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NA NEW ACROPOLIS

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# ACROPOLIS

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JULY - SEPT 2025



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**THE LESSONS OF  
PROSPERITY**

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**THE ANCIENT  
STOICS COME  
TO OUR AID  
TODAY**

# About New Acropolis

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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 6  
Editor: Surekha Deepak

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# Editor's Note

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**Dear Reader,**

In this issue, we share keys from the wisdom of the stoics. These tools suggest ways to navigate both the individual challenges each of us may be experiencing, as well as the collective disturbances we are faced with, given the many inconceivable events taking place in the world.

We also examine a rather profound issue of our times. 'Lessons of Prosperity' suggests our collective pursuit of comfort and productivity may have "sedated our souls". Today, many in developed nations enjoy comforts unimaginable to previous generations. While we have unprecedented material wealth - has it truly brought us happiness?

Happy to share glimpses of our celebration of a day where participants experienced a day of volunteering as we celebrated Mother Earth Day. Going forward, we invite you to events we have lined up this quarter, at both Indiranagar and Jayanagar.

This season, we wish for you to connect with the spirit of going inwards.

Happy reading!

**Surekha Deepak**

Editor | ACROPOLIS



# The Ancient Stoics Come to our Aid Today

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Delia Steinberg Guzmán

As a result of the number of adverse situations we have to face, many health professionals are having to propose solutions to deal with the ever-increasing number of cases of uncontrolled and unmanageable emotions, depressions or, on a smaller scale, states of anxiety.

It is interesting that this has led us to turn to the ancient world for answers which have been useful and positive in the past. This is the case of the Stoics, who have been recovered as a tool for helping with our current conditions.

Many books and articles have been written and continue to be written on the subject, when not directly quoting the advice of those philosophers. One such work was recently brought to my attention; it is called *Philosophy for Life and Other Dangerous Situations: Ancient Philosophy for Modern Problems*, by Jules Evans.

I would like to highlight some truly interesting ideas:

**It is not events that make us suffer, but how we see them.**

Our approach to events is very important. Our mental and emotional position can completely change what they mean to us, which is equivalent to saying that it would be simpler if we changed our approaches to them.

Often, the way we see life depends on beliefs and opinions that have become rooted and hardened inside us, even though they are not exactly our own; they come from outside and silently infect us.

We need a new attitude that will allow us to expand our limits and horizons, not in order to be happy once and for all, but at least to be calmer and more serene, knowing that we will eventually find a way to alleviate the sufferings.

Serenity is an essential factor. We have to learn how to calm ourselves, to see and listen within, without over-excitement or pain.

**We are not always conscious of our opinions, but we can sincerely investigate within ourselves until they become clear.**

The ancient Greek philosophers, including Socrates, affirmed that it is indispensable to know ourselves, and to do this we need to make a sincere and continuous examination without becoming obsessive. We must learn to ask ourselves about what we like and don't like, what we believe and reject, what attracts us and what upsets us.

A very useful piece of advice from the Stoics is to write short diaries with reflections about our thoughts and feelings, analysing ourselves honestly and briefly.

**We cannot control what happens, but we can control our reactions to events.**

The Greek philosopher Epictetus divided human experiences into two types: the things that depend on us and those that don't.

Those that don't depend on us are innumerable: human, social, economic, climatic factors, in general pain, death... and so many others which are equally unpredictable.

But what does depend on us is the control we exercise over ourselves, above all if we make it a constant practice. Self-control supports self-affirmation, reduces anxiety and fosters the ability to make our own decisions in confusing situations.

### **Choosing the perspective**

We referred before to the approach to things, and now we want to refer to the perspective. Perspective reflects the angle from which we approach things, how we give them more or less value depending on whether or not they are in our sights. Take the case of a good photographer who knows how to choose details that go unnoticed by others, but which he is able to highlight.

The philosopher-emperor Marcus Aurelius liked to compare the human condition with the immensity of the universe because it enabled him to take a more simple and

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*We are not always conscious of our opinions, but we can sincerely investigate within ourselves until they become clear.*

“

humble perspective. In one of his examples he states: “Nothing happens to anybody which he is not fitted by nature to bear.” In this way, our problems are kept in proportion.

It is also essential to live in the present: there is no point going over the past, which is already past, except in order to extract the valid experiences; and there is no point fantasising about the future when we don’t even dare to properly plan a day, a week, or a month of our lives.



On the importance of the Socratic method of dialect and its effect on the Nous, we can learn from the writings of anthropologist and philosopher Fernand Schwartz: “Through dialectics as a method allowing the intelligence (in Greek, Nous), the seat of our immortality, to perceive the truth residing in the “heavens” (the world of ideas) and to apply and practice the good on earth (the sensible world), Socrates provides a philosophical framework for the ancient Greek belief in the dual movement of the soul, a true bridge between heaven and earth.

He offers a practical form for those who wish to live by elevating their soul and acting in accordance with their innermost conviction.”

## **The importance of conscious repetition**

The Stoics give a lot of importance (as do other modern philosophical tendencies) to teaching, to continuous exercise, to conscious practice and repetition; if we only repeat mechanical actions we won’t extract any valid learning.

## **The importance of work**

Inaction is the mother of all evils. Work, both physical and mental, enriches the human being, not only because it productively occupies his time, but also because it shows him fields of action to which he can return in moments of despondency. Seneca said: “the Stoics see all adversities as a training exercise”. This indicates that obstacles should be turned into trials and be recognised as such so that we can extract a teaching from them which will be useful for the whole of our lives.

## **The importance of virtue for attaining happiness**

Stoicism aimed at a state of well-being which is based on the values of virtue. More than well-being, human beings are constantly looking for happiness, although happiness is not the same for all. For the Stoics, there can be no happiness in external factors, which are as variable as wealth and power, but only in inner development.

Although it may seem very hard to detach oneself from worldly and prestigious goals, it is not so hard when we discover the value of the inner treasures that no one can take away from us.

## **The importance of ethical obligations towards humanity**

Human ethics proposes obligations that need to be fulfilled towards all those around us: friends, family, colleagues and life partners; but there is a wider duty which includes the whole of humanity, because we form part of it.

These different obligations may be very difficult to combine on many occasions, but our skill lies in finding points of confluence and not of friction.

For some powerful reason, the Stoics thought of people as “citizens of the world”, without neglecting love for one’s own country. But the world citizen also thinks of the whole in order to look for a happiness which is beneficial for all.

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## CELEBRATING VOLUNTEERING ON MOTHER EARTH DAY



# Upcoming Events

INDIRANAGAR

**Book your slots  
today!**



## One Truth, Many Paths: A Kabir Perspective

Step into a soulful morning inspired by the timeless words of Kabir - poetry that speaks of love, unity, and the deeper truths of life.

A reflective panel discussion with the artists and a philosopher, followed by a soul-stirring musical journey with singer-composer Bindhumalini and singer Gurupriya Atreya as they bring Kabir's verses to life.

**Sun July 6, 2025**

Bangalore International Center

11:00 am - 1:00 pm



## The Beauty Within: A Creative Journey

Can Art help us connect with the deeper aspects within us? Plotinus, the Roman philosopher speaks of a way of using art as a bridge to go beyond forms to the Source and to find the essence of 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 us.

**Sat August 2, 2025**

New Acropolis - Indiranagar

6:30 pm - 8:30 pm

**Ticket Price Rs.350**





## The Leader in You Developing Authentic Leadership

Leadership begins with how we lead our own lives—it's an inner journey that shapes how we support and inspire others. This experiential talk will explore themes such as authentic leadership, shared and individual leadership, and the balance of feminine and masculine leadership, guiding you towards discovering the leader within.

**Sat August 9, 2025**

6:30 pm - 8:30 pm

New Acropolis - Indiranagar



## Navigating the minefield of emotions

Emotions can be a powerful tool in enabling us to live to our fullest potential or an insurmountable distraction taking us away from our goals.

Join us as we explore how we can rise above our emotions and use them as a tool to move beyond our limited selves.

**Sat September 6, 2025**

6:30 pm - 8:30 pm

New Acropolis - Indiranagar



## Alchemy - The Art of Transformation

Alchemy often conjures images of mysterious medieval experiments to turn lead into gold. But what if it was really a metaphor for inner transformation—from materialism to higher consciousness?

Join us for a fascinating session that reimagines alchemy as a science of the soul.

**Sat September 20, 2025**

6:30 pm - 8:30 pm

New Acropolis - Indiranagar



## Mārga - Philosophy for Life Introductory session

Mārga is a practical interactive philosophy course to connect deeper with yourself, the community and the world. We invite you to discover paths to meaningful living and to unveil mysteries of inner growth. Make sense of today's world with the power of ancient wisdom.

**Sat September 10, 2025**

7:30 pm - 8:30 pm

New Acropolis - Indiranagar



# Upcoming Events

JAYANAGAR

**Book your slots  
today!**



## Being Me: Living with Authenticity

"The privilege of a lifetime is to become who you truly are."  
~ Carl Jung

How can we take steps to know and live who we truly are?  
What can we learn from the philosophy of different  
cultures, about the search for authenticity?

**Tuesday, 22 July 2025**

New Acropolis - Jayanagar

7:30 pm - 9:15 pm



## 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. As a result, we can deepen our engagement  
with life.

**Tuesday, 5 August 2025**

New Acropolis - Jayanagar

7:30 pm - 9:15 pm





## Understanding Reality through Mythology

Myths from across cultures convey to us the universal human narrative. By connecting to their symbolic meaning and learning to go beyond the story, we can extract perspectives and practical tools to engage deeper with our own reality.

**Sunday, 24 August 2025**

New Acropolis - Jayanagar

6:30 to 8:45 PM



## Resilience: Practical Lessons from Stoic Philosophy

The practical philosophy of Stoicism points to uncovering our inner strengths as a key — for being resilient in the face of life's challenges; and also to take the opportunities we have to live authentically and meaningfully.

**Sunday, 14 September 2025**

New Acropolis - Jayanagar

6:30 to 8:45 PM



## 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.

**Tuesday, 23 September 2025**

New Acropolis - Jayanagar

7:30 PM - 9:30 PM



## Mārga - Philosophy for Life

Mārga is a practical interactive philosophy course to connect deeper with yourself, the community and the world.

We invite you to discover paths to meaningful living and to unveil mysteries of inner growth. Make sense of today's world with the power of ancient wisdom.

**Course starts 28 October 2025**

New Acropolis - Jayanagar


7:30 - 9:30 PM every Tuesday





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

 16-Week Course

 2 Hours Every Week

 7:30 PM - 9:30 PM

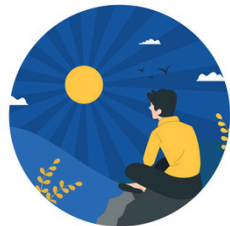
**Begin your journey of being connected**



**Connect with Yourself**



**Connect with Community**



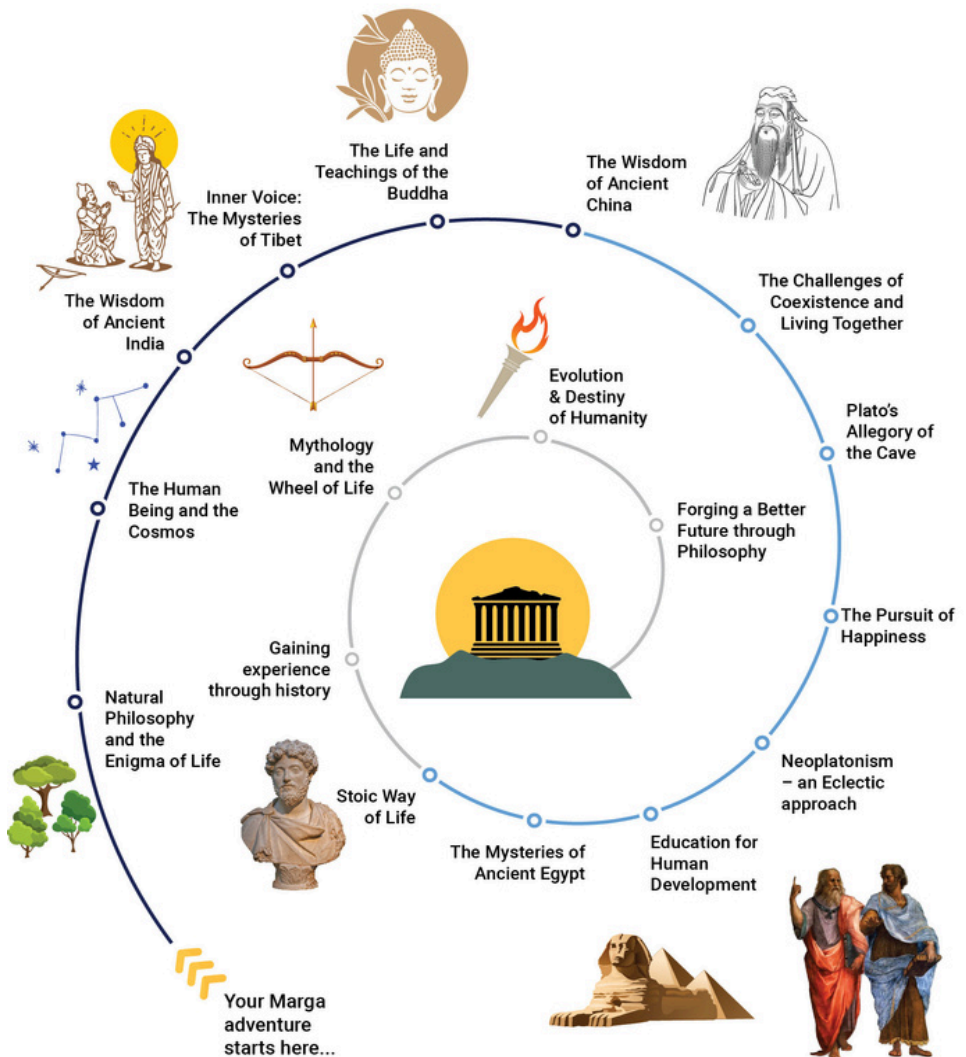
**Connect with the World**

**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.

# Mārga Course Roadmap



# PHILO-PHOTO

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**Registrations are now open!**

Theme: From Darkness to Light.

How to participate?

Register and submit your best 1-3 photos.

Open for entries till Aug 15



[www.philophoto.org](http://www.philophoto.org)

For more details and  
registration



# The Lessons of Prosperity

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**Gilad Sommer**

The twenty-first century has provided mankind with one of its most important experiences and lessons — material prosperity is not enough for human flourishing.

Like every idea of progress in history, the idea of a generalized material progress and its association with human happiness came to life through the work of philosophers. For most of history, people lived simply and did not expect otherwise. While philosophers like Plato and Confucius discussed the essential equality and dignity of all human beings, it was the philosophers of the Enlightenment who tried to manifest these ideals in a more concrete fashion.

Influenced by the ideals of freemasonry, they envisioned a world where all people of the world could live in dignified conditions. John Locke, a British philosopher, wrote in 1690 about the “natural rights” of all human beings — liberty, life, and property — sowing the seeds for the “inalienable rights” of the US Declaration of Independence (1776) and eventually the UN Declaration of Universal Human Rights (1948). Following Locke, economic philosophers like Adam Smith (1723-1790) developed practical theories to bring wealth to the greater majority of mankind. These ideas, revolutionary at the time, have led us to a unique position in human history.

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*‘No society can surely be flourishing and happy, of which the far greater part of the members are poor and miserable.’*

~ Adam Smith

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In a recent commencement speech at the University of Virginia, Economist Robert Parham stated, “(as) a college student in America today you are better off and wealthier than the king of England was 300 years ago.” In pure material terms, this is undoubtedly true. As a result of what some economists call “the Great Enrichment”, a large percentage of people today, especially in the so-called developed countries, live at a level of comfort undreamt of by the average person just a hundred years ago. As Irish philosopher Edmund Burke noted in 1765, “Nine Parts in ten of the whole Race of Mankind drudge through Life”, i.e. the majority of humanity, at least since the days of the Roman Empire, has lived in what we would call material poverty.

Let us not be mistaken or overly complacent however. According to the World Bank, about 700 million people live in extreme poverty today, roughly the number of people who lived in the world during Burke’s time. This includes around 300 million people who are facing acute hunger as a result of conflicts and climate change among other things. Nevertheless, in relative percentage terms, a large part of humanity, especially in developed countries, lives in comfortable material conditions.

We have daily and immediate access to hot water, food, and light. Almost any item we can dream of can appear at our doorstep in a few days. We can communicate with people all over the world instantly. There are solutions to difficult health conditions that were incurable or untreatable in the recent past. Infant mortality is significantly lower than in previous centuries.

And while this material bonanza is not shared equitably among all people, even the lives of the poor in developed countries cannot be compared to those of the past. Death by hunger, for example, is virtually unknown in the United States and Europe.

### **And what about the sacrifices we made for this material prosperity?**

Many have discussed the various costs of material progress, but one that is often neglected because it is subtle, is the sedation of our souls. When we are excessively preoccupied with productivity and comfort, we lose sight of the big picture of what it means to be human. Our minds are so obsessed by the material details of life that we lose touch with subtler aspects of reality, our soul falls asleep, and we even forget these aspects exist. This is reflected in cultural decline, a loss of values, and moral blindness, and the worst thing is that we don’t even





recognize it, as we become used to the mud, like a person who gets used to polluted air. Only when they are out at nature, they suddenly notice they can breathe more easily.

When it comes to material comfort, there are two approaches — one is to continue developing new material means of achieving more comfort (e.g., using a washing machine instead of washing clothes at the river); the other is to satisfy oneself with less. There is also a middle way: to develop means that are sustainable and can be maintained for the long term without destroying their own source or objective, and as long as these means do not make us sacrifice the things that make life worth living. As the old saying goes, we need both bread and flowers: bread to live and flowers to have something to live for. With this analogy in mind, if our production of more bread destroys the flowers, we have taken a wrong turn somewhere along the way.

It is time to realize that human flourishing requires more than just material prosperity. Nice furniture does not a happy family make; nor does a nice car make a calm driver. Material things are important, but in the right proportion. The intention here is not to romanticize poverty, which just like excessive wealth, as Plato says, is a producer of great evil. We aim to have both prosperity and flourishing. But this might mean rethinking prosperity to include elements often ignored today, such as community life, authenticity, spirituality, and more.

When writing the US Declaration of Independence, Thomas Jefferson chose to replace one of John Locke's three original natural rights, changing the right to property to the right to pursue happiness. Was he onto something?

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*We aim to have both prosperity and flourishing. But this might mean rethinking prosperity to include elements often ignored today, such as community life, authenticity, spirituality, and more.*

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**Vinay Krithik**  
Entrepreneur

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**New Acropolis is a practical philosophy school that gives you the right tools, the right mindset shift and the pulse of the heart to understand, connect and feel philosophy applicable at your home and place.**

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**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.

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 16-Week Course

 2 Hours Every Week

 7:30 PM - 9:30 PM

Scan to know more



**New Batch Starts on 17 Sept (Wednesday) at Indiranagar &  
28 Oct (Tuesday) at Jayanagar**

**Reach out to us**

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