

ACROPOLIS

JANUARY EDITION

EXCLUSIVE ARTICLES

**BRINGING BACK
THE HAPPINESS!**

**MUST WE LIVE
IN STRESS?**



SCAN TO GET
REGULAR UPDATES



Editor's Note

"Life's not about waiting for the storm to pass... it's about learning to dance in the rain." - Vivian Greene

Dear Reader,

The new year is upon us and it brings us an invitation to enjoy the freshness of the new start and contemplate LIFE with a hot cup of chai. This pause is an opportunity to reflect and embrace the new with an open heart.

Even as we wish you joy, we explore the other side of the spectrum to see what the obstacles are to finding and connecting with joy. In this edition, it is indeed a call to bring back and connect to Happiness, and look for ways of living less stressful lives.

We also invite you to experience our foundation course, **Mārga**, and our other events if you are inspired to take your enthusiasm for life deeper.

Happy reading!

Surekha Deepak

Bringing Back the Happiness

Pierre Poulain

I was in Marseilles, in France, last December. I was presenting a special photographic exhibition about “Paradoxes” at the opening of a congress organized by the International Institute Hermes, for the 2400-year anniversary of the Academy of Plato.



At the end of the congress, Fernando Schwarz, the director of the Hermes Institute, gave a lecture about the lack of Spiritual good as the real cause of the social crisis in occidental societies. It impacted me so much that I decided to retain the idea and to develop it in an article for Acropolis magazine.

Our world is in crisis. I won't demonstrate it... it is clearly evident. People are suffering, and it seems that humanity is just losing, every day some more, the ability to be happy. Happiness is becoming quite a shadow, a legend... a strange concept belonging to fantasy or to the past, but certainly not to our present, and it is sadly more and more difficult to imagine it being present in our future.

Happiness is not — apparently — an easy good to acquire. Nowadays, people don't know where to look for it, and they are searching for it in a lot of places where, in reality, it does not belong. Some will search for it in the fullness of material goods, and for them, money will be the key to open the gates of a possible paradise. Others will look for it in the conquest of a social position. Those will fight for a diploma, a career, a status.

There are also those who will search for happiness in an ideology, be it religious or secular, and think that humanity will embrace happiness when all will recognize their specific way of life, and will live according to its principles. But this is only fanaticism, and fanaticism cannot lead to happiness.

And there are those who will search for happiness in a political or economical theory... but until now, there are no real examples of these being real solutions.

It seems that happiness escapes all these fields, and cannot be found there. Why not? Maybe because these are solutions based on the “acquisition” of an external good — it can be a material item or an ideological concept, it is still something I have to “get”, to “buy” or to “accept” from an external source.

But Happiness cannot come from any external source. Happiness is not bought, and it even cannot be given as a gift.

The nature of happiness is not a material one. Real happiness, or better the “felicity”, the “Eudaimonia” of the ancient Greek philosophers, is a sort of “state of consciousness”, a permanent state. It is not something which could be dependent on continuous movement, change and quantity of material goods.

”

Happiness cannot rely on anything material and “external” to be or not to be, because it is not the product of material goods, but the consequence of reaching true liberation: the freedom from the attachment to the material need, or at least to the illusion of thinking that we can be neither free nor happy without material goods.

“



Happiness must be permanent, or not be at all. It cannot rely on anything material and “external” to be or not to be, because it is not the product of material goods, but the consequence of reaching true liberation: the freedom from the attachment to the material need, or at least to the illusion of thinking that we can be neither free nor happy without material goods.

But is it enough to be detached from material goods to be happy? Certainly not, because if that would be the case, then the millions of new poor people generated by worldwide economical crisis would have discovered happiness instead of suffering and anger.

Detachment may be a necessary condition, because it allows us to open the eyes and to begin to search in other directions. But it is not enough. When we cease to look at material goods as tools we need to work with to gain happiness, we need to encounter other tools, made from another essence, and those are metaphysical goods.

Metaphysical tools we can understand as “virtues”. Not moral virtues, but archetypal ones. I mean a quality which is “by essence” in every human being, but is not always manifested. Thus it is something which can be found in the “potentiality”, in the possible, but is still invisible, and not yet a quality visible through our daily acts and way of life.

The logic is simple: a material good has to be produced by material tools. And a metaphysical good can only be produced by metaphysical tools. Being of a metaphysical essence, happiness cannot be produced by anything material.

But the most important question still is: How can one develop these virtues, these archetypal qualities to reach happiness? Is it easy? Is it simple? Is it something anyone can reach?

It may seem difficult, because we are not used to dealing with these metaphysical goods, and we have no idea where to “buy” them. These are not goods to buy, thus the dependence on an economical situation is nonexistent here. It seems difficult because it is new for most of us, but the difficulty is no more than a change of habits. In reality it cannot be so difficult... on the contrary, it should be easier than trying to reach happiness through the illusion of using material tools.

It should be easier because happiness here does not depend on anything external which we should first search, reach, conquer, possess... we already have it. In a virtual, or potential state, of course, but it is ours. The virtues are ours already; we just have to “activate” them. It should be easier also, mainly, because it is less an illusion and more a reality. Or at least... an illusion closer to reality. Real happiness cannot be affected by the changes and loss of cycles which are the expression of life in the material. Everything I possess will vanish in time. Everyone I love will be separated from me in time. Happiness has to find its roots in permanence and in stability. And these are exactly the qualities of the archetypal virtues we are talking about: love without condition, fraternity among human beings, tolerance, courage, the capacity to not make compromises with the just, the good, the beautiful and the right. These are philosophical virtues, and this is why philosophy is a cure to suffering.

Of course, philosophy has to be considered as a practice, and not just knowledge. Philosophy was in fact, since its beginning, a way of life before it became nearly exclusively an intellectual acquisition of knowledge.

Happiness is not about knowledge. Knowing that fraternity exists as a concept may only lead to bitterness, seeing the distance between what we could — and should — have achieved and the dark reality of our life, where the “other” is usually seen more as “different” rather than as another expression of the “same”. Humanity is one but only in the archetypal values and in our dreams.



Happiness does not depend on anything external which we should first search, reach, conquer, possess... we already have it.





But didn't a poet say, "Don't say the day will come... make it come!"? It's the same when related to happiness. Nobody will bring us happiness, if not ourselves. Nobody, and no material good.

The practice of philosophy is the way to develop our own potential and to manifest the results — the development of Virtues — our life. It is the simplest and the natural way to become a producer of metaphysical goods, and thus to reclaim happiness as a natural due and right for humanity.

This means that we have to decide to work with our potential, and not only with the manifested. We need to build a bridge between the virtual and the material, and to allow the archetypes to walk on this bridge, processing from the invisible towards our consciousness. At the same time, we have to walk also, raising our consciousness upward, so that we may meet in the middle of the bridge and be reborn to what we should be: a wiser, and a happier human being.

“

*But didn't a poet say, "Don't say the day will come... make it come!"?
It's the same when related to happiness. Nobody will bring us
happiness if not ourselves.*

”

Must we live in stress?

Ilanit Adar

Every period in life, as in the life of a society as a whole, can be characterized through different aspects: social, economic, scientific, educational and others. Every period is different from the previous one and from the following one, because everything changes with time...



If we consider the social-psychological perspective of the actual period, we can say that one of its characteristics is STRESS. This is not the momentary natural tension that appears when we face new situations or when making decisions, nor is it the excitement felt before a significant and important event or a big project. This is a long lasting inner state of pressure that causes an imbalance, an almost constant state of life.

The word 'stress' as a description of a state of mind originated in the 1930's by Hans Selye, a doctor of Austro-Hungarian origin. Up until then the word was only used in the field of physics, in order to describe the external force exerted on matter, causing movement as result. This demonstrates that the experience of psychological stress is a relatively new phenomenon, a result of a certain lifestyle.

It seems that in recent years, the man of the era of smartphones, tablets, and the countless gadgets and applications, is on a super-fast racetrack, of which the starting point he does not recall, nor is its aim always clear, because it's possible that the track may be circular. In any case, it seems that the acceleration of technology has been a significant factor in the acceleration of inner tension, and the feeling that one must run forward and close a certain gap, imaginary or not.

Let us look at what transpired before the technological era. On one hand, there was more simplicity in the everyday conduct of the individual. The proximity to nature and the cultivation of land forced the individual to engage in a limited number of actions that were often repetitive. This simplicity surely influenced the way of thinking and the natural and harmonious connection with the environment. On the other hand, the individual worked harder. Great effort and energy was required to work in manual jobs, move things, get around on foot or convey messages from place to place. The time needed to perform these operations was long as well.

With the gradual entry of technology, it seems that almost every human action had found a replacement in the form of a device or a machine. The different domestic appliances can help shorten the time in which we deal with housework, using vehicles we can cross through countries within a few hours, and with social media messages we can convey information we need to deliver quickly.

Today we can say that the physical effort required to operate most of these activities is small, and often comes down to the touch of a button. If we had imagined this situation tens or hundreds of years ago, we would think it would bring a situation with more convenience, efficiency, tranquility, serenity and happiness, since there is no need to tire or strain too much to get a particular thing, and you can have time to do the truly important things in Life...

But is that the case? Have the solutions we invented indeed advanced the human being?

It is great that technology added a lot of convenience and efficiency in the basic levels of our existence, but can we really say that with these technological developments life has become more peaceful? less stressful? or that the individual has more time and availability, being less busy and preoccupied?

And where is the happiness that some companies continually promise us when we buy one of their new products?

If we isolate a certain device or product, we will find many advantages for making our lives simpler and more comfortable, as well as great satisfaction, which is the result of its immediate benefit.

The satisfaction, for example, of sending an e-mail to make things happen, or the satisfaction of receiving a product or some information by a push of a button, something that would have taken us months to look for without the Internet. But if we look at the whole and possibly deeper picture, which lasts beyond the momentary pleasure, which penetrates the inner effects of this technology, we see a situation that must be addressed.

It seems that the penetration of devices into our lives, and their use, is not the problem in itself, since the purpose is often good. The principal problem is the new types of perceptions or ways of thought, as well as new lifestyles, that perhaps without us realizing it have entered into our lives together with technology. These perceptions can be dangerous, like everything else that is out of balance.

Let's consider some of these perceptions that we have assimilated in recent years: one of the most popular modern perceptions is speed and the necessity of constant innovation.



And where is the happiness that some companies continually promise us when we buy one of their new products?





The upgrading pace of the various devices has increased and, with it, the need to constantly renew and replace the product. It is common today to replace cellphones every year or two, and a laptop every two or three.

Ostensibly, this seems positive because if it is possible to make a better device in terms of technology, why not upgrade it? But what is the price that we have to pay? The rapid production rate and the need to keep up with it and not be left behind, has penetrated our lives and is expressed in various forms such as: thinking quickly, reacting quickly, acting quickly in order to solve problems faster, and so on.

The experience of living life as a race has penetrated us to the point where perhaps we have lost some of that ancient wisdom that relates to understanding life, and to the fact that sometimes a process can take time, just like a seed that requires time and the appropriate conditions in order to become a tree.

Another common concept is that we have no time. Man is usually very busy. In general, to be busy and active is a good thing and indicates a type of health and vitality, but the problem is when a person uses the word 'busy', he is in fact meaning to say 'preoccupied'.

And perhaps in the same manner, if the individual first and foremost sets his goal to become a human being, then he will always have time, since there is no limit to the possibility of expressing human virtues such as beauty, patience, attentiveness and generosity.

“ Another common concept is that we have no time. Man is usually very busy. In general, to be busy and active is a good thing and indicates a type of health and vitality, but the problem is when a person uses the word 'busy', he is in fact meaning to say 'preoccupied'. ”



Another modern concept, no less popular than its predecessors, is that the more a person consumes, the happier he will be. Technological progress along with the prevailing economic system — capitalism — engendered a great illusion: man always lacks something in order to be happy. Therefore, to fill the void one must always purchase the newest product, encouraging companies to produce more and newer products.

In the framework of this vicious cycle, a question appears: when will a person have everything he needs? Perhaps we need to seek this feeling of fulfillment elsewhere? Perhaps breaking the rules of the game will accelerate the need to seek individual and stable happiness within oneself?

For example, one of the basic laws of nature is the law of order and harmony. In nature things are well organized, everything has its place and knows its duty: from the plants and animals, through mountains and seas, to the sky and the stars. There is harmony, correct relations, mutual respect, a melody that creates life. Man is an additional life form, which is part of the whole fabric. How, then, must he act to contribute to harmony, and not to violate it?

In the repository of human wisdom as reflected in the literature of different cultures (the Indian Mahabharata, the Analects of Confucius, The Buddhist Dhammapada and many others), can be found a principle of life which is the 'Middle Path'.

The Middle Path guides a person to maintain inner balance within the movement that life brings with it, how to live without falling into one of the extremes of more or less, spiritual or material, indulgence or abstinence.

“

The Middle Path guides a person to maintain inner balance within the movement that life brings with it, how to live without falling into one of the extremes of more or less, spiritual or material, indulgence or abstinence.

”

Contemporary reality can also obey the law of the Middle Path, if we take into account a few things:

- To note misconceptions that penetrate into our lives, and know how to neutralise them through good education.
- To remember and educate that no tool or device can provide the profound happiness which we long for. At the same time, strive to find the inner joy that is not dependent on anything.
- To develop, not only technologically, but also in terms of values and morality.
- To dare to control weaknesses, to put limits and know when to use, and when not to use a certain device or tool.
- To learn about creativity and initiative not only in order to think about the latest product, but to break mental concepts that have accumulated, and to build healthier ones.

The Middle Path is the intelligent action that does not ignore the moral aspect of the action, and looks for ways to address not only the basic needs of man, but also his natural yearning to grow towards the good, the beautiful, the just and true.

Is the Middle Path the answer to life without stress? Yes and no. If by 'stress' you mean the unhealthy stress that arises from an incorrect way of life that has infiltrated our lives, then the answer is yes. By removing misconceptions, and through education for more correct concepts, it is possible. But if the intent of the word 'stress' is the right tension that keeps a human being alive and alert, similar to the correct tension that permits a string to produce a sound, then the answer is no. Since the correct tension is itself a reflection of the Middle Path.



kārikā

Dear readers,

If you're looking to rent/lease/sell/buy properties in Bangalore? Call us to :

- Identify the best properties tailored to your needs
- Find the best clientele for properties you own
- Provide seamless communication throughout the process
- Draft accurate documentation

ASHWIN : 93412 36231

SUPRIYA : 99016 49000

(RERA, CREA & NAR REGISTERED)

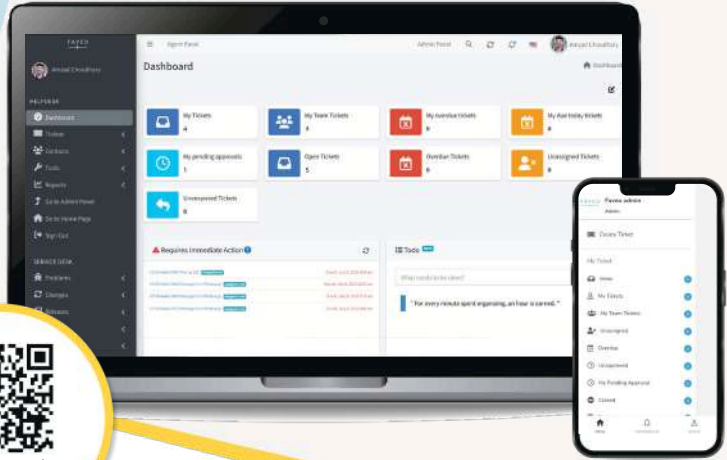


REAL ESTATE AND PROPERTY MANAGEMENT

FAVEO

Simplifying Customer Support

Colour



Scan the QR Code to visit our website

Cutting Edge Customer Support Management Software



Customer support software that simplifies issue resolution between businesses and their customers



Smooth customer interaction across preferred channels with Omni-Channel Integration



An open-source solution crafted using innovative and advanced technologies



10+ years of commitment and success in serving our esteemed customers, & contributing to the industry growth

Years of dedication have led to a fulfilling journey with satisfied clients



terrappay



JALEEL HOLDINGS



+1 650 360 4607, +91 80472 92860



support@faveohelpdesk.com

Upcoming Events



INDIRANAGAR

Book your slots today!



The Art of Making Decisions

Through this talk and guided practical exercise session, we look at perspectives and practical tools from ancient Tibet, India and Greece, about being able to discern and build our ability to make decisions.



 Sat January 25, 2025  6:30 pm - 8:30 pm

 New Acropolis - Indiranagar



The Art of Concentration

This talk and experiential session will take us through the meaning behind this ancient Tibetan Buddhist painting, and how we can translate it into our daily lives - how we can bring our presence and concentration into engaging with life.

 Sat February 8, 2025  6:30 pm - 8:30 pm

 New Acropolis - Indiranagar





marga
Philosophy for Life

A practical introduction to philosophy
creates the optimum driver with
yourself, the community and the world.



Attend an intro session!

- Friday 10 AM
- 8:30pm
- New Acropolis - Indiranagar, Bangalore

Scroll for more sessions today!

Introduction to the Marga course

Marga is the foundation course on practical philosophy, offered by New Acropolis globally in 56 countries. At its heart, it is a course to connect deeper with yourself, with others and with the world at large. Join an introduction to this course for answers to all your questions.



 Fri, February 14, 2025  7:30 pm - 9:30 pm

 New Acropolis - Indiranagar



The Beauty Within: A Creative Journey

Can Art help us connect with the deeper aspects within us? What is Beauty? Join this workshop to experience the simple joy of working with art as a means to nourish our inner life and to create unity within ourselves.

 Sat February 15, 2025  6:30 pm - 8:30 pm

 New Acropolis - Indiranagar




NA culture circle
NEW ACROPOLIS

Shakti:
The Balance Within
A Dialogue & Demonstration on
Kalaripayatt with **Raam Kumar**

Discover the interplay of masculine and feminine energies in Kalaripayatt, an ancient martial art that harmonises body, mind, and spirit. Explore how it fosters strength, grace, and inner harmony.

Shakti — The Balance Within

A Dialogue and Demonstration on Kalaripayatt by Raam Kuma

Discover the interplay of masculine and feminine energies in Kalaripayatt, an ancient martial art that harmonises body, mind, and spirit.



 Sat March 8, 2025  6:30 pm - 8:30 pm

 New Acropolis - Indiranagar



Stoicism at the Workplace

Our profession is a big aspect of our lives for most of us. Join us as we explore the principles of Stoicism that offer practical tools for a more fulfilling relationship with work, enabling us to develop the art of living and working by effectively meeting everyday challenges with wisdom.

 Sat March 15, 2025  6:30 pm - 8:30 pm

 New Acropolis - Indiranagar



Upcoming Events



JAYANAGAR

Book your slots today!



Being Me: Living with Authenticity

Inspiration from the life and teachings of Socrates and Buddha, to help us know ourselves and live authentically.



 Wed January 29, 2025  7:30 pm - 9:00 pm

 New Acropolis - Jayanagar



The Philosophy of Death: Learning to Live Fully

While the predominant relationship we have with death is that of a deep fear, the wisdom of cultures across the world point to a profound value of relating to death, as a key to living fully and with meaning.



 Sun February 2, 2025  6:30 pm - 8:30 pm

 New Acropolis - Jayanagar



Discovering our Inner Voice: The Mysteries of Tibet

An ancient text with roots in Tibet speaks of the “Voice of the Silence”, perceived when we direct our gaze inwards. How can we discover our inner authentic voice amidst the noise and pulls of our everyday life?



 Wed February 5, 2025  7:30 pm - 9:00 pm

 New Acropolis - Jayanagar



Know Thyself: A Practical Philosophy Workshop

Discover the power of philosophy with interactive exercises. Experience how practical philosophy can guide you to connect to your true identity and live meaningfully.



 Sun February 9, 2025  6:30 pm - 8:30 pm

 New Acropolis - Jayanagar



Walking a Philosophical Path in Our Times

How can we engage with Philosophy practically? How do we walk a philosophical path in our often confusing and fast-paced times? Join us to explore this, through a talk, Q&A and a guided exercise.



 Wed February 12, 2025  7:30 pm - 9:00 pm

 New Acropolis - Jayanagar



Understanding Reality through Mythology

What can we learn from mythology, that can help us make sense of our reality better, and help us engage deeper with life?

 Sun February 16, 2025  6:30 pm - 8:30 pm

 New Acropolis - Jayanagar



Living with Meaning: Life's Great Adventure

The search for meaning runs across all our choices in life. This interactive session comprises a talk that presents philosophical perspectives to connect with meaning by searching within, and a guided group exercise.

Sun February 23, 2025 6:30 pm - 8:30 pm

New Acropolis - Jayanagar



Many Paths to Wisdom: Learning from Different Traditions

An eclectic approach to learning enables us to not only gain perspectives and inspiration from different sources, but to translate this to real understanding and practical application.

Tue March 4, 2025 7:30 pm - 9:00 pm

New Acropolis - Jayanagar



The Art of Listening and Dialogue: Practical Workshop

Join us for this 2-hour practical workshop to deepen your communication, and your engagement with life! An experiential session to develop Listening and Dialogue as tools for depth.

Sun March 23, 2025 6:30 pm - 8:30 pm

New Acropolis - Jayanagar

Join our
Whatsapp
community



Link to our
Insta page



Link to our
webpage



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.

**New Acropolis Cultural Association
(South India)**

ACROPOLIS Volume 5 Issue 5
Editor: Surekha Deepak

Main Centre: INDIRANAGAR
3017, 1st Floor,
12th-B main, Indiranagar,
Bengaluru - 560038
Tel: +91 96638 04871

Branch: JAYANAGAR
264, Ground Floor,
7th Cross, Jayanagar 1st Block,
Bengaluru - 560011
Tel: +91 82178 76593




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

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.

 16-Week Course

 2 Hours Every Week

 7:30 PM - 9:30 PM

Scan to know more



New Batch Starts on 21 Feb, Fri - Indiranagar | 26 Feb, Wed - Jayanagar
Introductory Sessions on 14 Feb - Indiranagar | 19 Feb - Jayanagar

Reach out to us

+91 96638 04871 | info@newacropolis.in | www.acropolis.org.in