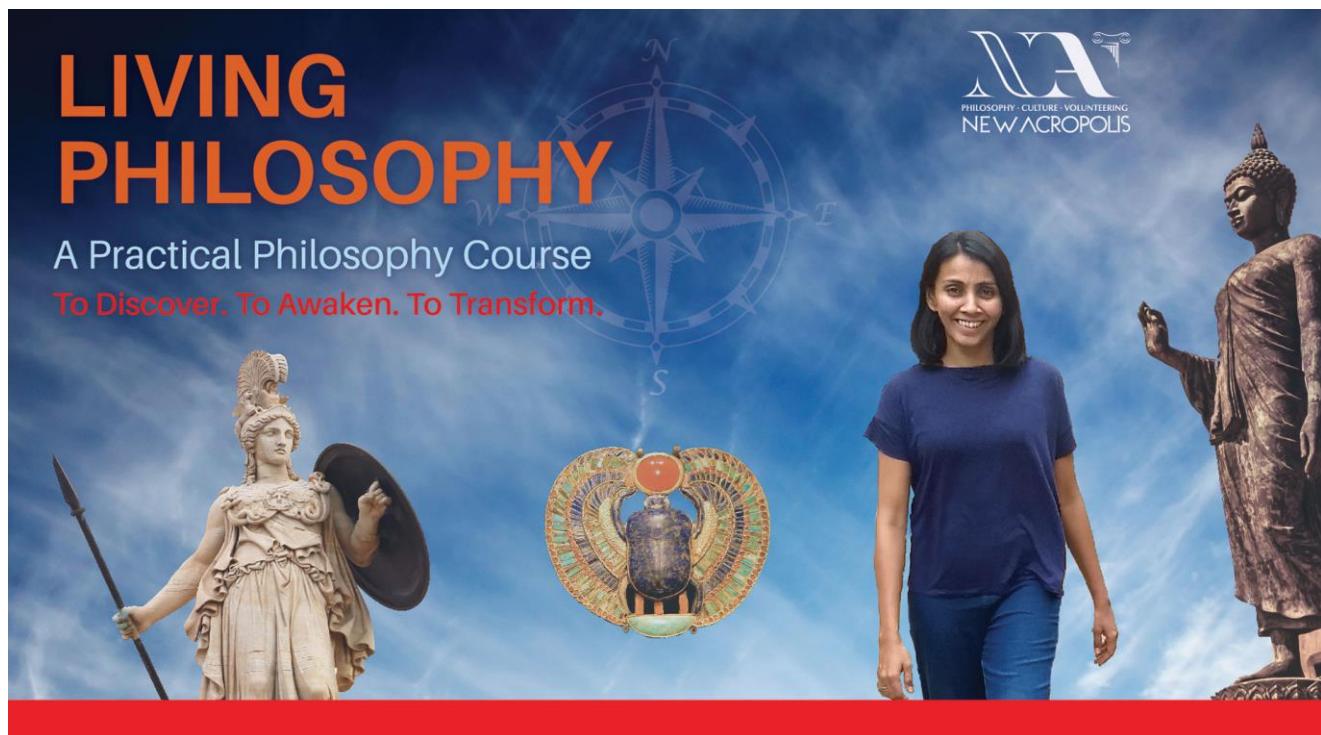


# LIVING PHILOSOPHY

**To Discover. To Awaken. To Transform.**

**Foundations to Practical Philosophy**  
at New Acropolis International Organization (IONA) - India

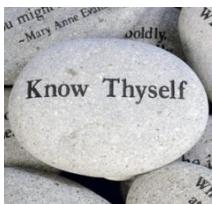


Living Philosophy is a course in Practical Philosophy that brings philosophical teachings of the major ancient civilisations from east to west- from Confucius to Plato, from Tibetan Buddhism to Ancient Egypt.

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 ONE - ETHICS (Man and the Self)



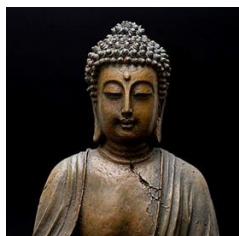
### Know Thyself

- 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 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



### 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



### The Inner Voice and 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 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



### 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 TWO - SOCIO-POLITICS (Man and 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

### The essence of Ethical Politics and 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

### 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

### 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 THREE - THE PHILOSOPHY OF HISTORY (Man and the world)



### Myth and History

- Myths: Truths hidden in mythology
- Chronological time, Sacred time and Mythical time
- How Myth drives History



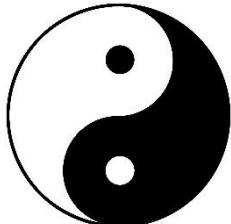
### The Wheel of Life

- 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 and 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
- 3 of the sessions across Part 2 and Part 3 of Living Philosophy include Socratic Café - interactive group dialogues