

# SCHOOL OF

from *skhole*, leisure, rest, ease

# PRACTICAL

from *praktikos*, fit for action, effective, vigorous

# PHILOSOPHY

from *philo*, love + *sophia*, wisdom

A PLACE

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TO TALK

ABOUT THE

BIG PICTURE

•

TO WONDER

ABOUT THINGS

THAT MATTER

•

TO BE

YOURSELF

# THE HEART OF PHILOSOPHY

## Wisdom, happiness and love lie at the heart of practical philosophy

Since its very beginning, philosophy has aimed to meet three universal desires: the desire for knowledge, the desire for happiness and the desire for love. So, the first three courses in the School of Practical Philosophy follow sequentially as *Mindful Wisdom*, *Sustainable Happiness* and *The Fullness of Love*.

Each of the courses stands alone, but the groundwork is laid in the introductory course, *Mindful Wisdom*.

## Three steps

*Wisdom is within*. It simply needs to be remembered and the introductory course draws this memory out.

Happiness is part of our nature as human beings but is covered over by false identification and pressure, within and without. The *Sustainable Happiness* course weakens the bonds that limit our happiness.

Love holds us together, as individuals, as societies, as a species and as a part of the universe. The *Fullness of Love* course dissolves division between us and everyone else.

## Closer than we think

*The Heart of Philosophy* aims at realizing that wisdom, happiness and love are not distant goals, but are closer than we think; that wisdom, happiness and love are not objects to be acquired and protected against loss, but are our birthright as human beings.

Every course offered in the School is a stand-alone course with its own theme, its own focus and its own transformative practices. But they work together, with each course building on previous courses to open the diverse field of human nature; to better understand the world in which we live; and to practice ways of realizing our full potential as unique individuals and as citizens of the world.

## What students say

Students in the School come from all walks of life. Philosophy is for anyone looking for a fuller life and ways to make efforts in that direction.

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**“What do I enjoy most about practical philosophy? Its PRACTICAL! What is discussed in class can be applied outside the class.”**

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**“For me, the decision to join the school comes from a desire to learn more about the 'big questions' in life. We tend to spend our days focused on everyday things (work, home life etc.) and I enjoy having a chance to open the mind and consider the broader picture.”**

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**“Why do I come to practical philosophy? To enhance my day to day living, to give my life more purpose and meaning.”**

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**“I enjoy having practical exercises to apply to my life to increase happiness and love; I enjoy listening to other's experiences and thoughts and most of all, I enjoy the good company.”**

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**“Being in the school has changed my life in every aspect. I used to be so sensitive to other people's comments about me. Now I just let them go and see things as they are.”**

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**“What keeps me coming back is the people and the conversation. It's not a particularly philosophically rigorous conversation (compared to what I am used to, studying philosophy at University). However, it's still stimulating and I have met a great group of people that have become friends.”**

## ● The School of Practical Philosophy

The School is a not-for-profit, volunteer organisation. It is part of a world-wide association of independent organisations which grew from the School of Economic Science founded in London in the 1930's. Now, there are Schools in 18 countries and 50 cities around the world. A recent initiative has been Distance Learning programs, making the School's courses available online to anyone anywhere in the world. Except for a small, administrative staff, all work and tuition in the School is undertaken on an unpaid, voluntary basis.

## ● Across Australia

The School of Practical Philosophy opened its doors in Sydney in 1967. Melbourne followed ten years later, then Perth, Brisbane and Adelaide. The Schools in these capital cities have opened branches in their respective States. Sydney opened a branch in Canberra in 2000.

Each of the Schools is legally independent, but all share a common interest and bond through the same philosophical teaching.

## ● The School's vision

The primary aim of the School is freedom, the sort of practical freedom which allows a person to simply be themselves, with the confidence that comes from complete self-knowledge.

The secondary aim of the School depends on the first aim. With the confidence that comes from self-knowledge, individuals use their talents to uplift the communities in which they live. Their horizons become broader, their world larger, their sense of themselves more and more universal.

These aims are fulfilled through two kinds of work: work with and on one's own self; and work with and for others.

Mindful Wisdom and the courses which follow provide the knowledge and the tools for these two kinds of work, in a step-by-step, systematic and inspiring way.

COURSE. OUR INTRODUCTORY

# MINDFUL WISDOM

Philosophy means the love of wisdom. Mindful wisdom is knowledge and love working together. Our course in practical philosophy makes mindfulness practical.

Somewhere along the way, practical philosophy got hijacked by theoretical philosophy. It's time to take it back.

## What it is

The Mindful Wisdom course shows how to make history's great philosophical insights part of everyday life. It's a course which will help you become more mindful, more connected and more alive.

The course asks, Who am I? and gives practical ways to explore the answer. It considers wisdom and how it is acquired; levels of awareness and consciousness; the power of reason; the nature of beauty; and the unity behind and through everything.

## What you'll do

The approach is practical rather than academic. There are no exams to pass. No sitting at desks. The course does not offer certificates or diplomas, but something much more important – a living philosophy that is of real value in dealing with the challenges of everyday life and developing one's own potential as fully as possible.

## What you can expect from this course

- Twelve weekly sessions
- Guidance from some of the world's great teachers
- Exercises to refine the power of attention, self-reliance and reason
- Clarity of mind and openness of heart
- Increased energy and awareness
- Time to talk about things that matter

See the complete course outline at  
[www.practicalphilosophy.org.au](http://www.practicalphilosophy.org.au)

# MEDITATION

## The master key

The School has been training people in meditation for more than fifty years.

At first, not much was known about the practice in the West, but this has changed. Although meditation has embedded itself in our culture, the variety of techniques available can be daunting for anyone seeking an authentic way forward.

Today, the School continues to offer the same simple practice it received over fifty years ago. It is an authentic and utterly simple practice, natural, easily learnt and can be practised within the demands of daily living.

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For more information:  
[www.practicalphilosophy.org.au](http://www.practicalphilosophy.org.au) or phone (02) 9489 0902