

## COURSE OVERVIEW

- WEEK 1: Practical Philosophy: How does a wise man or woman act?
- WEEK 2: The principles of self knowledge.
- WEEK 3: Knowledge in experience over knowledge as information. Raising awareness.
- WEEK 4: Realising our unlimited potential. Justice and injustice. Transcending fear.
- WEEK 5: Expanding reason. Experiencing deeper levels of being in stillness.
- WEEK 6: Absolute beauty. The eternal versus changing experience.
- WEEK 7: Who *really* am I? Our relationship to the body, mind and heart. Developing power of attention.
- WEEK 8: The unchanging observer and understanding the four states of attention.
- WEEK 9: Rising above mechanical living. Is lasting happiness possible?
- WEEK 10: Living in the present. Increasing efficiency and useable energy. Dissolving habitual ideas and limitations.
- WEEK 11: The three states of love. Proper use of attention.
- WEEK 12: Truth and the good are one. The way ahead.

## WHAT STUDENTS HAVE FOUND BENEFICIAL IN THIS COURSE

"It's simplicity."

"The aim was practical philosophy - it provided advice for living."

"Increased understanding of the functioning of my mind. Excellent practical daily exercises to help me learn to live in the moment."

### TYPICAL FEEDBACK

"I love this course. I've been looking for it for years."

"Thankyou. I always felt uplifted after each session."

"A very warm welcoming environment."

"Appreciate the flowers, the food and the example of people living the philosophy being taught."

## School of Philosophy

Level 2, 110 Hunter Street,  
Newcastle (near Bolton Street)

phone **4929 3404**

# PRACTICAL PHILOSOPHY

THE LOVE AND APPLICATION OF WISDOM



# School of Philosophy

Level 2, 110 Hunter Street,  
Newcastle (near Bolton Street)

## January - May - September

Tuesday or Thursday

7pm till 9:30pm

Fee \$170 (concessions \$150)

(According to demand courses may be held on Saturday mornings)

Enrolments take place by mail or prior to the first lecture. For commencement dates, bookings or more information contact the School.

Do you have an interest in other related subjects? The School often runs short courses and one off talks on a range of associated subjects from **Economics** to **Plato**. Evenings of fine **Music** and **Shakespeare** are also an annual feature. Contact the School for details of these additional options.

phone

**4929 3404**

email

**philosnewcastle@optusnet.com.au**

web site

**www.philosophyschool.org.au**

# PHILO-SOPHIA

"The love of wisdom"

Today we know the importance of protecting our environment and living in harmony with nature. Yet to live in harmony with nature we must first come to know what nature really is. We must understand the relationships between the component parts and help maintain a healthy equilibrium. Only then do we mutually benefit and care for nature in the finest possible way.

The same is true for the inner environment, the domain of your true self. Do you know who you really are? Do you understand how to create balance in your inner world? Or do you struggle to find peace and simplicity?

The course offers a practical and systematic approach to fulfilment and sustainability - the very art of living.

Its principles can be put to immediate use. Simple exercises are given to strengthen, clear and quieten the mind. No previous knowledge of the subject is necessary. You'll find the rest you've been craving for years, without even leaving your everyday life.

There are subsequent courses for those who wish to continue the study in greater depth. Students are later offered the opportunity to practice a traditional form of meditation.

POSTAL ENROLMENT FORM  
(or enrol on the day)

To secure a place send this form with a cheque or money order to :-

School of Philosophy  
PO Box 1076,  
Newcastle 2300

(Please Print)

Name :- .....

Address :- .....

Postcode :- ..... Phone:- .....

Mobile :- .....

Email :- .....

Cheque/Money order Enclosed :- .....  
(payable to :- School of Philosophy)

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