

## Wisdom Leads to Happiness

How often do you ask the question 'why am I so happy today?' You probably don't. But we often ask the question, 'Why me? What have I done to deserve this XYZ?' Normally we take our good fortune for granted and only focus on trying to analyze, blame or hold responsible, that which is not right in our lives. This course will help you reflect on various aspects of life to understand some universal principles of virtue, wisdom and happiness in the light of the Philosophy of Stoic Seneca and the Bhagavad-Gita.

This course studies the concept of 'a wise person' in Seneca and the Bhagavad-Gita, based on the book *Sapiens and Sthitaprajna* by Ashwini Mokashi. It will explore how in both the systems, a wise person is endowed with virtue and wisdom, is moral, detached from passions, makes right judgements and takes responsibility for actions. A wise person always enjoys happiness. The course will look at the guidelines provided by Seneca and the Gita, survey their similarities and differences in their application of these ideas and see how wisdom paves the path to individual happiness and societal well-being.

### LECTURE PLAN:

Introduction to the Indian Philosophy and the Gita  
The Concept of Sthitaprajna  
Introduction to Stoic Seneca  
The Concept of the Sapiens  
Strategies for Emotional Control in both Philosophies  
Wisdom Vs Non-wisdom in Seneca and the Gita  
Comparison of Sapiens and Sthitaprajna  
Happiness, Sukha, Shanti, Eudaimonia

### Optional Books to Read for more Information:

*Sapiens and Sthitaprajna* by Ashwini Mokashi  
*De Vita Beata* by Seneca  
*Moral Essays* by Seneca  
Bhagavad-Gita, Translation of the 2<sup>nd</sup> and 3<sup>rd</sup> chapters  
*Raj-Yoga* by Swami Vivekananda

*Theaetetus* by Plato

*History of Indian Philosophy* by R D Ranade and S K Belvalkar

Blogs to Read: [ashwinimokashi.com](http://ashwinimokashi.com)

**LEADER:** Ashwini Mokashi is a former lecturer of philosophy at Pune University, past president of the Princeton Research Forum, and author of the book *Sapiens and Sthitaprajna*.

**TUESDAYS:** 10:00 a.m. to noon, 8 weeks: February 25 to April 14

**LOCATION:** The Presbyterian Church of Lawrenceville, Maximum 16