

Practical Philosophy Newsletter

Quote of the Day

These quotes are provided by the School of Practical Philosophy, New York, www.philosophyworks.org and are intended to give one the opportunity to pause and reflect on one's daily life.



“Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.”

*Buddha
(568 - 488 BC)
Founder of Buddhism*

This quote is very much in line with the approach taken by the School, which is to neither accept nor reject what is presented, but to test it out in experience.

Quote of the Day #2



“If the heart wanders or is distracted, bring it back to the point quite gently and replace it tenderly in its Master's presence. And even if you did nothing during the whole of your hour but bring your heart back and place it again in Our Lord's presence, though it went away every time you brought it back, your hour would be very well employed.”

*St. Francis de Sales
(1567 - 1622)
French bishop, writer*

This quote provides guidance which can be applied to the practice of Meditation. Meditation as practiced in the School entails concentrating the heart and mind on a short sound and letting everything else go. It provides spiritual energy for daily life.

Quote of the Day #3

“We don't see things as they are, we see things as we are.”

*Anais Nin
1903-1977
French Author*

School News

Welcome to the first edition of the Practical Philosophy Newsletter. This newsletter will be published and distributed at approximately monthly intervals, and will contain thoughts and sayings that many have found inspirational, as well as news of the progress of the School in Arizona.

The Arizona School of Practical Philosophy and Meditation www.azphilosophy.org is a branch of the New York School of Practical Philosophy, which is affiliated with similar Schools world-wide.
www.philosophyworks.org

In January 2009, the School began offering classes in Practical Philosophy in the Phoenix area, with the first classes being held in the Arabian Library in Scottsdale. The classes have been well received, and further introductory courses were given in the Scottsdale Library system, at the Civic Center Library, the Mustang library and the Palomino Library.

In January 2010, a series of philosophy classes for Yoga students was presented at Dave's Astanga Yoga Center located on Redfield Rd, Scottsdale. A new series starts April.

In addition, a Meetup group, the Scottsdale Practical Philosophy, Spirituality and Meditation was started and we currently have 44 members. You can check out this group at www.meetup.com/Scottsdale-Practical-Philosophy-Spirituality-and-Meditation - membership is open to all interested people.

As well as the formal classes, the School has available several one-time talks on a variety of topics. "Philosophy & Success" has been presented twice, and there will be a talk on "Sanskrit, the Language of the Gods" in April - see "Upcoming Events" in the next column.

Upcoming Events

"Sanskrit – the Language of the Gods"

This talk provides a broad overview of the ancient language, its structure and its literature in a light-hearted manner while demonstrating the applicability and importance of Sanskrit in inquiring into the human condition.

Dave's Astanga Yoga Center,
7950 E Redfield Rd, Scottsdale, AZ 85260
April 17th 2:30 – 4:30 pm

Donation \$10

Introduction to Practical Philosophy

This 10-week course starts April 22nd (6:00 – 7:45 pm) and April 24th (2:30 – 4:15 pm); the same material will be presented Thursday and Saturday and you can vary your day of attendance. Donation \$15/session or \$120 for full series (you can attend BOTH days at NO EXTRA CHARGE!)

Visit www.azphilosophy.org for details

Continuing Philosophy - Love

This 10-week course starts April 13th 6:00 – 7:45 pm. The central theme of the series will be "love" and how the methods and principles of Practical Philosophy can be used to gain understanding of the subject.

Prerequisite: **Introductory Course**

Visit www.azphilosophy.org for details

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