



Practical Philosophy

Foundation Course

Philosophy and The Present Moment

- True presence of mind.
- Truth & untruth, eternal & transient, real & imaginary.
- Understanding from insight and foresight.
- Self-awareness.
- The present - true existence, unchanging and eternal.
- Obstacles to the present - thoughts, dreams, procrastination.
- Relative and absolute existence.
- Power of thought, to bring freedom or bondage.
- Plato's allegory of the cave.
- Playing our part in the world efficiently.
- Powers within the mind - thought, decision, love, will.
- The desireless present.
- Basis for decision - reason, love, virtue, duty, fear.
- Levels of expression of love. Know Thyself.