

ancient wisdom, modern living

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

Venue: Technology Park Function Centre,

2 Brodie-Hall Drive, Bentley

Sunday November 5, 2017

8.30am - 4.15pm

Cost for the Day is \$100.00

(includes lunch, morning & afternoon tea)

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 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: October 29, 2016

REGISTER ONLINE @

www.practicalphilosophywa.org.au/philosophy-expo-2017

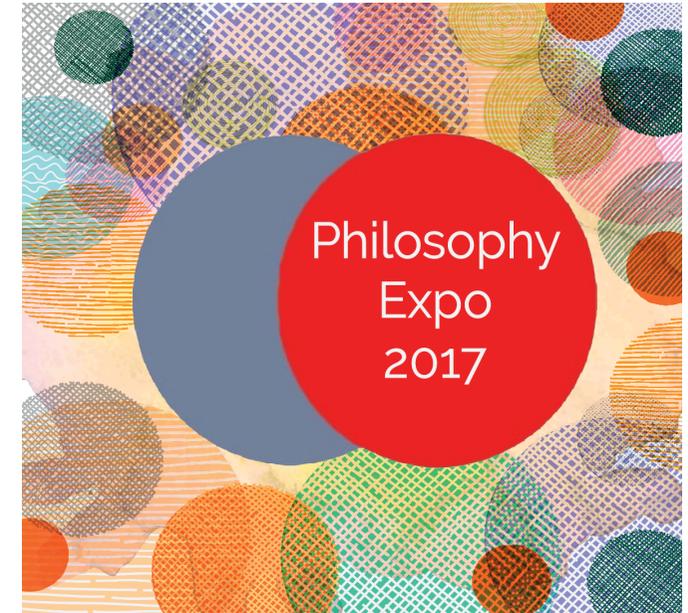
The Program

TIME	SESSION
8.00 am	Doors Open
8.30 am	General Meeting & Welcome
9.00 am	Session One
10.15 am	Morning Tea
10.45 am	Session Two
12.00 pm	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: is a Senior Lecturer at the Department of General Practice at Monash University since 1989. His teaching, research and clinical interests include mindfulness-based stress management, mind-body medicine, meditation, health promotion, integrative medicine and medical ethics. Craig is regularly invited to speak and run courses in Australia and overseas in health, professional and educational contexts. He was the founding president of the Australian Teachers of Meditation Association and is a regular media commentator on a variety of health-related subjects. He writes regularly for medical journals and has published 10 books:

Dr Theja: is a Geologist and Vedic Astrologer, and is the founder of the Australian Academy of Vedic Astrology, an educational centre devoted to the greater system of Vedic and Yogic knowledge of India. The Academy promotes various related aspects of Vedic Science including Vedic astrology, Vastu Shastra, Meditation and Mantra, with special reference to their background in the Vedas.



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The
School of Philosophy
Perth, WA

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SCHOOL OF PRACTICAL
PHILOSOPHY WA
13 Teague Street, Burswood
PO Box 309, Victoria Park WA 6979
T: (08) 9467 7898

PRESENTATIONS : SESSION ONE

- 1: Democracy, Plato and the Freedom Trap**
Craig Hassed
Is Democracy, as the majority of people believe these days, the ultimate expression of social and political freedom, or is it, as Plato maintained, the second lowest form of government and just one step away from tyranny? In this interactive workshop we will explore this and related questions from the perspectives of philosophy, neuroscience, politics and direct personal experience.
- 2: Practical Philosophy and Cognitive Behaviour Therapy**
Carl Brauhart
Cognitive Behaviour Therapy teaches us to listen to our internal dialogue and identify thoughts which are unhelpful. Surprisingly, (particularly for the depressed or anxious) such negative thoughts are often distortions of the truth. This presentation explores the numerous parallels between CBT and Practical Philosophy, going right back to Epictetus and the Stoic Philosophers.
- 3: Unlocking The Sonnet**
Stewart Morritt
This journey is about experiencing a world awakening to an inner meaning. You won't need to take any luggage, just an open mind, being willing to be a participant and not just an observer. The journey will take us from the ancient sages who created the Upanishads to the essentials of classical physics, the threshold of quantum physics and thence to the perennial philosophy.
- 4. Meister Eckhart – The Man From Whom God Hid Nothing**
John Auer
Eckhart's Way: Te Way of Paradox, The Wayless Way, The Way of Unknowiing. As the master taught: "For you to know God in God's way, your knowing must become a pure unknowing, and a forgetting of yourself and all creatures." and "God does not ask anything else of you except that you should creaturely fashion go outside of yourself and let God be God in you."
- 5: Vedic Mathematics**
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. No experience necessary! All you need is an open mind.

PRESENTATIONS : SESSION TWO

- 6: Karmic Influence Depicting on Your Vedic Horoscope**
Dr Theja
VEDIC ASTROLOGY is one of the most accurate and predictive sciences in the world. An in-depth analysis of the birth chart reveals what a person can expect in life and when the many tendencies found in the horoscope will occur. This highly appreciated subject helps to gain happiness and clarity on changes in relationship issues, career, finances, family, health and a lot more.
- 7: The Nature of Spirituality**
Mark Bedwood
Spirituality is not religion.... it is so much more. Its basis is not in books but in experience and your attitude towards daily life. It can be evident in ancient practices or in simple everyday actions. The talk explains the nature of spirituality and how to walk the path
- 8: Illuminating Wisdom: A Taste of Calligraphy**
Deirdre Hassed
Beginning with a brief slideshow of how the written word can bring words of wisdom to life, this workshop will offer an opportunity to try the traditional art of calligraphy yourself. Experience the tactile delight of the handwritten word. Feel the touch of the nib on paper while watching the wet ink as it glides from the pen, turning shapes into letters on the page.
- 9: The 7 Steps to Freedom**
Bernie Krocsek
What is the purpose of a human life? We all want to feel happy and free, but it seems eternally elusive. From ancient Indian texts, seven simple steps emerge, which we can relate to directly. In this workshop, based on Gilbert Mane's book of the same name, we will begin to discover how these 7 Steps to Freedom can be applied in our everyday life.
- 10: An Introduction to Plotinus**
John Cabill
Plotinus was a philosopher of the Platonic tradition who was teaching in 3rd century AD. The three principles of his philosophy are the One, the Intellect, and the Soul. He influenced Christianity, Gnosticism and Renaissance Platonism. We will examine some of his works to try and gain an understanding of these principles.

PRESENTATIONS : SESSION THREE

- 11: The Mindful Bard**
Craig Hassed & Stewart Morritt
After 400 years of silence, William Shakespeare has unexpectedly surfaced and published a new book - The Mindful Bard. Is he just getting on the mindfulness bandwagon or does he have a legitimate claim to be an adopter of mindfulness? Decide for yourself as a member of the audience where the Bard make his case as he is grilled by the hard-hitting interviewer, David Froth.
- 12: Creativity : Lighting The Path To Self Awareness**
Iris Whitelock
Using a combination of art therapy and mindfulness, Iris will show you how to focus your attention and tap into your intuition to find a different perspective on an issue, challenge, or problem. Simply be prepared to "retire" your Inner Critic for the duration of the session – and allow your innate creativity to express itself. This is an opportunity to listen to and hear your Wisdom
- 13: The Power of the Heart**
Steve Mitcham
Lao Tzu said, "I have just three things to teach, simplicity, patience and compassion." In this talk we will discuss how this wholehearted approach to our everyday life can transform our relationships and create a synchronicity that converts conflicts from problem to opportunity.
- 14: Groundhog Day - A Metaphor for Life**
Jason Hughston
When we think of the great spiritual stories, texts such as the Mahabharata, Bible, Ramayana, The Odyssey and many others come to mind. They have stood the test of time. But sometimes these can be difficult to relate to. In this talk we will take a light hearted look at the 1993 movie 'Groundhog Day', and see what lessons it may have for us in living a good life.
- 15: The Sacred Art of Listening**
Phillip Kruger
Do you know how to listen? What do you listen to most of the day? Do we have a choice in what we listen to? Do you know someone who could learn to listen better? Would you like to be a better listener? Listening is an Art that require practice. This workshop will provide you with skills that will, without a doubt, assist you in all circumstances to be a better listener.

PRESENTATIONS : SESSION FOUR

- 16: Truth, Reason and the Age of the Internet**
Michael Kruger
What are the benefits of the internet and how do we know what is true. How are we being deceived and how do we deceive ourselves.
- 17: The Life-Changing Magic of Tidying Up**
Katherine Kruger
Don't have time to read the book on the "Japanese Art of Decluttering and Organising" by Marie Kondo? Come and listen to this presentation instead! You'll leave with some easy, straight forward, practical tidying tips. Once you've taken action to the life changing decluttering advice, you and those around you will experience the positive effects immediately.
- 18. Meditation - An Introduction**
Steve Mitcham
Meditation can bring us to our natural state of loving awareness by removing the blockages that keep us trapped in our over-thinking minds. The practice of meditation frees us from the ego and brings about balance where the experience is that love replaces fear, patience replaces stress and compassion replaces selfishness.
- 19: Ancient Stories for Today**
Dianne Kruger
Hear some of the oldest stories known to man which still hold listeners enthralled. Discover how great stories can open the heart and mind and lead the understanding away from the mundane and trivial towards love and reason. Sanskrit Stories give us an insight into ancient kingdoms, heroic wars, the teachings of great sages, and of love and life.
- 20: The Gospel of Mary Magdalene**
Jean Wyder
As the first witness to the Resurrection, Mary was considered by the apostle John to be the founder of Christianity. Explore Mary's own gospel found in Egypt in 1896, which some scholars say dates back to the early part of the second century.



**Philosophy Expo 2017
Registration Form**

Name: _____

Address: _____

Phone: _____

Email: _____

Workshops/Lectures are allocated on a strict 'first come first served' basis, as numbers are limited.

Please indicate your choice for each of the 4 sessions from the session topics listed below, using the numerical codes as given.

A description of each workshop is given in the main Brochure or on-line.

PAYMENT MUST ACCOMPANY REGISTRATION.

Sessions:

Your Choice

1	1. Democracy, Plato & the Freedom Trap 2. Practical Philosophy & CBT 3. Unlocking the Sonnet 4. Miester Eckhart 5. Vedic Mathematics	
2	6. Karmic Influence - Vedic Astrology 7. The Nature of Spirituality 8. Illuminating Wisdom 9. The 7 Steps to Freedom 10. An Introduction to Plotinus	
3	11. The Mindful Bard 12. Creativity-Lighting the Path to Self Awareness 13. The Power of the Heart 14. Groundhog Day - A Metaphor for Life 15. The Sacred Art of Listening	
4	16. Truth, Reason & The Internet 17. The Magic of Tidying Up 18. Meditation an Introduction 19. Ancient Stories for Today 20. The Gospel of Mary Magdalene	

To register for the Philosophy Expo, 2017 please fill in this registration form and return to the School of Philosophy

PO Box 309, Vic Park WA 6979, or your tutor,

or Email: gaik@philosophywa.com.au

Philosophy Expo November 5, 2017.

I enclose payment of \$100 by :

Internet Banking \$_____ to School of Philosophy

BSB: 016 255 Acct: 100324352 Ref: Name/PhilExpo

(Please Attach Internet banking transaction confirmation printout.)

Cash \$_____ Cheque \$_____

Credit Card Details (see below) \$_____

MasterCard OR Visa (circle one)

Card Number:

_____ - _____ - _____

Expiry Date: _____/_____/_____

CSV: _____

Signature: _____