

Philosophical Counseling and Philosophy

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Abstract

While each of the different approaches to philosophical counseling has its own goals and methods of practice, it is important for them to cite the philosophical source for their methods. It is clear that those who follow model of Philosophical Midwifery acknowledge that their method presupposes the study of the Self. It has its roots in both Homeric and Platonic thought, and is designed to uncover unsuspected false beliefs about the Self, which they call the pathologos. The choice of which dialogue of Plato's to use for this analysis will be Plato's *Parmenides* because the role of the Self is central to that work, and it expresses Socrates' own claim that the Idea (adoz) of the Self is most central to his own thinking as well. Among these hypotheses, the sixth is most likely to be a match for the pathologos. The sixth hypothesis defines the realm of non-Being, which is the realm in which fictions are described as having their mode of existence.

Keywords: *Philosophical Midwifery, Plato, Parmenides, Self, Logos, pathologos.*

Reclaiming an Essential Practice For Western Philosophy

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Abstract

At the beginning of western civilization, philosophy was a way of life involving analytic and synthetic methods aimed at guiding and training people so they could learn how to live consciously and happily. Theoretical knowledge was insufficient for this task. Philosophy was to be practiced at all times and places so it could become a matter of course. The emphasis was on practice. The most foundational philosophical practices were centered on the development of an individual's capacity to pay attention and to perceive. These exercises enabled him to live consciously in reality. However, once western philosophy and its practices were Christianized and confined to Orthodox monasteries, these exercises, as originally practiced, were essentially lost.

Beginning in the mid 19th century, the importance of attention and perception as vehicles for knowing the truth was seriously written about once again, this time by a group of philosophers called phenomenologists. They offered deep and convincing outlooks on why perception is so fundamentally important to philosophy. At the same time, they lacked clear directions on how those essential capacities could be used wisely in everyday life. This renders their writings brilliant, but less than practical for the individual who wants to improve his life through the study of western philosophy. The aim of this paper is to re-establish the importance of attention and perception and to present a method born out of the western philosophical tradition that will enable any person who wants to practice Western philosophy to do so.

Keywords: *attention, perception, descriptive psychology, noticing, phenomenology, sensing exercise, spiritual exercises, summum bonum.*

**Self, Other, and No-Self:
Non-Dual Awareness as Catalyst for Deconstructing Life Stories**

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Abstract

This paper proposes to make the spiritual wisdom traditions of the East and the West a vital part of philosophical practice. The sources for such a “new“ frontier are already documented in the lives and teachings of ancient and contemporary sages, but academia as well as current philosophical practice hardly know of them. Following many of the wisdom traditions, the paper identifies the self, the egoic body-mind, as the main obstacle that prevents humans from living their fullest potential. When non-dual awareness destroys the egoic self, human beings become free from their captivating life stories. In order to clearly and tangibly convey the powerful impacts of non-dual consciousness, the paper examines a few central statements from two witnesses of such consciousness. A transpersonal philosophical practice, nurtured by non-dual awareness, can regain and practice the noumenal dimensions of living philosophically. Let us make space for this expansive and expanding vision.

Keywords: *self, other, no-self, non-dual awareness, transpersonal philosophical practice*

On Happiness: Based on Roemer's General Theory of Exploitation

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Abstract

Pursuit of happiness is an eternal theme of human beings. However, with the rapid development of economies, more and more people are confused about how to be happy. Marx held that we achieve happiness through abolition of exploitation. Roemer, by using employment model analysis, demonstrated that exploitation exists in any society, which provided us with a new perspective for understanding happiness. Two formal definitions of happiness are advanced. And according to these definitions, happiness can be understood intuitively. The evolution of human societal forms are met with the pursuit of happiness, and it is true that tomorrow will be better for the majority.

Keywords: *Roemer; general theory of exploitation; happiness; enhancement of happiness; way to happiness*