries of inner growth.

Make sense of today's world with the power of ancient wisdom.

Experience the joy and adventure of learning authentic life lessons via volunteering.

Join the 4-month journey covering Eastern and Western wisdom through 2-hour sessions every week, with a community of like-minded coursemates.





The Mārga course is offered by New Acropolis, a school of philosophy in the classical style for today's times.

New Acropolis is an international institution with a 67-year history, and centres spread across 56 countries.

Course Features

15 **interactive sessions**, each of **2 hours** held over **4 months**

Sessions scheduled from **7:30 pm to 9:30 pm** on a **weekday evening**

1 scheduled **volunteering project**


Centres equipped with a well-stocked library and a cafeteria

Facilitated by **2 experienced instructors**

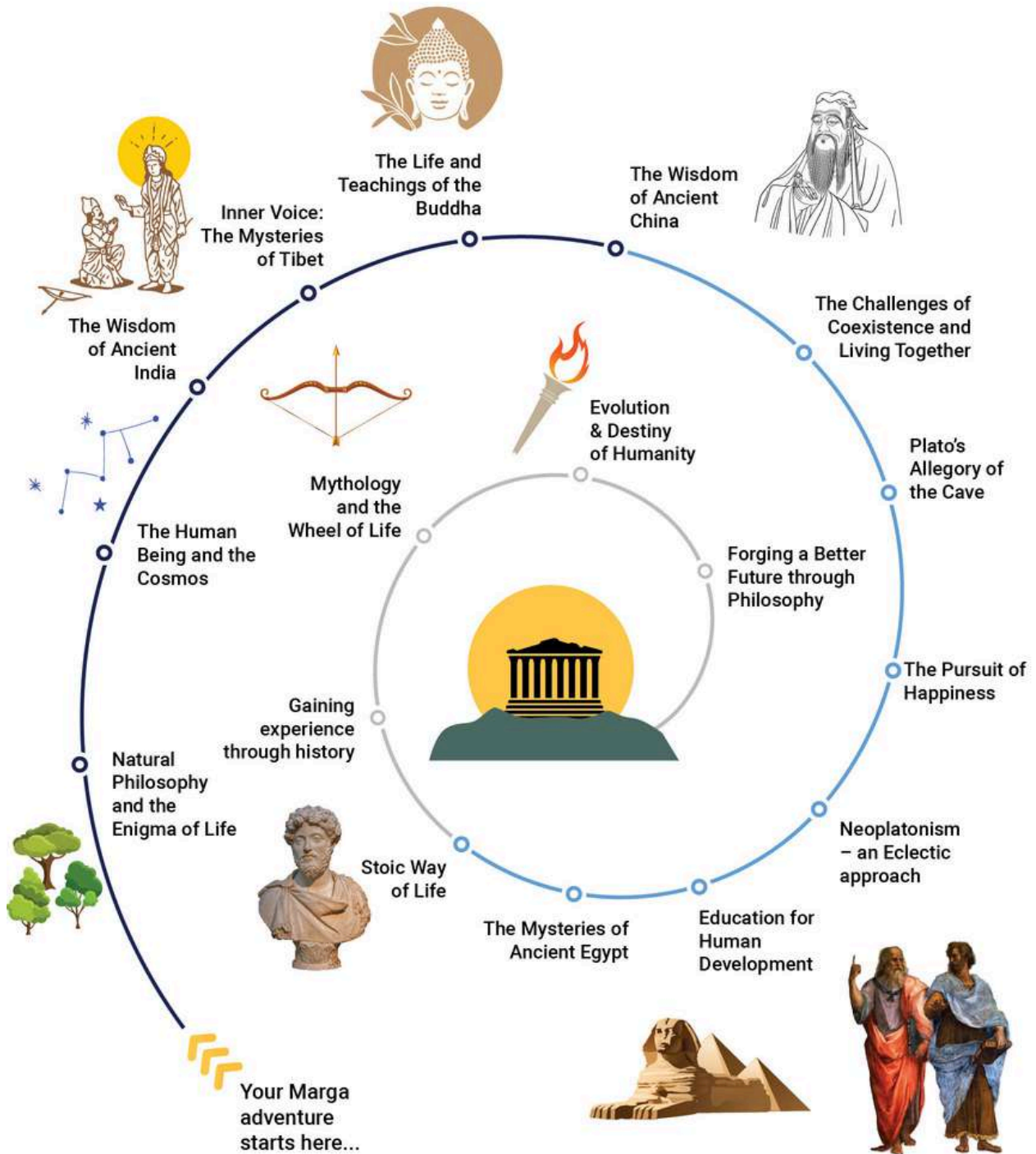
Batch size of 20 students across ages

Each session is built of interactive engagement through **practical exercises, reflections,** and **group discussions** as an integral part of the learning process

Option to attend the course at New Acropolis centres at **Indiranagar** and **Jayanagar**



Roadmap



Course Syllabus

SECTION 1

Connect with Yourself: The Individual Dimension

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.

01 Natural Philosophy and the Enigma of Life

Knowing yourself is essential for inner development. Understand the foundation of universal ethics through the seven principles of human nature and reality. Learn the art of harmonising the mind and the heart, through the search for answers to the timeless questions of life.

02 The Human Being and the Cosmos

Uncover the web of life that intricately links individual human life (the Microcosmos) with the laws of the Universe (the Macrocosmos). Explore the laws of action in the world (Dharma and Karma), the ideas of destiny and free will. Develop the philosophical perspectives and approach that can help you engage fully with reality and shape your steps in the world.

03 The Wisdom of Ancient India

Connect to the timeless myth of Arjuna and Krishna in the Bhagavad Gita, understood through the lens of symbolism. Gain keys to finding the answers in your life to the universally relevant question of 'What is the right action?' in different circumstances. Find inspiration for the inner effort to uncover the best parts of yourself.



04 The Life and Teachings of the Buddha

Develop a wider perspective of reality that reconciles the presence of pain and suffering, alongside joy and pleasure. Gain tools to face and overcome challenges and crisis. Learn about working with the mind to find serenity and freedom beyond the ups and downs of life in Samsara.

05 The Wisdom of Tibet and Ancient China

Lessons from the teachings of ancient Tibet about developing introspection, reflection, concentration and compassion in order to walk the philosophical path. Encounter the philosophy of Confucius about the connection between the individual way of life, human relationships and harmony in society.



SECTION 2

Connect with Community: The Social Dimension

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, Ancient Egypt, Aristotle, Confucius and the Stoics.



06 The Challenges of Coexistence and Living Together

Understand the fabric of human society, the inner causes behind the various challenges we face in living together. Uncover tools that enable an approach towards harmonious co-existence, without losing your individual identity and freedom. Encounter Plato's profound allegory of the cave, with lessons for how we can build a just society through the individual ethical process and ethical leadership.

07 The Pursuit of Happiness

Meet another ancient Greek philosopher that strongly influenced human scientific and philosophical thought: Aristotle. Explore his teachings about deep happiness and the process of praxis — the conscious practice of virtue — to take steps closer to this deeper happiness. An introduction to Neoplatonic thought and inspiration from the eclectic school of Alexandria about how Art, Beauty and Philosophy can be pathways to getting closer to Wisdom.

08 Individual Meetings

Mid-course meeting with the instructors.

09 Education for Human Development

Discover the vital role of a process of education that is oriented towards human formation. A look at pedagogical principles from cultures of the ancient world, that equip the individual with tools to think, choose and act meaningfully, while enabling an understanding of the role of the citizen in building a better world.

10 The Mysteries of Ancient Egypt

Encounter the enigmatic wisdom of ancient Egypt through concepts in Science and Art. Develop keys to discern what is essential in life, and tools to live in accordance with what is essential. Understand the symbolic keys in the enigmatic Weighing of the Heart, and teachings about Ma'at - Justice in ancient Egypt.

11 Stoic Way of Life

Learn from the profoundly practical teachings of Stoicism to develop Courage and Fortitude in the face of life's challenges. Hone your ability to make decisions based on inner freedom and strength, while expressing yourself in society. Inspiration and practical tools from the writings of Marcus Aurelius, Seneca, Epictetus and others.

12 Mārga Seminar

A full-day seminar dedicated to guided practical exercises, group activities and a project of volunteering.



Connect with the World, Humanity and Nature: Building the Future

We are building the future all the time; the question is how and in what direction. In this section we explore how we can learn from history, mythology and symbols in about the essence of being human, and the trajectory of human life. A perspective about the laws of nature, the cycles of time, symbolism and mythology.



13 Gaining experience through history

Re-encounter history through the eyes of philosophy. Understand memory and conscious experience in a deeper sense, as profound human tools for development, and as the engines that drive the future.

14 Mythology and the Wheel of Life

Renew your relationship with mythology. Through the language of symbolism, learn how to connect with universal realities and human wisdom transmitted through myths like the Minoan myth of Theseus and the Minotaur. By understanding the law of cyclicity in nature, place the challenges of our present reality into perspective, and develop tools to consciously build a better future.

15 Evolution and the Destiny of Humanity

Understand a synthesis of philosophical perspectives of the evolution of life, with a focus on connecting with the role of the human being as a protagonist, rather than a spectator, in building the future. Learn how Freedom, Destiny and the power of Will come together in human life. The symbolic interpretation of the ancient Greek myth of Prometheus as a key to the essence of being human.

16 Forging a Better Future through Philosophy

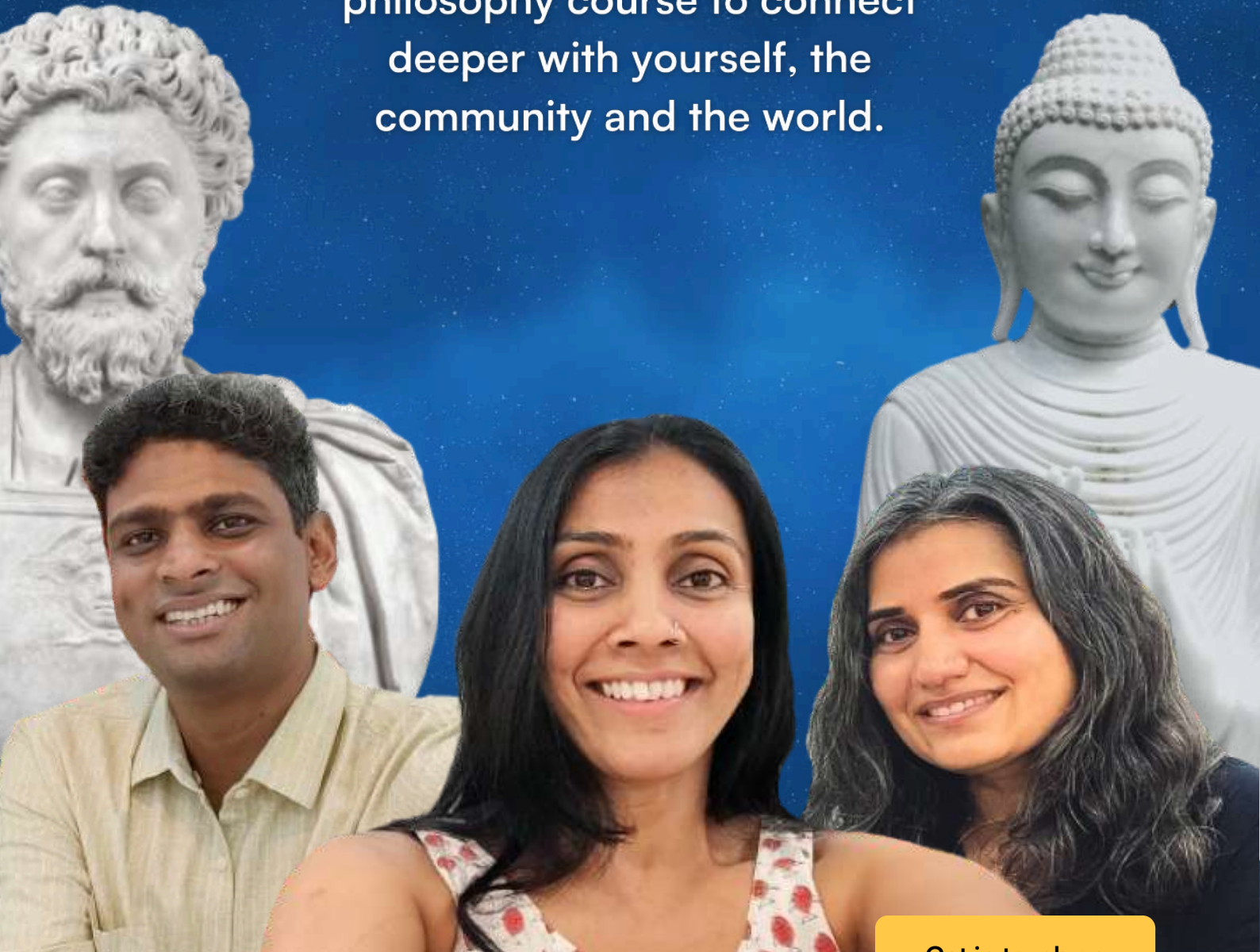
A synthesis of the journey of Mārga, and a discussion of the way forward.

17 Individual Meetings

A meeting with the course instructors.



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