

School of Philosophy

Good Company

Yajna Barometer 2009

Our target this year is again \$70,000. The total amount of **\$55,000.** was raised in 2008.

Due to falling interest rates, our monthly mortgage repayment has been reduced however, our overall commitment via regular donations has also fallen, therefore your generosity in helping reduce the current outstanding debt of \$224,000 is encouraged and most welcome in the current economic climate.

Fund raising events are now being considered, so if you have any suggestions please let me know.

Upcoming Fund Raising events for 2009

Cultural Day 2009
Sunday November 22

Discover Plato Weekend
December 19 & 20

Sattwa Wardrobe
December 2009

Summer Lecture Series
Thursdays in January 2010

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

Gai Kroczek 0413433062
Frank Butler 0408770069

Findings of a New Student

I am delighted to be given the opportunity to write about my experiences over the last three years at the Perth School of Practical Philosophy. In these few short paragraphs I will attempt to distil what key messages The School has delivered for me so far. I hope that this piece serves as some refreshment those who have been at The School for many years, as a point of reflection for my contemporaries, and as an insight for people who are considering joining The School.

Without ever being told why it was so, I was brought up to believe that more is better; more money, more achievement, more pleasure, one more task crammed into the day. Although I was not trained to observe my thoughts, the implication of my upbringing was that activity in the mind is always good. An active mind will always find a way to achieve more. By opening my eyes to thousands of year's worth of wisdom drawn from traditions around the world, the School of Practical Philosophy has overturned my worldview that "*more is better*" and that "*the active mind is king*". For me, the key components of the School's wisdom can be expressed through the following six concepts; 1. [Reason is a tool available to all](#), 2. [Living in the Present Moment](#), 3. [Detachment](#), 4. [Stillness](#), 5. [Happiness lies within](#), 6. [Dialectic Discussion](#).

In March 2009, our class began its instruction in the art of meditation and I would like to use meditation as a touchstone to illustrate how these six key ideas have made a positive impact in my life. Two statements that struck me before our meditation induction were: "*Mediation does not solve problems. It dissolves them.*" and "*Meditation is the Master Key*". I have found both statements to be profoundly true.

"*Happiness lies within*" remained a colloquialism for me until I was told that my happiness is innate and that I can only ever be unhappy by covering my happiness over with something else such as desire or fear. Subsequently, meditation has deepened this realisation by literally dissolving problems. The circumstances of my life have not changed but my view of "*my problems*" has changed. Like magic, happiness, that I thought would elude me until I achieved more and solved my problems, has welled up from within. All that was required was a calmer and more logical view of the world to see that there never really were "*problems*" and that my happiness was there all along.

Meditation is an exercise in stillness and being completely present. This exercise has made it easier to find stillness at key moments through the rest of the day and to remain present more often. Similarly, detaching myself from emotionally charged situations and continuing to avail myself of reason has become easier since taking up meditation. Dialectic discussions have become more common, slowly replacing the rhetorical battles of the past. As such, meditation truly is "*the master key*". The clarity that it provides, feeds into a calmer and more productive life. That calmer and more productive life feeds back into ever deeper and more satisfying meditations.

I must not overstate my case. I still have "*my problems*" by the score, attaching readily to habitual ideas, lapsing into anger in a heartbeat, and I still spend alarmingly little time in the present. However, three years at The School and a few short months meditating have seen fresh green shoots emerging from middle-aged wood. When I look at people with bright calm eyes who have served The School so tirelessly over many years I see what these shoots can grow into and I am inspired to keep walking on this path.

By Carl Brauhart



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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.

Melbourne Philosophy Conference

Over two weeks in June and July many of the Perth tutors went to the Annual Philosophy Conference held this year, in Melbourne. Visiting tutors from Ireland, England, New Zealand and Sydney facilitated groups on Meditation, Reflection and study sessions on the Brihadarunyaka Upanisad. Each day's program included an afternoon session of several hours for students to pursue a spiritual activity of special interest. Mr Lambie, leader of the School worldwide, presided over the event and met with the gathered students each day to hear of the insights and discoveries made during the various daily activities. Everyone came home nourished, and full of enthusiasm to take the School and its students forward in the practice of philosophy in our everyday lives.



Cultural Day 2009

Cultural Day 2009 will be held on Sunday November 22, 2009. The venue this year is Christ Church Grammar School, Queenslea Drive, Claremont. This year we are again happy to have the company of Dr Craig Hasted and his wife Deirdre from Melbourne and Dr Gary Grohmann from Canberra. All three will be presenting two workshops on the day. A total of 24 talks will be presented on the day including topics such as Marriage, What is Truth?, Mindfulness, Dialectic Rules, Visual Journaling, The Dynamics of Karma, Vedic Mathematics, Parenting, St John's Bible and much more.

Registrations are now open and you can register and make your payment on-line at www.philosophywa.com.au or you can collect a brochure from the School of Philosophy on your group night. The cost of the day is **\$75.00** and includes lunch and morning and afternoon teas. The Cultural Day is open to all, and we encourage everyone to take this opportunity to feast on this wonderful smorgasbord of knowledge.

Cultural Day

New look Website - www.philosophywa.com.au

We are pleased to announce the launch of the School's new look website. All your favourite pages are still there but with a new look and feel. The major enhancement is that you can now enrol and pay for all courses and events on-line and fee free as well as register for annual events such as the Cultural Day, Plato Weekend and other special events from time to time. Take the time to visit and have a look around.



Just This Day



STOP - For Just This Day

Go beyond nationality, religious difference or belief and remember the still, silent presence where everything is united. **That space is the same.** In cities or fields. Up mountains or in valleys. In work, study or play. In fortune or adversity. In peace or conflict. In fact wherever **YOU** are.

It belongs to us all.

Find out more at www.justthisday.org