

Some readers see this part of your email after the subject line in the inbox. Write something brief and catchy, compelling them to open the email.



News and Views from the School

## Welcome to Issue 34

And a special welcome to new readers. The School promotes practical philosophy right from the first session. So here are three articles by students describing ways they have found to put philosophy into practice in their lives. And other unusual insights!

Insight is moving to a blog, as an improvement



on these long scrolly emails. Just click on any of the 'read more' links to see the whole article, with photos etc. I hope this will enable readers to share content more easily and widely.

Special congratulations go to Glen Brown, London UK, probably the School's most senior member, and now aged 100!

All good wishes,

**Christine Lambie, Editor**

---

**Since 1858, after the spiritual visions of a simple peasant girl, Lourdes in France has been a place of pilgrimage and healing.**

**Paulo, a student in Part 4, volunteers his services there for 12 days every year - and more if he can!**



## **Miracles at Lourdes**

Paolo Costantino, London

I went to Lourdes for the first time in May 2003. A cousin of mine had been going for years, and my own search for deeper meaning in life were probably the two deciding factors. I did not know what to expect and the reality I found far exceeded my imagination and, in some ways, changed the way I looked at life in general. [Read more](#)

---

**In March 2017, Emily was offered a chance to join a 16-day trek, covering 62 miles and reaching a height of 5,350 m, to Everest Base Camp.**



## **Just take the next step: Trekking to Base Camp**

Emily Johnston, London

It was too intriguing an adventure, and too beautiful a location to turn down so I signed up. But it proved to be the hardest thing I have ever done. [Read more](#)

---



**Jeremy, a copywriter, was recently awarded a CBE for services to advertising. Now Chairman of world-wide company, M & C Saatchi, he has extensive experience of election campaigns starting in 1978 with Mrs Thatcher. He currently holds several positions in public life and has written two books. How does he do it all?**

## **Play your cards?** Jeremy Sinclair, London

My schooling passed by in a haze of 'could do better' reports, a sentiment my parents readily agreed with. Rather too readily. [Read more](#)

---

## **Reader Feedback**

**As always, thanks for reading!**

*I have very much enjoyed reading your Insight newsletters. The topics are truly insightful in the light of philosophy and practical experience. Each one takes the reader into different fields of experience and expertise. All good wishes to you. **London***



*Just received your newsletter and the articles are so inspiring, particularly Margot's on Delphi, I really felt like packing my bags again and heading there. We had a Meditation Day in Glenstal Abbey last Saturday, organised by the Limerick School. It was attended by about 35 people. The location was a Benedictine Abbey in Limerick which is very special. It is a devotional space where individuals go for reflective 'time out'. They have 'God Pods' and a guest house which holds about 12 people. The grounds are wonderful with many features but all dedicated to peace and reflection. **Dublin***

## School Community - Your Top Tips

1. **Cookbook:** Food to spark joy. An enthusiastic group of people in Melbourne, with widespread cooperation from elsewhere, have created a cookbook to raise funds for St James School in Durban. Acclaimed by celebrity chefs and enthusiastic readers: buy this beautiful book from the bookshop or e-version. [Food to Spark Joy](#)

2. **Shakespeare:** watch this 50 minute lecture by Gregory Doran about the significance of Shakespeare and his impact on the contemporary world. Engaging and entertaining.



3. **TED Elizabeth Gilbert:** The author of 'Eat, Pray, Love' discusses asks, do we put too much expectation on individual artists? Maybe instead of a rare person *being* a genius, we all *have* a genius. Interesting. Go to [TED Gilbert](#). Recommended by Lynley in Wellington, New Zealand.

**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

Yes new format to insight. But they couldn't cut my letter out, hah.

Did I mention that I'm 4 now? I even have a few white hairs on the crown of my head. That's to indicate the enormous wisdom exuding from the doggy-brain. Wisdom can take many forms - I'm particularly good at manipulating my People.



**Be afraid**

For example, I might think it's time for a walk, or dinner. I have found that I can sit right in front of either of Them. And STARE them down. For all their talk about attention, they can't do anything in the face of The Dog Glare. First they say 'Lily, you'll have to wait.' O yeah? Not long, I'd say - they crumble within minutes. It's me who really knows about the power of attention.

One of my dear fans, Ryan, sent in this video link. He rightly pointed out that the noble old Labrador is better behaved than the audience. It hardly needs saying that my brother there is obviously very discerning about music; he specially likes the first violin.

And Mendelssohn obviously. I hope you'll see the comments - stuff like 'That dog stole the show.' 'This dog has class.' 'All orchestras should have animals . . . ' Soooo right.



So, who did the audience like most?

Dog bless, *Lily*

---

---

The views expressed in this document are not necessarily those of the Fellowship of the [School of Economic Science](#).  
Charity 313115 and SC039950

