



Philosophy Expo



ancient wisdom, modern living

presented by The School of Philosophy WA
and open to the general public

Venue: Christchurch Grammar,
Queenslea Drive, Claremont

Sunday November 6, 2011

8.30am - 4.15pm

Cost for the Day is \$75.00

*This day offers a unique opportunity to meet
with like minded people and enjoy a day of
nourishment for body, mind and soul.*

*You may attend up to **FOUR** of the twenty-four
workshops listed.*

Workshops run for 75 minutes each.

*No prior knowledge or experience is required.
Presenters are students or friends of the School
of Philosophy with a love of their subject.*

Registrations Close: November 3, 2011

**PAYMENT MUST ACCOMPANY
REGISTRATION.**

The Program

TIME	SESSION
8.30 am	General Meeting & Welcome
9.00 am	Session One
10.15 am	Morning Tea
10.45 am	Session Two
12 noon	Lunch
12.45 pm	Session Three
2.00 pm	Afternoon Tea
2.30 pm	Session Four
3.45 pm	Final Address
4.15 pm	Finish

Guest Speakers:

Dr Craig Hassed: a General Practitioner and senior lecturer
at the Monash University Department of General Practice.

Dr Clive Lamond: a graduate of prestigious Sydney
University in 1984, he now runs his own Veterinary Clinic
in Perth's Northern Suburbs.

Dr Margaret Smith: is a gynecologist who established the
first menopause clinic in Western Australia and is a
foundation member and past president of the Australasian
Menopause Society.

Mr Peter Symons – The University of Melbourne Vet Science
alumnus (BVSc (1979)) was recently named "Western
Australia's Most Inspiring Man", for drawing upon his
traumatic past to help others.

Dr V S Venkatesan, is a scientist and academic with
expertise and experience in Biomedical Engineering,
Science and Business Management.

SCHOOL OF PHILOSOPHY WA

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The
School of Philosophy
Perth, WA

PRESENTATIONS : SESSION ONE

A: A Philosopher's Take on Genetics - Dr Craig Hassed	Until recently it was believed that our genes were a fixed part of ourselves over which we had little control. This presentation will explore the philosophy and practical implications of epigenetics and how we can use this knowledge in the prevention and management of chronic illness.
B: Practical Psychology & Philosophy - Mr Carl Brauhart	Cognitive Behaviour Therapy (CBT) teaches us to listen to our internal dialogue and identify thoughts which are unhelpful. Surprisingly, such negative thoughts are invariably distortions of the truth. This presentation explores the numerous parallels between CBT and Practical Philosophy
C: Zoroastrians - An Insight - Mr Darius Pavri	The Ancient Religion of Zoroaster, its history and application in today's world.
D: Brain Fuel Depletion - Mr Peter Symons	The <i>Brain Fuel Depletion</i> model is a simple model that explains how 'depression' develops; and why it results in diverse symptoms such as anxiety, sadness and suicidality. Understanding how this condition develops makes working out the solutions much easier. This is a presentation that gives knowledge, through a unique model, and therefore hope.
E: Sanskrit Through Song - Ms Kerry House	A unique and different approach to learning Sanskrit through song, as developed by the Dublin School of Philosophy, Kerry will take you through some beginners lessons through song.
F: Stress - Do We Have To Live With It? - Mrs Edna Langridge	Are you anxious? Are you disorganised? Do you try to do everything yourself? Do you think there's only one right way to do things? Do you fail to see the humour when others think it funny? This session will be interactive. It is designed to arm you with tools to make life easier & happier.

PRESENTATIONS : SESSION TWO

G: Sacred Art of Listening - Mr Phillip Kruger	Do you know how to listen? What do you listen to most of the day? Listening is an art. Developing this art takes you beyond the ordinary experience.
H: A Celtic Hand - Mrs Deirdre Hassed	The Irish have made an enormous contribution to calligraphy. This workshop will explore the beautiful artistry of their decorative knot-work and illustration as well as the classic uncial script.
J: Let's Investigate Sanskrit - Mrs Dianne Kruger	This workshop investigates the ancient language of Sanskrit, its origins, the relationship between language and truth and the spiritual significance of Sanskrit. Pronounce the beautiful Sanskrit alphabet and learn to recite an ancient prayer. What are the 4 stages of speech, the formation of words and the derivation of modern languages from Sanskrit.
K: Anti-Inflammatory Treatment? - Ms Penny Young	For those few of us who still occasionally struggle with negative emotions this workshop offers some immediate strategies to get things off your chest and get you back in the zone.
L: Practical Application of the Words of St. Francis of Assisi - Mrs Jean Wyder	You don't have to be a celibate monk without worldly goods, devoted to an impoverished life to grasp the message inherent in the words of St Francis of Assisi. You will be given specific suggestions which apply to your everyday world to help reveal your inner peace inspired by the prayer of St Francis.
M: Going Green - Dr V S Venkatesan	This talk aims at demystifying the myths behind the 'green' concept and examines, from a philosophical perspective whether 'environment' is a science issue or a human problem.

PRESENTATIONS : SESSION THREE

N: Vedic Mathematics - Mr Phillip Kruger	An ancient system of mathematics based on a few simple rules which enable mathematical problems to be solved easily and efficiently. It is mathematics made simple & enjoyable.
P: Sermon on The Mount - Mrs Dianne Kruger	Based on the book by the same title, this presentation looks at the practical implications of the words of Jesus. Vedanta teaches that man is divine and that the goal of human life is to realize and manifest that divinity. Whether Christian or Vedantin, an understanding of the Sermon will deepen faith, enthusiasm and happiness.
Q: Wet Ink on Paper - Mrs Deirdre Hassed	An introduction to the art of Calligraphy. A practical workshop showing how the simple connection of hand, pen, ink and paper can create beautiful letters on a page.
R: Hormones & Emotions - Dr Margaret Smith	This talk is not just about female hormones but all the hormones produced in what is called the endocrine system. Hormones are literally messengers which travel in the blood stream to their target organs and there attach to receptors. What does philosophy offer us to cope with modern life, and maintain our natural hormonal rhythms?
S: The Essence of Beauty - Dr Clive Lamond	We all know the saying "beauty is in the eye of the beholder" which implies that it is the observer who determines the degree of beauty in an object. What is the truth about beauty? What have the wise of the ages said? How may the contemplation of beauty transform our lives? How can beauty provide the shortest route to full self realisation?
T: The Joy of Self Discipline - Mrs Zenobia Pavri	Once this seemingly 'elusive virtue' is adopted, doors can open to more deeply satisfying areas of Life - such as ' INTUITION ' and thinking/acting from ' GOOD INTENTION '

PRESENTATIONS : SESSION FOUR

U: Is the Universe Intelligent? - Dr Craig Hassed	Is life and the universe the result of random events or the product of an immeasurable intelligence? What have Darwin, Einstein and more contemporary scientists had to say about this? This interactive discussion will use the dialectic process to explore such questions and how this bears on our understanding of evolution, creationism and intelligent design
V: The Matter Delusion - Dr Clive Lamond	The aim of this talk is to show how all of man's miseries can be derived from this false belief in the material nature of reality, and discover that it is in ignoring the non material, much more subtle aspects of humanity, such as the life force, the mind, awareness and Consciousness that we make ourselves miserable.
W: Being Wrong About Being Right? - Mr Ken Richards	Focusing on how our minds "think we are right, even when we are wrong", by drawing on the work of Kathryn Schulz, and showing how the teachings of "the wise" can be used practically to address some of the issues presented.
X: Ascent of Humankind to Truth - Ms Jayanthi Balasubramaniam	Many have drawn inspirations from the Katha Upanishad including Somerset's Maugham and Ralph Emerson. Let's explore the Katha Upanishad to discover the secrets that have intrigued many over the centuries. Like Nachiketa in the Katha Upanishad, we too can ascend to the Truth/Absolute through the stages overcoming our impediments on this sacred journey to freedom.
Y: The Power of Attention - Ms Hazel Cacioppe	The power of attention that the mystic Gurdjieff taught is merely latent within the human mind. Gurdjieff's practical ideas and methods can show how we can develop this finer attention?
Z: Who or What Controls Your Life? - Mr Phillip Avard	An enquiry into the teachings of Eckhart Tolle. A simple to understand explanation of the what, where and why of spirituality, enlightenment, awakening and what is really going on in each of us according to Mr Tolle.