

[www.schoolofphilosophykzn.org](http://www.schoolofphilosophykzn.org)

130 Stamford Hill Road, Greyville, Durban

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240 West Street, Pietermaritzburg

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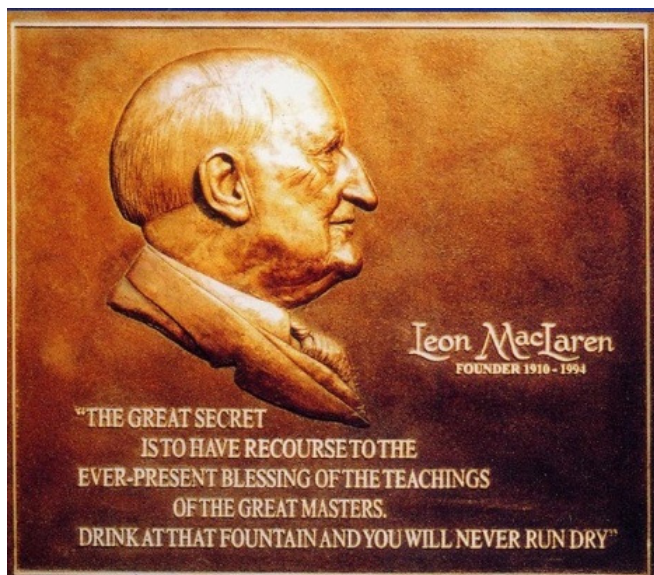
## FESTIVAL OF SPIRIT

The aim of the Festival of Spirit is to celebrate mankind's essential spiritual nature. It will take place in London and Waterperry from 17 September to 2 October 2010 and will mark the one hundredth anniversary of the birth of Leon MacLaren, the School's founder.

This event will be a marvelous opportunity for students from all the Schools around the world to come together.

All are warmly invited.

For more information, visit [www.festivalofspirit.org](http://www.festivalofspirit.org)



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### PRESENTATION

**Friends of Philosophy open presentation:**

“Renaissance Architecture” by Sarah Matter Thursday  
26<sup>th</sup> August 2010. Details to follow.

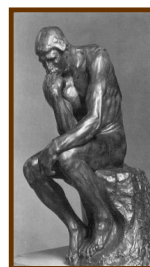
#### Notice:

Anyone know of a church/organisation that would like a pocket-book on the Parables of Christ, published by the School?

This book was lovingly hand-written in calligraphy.

R30 a copy. Large quantities subject to discount.

Contact Ginny 072 1400112 [ginnyk@mweb.co.za](mailto:ginnyk@mweb.co.za)



What would you like to see in this newsletter?  
Tell us what you think.

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## BOOK REVIEW

### MEDITATIONS

Marcus Aurelius

The Meditations of this Roman Emperor/Philosopher (AD 121-180), are a remarkable series of spiritual reflections and exercises developed as the emperor struggled to understand himself and make sense of the universe. While the Meditations were composed to provide personal consolation, this timeless collection of meditations and short aphorisms have been consulted and admired by statesmen, thinkers and readers throughout the centuries.

Translated by Martin Hammond  
Penguin Classics ISBN 9780140449334



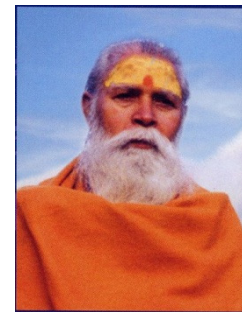
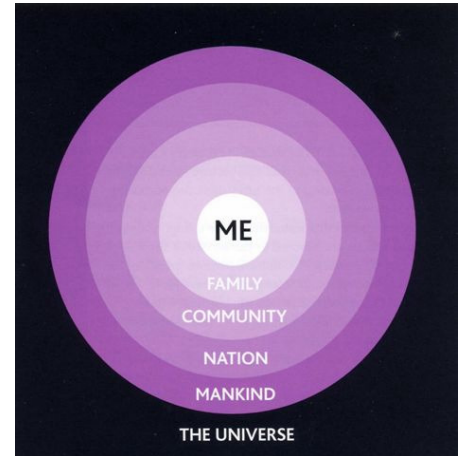
When you are troubled about anything,  
you have forgotten this,  
that all things happen according to universal nature,  
and forgotten this,  
that a man's wrongful act is nothing to you,  
and further you have forgotten this,  
everything which happens,  
always happens so,  
and will happen so,  
and now happens so everywhere,  
forgotten this too,  
how close is the kinship between one person  
and the whole human race,  
for it is a community, not of a little blood or seed,  
but of intelligence.  
And you have forgotten this too,  
that everyone's intelligence is a god,  
and is an efflux of the deity,  
and forgotten this,  
that nothing is one's own,  
but that his child and his body and his very soul,  
come from the deity,  
forgotten this, that everything is opinion,  
and lastly you have forgotten that  
everyone lives the present time only,  
and loses only this.

Marcus Aurelius – Roman Emperor

## Words to Ponder

“To put the world in order, we must first put the nation in order;  
to put the nation in order we must first put the family in order;  
to put the family in order, we must cultivate our personal life; and to cultivate our personal life,  
we must first set our hearts right.”

Confucius



His Holiness  
Shri Shantananda Saraswati

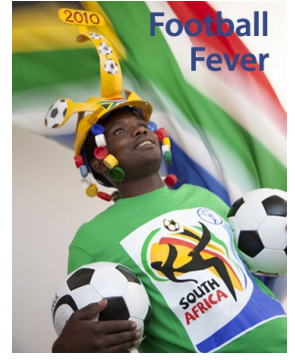
“Prayer is for Grace,  
spiritual, mental or  
physical.  
It creates space for  
Grace to enter.  
It has sound and rhythm  
which attracts the mind  
to one-pointed  
attention.”

## SOCCKER FEVER!

Most of us recently got caught up in the excitement of the FIFA World Cup – exciting times!

Many of us sang ‘Wave your Flag’ and learned the words to the Waka Waka song so we could sing along with Freshly Ground and Shakira.

The Olympic athletes, on the other hand, dedicate their efforts with the following beautiful and inspiring words:



## OLYMPIC ANTHEM

(Anthem of the Modern Olympic Games)

First sung in 1896 at the 1<sup>st</sup> modern Olympic games held in Athens , Greece.

Words of Greek poet and writer – Kostis Palamas.

This is a free English translation.

“Immortal Spirit of Antiquity  
Father of the true, beautiful and good  
Descend, appear, shed over us Thy light  
Upon this ground and under this sky  
Which first witnessed Thy imperishable fame.

Give life and animation to these noble games!  
Throw wreaths of fadeless flowers to the victors  
In the race and in the strife  
Create in our breasts, hearts of steel!

In Thy light, plains, mountains and seas  
Shine in a roseate hue and form a vast temple  
To which all nations throng to adore Thee  
Oh Immortal Spirit of Antiquity!

NB: The second line is also the philosopher Plato’s dedication;  
“To the True, the Beautiful and the Good.”

In Sanskrit it is SATYAM, SHIVAM, SUNDARAM.

Consider your thoughts, for they will become your words.  
Consider your words, for they will become your actions.  
Consider your actions, for they will become your habits.  
Consider your habits, for they will become your character.  
Consider your character, for it will become your destiny.

Author unknown

### SCHOOL NEWS



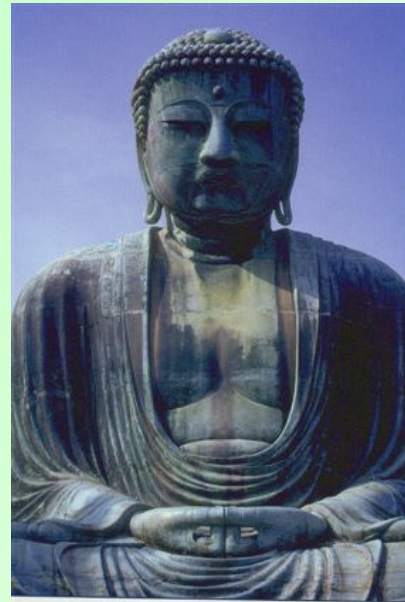
David and Ann James recently celebrated fifty – yes, fifty, years of wedded bliss. The Senior Ladies Group met at Anne James' home for a wonderful morning of joy, happiness and of course a good feast to celebrate David and Anne's 50<sup>th</sup> Wedding Anniversary. Congratulations from all of us at the school!



We bid farewell to our dear and treasured friends, **Arthur and Pat Griffiths** who have moved to Richmond and will be attending school in Pietermaritzburg. They have offered their services to the school for over 30 years, and we will miss them for many reasons.



Garth Trewren, our oldest student, passed away on 20 June 2010. Garth, the Thursday morning group will miss your friendly presence.



*To the mind that is still,  
the whole universe surrenders.*

To look at any thing,  
if you would know that thing,  
you must look at it long.  
To look at this green and say  
'I have seen spring in these woods'  
will not do.  
You must be the thing you see.  
You must be the dark snakes of stems,  
the ferny plumes of leaves.  
You must enter in  
to the small silences between the  
leaves.  
You must take your time  
and touch the very peace  
they issue from.

- John Moffatt

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#### **Pietermaritzburg Starter courses**

Call 033-3943302

E-mail: [schoolofphilosophypmb@gmail.com](mailto:schoolofphilosophypmb@gmail.com)