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News and Views from the School

## Welcome to Issue 35

The School is an international organisation; one of my great pleasures is working with people in different countries. This time there's some news from around the world.

**The School in Toronto** hosted its first symposium in October titled: 'Ancient Wisdom in a Twitter World'. On a crisp fall day, two dynamic and



stimulating speakers engaged an enthusiastic audience. Leader Allison Thorpe writes: *'by the end of the day the post-event discussions seemed to go on forever. Discussing Plato's ideas and ideals never fails to open the heart and whet the appetite. It was a fantastic day!'* [go to blog](#)

**The School in Sydney** is now in its 50<sup>th</sup> year. Leader Anthony Renshaw writes: *'2017 was a year of celebratory events, beginning with the unveiling of a commemorative plaque, and ending with a professional staging of Plato's Symposium at the School's heritage property in Wahroonga. In between, there were 'Threads of Consciousness' lectures; stillness days; a cocktail party; play performances; tennis tournaments and cricket matches.'* Go to [Sydney!](#)

**Venezuela**, yes there is a School in Venezuela! Leader Zonia Giustiniani says of the state of the country: *'It's like the Theatre of the Absurd here; a vicious and degrading plot before an audience paralysed with disbelief. There are various characters: tricksters, flimsy, dangerous, hard-hearted. By grace, a few of us can suspend belief in this*

*scenario. Magical School practices lead us to the peaceful, joyful perfection of Reality. There is certainty of the Good and we are grateful.'*

All good wishes, **Christine Lambie, Editor**

**Matt was 25 when he purchased a one-way ticket from Sydney and set out to travel the world. His plane to Lima took off, but one engine failed in the thin atmosphere. . . . What got him through it?**



## **Surviving a Crash**

**Matt Lumsdaine, Sydney**

Like many young Australians, I travelled with a backpack, a surfboard and a very rough plan. Unlike most of my peers, however, my luggage contained . . . [Read more](#)

**Beth has worked for over 20 years as a doctor for the City of Cape Town in the TB and HIV programs. With health issues of her own, managing her energy has been a steep learning curve.**



## **Busy Doing Nothing**

## Beth Harley, Cape Town

Cape Town is a Metropolis with over 4 million inhabitants that encompasses great estates to informal settlements. In 23 years I've seen the evolution of our understanding. . . [read more](#)

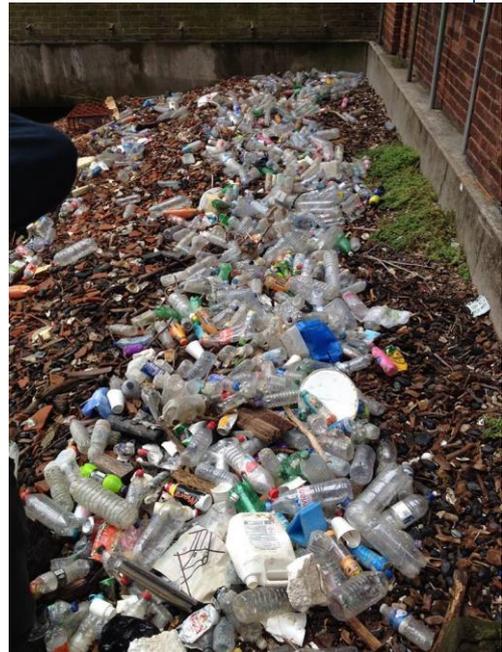
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**Jacqueline, student in London since 2010, has changed her life-style to aim at zero-waste and minimising plastic. In the course of a year, she would have less than one bag of waste. She is a student in London.**

## Zero Waste Journey

Jacqueline Zivkovic, London

As an avid user of the River Thames and a devoted rower, life on the water led me to



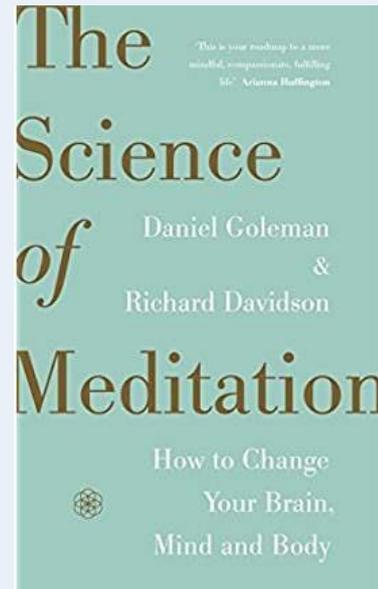
be increasingly concerned about the amount of plastic waste that floats in the river and our waterways. Only too often have I observed ducks and geese navigating their ducklings and goslings around an ever-increasing display of packaging . . . [read more](#)

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## School Community - Your Top Tips

**1. Meditation:** the same book is called 'Altered Traits' in the US. By Daniel Goleman and Richard Davidson, two long-term committed meditators. Read this book to feel really good about any efforts you've made with meditation. Fascinating.

**2. Food:** Netflix, Chef's Table, season 3, episode 1. Buddhist nun Jeong Kwan in South Korea talks about her vegetarian temple food, fermentation and soy sauce, in a beautiful Buddhist setting. Recommended by Catherine, Melbourne.



**3. Sanskrit:** Why study this challenging language? For brain health; increase your grey matter! Read article by neuroscientist, Dr Hartzell, in Scientific American to learn more. [Sanskritbenefits](#)

## Reader Feedback

**As always, thanks for reading!**

*Big step forward, making it much more open and selective at the same time. The link section at the end adds to the interest. I am not sure about the dog glare, in fact I can never recall Lily glaring . . .* **London**

*Congratulations on the transfer to blog. Another step in what has been an inspiring example of creative, steadfast effort.* **Sydney**

*My wife and I read, discuss and ruminate on Insight. But [there was] a letter applauding a Margot Camp article on Delhi, the article seems to have escaped us. I can't seem to get the web-site to work and backtracking*



articles on the web goes blank after the first blog on what is presumably Insight 33. Where is Insight 33 please? **Melbourne**

Editor: Thanks for pointing out this problem. We've fixed this and you should now be able to see all back issues. Go to [back issues](#)

**Lily is the black labrador who lives with Donald Lambie, the leader of the School, and his wife, the editor. Lily became a popular contributor to this newsletter, with her own canine insights.**

## Letter from Lily

So how was my Christmas? - a little while ago, I know. Actually my favourite treat is a morsel of cheese. Not just any old cheese mind you - I like Gruyère and Vacherin best, the appellation d'origine contrôlée. That's French for a truly noble cheese matured specially



**Vacherin or Gruyère will do**

for dogs. I'm super-aware at the end of a meal that My People will need help clearing the plates. You just have to be in the right place at the right time and great things happen.

I hope you'll watch the clip below of the valiant mouse exploring the lunar surface of a domestic carpet. I often overhear some dim person saying, 'If only she could talk'. Duh, I'm talking all the time. What a shame you can't hear me. Why don'tcha try listening for a change? Who knows, I might get more cheese.

**Dog bless and love from Lily xx**



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