



Philosophy for Living

'Every seeker after wisdom knows that up to the time when philosophy takes it over, his soul is a helpless prisoner, chained hand and foot in the body, compelled to view reality not directly, but only through its prison bars, and wallowing in utter ignorance' (Socrates in Plato, The Republic).

- ◆ Do you want to explore life's 'Big Questions?'
- ◆ Do you want to discuss different ideas and world-views?
- ◆ Do you want to stretch your brain and improve your thinking skills
- ◆ Do you enjoy stimulating discussions and exploring philosophical concepts?

Philosophy is a practice that explores ideas, assumptions and beliefs. Philosophy stimulates the brain and takes you outside your normal thinking patterns. You can study Philosophy formally at university. Or you can join a small group of others and have fun doing philosophy informally.

Philosophy for Living

Philosophy for Living is a series of 4-week courses of 2-hours per week, suitable for those who want to learn how to do philosophy in an informal setting, with a user-friendly approach to philosophy. There are guidelines for discussion so you know what to do and how to keep on track.

There are no pre-requisites, other than a curious mind and a willingness to engage in thinking and discussion. Each week a topic is presented, with suggested questions for discussion and an invitation to choose your own questions. The aim is not to find agreement, but to find meaning. When differences of opinion remain, philosophy helps you to understand why.

Activities at the sessions include probing assumptions, concepts, beliefs and conclusions. You learn about 'assertions' and 'arguments' and how to argue philosophically and keep on track, rather than meandering aimlessly. You examine important questions about existence, ethics and knowledge.

Topics include Critical Thinking, Metaphysics (existence), Ethics (behaviour) and Epistemology (knowledge). Don't be put off by the names as all will be explained. You will explore and discuss questions such as 'What does it mean to exist?' 'What can we know?' and importantly, 'How should we act?'

Courses are offered periodically and will run if we have enough participants to form a group. Please get in touch and put your name down if you would like to be involved. We will keep you informed as soon as the next course is offered.

You may have like-minded friends who would enjoy philosophy. Philosophy is very good for the brain! Contact me any time by email or phone, details below.

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