

THE WISDOM WITHIN

ONLINE

An introductory course in Practical Philosophy

10 weekly 90 minute meetings

SESSIONS 1 & 2

PHILOSOPHY & WISDOM

What is practical philosophy?

'What would a wise person do here?'

Philosophy means the love of wisdom. Our course is intended to show how philosophy can help us enjoy richer, less stressful and more useful lives. These opening two sessions consider these aims, and introduce simple exercises in mindfulness and the application of wisdom you can practise in daily life.

SESSIONS 3 & 4

KNOW THYSELF

Who or what am I?

What is my potential?

Who am I, really? My body? My emotions? My strongly held beliefs? My soul? Possibly all of these? Possibly none?

Such questions have preoccupied philosophers through the ages. We look at practical ways to explore who we really are and how to tap our true potential.

SESSIONS 5 & 6

BEING AWAKE

What is our state of awareness?

Why does it fluctuate during the day?

Often the most notable quality of wise people is their alertness to the subtleties of a situation. They are awake, perceptive and curious.

We look at deeper levels of awareness, and consider how we may become more awake to ourselves, our surroundings, and the events we meet.

SESSIONS 7 & 8

THE PRESENT MOMENT

Living in the now, mindfulness.

What is the potential of the present moment?

We review our own experience of attention through a model featuring attention centred, captured, open and scattered, and how these each relate to the past, present and future.

We examine the extraordinary brightness and freedom naturally available in the present moment. A straightforward practice is introduced to help us experience this more frequently.

SESSIONS 9 & 10

LIVING JUSTLY

Plato's views on justice.

What does it mean to live justly?

According to Plato, justice and injustice do not start 'out there'. They begin within us. For justice to prevail, Plato suggests that we must learn to avoid being 'tyrannised' by our passions and fears to the extent they overrule our reason.

We discuss the practicality of Plato's ideas on justice in our daily lives.