

School of Philosophy

Good Company

Proceeds Raised from activities held to date in 2006

- "In Search of Mozart" Movie Night raised approximately \$700.00 for the Building Fund.
- Get a Life Lecture: unlimited wealth! or in worldly terms approximately \$4500 was raised for the Building Fund.

We Thank you for all your contributions and your attendance at these fund raising events.

Upcoming Fund Raising events for 2006

Gary Grohmann on Piano:

Constanze: The struggle to preserve Mozart's Legacy
A look at Constanze's efforts in preserving Mozart's work. A musical & pictorial presentation.
Saturday November 18

Raffle with great prizes to be drawn at the end of the Cultural Day November 19

Cultural Day 2006
Sunday November 19

Sattwa Wardrobe
December 2006

If you have any ideas for Fund Raising Events please give your suggestion in writing to :

Gai Kroczeck
Frank Butler

We'd love to hear from you

Get a Life – Thank you Shane



Shane Mulhall presented a wonderful lecture entitled 'Get a Life' on June 19 at the Alexander Library Lecture Theatre. Over 200 people attended, and the talk was a great success. Shane asked the audience a series of questions such as: have we ever been overcome by the feeling that we should be *doing*

something else, *be* somewhere else or even be *with* someone else; have our lives become repetitive; when was the last time we discovered something new and exciting; do we get out of bed each morning enthusiastically or would we rather stay under the covers; are we excited by our lives or have we lost the sense of adventure; if we died today would we die dissatisfied; do we feel any passion for what we do and are we doing what we love; so we need our holidays to recover from the year; do we sometimes think we want to escape from it all; are we nagged by the sense of 'I have to'; are we courageous or timid? These together with many other questions were put to the audience and we were encouraged to examine our lives. Then Shane suggested these guidelines for a larger, more useful and altogether happier life.

- Do what we love, never do anything because we *have* to, but do what is right and always do our best.

Get a Life
As yours is would anybody want it?

- The heart needs to open, reflect on what the day has given you and be grateful.
- Develop 5 virtues of your own choosing taking one per year, master them and change your life forever.
- Get out of your comfort zone, conquer fear, search and root out every fear in your life by doing whatever it is you are afraid of.
- Return to natural simplicity in all we do, by moving from what I want to what I need.
- Make a contribution, we get a living from our job, but we get a life from what we contribute to the welfare of others, leave a legacy of love behind you.
- Gain control of our thoughts and our minds, by feeding the mind only with what is good.
- Develop a 'Death Bed Mentality', ie what would you be doing, how would you talk to people, if this was the last day of your life?
- Look after the body through exercise, proper diet and contact with nature every day.

All these things Shane assured us, will enlarge our lives but to complete our lives we need to know 'who we are in truth' and 'what is this human life for'.

Three things will help us, Shane says, to discover what a human life is for, Meditation - which leads us inward to the truth about ourselves; Knowledge, particularly from the scriptures - which tells us who we are in truth so that we can remember and act accordingly; and Self-Examination - which shows us what is really happening, and through observation of our own limitations we can bring about change in our lives.

He concluded by saying that each human being has one attribute which shows us the chief aim of our life and by developing this one attribute in conjunction with these guidelines, and being passionate with it, our lives will become full and our contribution great. We will discover that we are not human beings seeking a spiritual experience, we are spiritual beings having a human experience.

Meditation Workshop

The following day Shane led a Meditation Workshop for those students in the School who have taken on the meditation, offered after completion of the Foundation Year of Philosophy. A total of 70 students took part, and the day included sessions of meditation and relaxation exercises for the mind. The students attending this workshop found it most useful, and of real practical help in establishing the practice of meditation in their lives. The emphasis was on bringing the mind to a level of quiet whereby meditation in earnest can begin.

The day was restful and at the same time nourishing, with many students leaving the building at the end of the day with renewed resolve to make meditation a real and integral part of their day. Shane's gentleness of manner and his clear, insightful and simple examples of his own experiences went a long way in creating this resolve.

School of Philosophy
PO Box 8085
PERTH WA 6849

T: 9227 1133
AH: 9379 8073
F: 9379 8074
E-mail: philosophy@philosophywa.com.au
Web: www.philosophywa.com.au

The purpose of this newsletter is to keep you informed of fund raising and social events within the school and also to keep you informed of the progress at Teague Street. As students of the School you are the school and without the support and generosity of your time, effort and money the school could not exist.

This then is your newsletter. It is hoped that it can be published both on the web and in print for the beginning of each term. The events of the previous term will be reported and up coming events advertised, both social and fund raising.

We look forward to receiving your suggestions and support.

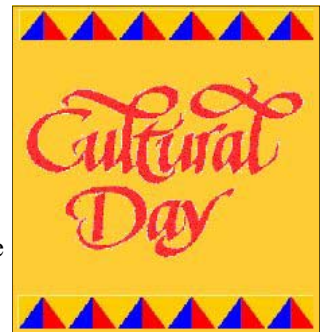
A contingent of students from the Perth School recently accepted an invitation to attend a Philosophy Residential in Sydney where the guest host of the event was Mr Lambie, leader of the School worldwide. The students spent the week in study, quiet reflection and some outdoor activities involving maintenance of the wonderful gardens at the Sydney School's Mahratta House. (Right)



Cultural Day 2006



Mark the weekend of Saturday 18 and Sunday 19 November, 2007 in your diary today. Two special events are set for this weekend. Firstly on Saturday afternoon a Lecture/Recital is to be given entitled "Contanze: The struggle to preserve Mozart's Legacy. Without the efforts of Mozart's wife after his death, his works would have been scattered and largely lost to us forever. Gary Grohmann will walk us through this amazing story of courage and determination, with stories, pictures and of course the wonderful music of Mozart himself as played by Gary (pictured left) on the piano. The venue and cost is yet to be determined and posters will go up as soon as the details are finalised, but you won't want to miss it. Secondly on Sunday the annual Cultural Day will take place offering approximately 15-18 topics from which you may choose 3 workshops to attend on the day. The cost for the Cultural Day on Sunday is \$55.00 and numbers are limited. So to ensure you get into the workshops of your choice you are encouraged to get your registration and money in as soon as possible. A list of topics will be available on the website soon and registration forms will also be available from your tutor at the commencement of term.



Sanskrit

Congratulations to all those who sat the Sanskrit exams earlier this year. Results have now been received and everyone performed as expected—excellently. The Sanskrit stars proved to be Robyn Tippett with an 'A' in the AS exam (Advanced Subsidiary) and Katherine Kruger, Veronica Maguire, Jean Wyder and Michael Gillespie who all received a 'C' in the Basic Exam this being the highest grade achievable at this level.



Priscilla (UK) & Dianne (Perth)

Dianne Kruger and Gai Kroczeck have just returned from the Sanskrit Week at Waterperry (near Oxford) in England where 170 students of Sanskrit from around the world took part in a week of study and good company. Several verses in Sanskrit from the Isa Upanishad were studied on the week, along with the finer points of Sanskrit grammar and conversation. A total of 12 students from Australia attended the week, the highlight of which was a visit to Keble College in Oxford for a choral concert given by the Discantvs choir. The program included pieces from Monteverdi, and concluded with two beautiful pieces from Mozart, K19a and K125 from symphonies he composed at the age of 9 and 16 respectively.



Maria (Madrid), Debbie (Brisbane), Gai (Perth), & Niall (New Jersey)