

# LIVING PHILOSOPHY

## HOW CAN PHILOSOPHY HELP US?

We study philosophy in order to:

- Seek the wisdom we lack, to discover little by little the laws that govern life and therefore ourselves.
- To master our personalities and make them more harmonious.
- To offer others the results of our experiences, helping them, if possible, to avoid unnecessary pain.
- To understand the causes behind so many apparent inconsistencies in life, such as pain, disease, poverty, violence, madness, hatred and fear.
- To recognize, behind these apparent contradictions, practical exercises that life is offering us to work on our evolutionary progress.
- To take an active approach towards history rather than being passive observers.
- To use the legacies of tradition as a foundation and to generate new ways of transmission towards the future.
- To arouse the sleeping sentiment of human solidarity and to see everyone as a being worthy of our sympathy and understanding.
- To unveil the mysteries of existence.

## MAIN THEMES

### SELF-DEVELOPMENT (ETHICS)

To develop ourselves is to bring out the best of ourselves.

Self-realization requires us to know ourselves, to recognize our different elements and to know how to make decisions.

This means to live life as an *adventure* that brings out our best qualities.

Philosophy is the art of living.

### LIVING TOGETHER (POLITICS)

Living together is a challenge we all must face.

We cannot grow as individuals without taking part in society.

To lead is to use our best qualities to give an example and to guide others towards a vision of a better tomorrow.

Leading others begins by leading ourselves.

### BUILDING THE FUTURE (PHILOSOPHY OF HISTORY)

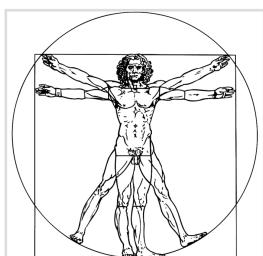
The future is ours to build by following a sustainable course of action for the individual, society and the world.

The study of the future begins with understanding the past. To know where we're going we need to know where we come from, and where we are right now.

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## CLASS DESCRIPTIONS

Classes include practice of concentration, attention, memory, habits, intelligence, will, self-control and more...



#### Class 1: ***KNOW YOURSELF!***

To find sustainable happiness we need to recognize the elements within us and to live a fulfilling and authentic life.

- Timeless Ethics and temporal morals
- What is the Human Being?
- The Seven Dimensions of the Human Being
- Moral Life Vs. Intellectual Life



#### Class 2: ***THE INNER WARRIOR (2 classes)***

***To develop our inner strength and values,  
we need to be enter the battle against ourselves.***

- The Wisdom of India: The Bhagavad Gita
- Karma, Dharma and Reincarnation
- What is the Right Action?



Class 3: ***WHAT THE BUDDHA TAUGHT***  
***To reach wisdom we need to go through the philosophical crisis and find the roots of our suffering.***

- The Life and teachings of Siddharta Gautama “The Buddha”
- The Middle Way: Finding the Right Tension in Life
- The Meaning of Suffering



Class 4: ***THE VOICE OF THE SILENCE***  
***The mind is our most useful tool in the inner battle.***  
***But first we need to master it...***

- Introduction to the Wisdom of Tibet
- Helena Petrovna Blavatsky – The Adventures of a Great Philosopher
- The Voice of the Silence – Manual for a Traveler on the Path



Class 5: ***THE WISDOM OF CHINA***  
***Ethics and Politics - what's the connection?***  
***To achieve a just society, we need to begin with just individuals***

- Confucius and the Harmonious Society
- Politics as a reflection of Ethics
- True Equality vs. False Equality



Class 6: ***LIVING TOGETHER IN HARMONY***  
***To Live Together we Need the Subtle Art of “Live and Let Live”.***

- The Problems of the Modern World
- How to Build a New and Better World?
- To be Young



Class 7: ***PLATO'S CAVE***  
***What is the nature of our reality?***  
***To find the answer we need to look honestly at the current state of the individual and society.***

- The Philosopher and the Politician – Changing the world with Philosophy
- The Dangers of Social Manipulation



## Class 8: THE STOICS

*To live together we need to embrace a humane philosophy of inclusion.*

*To live with ourselves we need to recognize things as they are.*

- Marcus Aurelius - The Philosopher-King
- Willpower and Resilience
- Practical Wisdom

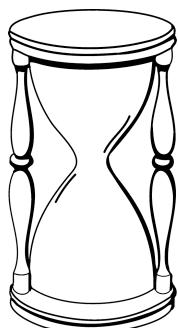


## Class 9: JUSTICE FOR ALL

*The pursuit of Justice in Ancient Egypt*

*To be just we need to find our right place*

- Ma'at – Social Justice in the Eyes of Ancient Egypt
- Hierarchy - good or bad?
- Social order based on Justice



## Class 10: HOW DID WE GET HERE?

*If we don't know our past, we cannot build a sustainable future.*

*Learning from the mistakes of the past prevents us from suffering in the present.*

- Experience as a motor for the future
- From the fall of Rome to our times - What can we learn from history?



## Class 11: THE HERO'S JOURNEY

*To understand the hidden truths beyond myths, helps us understand our own lives better.*

- History and Myth: Which is real?
- Joseph Campbell and the Monomyth
- Myth study: Theseus and the Minotaur



## Class 12: THE CYCLES OF TIME

*Night follows day, and spring follows winter...*

*To build the future, we have to take in account the natural cycles of history. What is the role each of us has in our times?*

- Working with the cycles of nature
- Great Cycles in Hinduism and the Platonic Year
- Recognizing our unique role in the times we live in

## TO BE CONTINUED...

Advanced Studies include: Applied philosophy, Symbolism, Psychology, Oratory and more