

THE WISDOM WITHIN PART **2**

ONLINE

The second part of our introductory course in Practical Philosophy

10 weekly 90 minute meetings

SESSIONS 1 & 2

THE LIGHT OF REASON

What is reason and how can it enrich our lives?

We look at Aristotle's notion that reason is an attribute of human nature. We consider the method of Socratic dialogue as an aid to reason, and examine how our use of reason may be refined in our everyday decision making. We also consider the obstacles to reason, and a useful practice to overcome them.

SESSIONS 3 & 4

UNDERSTANDING ENERGIES AND USING THEM WISELY

What is energy? Can it be created and conserved?

We consider the Vedic model of three fundamental substances or energies. Sometimes we seem not to have enough energy, or the wrong kind. A wise person can act consistently despite these varying conditions.

We consider how to recognise differing energies, how to gain and conserve them and how to use them wisely.

SESSIONS 5 & 6

THE POWER OF BEAUTY

What is beauty? Is there such a thing as absolute beauty?

Beauty has the capacity to open the heart and bring delight. In this session we discuss our direct experience of beauty in its different forms: of the sensory world; of thought, of feelings, of the inner nature, and of conduct.

We consider Plato's idea of there being ultimately one beauty – beauty absolute – 'not knowing birth or death, growth or decay'.

SESSIONS 7 & 8

UNITY IN DIVERSITY

Is there a common thread running through all things?

What is the effect of finding unity?

When we look around at nature, we see diversity beyond imagination. The wise person looks for a unifying factor: that which allows all this apparent diversity to be seen as part of a single whole.

Seen in this way, life may have the best chance of being fresh, open and invigorating.

SESSIONS 9 & 10

THE DESIRE FOR TRUTH

What is truth? How does the desire for truth show itself?

Practical philosophy is about discovering the truth of things – not theoretically, but in our own experience.

In this final session we look back and ask ourselves how our search for truth has fared as the term has progressed. We discuss what has been discovered and how, in our own way, we may continue to develop it in our daily lives.