

# *Living* PHILOSOPHY COURSE

**16 week Introduction to Philosophy as a way of Life**

**An invitation to a School of Philosophy**



# SYLLABUS

## Embark on an Inner Adventure

This practical philosophy course acts as an introduction and foundation towards living life with meaning and awareness. It brings together the thoughts of the most prominent philosophers of the East and West, especially those who left deep marks on humanity. This comparative study of philosophies does not belong to a single thinker or to any particular school, it is a universal human heritage. We seek to promote philosophy as a way of life for building new and better human beings for a new and better world.



### Living Philosophy Course (16 week introduction course)

- **The Individual** - Know thy self - Strengthening ethics & values
- **The Society** - To belong - Improving human relationships
- **The World** - The drop and the ocean - Building the future



*"At first the Living Philosophy course drew me in with its shiny course content - a chance to learn from a variety of ancient philosophies in a structured manner... but i stayed for very different reasons!"*

- **Kushagra Agarwal, Artist,  
Course Graduate**



*"What I gained was not just the fact that there are practical tools to live better, but there was active application. Things didn't remain in the realm of theory - there was space to truly reflect, apply..."*

- **Shruti Chopra, Content Creator,  
Course Graduate**



# The Course Roadmap

## THE INDIVIDUAL

Know thy self - Strengthening ethics and values



### **Philosophy & the meaning of life**

Natural Philosophy: Love for wisdom and the timeless human search

- Active philosophy: A way of life
- Being ethical: Harmonizing thoughts and actions
- Search for meaning: Developing human values



### **Human being & the Cosmos**

Relationship between the great and the small: Macrocosm & microcosm

- Who am I? The mystery of the human being
- Laws of nature: Theory of Dharma & Karma
- Discovering latent human potential



### **The Inner Battle**

Teachings from The Bhagavad Gita

- Recognizing & engaging with the inner conflict
- Theory of reincarnation
- The three gunas: Rajas - Tamas - Sattva



### **Mastery of the mind: Developing concentration**

Mysterious Tibet and The Voice of the Silence

- Life & teachings of Helena Petrovna Blavatsky
- Ancient Tibetan text: The Voice of the Silence
- The value of introspection and reflection



### **A vehicle of consciousness**

Life & teachings of The Buddha

- The role of crisis in inner development
- The middle path
- The four noble truths & the eightfold path



### **The science of harmony**

Wisdom in China: Confucius and his teachings

- Confucian doctrine: Order, ethics and politics
- Ethics as the foundation of social order
- Order: through the natural pyramidal system.

## THE SOCIETY

### To belong - Improving human relationships



#### **The art of coexistence: Cultivating harmony in a diverse world**

The challenge of living in a society

- Problems of the modern world
- Need for harmonious coexistence
- To build a new & better world



#### **Awakening the soul & the search for happiness**

Life and teachings of Plato & Aristotle

- The life of Plato
- Decoding Plato's Allegory of the Cave



#### **Education for harmonious integration**

Lessons from Plato's Republic

- Being a true citizen in a society & State
- Stages of education
- Philosophy: Education of life



#### **Justice as a collective driving force**

Learnings from the ancient Egyptian civilization

- Egyptian goddess Ma'at as an archetype of justice
- The liberation of the soul: Symbolism of the weighing of the heart papyrus
- Philosophical meaning behind some Egyptian symbols: Pyramid, Djed, Pharaoh



#### **Eclecticism, Universality & Humanity**

Lessons from ancient Rome & the Stoics

- World citizen - One humanity
- The Stoics: Seneca, Epictetus and Marcus Aurelius
- Plotinus and the Neoplatonic school



#### **Summary & Open Dialogue**

- Synthesis through a guided dialogue
- Practical exercises
- Volunteering activity



## THE WORLD

### Building the future



#### Tracing the evolution of consciousness

Convergence of history & mythology

- What is history?
- Characteristics of symbols
- Myths and reality



#### The cyclical nature of history & time

Evolution through historical rhythms

- The Yugas: Links in a chain
- A voyage through the zodiac belt
- The theory of eternal return and historical cycles



#### Freedom and destiny

Our past & our future

- Theory of the Platonic logos and the future history
- Becoming conscious agents of history.



#### Spiral closing of the cycle

- Review of the journey so far
- Voyage continues:  
The School of Philosophy

## Contact

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