



# ACROPOLIS

Vol. 5, Issue 1 | Hope 2022

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As another year begins, we see one emotion amplified in everyone: Hope. Hope for a better phase, for growth and for change. For any of this to happen, each of us needs to dig deep into our own selves and find that which can truly bring meaning and joy, to ourselves and to others. Just as the sun always rises, every single morning, lighting up an entire valley irrespective of what changes it has seen over time, so should our inner light rise and radiate, irrespective of circumstances and the passage of time. To be a philosopher is to actively work with the tools to do this, to find our own sunshine and to bring that to the world.

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## Acropolis

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### ACROPOLIS

Vol 5 Issue 1 | Hope 2022 Edition

Editorial Team: Sejal Ajmera, Jyothika Lobo

Cover Art: Namrata Shenoy

### OUR CENTRES

New Acropolis Cultural Association  
(South India)

Main Centre: 3017, 12th-B main, Indiranagar,  
Bengaluru - 560038  
Tel: +91 9663804871

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

Email: [info@newacropolis.in](mailto:info@newacropolis.in)  
Web: [www.acropolis.org.in](http://www.acropolis.org.in)

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## Editor's Note

Dear Reader,

January is named after Janus, the Greek god of opportunities and beginnings. There is the light of hope, of things being different, of things remaining the same, or renewals, and new experiences.

When we find our toolkit we can bring hope alive. This hope will radiate to the world making it a bright and beautiful place.

The January edition of our magazine is our attempt at inviting hope through philosophy and music in our daily lives.

We hope you also are inspired by the thoughts and ideas shared here.

May we all have a good year.

Happy reading!

**Sejal Ajmera**

Editor - Acropolis

# A Time for Philosophy

Yaron Barzilay

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According to legend the word Philosophy can be attributed to Pythagoras who spoke of himself as a philosopher, a lover of wisdom, rather than a Wise man as he had been called by others. Of course, the word Philo-Sophy, the Love of Wisdom, does not give Pythagoras any innovation rights over the concept; there always were, and are, philosophers in all times, and in all places. The quest for truth and wisdom can be found, in one way or another, across all civilizations, in numerous and varied expressions.

The fundamental questions of 'who am I?', 'where have we come from?', and 'where are we going?' have kept our interest for thousands of years, along with a constant wonder about Life, Nature and the great Universe. Some may consider these questions as naive or outdated, others as existential and everlasting; but perhaps they have always been present in the background – precisely because they are fundamentals...

It is not too difficult to explain that Philosophy is a combination of Philo – Love – and Sophy – Wisdom. Hence Philosophy simply means the Love of Wisdom. However, it is easy to let the profound meaning of these words escape us; they have a great significance and at the same time, they are quite elusive.

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To be a philosopher is not simply to learn philosophy as profession, or as a hobby; it is to Live philosophically... It is a way of life and a certain state of mind and action.

How shall we imagine, for example, the image of a wise man or wise woman? Would they simply be knowledgeable people, intellectuals? Or would they be examples of living in complete harmony with some higher order of life, with the laws that govern nature? Do we not imagine such a man or woman as perfect examples of goodness, justice, truth and beauty?

Aren't such individuals often conceived of as those who have managed to overcome the illusion of separateness, overcome their own egos, channeling to others something of an extraordinary quality that we call Wisdom? Several traditions refer to it as the Cosmic Mind, the higher intelligence that governs the whole Universe. Even the term Cosmos itself suggests that the universe is an integration of Chaos and Theos, Divine Wisdom.

As extraordinary and elusive as Wisdom may be, the idea of being a Philosopher indicates the possibility of forming some kind of relationship with it, some kind of recognition of it, even though it can only lead one to acknowledge one's own ignorance of the Real.

The possibility of recognizing Wisdom indicates a purpose and direction, a possible evolution of consciousness, even a duty and Dharma. It can change everything in the way we perceive ourselves and the others...

To conceive but a spark, beyond the visible phenomena of Life-Nature-Cosmos, of the extraordinary intelligence, is like the sense of awakening from a mindless sleep. It is to move away from the speculative plane of beliefs and opinions, to a vertical axis of observation...from the illusion of the many, towards the profound richness of One Life.



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As per the ancient tradition of India, it is the Manas – the pure mental – rather than Kama-Manas – the calculative mind – that has the capacity of discernment – Viveka. To discern between right and wrong, the real and the unreal, doesn't simply come from following a manual or scripture. It depends on a certain elevation of the mind, raising the consciousness above the manifest self, the persona, the mask of our lower identity. It is a quality of the soul, the individual self. It is from there that we may begin to grasp that, what is expressed as a phenomenon outside, has an inner cause, not less real than the visible one. It is in this form of inner life that philosophy may be found; the Love towards Wisdom.



*In this regard, we may speak of philosophy as a state of mind, and even more, as a state of awakening of the soul towards the higher, the Good.*



To be a philosopher is to act with common sense, not dimmed by opinion and the constant dance of outer forms. It is to become able to maintain calmness, and a center, in the middle of a storm – the drowsiness caused by temptations or the yearning for comfort.

To be a philosopher is to develop an inner compass so important in today's world. It is to focus on what we can do, how to act in the face of circumstances, without wasting time on that which does not depend on us. It is to always keep hope and imagination directed towards the good; not based on wishful thinking, but rather, on the confidence of being part of something far greater, and because there is love and there is wisdom.

If you are a philosopher, if your heart and mind already know, already yearn, you have a wonderful gift. But know that it is also a duty, because today, more than ever before, there is a great need of Philosophy!

# Do Not Give In to Pessimism

Delia Steinberg Guzmán

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We live at a time in history – which is everybody's life – when events are accelerating unstoppably, and often give us the impression that they are completely beyond our powers.

We know that the duration of time varies in accordance with the inner state with which we measure it. For this reason, neither in the life of human beings nor in their historical life as a whole, can we avoid this sensation of uncontrollable speed. Partly because everything happens without intervals that allow us to breathe; and partly because the number of events that are happening all over the world exceeds our capacity for assimilation; when we think we have understood something, or at least have endured it, ten or twenty other things jump out and paralyze us with their quantity, dimensions and rapidity.

It is not necessary to be a scholar to understand what I am referring to, nor do I need to give many examples. Fortunately or unfortunately, the efficiency of the media makes it possible for anyone to experience what is happening in every corner of the world without leaving home; to feel the impact of pain, misery, confrontations, wars, death, violence, insecurity, helplessness... For every global situation that occurs -those that fill the media, those that go down in history- there are other very similar personal situations that repeat in small scale what is happening in the large scale.



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The small things may not make big headlines, but they affect those who suffer through them. Also in small human groups, in the family, among friends, in daily relationships, there is aggression, pain, confrontations, helplessness and, unfortunately, crimes and murders.

The aforementioned speed with which we live and the quality of what we live, sometimes makes us give in to pessimism. And even if we try to be objective and analyze the quantity and quality of the things we experience, the end result is overwhelming. I believe, however, that it is not pessimism or the negative feeling of life that dominates us. Although it may seem that helplessness sometimes paralyzes us, in truth we are not defeated.

Look at the enormous efforts that both nations and individuals make to reach agreements, to breathe easy, to stop the maelstrom, to stop the destructive and sterile struggles. The results are not encouraging in many cases, it is true, but the important thing is the perseverance to start again until the desired results are achieved. There are endless dialogues, it is true, and one even wonders whether states or men want to reach an agreement, whether there is an authentic dialogue or simple monologues in which no one listens to no one. However, it is repeated, and this is a good sign, that we are becoming aware of our deafness.



*In the inner heart of everything that happens to us, there is a spark of light, of optimism, of hope for the future, of recovering a harmonious rhythm of life. We speak of pain, but we do it thinking of the happiness that awaits us... if we want to achieve it, of course. We speak of war, but we do so dreaming of peace. We condemn violence because we love coexistence, we resent intolerance because we want to understand each other in earnest.*



Those who do not live the present – even if it is a little confused and dark – with that spark of hope, are the ones who make the present – and also the future – dangerously negative. Those who feel that spark of recovery, of renewal, of broad and safe paths, are building a more dignified future in the midst of the difficulties of the present. Needless to say that, as philosophers, and in the name of that love of Wisdom that encourages us, it is important to take care of the spark, however small it may be, because we see in it the seed of a definite clarity for tomorrow.



# Post-lockdown Values?

Sabine Leitner

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“There are decades where nothing happens – and there are weeks where decades happen.” This Lenin quote might sum up how many of us feel regarding the events of 2020. Not that nothing happened before – in my view the last few decades contained quite a lot of events on a mega scale – but the changes triggered by COVID-19 have been unprecedented. As some countries are gradually coming out of complete lockdown, the paramount question is: where do we go from here?


There are many signs that we want to hold on to the positives of the last 3 months and that we see this crisis as a transition and an opportunity to bring in systemic changes. But how can we best use this kairos moment to create a world after lockdown that is actually better than the one before?

One tried and tested way of doing this is certainly by identifying clear goals that need to be achieved in order to bring about an improvement. When Britain needed a plan to recover after World War II, the economist Sir William Beveridge identified five problems to be tackled simultaneously: want, ignorance, idleness, squalor, and disease. His report served as the basis for the post-war welfare state and guided social reform for the next 30 years. For the current crisis, the historian Peter Hennessy has proposed another five priorities: social care, social housing, technical education, climate change, and preparing for artificial intelligence

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Whilst it is absolutely clear that any of these points need to be addressed, I wonder whether concrete goals alone will be sufficient to bring about a lasting and sustainable change and improvement. I believe that we will also need to focus on values. Values are, after all, amongst the main driving forces of our actions. Of course, each concrete goal does embody a value, but values are not only broader, they are also deeper and more all-encompassing. For example, the value of 'health' can give rise to a much deeper change of how I lead my life than the concrete goal of attaining a specific weight or running several miles in a specific time or giving up alcohol. As a value, it also enables me to understand the concept of 'health' on more than just one level: not only as a specific aspect of physical health but also as mental health, emotional health and – why not? – spiritual health. It might even make me reflect on the underlying principles of health and their application on all these levels: balance, harmony, nothing in excess, etc.



*I don't think that concrete goals alone will be able to create this better world. It is necessary to address our underlying belief systems and the values they are based on – let us not forget that profit is also a 'value'. If the world is, as Einstein said, a product of our thinking, then we need to change the way we think in order to produce a better one. We need a philosophical examination of the principles that help us to decide what is right and wrong, and how to act in various situations. We will also need stories and narratives that transmit them and open our hearts to them.* 

Values will always give rise to concrete actions. Concrete actions alone, however, will probably not in the long-term awaken and transmit values that will have the strength to create and sustain a world where everyone can flourish. So, do we need values or specific goals? It's not 'either/or', but 'and'.

Which values will we need to build this better future? This is a question to inspire our reflections and our dialogues. I do not know the answer. But I am sure that amongst them will be a strong emphasis on the 'we'. Wangari Maathai, the first black African woman to win a Nobel Prize, said: "Mankind's universal values of love, compassion, solidarity, caring and tolerance should form the basis for this global ethic which should permeate culture, politics, trade, religion and philosophy." And Barack Obama put it beautifully in his speech at Nelson Mandela's memorial: "There is a word in South Africa – Ubuntu – that describes his greatest gift: his recognition that we are all bound together in ways that can be invisible to the eye; that there is a oneness to humanity; that we achieve ourselves by sharing ourselves with others, and caring for those around us."

# Music and I

## Kurush Dordi

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Today we live in a world dominated by thousands of music streaming apps catering to a variety of genres. Although Pop, Rock, Jazz, Hip hop, and Electronic Dance Music are all popular, for me Western Classical Music is the shining jewel of the treasure box. It has its own language, awakens emotions, and rehabilitates me when times are not so easy. But what I think makes it stand out is that it touches my soul and allows me to glimpse ideals and virtues that I may not ordinarily experience in my life: sentiments such as indomitable bravery, extraordinary heroism, or deep compassion. Listening to a piano sonata is often enough for me to find revitalising energy, inspiration, and comfort.

I believe that classical music transcends the language of words and affects the inner Self, to help us transform ourselves. It allows us to bring out our best from deep within. To me classical music allows me to anchor myself, and is my way of regaining my centre. I use it at certain times of the day to inspire me, to break free from the stress of work, or the monotony of routine. When I need to concentrate, for example, the rising melodies of Mozart's Concerto No 23 push me to focus. Within classical pieces of music are embedded moments of beauty, idealism, and power that we can tune into if we engage with it more actively, listening not only with our ears, but with our hearts.

Qualities such as tension, suspense, and climatic buildup can usually be recognized in the way the sounds and notes are combined to produce the mechanics of the music – melody, pitch, volume, etc. What is possible to experience in addition, is largely metaphysical. It is when we start feeling the life in the music, when we correlate to the expression that the composer is trying to project through a piece, that we naturally develop a sympathy or resonance with it.

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In a music hall many a perceptive listener has therefore been moved to tears over a violinist performing a solo rendition. This expressiveness, a high emotion or sentiment, is one of the key directions the conductor provides the orchestra through his hands and body language.

### **The Conductor**

Many professional orchestras comprise highly accomplished and celebrated musicians. We may ask therefore, if they really need a Conductor at all. Perhaps the answer to this question can be found in the mysterious relationship between a Master and Disciple.

Tradition suggests that every Disciple needs a Master. While the Disciple may conquer certain virtues through discipline, the Master helps orient the disciple to walk in the right direction, with the correct use of those virtues, to discover the magic of the Path. Similarly, the role of any great conductor is to help the orchestra deliver rich, full, sumptuous, well blended sound by directing the manner in which each musician's skill is manifested. This brings us to the parallels between music and our own lives. As conductors of our own lives, we are responsible for leading and orchestrating our own responsibilities, priorities, dreams and duties.

### **Order**

Many traditions describe the human being as a complex structure constituted of various tools, or instruments, including the physical body, the energetic body, an emotional plane, the mental, and others more subtle. Each of these instruments has a voice, each has its needs, and each a role which is distinctive, serving a specific purpose, contributing to the music of our lives.

Each element without the conductor becomes a rogue musician who forgets he is part of a whole, playing his own tune, not caring whether the volume is appropriate or the tone is as intended, creating disorder, and discord. Just as a conductor, therefore, we too are responsible to bring order to our own lives, harmonizing the various elements, and directing them toward an archetype, without which our lives too would be reduced to cacophony. It is perhaps no coincidence that many ancient traditions depict divine figures with a musical instrument, perhaps to symbolise mastery over these instruments as a divine quality.

### **Rhythm**

Musically speaking, Rhythm is a pattern of regular or irregular pulses in music. Without a good sense of rhythm even a good musician can get lost and quickly go out of sync with the rest of the orchestra. The right stroke on the humble triangle can make it stand out in an orchestra of over a hundred musicians, and a drum maestro will know exactly when to unleash his power and when to lower intensity. Rhythm allows movement, allows endurance, and allows for a sustainable tension despite the high and low notes in life. Rhythm can change, to adjust to the changes in circumstance, but the need for continuous rhythm always remains.

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## Sentiment

Any piece of music evokes a message, a sentiment, that the composer was trying to convey. One such example is Beethoven's famous 3rd Symphony simply called Eroica or Heroism. Originally this piece was dedicated to Napoleon in admiration for his anti-monarchical sentiments after the French Revolution, and it has the power to elevate and inspire the listener. Our lives too can be led to evoke sentiments; courage in the face of challenges, or compassion in the face of injustice. The attitude with which we face the circumstances of life can be driven by these timeless sentiments. Is it not after all that most of us derive inspiration from the manner in which great heroes live their own lives?

## Tension

Another important concept relevant to the correct harmonization of the above components is the need for each instrument to be tuned correctly. In the case of string instruments for example, the right tension is key to produce a pure note. Too tight and the strings would snap, too loose and there will be no music. A master violinist may have a million dollar Stradivarius, but unless the tuning pegs calibrate the strings to perfect pitch, it will not perform.



*Like a musical score produced and written with meticulous perseverance, we too must create a plan that synchronises our own internal orchestra towards a finality, a real purpose. Like music, it will demand discipline, commitment, and steadfastness in order to be perfected, just as silver needs constant polishing to keep it shining.* 

Every musician no matter how brilliant in his own right, is never content with his own performance; he always seeks to improve and become better, not only for himself, but so that the entire orchestra can reach its highest potential. We too can strive every day to stretch ourselves just a bit more, to discover the unfamiliar, and dare the untried, to reveal new heights of our own potentials. Just as the tiny triangle can make the most flawless and distinctive contribution to a complex symphony, each of us can bring our own unique area of strength to contribute to the music of life. The conductor may have a baton at his disposal to guide the orchestra, but most important is the intention to bring the music to life. We must realise that the music we create of our own life, is but one score of music, that must work harmoniously with all of nature to deliver the symphony we call Life.

# World Philosophy Day

Karan Kamble

In rainy Bengaluru, words of wisdom sprinkled generously to celebrate a special day towards the end of 2021. New Acropolis, an international school of philosophy, in association with the Bangalore International Centre, held a panel discussion on the theme “Walking The Talk: Practical Philosophy” on Friday, November 19, to mark the United Nations-designated World Philosophy Day.

These objectives of the UN initiative converged naturally when four practising philosophers from different walks of life — a teacher of practical philosophy, an architect, a doctor, and an entrepreneur — joined in conversation to discuss what makes philosophy — especially in its actionable avatar — more relevant than ever before.

The motivation behind the session’s theme, as stated by the panel’s moderator Surekha Deepak, herself a teacher of philosophy, was to challenge the prevailing idea that philosophers are lost souls who spend their waking hours thinking things over and over, nitpicking to a senseless degree, all the while remaining blissfully disconnected from reality.

This idea needed challenging because, in ancient times, the reality seemed to be exactly the opposite — back then, a philosopher was someone who walked the path of values. Over time, however, the practice of philosophy, as well as the perception of it, came to be looked upon unfavourably.

Reminding the audience of the roots of philosophy, entrepreneur Bhanu Prathap Singh Slathia, said: “Philosophy is not just intellectual. It’s not just about thinking and thinking, but (rather) philosophy is an active force. It’s the force of transformation.”



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Prem Chandavarkar, the architect on the panel, said that in its practical form philosophy is not just relevant but essential. “We need to practise philosophy not as an activity of academic abstraction, but as a concrete tool for examining our lives,” he said, emphasizing the importance of living the values that we strive for rather than merely talk about them. Dr Sashidhara related to the close relationship between philosophy and truth. “The essence of philosophy is truth,” he declared.

Elaborating further, he said there are two truths — “peripheral truth” and “central truth”. While the peripheral truth lies at the interface of our interaction with the outside world, the central truth lies within us. One is characterised by doing, the other by being. If the practice of philosophy is to yield fruit, these truths have to be harmonised. “We need to align this peripheral and inner truth to get something out of philosophy,” Dr Shashidhara said.

*“Our role as practical philosophers is to bring a solution,” Ran Kremer, the director of New Acropolis South India, said. The philosopher’s solution will not directly combat, say, the climate or energy crisis, but it will offer a different approach with the promise of more holistic, longer-term benefits.*

According to Kremer, the philosopher’s solution “will help us to reconnect, to regenerate, to revive, to bring back the sense of meaning, the sense of direction, the sense of confidence of co-existence”.

Practical philosophy will also help heal human relationships, which tend to be among the earliest casualties in times of crises. “Because human relationships are the most vulnerable,” Kremer, who has been actively engaged with philosophy for 25 years, told the gathering of about 70 people.

Slathia spoke to this idea by stating “There is a role that society plays, that the people around you play. We don’t work with machines, we work with people,” he said, adding weight to the point of prizing the health of human relationships as a practising philosopher. Philosophy is relevant in many ways in the world today, but Chandavarkar chiefly offered two reasons during the panel discussion. The personal reason, he said, is to prevent habit from numbing our experience of life. “Habit is an anaesthetic and philosophy is a way of keeping an alertness so it doesn’t get anaesthetised by habit.” On the other hand, the social reason is to “form a healthy society that is not racked by division” — once again, stressing the need for people around the world to live in peaceful co-existence.



But what about happiness, perceived often as the holy grail of the philosophical path? "There is something which is beyond happiness," Kremer said, warning the audience "that there is something tricky when we think the meaning is the search for happiness".

"Because we have seen that happiness can be easily traded with something that is very short-lived," Kremer explained.

In place of happiness, the long-time philosopher offers a wiser alternative: "Let's search within for the eye of the storm," which is the calm centre in the middle of chaos, strikingly reminiscent of Dr Shashidhara's "central" truth within us where silence resides.

Chandavarkar too called for joy in place of happiness to accompany one's philosophical journey. Referencing the work of British environment writer Michael McCarthy, he said, "You may be happy right now because you're getting the chance to eat a well-made pizza. But eventually the pizza gets eaten, hunger returns, and you're back to where you started." "Joy," on the other hand, "has an outward gaze," Chandavarkar explained. "It finds resonance in another person, a beautiful place, a wider purpose. It constantly drops anchor in something that is greater than yourself. An ongoing alertness to such anchors is both sustaining and renewing." Therefore, advised Chandavarkar, "always philosophise with joy".

As the world potentially braces for more stormy weather in the years to come, perhaps all of us, through the force of practical philosophy, can find shelter at the eye of the storm, not just finding peace for ourselves but sharing it out to all corners with the singular aim to make the world a better place for all its inhabitants.



# Chado: The Way of Tea

## Sejal Ajmera

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Chado is a Japanese tea ceremony practiced to bring peace and tranquillity. The form we know now was a way to go beyond entertainment and brings alive the Zen belief of *nichi nichi kore koujitsu* or every day is a new day and every act in our daily life can be a way to achieve enlightenment.

Through this experiential talk, using the Chado as a base, we looked at the meaning of ceremonies and how we can bring them alive in our daily lives. Participants also got the opportunity to create and participate in a mini version of the tea ceremony also known as *Chakai*.

## MEET THE ACROPOLITANS OF BENGALURU

Doctors, engineers, social workers, homemakers, teachers, actors, journalists- regardless of our identity and profession, love of wisdom & fraternity has brought people from various walks of life to New Acropolis.

In this section, we are presenting to you a glimpse of our journey through one of our members. this journey is both individual & universal at the same time

We hope that you enjoy getting to know us this way!



**SUPRIYA PRASAD**

REAL ESTATE  
CONSULTANT.

LOVES TO TRAVEL AND SOAK IN THE BEAUTIFUL CULTURES OF THE WORLD. HAS A VERY SPECIAL CONNECT TO MUSIC  
A DISCIPLE WALKING THE PATH OF PHILOSOPHY.

### WHY DID YOU WANT TO STUDY PHILOSOPHY AT THIS POINT IN YOUR LIFE?

I would often wonder what my purpose in life is, what is my role in life.

Can it be more meaningful? Can it be more fulfilling? These were some of the questions that kept popping up in my mind and I was actively seeking for answers. At this point of time in my life, I decided to delve deeper into the study of Philosophy.

### WHAT MADE YOU CHOOSE & STAY WITH NEW ACROPOLIS TO PURSUE THIS INTEREST?

I heard about New Acropolis through a friend and decided to attend the first level foundation course. The learnings and teachings stayed on with me, because the approach to Philosophy was so simple and practical that I wanted to pursue it further

### WHERE IS PRACTICAL PHILOSOPHY HELPING YOU THE MOST IN LIFE?

Actually my response to people and situations has changed. I feel I can handle it with more clarity and calmness.

### CAN YOU SHARE A SPECIAL LEARNING YOU DISCOVERED IN THE LIVING PHILOSOPHY COURSE THAT HAS STAYED WITH YOU EVEN TO THIS DAY?

A very special Learning that has stayed with me is a depiction from the Bhagavad Gita. Our life is like the Kurukshetra or the Battlefield. It is full of challenges and tests.

We have both the higher virtues which is the Pandavas, and the lower instincts which is the Kauravas within us. I draw upon the strength and courage of Arjuna to fight my Kauravas which can be Anger, Fear, Doubts etc. With the help of my Pandavas, which is my higher self, I strive to act with honesty, Love and the true awareness within myself

### A QUOTE FROM YOUR FAVOURITE PHILOSOPHER THAT YOU KEEP GOING BACK TO AGAIN AND AGAIN

I keep going back to the quote  
**"Know Thyself".**  
By looking inwards into myself, I try to understand myself better, so that I can work on my strengths and weaknesses, to be a better human being.

# WHAT CAN I SAY, WHEN THERE IS NOTHING I CAN SAY



*" We need to go into conversations not looking for victory, but progress" - Julia Dhar.  
Constructive conversations rooted in the spirit of inquiry and meaning promote a true dialogue in times of agreement and disagreements. The result? Meaningful connections that build relationships. Through this experiential session we will look at the secret of being able to build harmonious communication by expressing ourselves better.*

Free Entry | Limited Seats | Rights to Admission Reserved |

Email [info@newacropolis.in](mailto:info@newacropolis.in) or call +91 96638 04871 to register





Upcoming  
EVENTS

"It is up to each one of us to become artists and scientists of the complex and wonderful exercise of living."  
~ Delia Steinberg Guzmán ~

What is love? How can we make sense of challenges? How can I find the courage to live freely? – Are questions The Everyday Hero struggles with daily. Drawing inspiration from practical reflections of philosopher, musician, and author Delia Steinberg Guzmán from her book **The Everyday Hero** this thoughtful talk looks at ways to channelize each one's self-reflection on living with a 'heroic sense of life' in everyday situations.

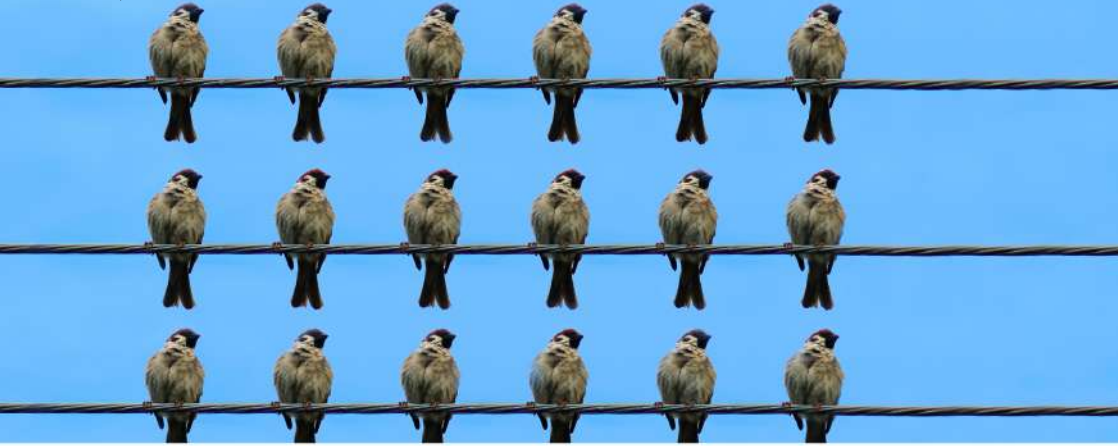
# Everyday Questions, Everyday Hero

19th Feb, Sat  
6:30 to 8:00 PM  
New Acropolis, Jayanagar



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Upcoming  
EVENTS



# Listening: A Forgotten Art

Listening is an oft-overlooked aspect of communication. The impression seems to be that listening is automatic. Just like our heartbeats automatically, our ears hear what is being said but may not listen.

Through this thoughtful and practical session, we will look at the art and science of listening. We will also look at some practical ways to listen effectively and connect from the heart.

**MARCH 6TH 2022, 5-7 PM**  
**VENUE: NEW ACROPOLIS INDIRANAGAR**

**TO REGISTER, CALL 96638 04871**

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# Philosophy in the Park

**Spring theme: Communication**

**LET'S WELCOME SPRING INTO  
OUR LIVES WITH SOME  
MEANINGFUL TIME AMIDST  
NATURE.**

Held amidst the trees and beauty of one of Jayanagar's parks, join us for an evening of inspiration and practical human connection.

Spring is all about clear and beautiful expression. As human beings, our expression is through how we communicate in our lives.

Experience a guided practical group activity that helps develop the ability to communicate with focus and seeing the larger picture.

**5TH MARCH, SATURDAY  
5:00 - 6:30PM  
AT JAYANAGAR**





*Upcoming*  
EVENTS



## ***FINDING CLARITY***

**Rapid change and uncertainty are modern-day realities. In this race, we often find ourselves wandering or frozen with confusion. However, there is also great beauty in finding clarity. The end result? A life with a clear map and meaning.**

**Join us for a practical session that draws inspiration from ancient philosophy - from Stoics to the Bhagvad Gita - to build your toolboxes for clarity!**

26th March, Sat 6:30 to 8:00 PM  
New Acropolis Jayanagar



Free Entry | Limited Seats | Rights to Admission Reserved  
[www.acropolis.org.in](http://www.acropolis.org.in) | [info@newacropolis.in](mailto:info@newacropolis.in) | +919986145294

# Living Philosophy

Connect the dots  
Make sense of today's world  
Rediscover human connections  
Make philosophy a way of life  
**20 week course | 2 hours once a week**



Call 99638 04871 or scan QR code to register for a free intro session  
at our Indiranagar or Jayanagar centers in February



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 20 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/>



# About New Acropolis

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New Acropolis is an international non-profit volunteer-run organization, having a philosophical, cultural and social approach. It was founded in 1957 as a school of Practical Philosophy in the Classical Style, to promote the ideal of timeless values towards human development.

In over 60 countries where New Acropolis is present, this vision is implemented through an eclectic range of teachings, practices and activities, inspired by Classics of both Western and Eastern global cultures and ancient civilizations. Our programs, based on philosophy that is practical and active, combine theoretical and practical education with expressions in the fields of Philosophy, Culture and Volunteering. With over 20,000 volunteers of all ages, cultural backgrounds, and social levels, New Acropolis emphasizes principles of Coexistence, Fraternity and mutual collaboration beyond cultural, sexual, or religious differences.

We at New Acropolis all over the World are greatly inspired also by the timeless principles of the Ancient Classical Indian Culture, Arts and Philosophies. New Acropolis in India, same as in all our centres worldwide, seeks to take inspiration, knowledge and best practices from the rich artistic, spiritual and cultural human heritage in order to enhance both individual and collective human development.

Visit our website at [www.acropolis.org.in](http://www.acropolis.org.in)