

ACROPOLIS

Vol 3, Issue 5 | October - December 2019



On the cover:
'The Magic of Cycles'

In this edition:
Health of the Soul
Myth of the Labyrinth
Soil, Soul, Society - Rendezvous with Satish Kumar

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ABOUT

On the cover: The Magic of Cycles

As we come to the close of another year, it is a good time for us to pause and take a moment to reflect on the seasons that have passed. In the words of Paulo Coelho "In the cycle of nature there is no such thing as victory or defeat; there is only movement." Let us take time to introspect on all that this past year has taught us, what we have achieved internally and what we have expressed externally. Let us look forward with hope and courage as we use the wisdom of the seasons to guide us into the coming year. After all, the most meaningful way we can work with cycles is to recognise them in our own lives and make the most of the movement: letting it guide our thoughts, actions and existence in a manner that serves the greater good.

ACROPOLIS
Vol 3 Issue 5 | October - December 2019

Editor-in-Chief
Ran Kremer

Editor
Anand Baskaran

Editorial Team
Vivek Divekar
Muthuramalingam S

Cover & Magazine Design
Namrata Shenoy

Design Direction
Shashwati Balasubramanian

Production
Vivek Divekar

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New Acropolis Cultural Association
(South India)

Main Centre:
261, 6th Cross, Indiranagar
1st Stage, Bangalore - 560038
Tel: +91 9663804871

Branch:
264, 7th Cross, Jayanagar
1st Block, Bangalore - 560011
Tel: +91 9986145294

Email: info@newacropolis.in
Web: www.acropolis.org.in



Members and students at a residential retreat at New Acropolis, exploring the "Soul of India"

Dear Reader,

We step into the final 3 months of the calendar year. It is a time of the year filled with festivities, holidays, and for our young college-going readers and parents of school-going children, a change of semester. Additionally, towards the latter part of this period, winter sets in and Bangaloreans pull out their sweaters and monkey caps, shawls and mufflers!

Over the past few editions of ACROPOLIS, we have been relating to the cycles of nature through the seasons. Having covered the entire cycle of Winter-Spring-Summer-Autumn, come this edition, we mark the culmination of this exploration by representing the full cycle of seasons, as brought out beautifully in the cover page of this edition. Inside, you will find possible nourishment for the soul, in the form of articles reflecting upon our approach to Health, understanding and navigating the labyrinth of our inner world and outer life, and a holistic approach to living in tune with nature.

We also invite you to a very exciting set of events this quarter at New Acropolis. November brings with it World Philosophy Day, and our celebration of this special day this year takes the form of bringing Philosophy in marriage with Art and Beauty to Art Bengaluru, powered by Sublime Galleria, UB City. Through this wonderful collaboration, we present three events hosted at UB City in November. This is followed by the next two batches of our flagship course Living Philosophy and 3 more talks at our centres in Indiranagar and Jayanagar, which bring practical philosophical perspectives to relevant questions and topics of interest. We look forward to having you at these events!

Happy Reading!
Anand Baskaran
Editor - ACROPOLIS



Image courtesy: <https://library.acropolis.org>

Concerns about all sorts of issues are increasing around the world, survival is becoming more and more difficult in many countries, and confrontations for the most absurd reasons are on the rise, however important they may seem to those involved. Yet, in spite of all of this, there is a growing desire to achieve a better level of health.

Of course, this is not the case everywhere in the world. How can one desire good health when there is no food or water, when terrible epidemics strike with little apparent cause? We are referring here to the so-called developed countries in general, although even there it is becoming difficult to keep up a certain standard of living. In those countries, however, health has become a constant concern. And not only health, but also food.

It is surprising to see that, as hundreds of people are juggling to ensure that their money lasts until the end of the month, there are increasing problems of obesity and being overweight, starting with children. While for others extreme thinness has become an obsessive fashion.

What do we do? Who is right and how do we make a calm choice about what is most suitable for us?



*A healthy mind also helps
to organise the body.*

Either we are becoming decidedly contradictory, or we don't want to analyze what is happening around us. Let us look at the best of situations, that is, when we have the opportunity to fill our shopping basket with all sorts of goods. We are so saturated with different kinds of advertising that we no longer know what is good and what is bad for our health. In the end, we mistrust everything that is offered to us...

While one product is hyped up by some to be the ultimate panacea for wellness and anti-ageing, there are others who denigrate it as a life-threatening poison. What do we do? Who is right and how do we make a calm choice about what is most suitable for us?

Totally opposing diets are promoted; what is approved of by some is vilified by others. In the same way, many health treatments are called into doubt; what was positive yesterday is no longer recommended today and even banned. Age-old techniques are abandoned as being harmful, while new experimental treatments are welcomed, even if their final results are not entirely known.

We hear a lot of talk about the placebo effect of some medicines, to the extent that one wonders: and if it is true, what does it matter, as long as it makes us feel better? Might this widely proclaimed "placebo effect" not perhaps include some other functions of the human body that are set in motion by particular stimuli?

The issue of food (for those who are able to feed themselves) we will leave in the hands of experts. Although we are convinced that the Earth should receive better treatment from those who exploit it. Industrialisation, competition in production and prices have meant that natural products have ceased to be natural. What a paradox! Organic items are much more expensive than those that come to us from large-scale distributors.

We believe that we should look for a varied and simple diet; exaggerated flavourings do not come from the Earth but from our desires to embellish everything. With regard to health, we are convinced that, apart from those diseases that have a well-defined origin in the body, many elements come from other aspects of ourselves. If our mind is not in good condition, if our emotions are disordered, if we fall into excesses of tiredness and hyperactivity, what can we expect from the body, which is the mirror of ourselves?

A mind in a good condition has its ideas duly organised, avoiding doubts and conflicts between different ideas, which never lead to the necessary clarity. A healthy mind also helps to organise the body.



With the emotions, it is not just about them being disordered– which they tend to be – they become harmful when they allow themselves to be absorbed by resentment, envy, jealousy, aggression, suspicion of plots and slanders by others. This is indeed poisonous because, no matter what we eat, negative emotional flavourings can be very harmful to the digestion. Do we know how to rest, regardless of the time we have available? Not if the mind is full of circular ideas and we are disturbed by emotions. In this way, we fall into excessive action so as “not to think”, or into laziness in order “not to think about anything”.

Health, which is affected by every aspect of the human being, including a good education based on the highest moral values, deserves everyone’s special attention. It is possible that, if we all enjoyed good health, many of the world’s problems would begin to be solved in all the areas which trouble us today.

Health, which is affected by every aspect of the human being, including a good education based on the highest moral values, deserves everyone’s special attention.



The Myth of the Labyrinth

Bhanu Pratap Singh Slathia



Image courtesy: <http://coursesite.uhcl.edu>

Prologue - why the myth:

It's said "When truth is too great to be perceived by man, the gods cover it with a veil, and present it in the form of enchanting stories"

Every culture has many myths and stories of heroes, which have been inspiring youth for generations.

We will be exploring the Myth of Theseus and the Minotaur, also known as the Myth of the Labyrinth, which comes from ancient Greece. One will find many versions of the myth, I present to you one of these versions along with a useful and practical interpretation of it for our lives.

Logos - telling of the myth:

Minos was the king of the island of Crete. He had a son, Minotaur, who lived captive in a gigantic labyrinth near the palace of king Minos.

The Minotaur is a mythical creature portrayed in Classical times with the head and tail of a bull, and the body of a man, being "part man and part bull".

Every year, 7 young men and women had to be sent as sacrifice to the Minotaur from the kingdom of Athens in mainland Greece, to be devoured by the Minotaur.

When the third sacrifice approached, young Theseus volunteered to be one of those who would be sent to the Minotaur. Theseus was the prince of Athens, the son of king Aegeus.

When Theseus reached Crete, He was met by the princess Ariadne, and it is said that both fell deeply in love with each other. Ariadne helped Theseus navigate the labyrinth. by giving him a silver thread, to allow him to retrace his path. Theseus killed the Minotaur with a special weapon, a double-headed axe, and led the other Athenians back out of the labyrinth with the help of the silver thread of Ariadne.

Epilogue - practical lessons from the myth:

The Labyrinth in many cultures symbolises the human psyche, our psychological world that comprises the emotional and mental planes. As Philosophers, we tread constantly the path of Know Thyself to uncover this inner Labyrinth and know our true self. Sometimes, there is a fear of the unknown.



*"You can be your own Best Friend
or your own Worst Enemy"*

The quest to conquer the Minotaur can be looked at as an inner quest, an inner journey to navigate our own psyche, to be able to know ourselves better, to discover and know our potential, to be able to go beyond the doubts and fears that trap us. To slay the minotaur is to vanquish the traps of desire, fear and doubt.

From ancient India, we have a word called Swadharma, which is action in accordance to one's true nature. We can also call it destiny, or the true purpose of our life.

To conquer this inner monster, Theseus needed the help of Ariadne, who represents the power of Love. With the help of the silver thread, he could go to the depths of the labyrinth, slay the Minotaur and again, with the help of this thread, find his way out of the Labyrinth.

The silver thread is what is referred to in ancient India as the Antahkarana, which pulls our consciousness upwards. It is the link between our psyche and spiritual plane; a link between body-mind and spirit. To hold the silver thread is to direct our essential journey inward.

*"Peace comes from within, don't seek it without."
- Buddha*

The word Labyrinth is also related to Labrys which means double-headed axe. Again, a symbol which is used and repeated in ancient Greece. The Double Axe symbol was the sign of the Minoan goddess and was found abundantly throughout Greece.

This double headed axe symbolises energy working both inward and outward. Giving as much importance to inner/spiritual work, as to outward and worldly responsibilities.

We need to be Theseus, the hero - to take this leap of faith and delve into our own Labyrinth. We must build and strengthen our tools, sharpen our weapons, prepare ourselves to explore the obscure within us, and meet with our Minotaurs, find our Ariadne within, fall in love with all that is just and good, never let the weight of worldly matters keep you down; and to keep it light on the outward and yet deep inside (the double headed axe).

Wishing you happy exploring in all the adventures that lie ahead, and for good victories of the Hero!
Remember : "You are the hero of your own story".



A mindful exercise in charting your way out!

Labyrinths have been around for over 4,000 years with labyrinth stone wall carvings, clay tablets and coins dating back to the Bronze Age. They feature in many Greek and Roman myths.

Unlike a maze, a labyrinth is not meant to lead one to a mere dead end. It is meant to help find one's right course with thoughtful and focused action so as to lead back out of the spiral path. The symbolism of this particular labyrinth ties to the previous article of 'Theseus and the Minotaur'. One can interpret this as one's own journey through the maze of daily life with the Minotaur representing a major weakness or obstacle.

Here are some guidelines:

- Take deep breaths and bring your focus to this task. You can use a pencil or your finger to trace your path.
- Clear out all thoughts and keep bringing all your energy back to just "being in the moment"
- Once you have found your way out, sit back and reflect on what the journey taught you!

Photoblog - The Archives

Pierre Poulain





Last year, I had the opportunity to visit a very special place, somewhere in India. It is an entire building with three floors full of ancient books. These are very special books, not because they are old, but because of their content.

Even though most of them are written in English, there are publications there perhaps in every possible and imaginable language. Some books are even written in signs and symbols, some of which I wonder if anyone could read today. The most recent of those books are printed on paper, while in others, the words are incised on wood.

Some of them are in a readable state, but sadly the oldest ones are in bad shape. The keeper of the archives told us that many of the original editions, and some books which only existed in one unique copy were destroyed... eaten by insects.

These archives are aimed to maintain a significant part of the knowledge of humanity, thoughts from worldwide Philosophers and recognized Masters of Wisdom. It is our collective legacy, as human beings, and it is sad to discover that it is slowly vanishing... just like the keeper in the photograph that is walking away and will soon vanish from the frame.

I know only one remedy to this situation: to keep philosophy and wisdom alive, to become philosophers, lovers of wisdom. To act in life and to offer our personal example in a way that is seen all around us, so that people can "read us" as if we were a living book.

This way, even if the books will vanish, love and wisdom will remain.



Pierre Poulain is a philosopher and a renowned international photographer. In 1986, he founded the New Acropolis School of Philosophy in Israel. Exhibits from one of his exhibitions titled "Paradoxes" are on display as part of Art Bengaluru at UB City through the month of November (refer pg 17).

Pierre Poulain's latest exhibition titled 'Photosophy' will be presented in Bangalore next year. For more information on the artist and his work, please visit www.photos-art.org/

*I know only one remedy to this situation:
to keep philosophy and wisdom alive,
to become philosophers, lovers of wisdom.*



Image courtesy: <https://library.acropolis.org/>

The following interview was conducted and published by The Acropolitan, the quarterly publication of New Acropolis (India) – North India, in October 2016.

Here, we present a partial excerpt of the inspiring interview. The full article can be viewed at: <https://library.acropolis.org/-soil-soul-society-rendezvous-with-satish-kumar/>

Activist, Author, Academic. Environmentalist, Humanist, Visionary. Satish Kumar believes that the spiritual aspect of our ecosystem has been lost in modern environmental debates, and has been replaced by systemic violence; towards the land, animals, mankind, and even towards ourselves. He maintains that reverence for nature is the only thread that can mend and weave together the fabric of humanity. Based on his book, *You Are, Therefore I Am*, The Acropolitan explores the impetus and insight of this spirited man of action. Here are excerpts from our conversation.

The Acropolitan: In your book you say, “I wanted to practice Dharma in the world, not pretend to be outside of it...for renouncing the world is a contradiction.” Can you explain that?

Satish Kumar: We don’t have to go to the mountains, caves or monasteries and forsake the world. Only a few people can do this – and it would make spirituality something that only the elite can practice. What I’m saying in the book is, Dharma should be for everybody and should be every day.

The Upanishads say *‘Ishavasya vidhi sharma’* which means “everything in the world is imbued with the divine spirit.” So, there is no separation between the world and the divine. When you act with divine motivation, all your actions become Dharma. For example, when you conduct business, is your motivation profit or is it to serve the community? For Mahatma Gandhi, Martin Luther King and Nelson Mandela, politics was not for ego, power, or control. It was in the service of humanity. The moment your motivation changes, politics becomes spiritual work.

*Everything in the world is imbued
with the divine spirit.*



Whatever you do - gardening, cooking, farming, education, or medicine, taking a salary should be the by-product; not the end product. If we do everything with the intention to serve, to be compassionate and kind, then even in our ordinary everyday activities we practice Dharma.

The Acropolitan: What is the relationship between one's Swadharma and one's role in society?

Satish Kumar: Swadharma and role in society are two sides of the same coin. I have to find my particular gift, how I relate to human society and to nature. Ravi Shankar inspired and awakened people through music. Vinoba Bhave inspired people to share their land, to gift. Mother Teresa served by caring for the dying. All three pursued their Swadharma not by retreating into themselves, but by bringing their inspiration into the world. They brought spirituality into all their relationships. Swadharma is to find and refine your inner vocation to serve society. Wherever you find joy and Ananda, that is your Swadharma. Through it, you relate to society.



Image courtesy: <https://library.acropolis.org/>

The Acropolitan: And what is the role of society in helping an individual discover his Swadharma?

Satish Kumar: By establishing schools for craftsmanship, farming, music, dance, and by teaching young people to discover themselves, society creates conditions so that individuals can find their Swadharma. In turn, individuals nourish, nurture, and feed society. In this way society serves the individual and the individual serves society, in a relationship of reciprocity, mutuality and circularity.

The Acropolitan: But we have so many schools and universities today offering a host of academic programs. Yet we find that people coming out of these programs do not resonate with even the notion of Swadharma.



Satish Kumar: This is because the purpose of our schools and universities is not to help the individual find himself. Their motivation is to turn people into instruments of the economic system. At the moment, all over the world, societies are promoting economic growth, money, finance and profit. Human beings are used as servants of the economy. We need to remind society that our priorities have gone askew, and our universities must help our youth find their Swadharma so that they can contribute towards a better society.

What we need is a revolution in consciousness. Through Resurgence Magazine, Schumacher College, and my books, I try to remind people that we have forgotten the meaning and purpose of life and have become caught in a cycle of name, fame, power and control. We need to change that.

*Our universities must help our youth find
their Swadharma so that they can contribute
towards a better society.*



PHILOSOPHY

CULTURE

VOLUNTEERING

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 Cultures, 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.

PHILOSOPHY

Philosophy, when it is practical, is educational. It helps us to know ourselves and to improve ourselves. To be a philosopher is a way of life committed to the best aspirations of humanity.

NEW ACROPOLIS, BANGALORE



Socratic Cafe – Conversations with Meaning

Applying the Socratic method of Dialogue to engage with conversations on what constitutes a meaningful life



Public talk - Living the Hero's Journey

Relating to 3 modern films, to discover how to traverse the mythical journey of adventure and transformation

NEW ACROPOLIS AROUND THE GLOBE



Philosophy in our daily life (Seoul, South Korea)

Participants at a gathering connecting Philosophy to daily life and as a tool to enrich our soul.



CULTURE

The practice of human values is the basis for a model of active and participative culture, which brings out the qualities of each person, broadens the horizons of the mind and opens the human being up to all the expressions of the spirit.

NEW ACROPOLIS, BANGALORE



A Picnic out in Nature

Creating a nature mandala, as part of a picnic with family for graduates of the Living Philosophy course



Movie night at New Acropolis

Members and students brought along family and friends for movie night and potluck dinner at New Acropolis

NEW ACROPOLIS AROUND THE GLOBE



Long night of museums 2019 (La Paz, Bolivia)

New Acropolis joined the cultural evening with a full program of activities, including interactive exhibitions and shows.

VOLUNTEERING

Volunteering is the natural expression of a spirit of union with life and humanity, which manifests in the practice of values such as unselfishness, commitment and striving for the common good.

NEW ACROPOLIS, BANGALORE



Theatre performance for children

Volunteers perform Mahabharata Express, a short skit for children at Namma Mane centre run by NGO Vidyaranya



Contributions towards flood relief

New Acropolis members contributed essential commodities as emergency relief to those impacted by recent floods in Karnataka

NEW ACROPOLIS AROUND THE GLOBE



Ecological Volunteering at National Park (Budapest, Hungary)

The nature conservation group of New Acropolis has maintained bird boxes in the National Park for the past 10 years

Schedule of Events at New Acropolis, Bangalore

October to December 2019



OCTOBER



Building our Inner Compass

LECTURE & GUIDED EXERCISE | **INDIRANAGAR**

Date: 19th October (Saturday)

Time: 6.30 PM - 8.30 PM

Situations in everyday life often bring us to the essential question "What is the right action?" To learn how to choose and take important decisions in life can often prove to be a dilemma, particularly with the sea of ever-changing and non-objective opinions around us. Developing the art of decision making is key to navigating life towards our true destiny. This talk, which includes a guided exercise, presents ideas from the wisdom of ancient cultures about how we can become the leader of our lives, while developing Intelligence, Will and Love as our guiding Inner Compass.



What can I do when there's nothing I can do?

LECTURE & GUIDED EXERCISE | **JAYANAGAR**

Date: 20th October (Sunday)

Time: 5.30 PM - 7.30 PM

There are times when life's many challenges bring us down - it seems like there is no light, and we feel lost. What can I do? Should I stop? Should I continue? How do I decide? The aim of this talk is to provide the listener with tools to deal with life situations where one feels helpless and does not know the path forward. This lecture and guided exercise will explore human emotions and discuss ways to handle difficult life situations by walking the path of the peaceful warrior.



at

Art Bengaluru

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GALLERIA

New Acropolis brings International Day of Philosophy to Art Bengaluru 2019

In partnership with Sublime Galleria

International Day of Philosophy was declared by UNESCO in 2005 as a day dedicated to Philosophy not just as a discipline, but an integral component for the development of humanity and cultures around the world. In conjunction with the 150th birth anniversary of Mahatma Gandhi, this year's International Day of Philosophy is being celebrated by New Acropolis with the theme "The Freedom to Change".

The following events are being conducted at UB City, as part of Art Bengaluru 2019 by Sublime Gallery.



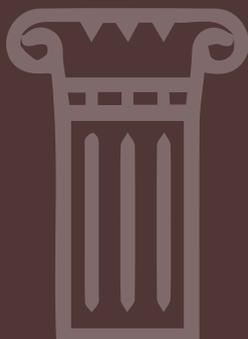
Paradoxes Exhibition of Photographs by Pierre Poulain

SUBLIME GALLERIA, UB CITY
2nd NOVEMBER - 30th NOVEMBER 2019

An exhibition of photographs by philosopher and renowned international photographer Pierre Poulain. The photographs aim to capture a "paradoxical tension", by a contrast of forms, of situations, of light, or of feeling. In photography, the paradox is always dynamic - it appears suddenly in a gaze, in a ray of light which illuminates a background, or in the movement of a person or object which enters the field of the lens. For Pierre Poulain, photography is more of a philosophical and spiritual journey. Based in Israel, Pierre's passion for street photography is supported by his strong views in the various philosophies of life. In 1986, he founded the centres of New Acropolis in Israel.

"When one looks at a picture, the mind recognizes the objects and people in it. But the true meaning of a picture is beyond the reality of what one sees. The true meaning of a photograph is the sentiment behind it."

Pierre Poulain's latest exhibition titled 'Photosophy' will be presented in Bangalore in 2020. For more information on the artist and his work, please visit www.photos-art.org/





at

Art Bengaluru

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GALLERIA



The Butterfly Effect Interactive Art Installation

UB CITY

2nd NOVEMBER - 30th NOVEMBER 2019

While change is constant, often it is a single spark that triggers a movement of change that transforms our lives and our communities. Just as a butterfly symbolizes transformation, the journey from the cocoon to the freedom of the skies, the butterfly effect promises the possibility of this fascinating journey towards bringing collective change around us.

In conjunction with the 150th birth anniversary of Mahatma Gandhi, this year's International Day of Philosophy is being celebrated by New Acropolis with the theme "The Freedom to Change". This Interactive Art installation "The Butterfly Effect" highlights the power of individuals to bring social change through connecting practically to virtues.



The Art of Observation Talk and Guided practice

SUBLIME GALLERIA, UB CITY

16th NOVEMBER (SATURDAY)

6:30 PM - 8:30 PM

Art is an expression of beauty, a bridge for the human being in the concrete existence to touch the abstract, the sublime. This Talk combines Philosophy and Photography to develop an orientation to look at dimensions that we perhaps didn't consider before. Often, what is most important is between the lines, beyond the apparent. To be able to metaphorically read between the lines, requires us to develop our observation. It is much more than just to see; it is to be able to look into the depths and perceive the cause of what is seen, allowing it to touch and change us.

Through the medium of photography and exposure to the works of various international photographers including Barbara Morgan, Edward Steichen, Pierre Poulain and Henri Cartier-Bresson, the speaker will present a method for observation and evaluation of art - and indeed, life itself.

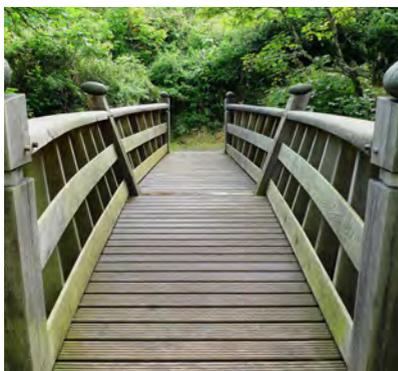


Schedule of Events at New Acropolis, Bangalore

October to December 2019



NOVEMBER



The Freedom to Change

LECTURE & GUIDED EXERCISE | JAYANAGAR

Date: 23rd November (Saturday)

Time: 6.30 PM - 8.30 PM

Change can be scary and exciting in equal measure. When faced with change of any kind we often tend to fear and resist it, forgetting that without change growth isn't possible. At a broader level, how do we bring change and contribute towards a better world when the problems seem too big to overcome? This talk explores the wisdom of ancient cultures about change at the individual, social and global levels, and how can each of us can drive sustainable change in our lives and around us.

This talk marks a part of New Acropolis (India)'s celebration of the International Day of Philosophy 2019.



Living Philosophy

15-WEEK PRACTICAL PHILOSOPHY COURSE | JAYANAGAR

Course starts: 27th November (Wednesday)

Duration: 15 weeks | 1 class per week (7:30 PM to 9:30 PM every Wednesday)

Free introductory sessions: 13th and 20th November, 7:30 PM to 8:30 PM

A 15-week Foundation course in Practical Philosophy that brings teachings of the major ancient civilisations from east to west. Aimed to foster an active philosophical approach to our daily life, the weekly-once classes and practical sessions will uncover the keys to inner growth and leading a more meaningful and significant life.

Schedule of Events at New Acropolis, Bangalore

October to December 2019



DECEMBER



Winter is Coming: Understanding Patterns in Nature

LECTURE & GUIDED EXERCISE | **INDIRANAGAR**

Date: 21st December (Saturday)

Time: 6.30 PM - 8.30 PM

“Look deep into nature and then you will understand everything better”
~ Albert Einstein

It is suggested that Nature is governed by Laws that can be recognized through the infinite patterns that appear on her canvas. Join us as we understand how the wondrous patterns of nature, from geometry to the cycles of seasons, might give us a glimpse into the inner workings of our own existence.



Journeys beyond Death

LECTURE & GUIDED EXERCISE | **JAYANAGAR**

Date: 28th December (Saturday)

Time: 6.30 PM - 8.30 PM

Is death the end of life? Or might it be the beginning of a different form of life, perhaps a more meaningful one? When investigating ancient traditions, it is remarkable that such a vast majority suggest the continuing journey of the spirit after Death. Bardo Thodol - the Tibetan Book of the Dead is a fundamental text traditionally read out loud at the bedside of the deceased for 49 days. What can this sacred text reveal to us about death for a better life? Join us as we explore the mysteries of life and death, and how they might help us bring more meaning to our lives today.



Living Philosophy

15-WEEK PRACTICAL PHILOSOPHY COURSE | **INDIRANAGAR**

Course starts: 3rd January (Friday)

Duration: 15 weeks | 1 class per week (7:30 PM to 9:30 PM every Friday)

Free introductory sessions: 20th and 27th December, 7:30 PM to 8:30 PM

A 15-week Foundation course in Practical Philosophy that brings teachings of the major ancient civilisations from east to west. Aimed to foster an active philosophical approach to our daily life, the weekly-once classes and practical sessions will uncover the keys to inner growth and leading a more meaningful and significant life.

LIVING PHILOSOPHY

To Discover. To Awaken. To Transform.

Living Philosophy is a course in Practical Philosophy that brings philosophical teachings of the major ancient civilisations from east to west- from Confucius to Plato, from Tibetan Buddhism to Ancient Egypt. Aimed to foster an active philosophical approach to our daily life, the weekly-once classes will uncover the keys to inner growth and wisdom towards leading a much more meaningful and significant life.

Each Living Philosophy program runs over a period of 15 weeks, with classes held once a week. The 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 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 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



The awakening of consciousness – tools from ancient Greco-Roman philosophy

- The need and the means to elevation of consciousness
- True freedom and principles of Stoic Philosophy from Ancient Rome
- 3 paths to Unity – teachings of Plotinus
- The path to Happiness through virtues – teachings of Aristotle



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



Destiny and Inner order – Wisdom from Egypt and China

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

PART 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



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



The Essence of Ethical Politics & Governance

- The 4 archetypes of man
- Various models of governance; the nature and challenges of Democracy
- The school of Pythagoras in ancient Greece
- The Philosophical and Political ideal
- Principles of New Acropolis



Know Thyself: Practical Seminar

- Philosophy in action – an experiential session of practical psychological exercises, combined with Social-Ecological and 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 Wheel of Life

- Cycles of Time : ancient Indian idea of Yugas
- The ancient Greek concept of “great year” by Plato
- The Kaliyug and the Age of Aquarius – challenges and opportunities of our times



The Divine Spark in Man- Evolution & Destiny of Humanity

- What does it mean to be the human being of today?
- The 7 Kingdoms of Life according to esoteric philosophy
- 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

Note:

- The sessions comprise of lecture and practical experiential exercises
- 2 of the sessions across Part 2 and Part 3 of Living Philosophy include Socratic Café - interactive group dialogues

COURSE DATES

Jayanagar - November 2019 batch (Wednesdays)

Course starts: 27th November, Wednesday
Duration: 15 weeks | 1 class per week
 (7:30 to 9:30 PM every Wednesday)
Free introductory sessions:
 13th and 20th November, 7:30 to 8:30 PM

Indiranagar - January 2020 batch (Fridays)

Course starts: 3rd January, Friday
Duration: 15 weeks | 1 class per week
 (7:30 to 9:30 PM every Friday)
Free introductory sessions:
 20th and 27th December, 7:30 to 8:30 PM

Indiranagar - February 2020 batch (Fridays)

Course starts: 14th February, Friday
Duration: 15 weeks | 1 class per week
 (7:30 to 9:30 PM every Friday)
Free introductory sessions:
 31st January and 7th February, 7:30 to 8:30 PM

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Course starts: 27th November, Wednesday
(7:30 to 9:30 PM)

Free introductory sessions:
13th and 20th November, 7:30 to 8:30 PM

#264, 7th Cross, 1st Block, Jayanagar,
Bangalore 560011

INDIRANAGAR

January 2020 batch (Fridays)
Course starts: 3rd January, Friday
(7:30 to 9:30 PM)

Free introductory sessions:
20th and 27th December, 7:30 to 8:30 PM

#261, 6th Cross, Indiranagar, 1st Phase,
Bangalore 560038

INDIRANAGAR

February 2020 batch (Fridays)
Course starts: 14th February, Friday
(7:30 to 9:30 PM)

Free introductory sessions:
31st January and 7th February, 7:30 to 8:30 PM

#261, 6th Cross, Indiranagar, 1st Phase,
Bangalore 560038