

Introduction to Philosophy

HUM 0223-3208





Teaching Frameworks: Course Outlines and Resources for OBE

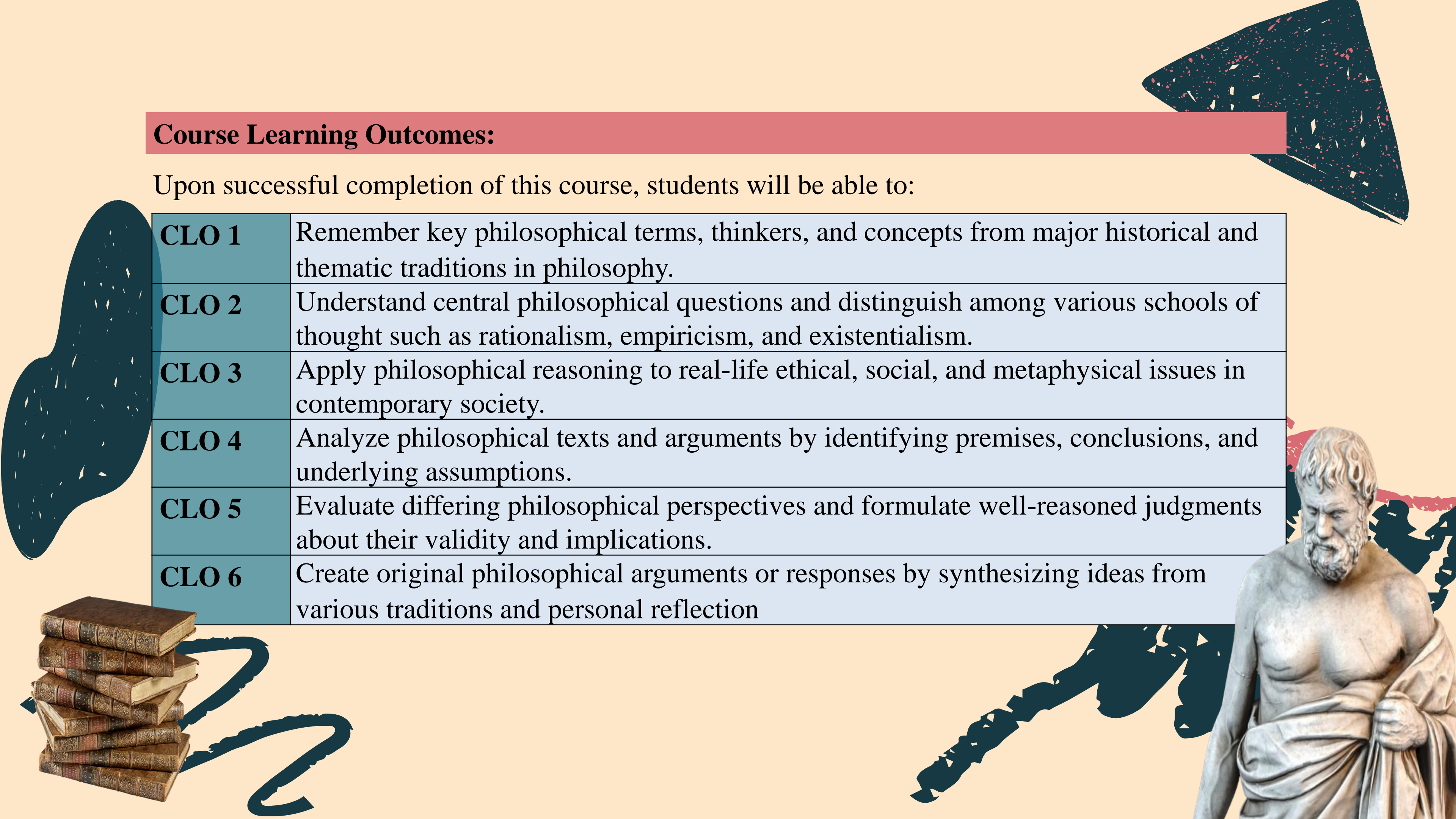
Course Code	HUM 0223-3208
Course Title	Introduction to Philosophy
Course Type	General Education (GEEd) Course
Course Teacher	Adnan Shakur
Credit Value	3
Contact Hours	51
Total Marks	150



Course Learning Outcomes:

Upon successful completion of this course, students will be able to:

CLO 1	Remember key philosophical terms, thinkers, and concepts from major historical and thematic traditions in philosophy.
CLO 2	Understand central philosophical questions and distinguish among various schools of thought such as rationalism, empiricism, and existentialism.
CLO 3	Apply philosophical reasoning to real-life ethical, social, and metaphysical issues in contemporary society.
CLO 4	Analyze philosophical texts and arguments by identifying premises, conclusions, and underlying assumptions.
CLO 5	Evaluate differing philosophical perspectives and formulate well-reasoned judgments about their validity and implications.
CLO 6	Create original philosophical arguments or responses by synthesizing ideas from various traditions and personal reflection



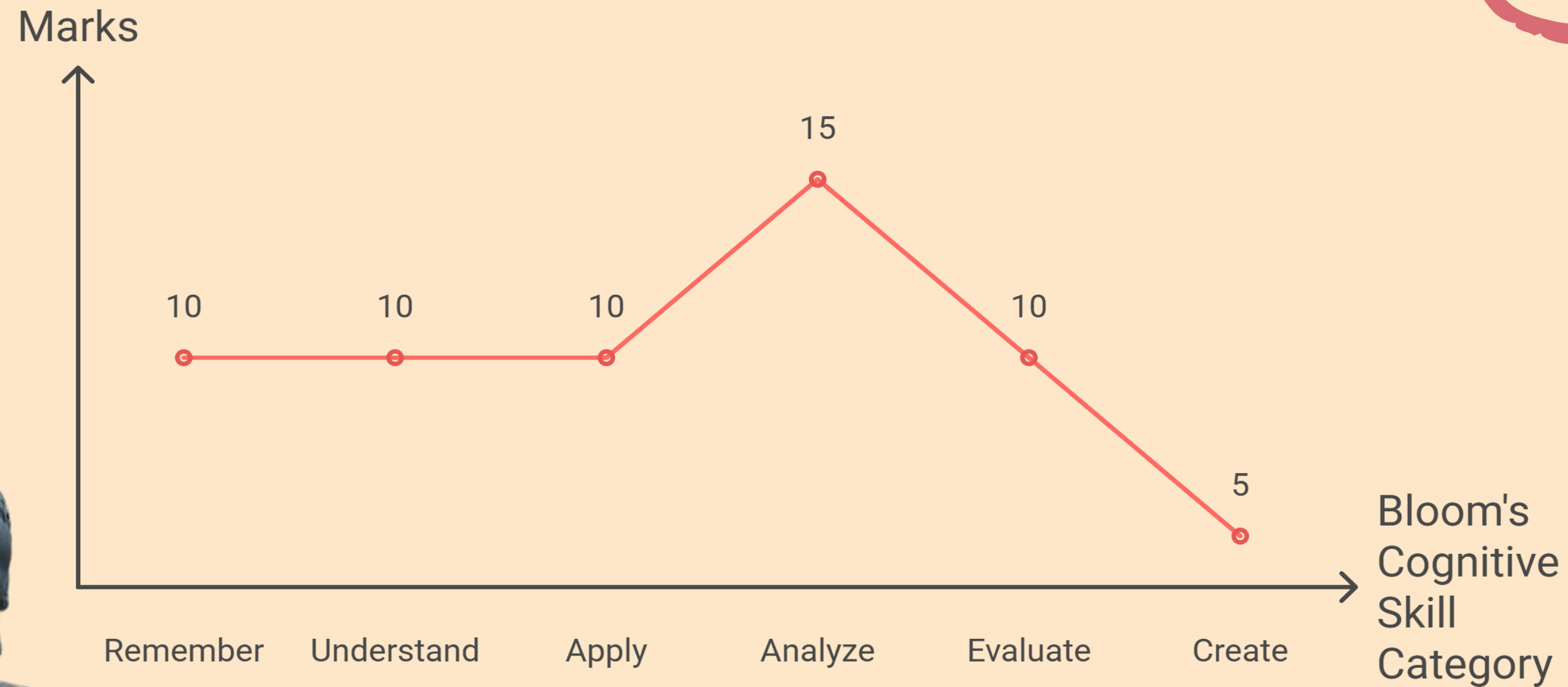
Assessment Pattern

Total Marks Per Credit 50 Marks	
3 Credits Course	150 Marks
2 Credits Course	100 Marks
CIE	60%
SEE	40%

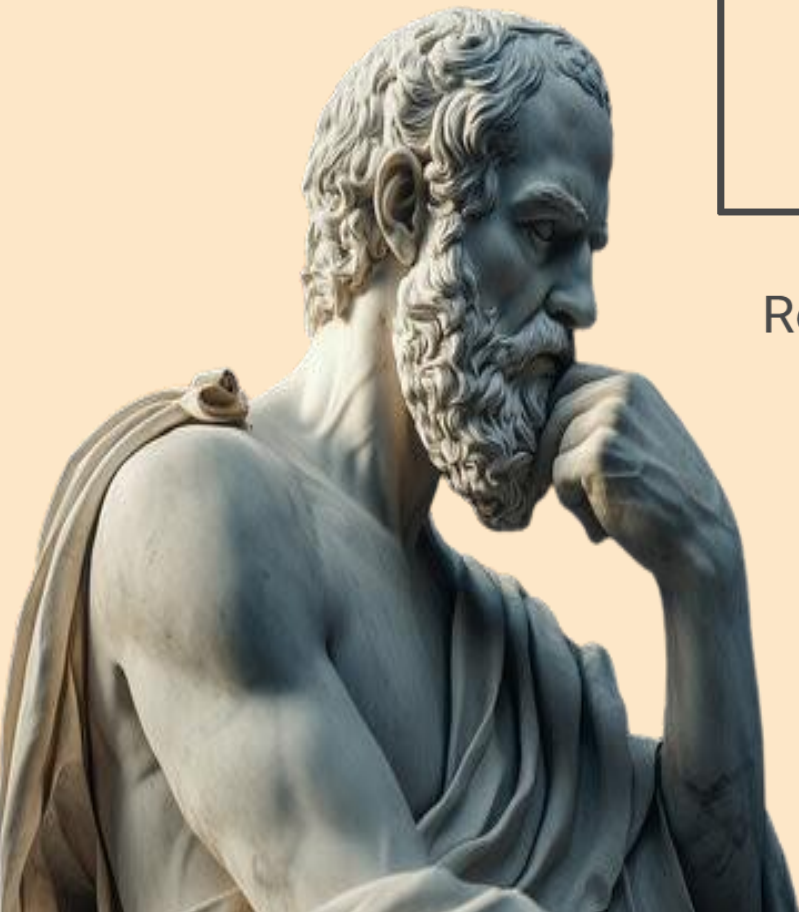
CIE- Continuous Internal Evaluation (90 Marks-60%)

Bloom's Category Marks (out of 45)	Tests (45)	Assignments (15)	Quizzes (10)	External Participation in Curricular/Co-Curricular Activities (20)
Remember	10		05	Attendance: 15 Viva-Voce: 05
Understand	10	05	05	
Apply	05	10		
Analyze	10			
Evaluate	05			
Create	05			

SEE- Semester End Examination (60 Marks-40%)



Distribution of Cognitive Skill Test Scores



Course plan specifying content, teaching-learning and assessment strategy mapped with CLOs

Week	Topic	Teaching-Learning Strategy	Assessment Strategy	Corresponding CLOs
1	Introduction: History, Meaning, Definition; Nature & Scope	Lecture, Q&A, brief history through visual timeline	Participation, Quiz, Summative Examination	CLO1
2	Branches of Philosophy: Metaphysics, Epistemology, Axiology	Lecture with examples, Interactive Discussion	Participation, class discussion, Quiz, Summative Examination	CLO1
3	Methods of Philosophizing: Logic, Existentialism, Analytic Tradition, Phenomenology	Comparative discussion, Lecture	Peer evaluation, Summative Examination	CLO3, CLO4, CLO5
4	Methods of Philosophizing: Deductive and Inductive Reasoning	Task based Teaching, Lecture	Class Performance	CLO6
5	Theories of Knowledge: Authoritarianism, Rationalism, Empiricism, Intuitionism, Mysticism	Lecture, critical thinking exercise	Concept mapping, Summative Examination	CLO2, CLO3, CLO4

Week	Topic	Teaching-Learning Strategy	Assessment Strategy	Corresponding CLOs
6	Nature of Knowledge: Idealism, Realism, Pragmatism, Agnosticism, Existentialism	Interactive Discussion,	Individual reflection, Summative Examination	CLO3, CLO5
7	Philosophy of Mind: Descartes and the Discovery of the Mind-Body Problem, Mind-Body Problem, Dualism vs Monism	Case studies, interactive mind maps	Oral presentation, Summative Examination	CLO3, CLO4
8	Philosophy of Mind: Immortality of the Soul, Free Will, Optimism vs Pessimism	Philosophical storytelling, Lecture	Summative Examination	CLO3, CLO6
9	Philosophy of God: Theism, Deism, Atheism, Problem of Evil	Lecture-dialogue, multimedia resources	Quiz, Summative Examination	CLO2, CLO4, CLO5
10	Western Philosophers: Socrates, Plato, Aristotle, Machiavelli	Biographical storytelling, Lecture	Summative Examination	CLO2, CLO5

Week	Topic	Teaching-Learning Strategy	Assessment Strategy	Corresponding CLOs
11	Western Philosophers: Rousseau, Immanuel Kant, Nietzsche, Karl Marx	Biographical storytelling, Lecture	Summative Examination	CLO2, CLO5
12	Western Philosophies: Revision, QnA	Review quiz, student questions	Assignment	All CLOs
13	Eastern Philosophies: Buddhism	Lecture, Story telling	Interactive Discussion, SEE	CLO2, CLO3, CLO4, CLO5
14	Eastern Philosophies: Confucianism	Student-led discussion, analogy-based thinking	Quiz, SEE	CLO2, CLO3, CLO4, CLO5
15	Eastern Philosophies: Charvakism	Value discussion, dialectic method	Socratic questioning, SEE	CLO2, CLO3, CLO4, CLO5

Week	Topic	Teaching-Learning Strategy	Assessment Strategy	Corresponding CLOs
16	School of Muslim Philosophy: Sufism	Storytelling, multimedia lecture	Class Participation, SEE	CLO2, CLO3, CLO4, CLO5
17	Eastern Philosophies: Revision, QnA	Review quiz, student questions	Assignment	All CLOs



Suggested Readings:

Blackburn, S. (2012). Think: A compelling introduction to philosophy (2nd ed.). Oxford University Press.

Law, S. (2011). The philosophy gym: 25 short adventures in thinking. Headline.

Nagel, T. (1987). What does it all mean? A very short introduction to philosophy. Oxford University Press.

Russell, B. (2004). The problems of philosophy. Oxford University Press. (Original work published 1912)

Scruton, R. (2014). Thinkers of the new left. Bloomsbury Continuum. (For critical perspectives on modern ideologies.)

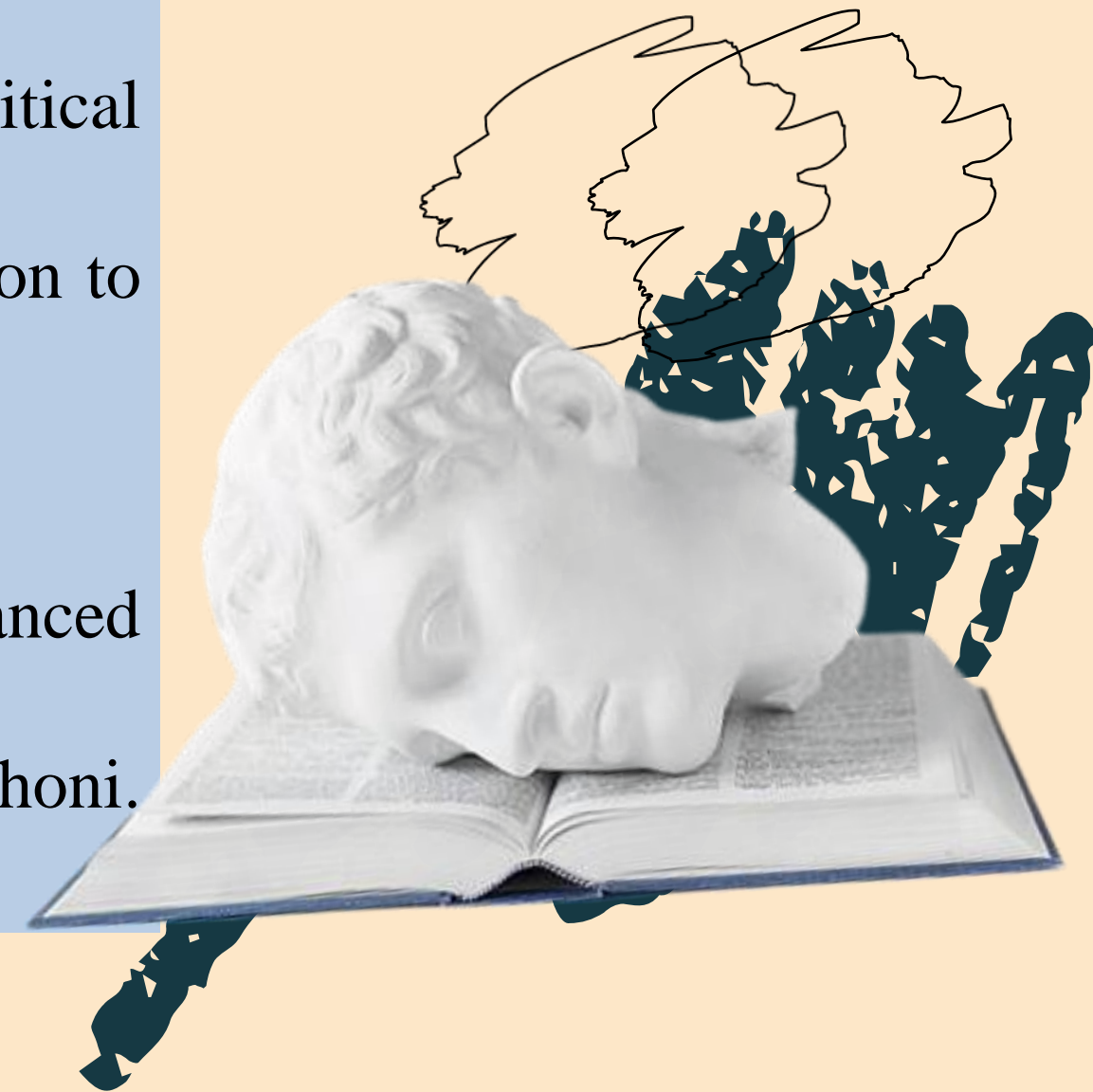
Solomon, R. C., & Higgins, K. M. (2018). The big questions: A short introduction to philosophy (10th ed.). Cengage Learning.

Warburton, N. (2012). A little history of philosophy. Yale University Press.

Magee, B. (2001). The story of philosophy. DK Publishing.

Copleston, F. (1993). A history of philosophy (Vols. 1–9). Image Books. (For advanced or reference use.)

Hossain, A. (2008). Introduction to philosophy. Dhaka: Anupam Prokashoni. (Bangladeshi context)



Week -1

Slide: 9-15



Introduction to Philosophy

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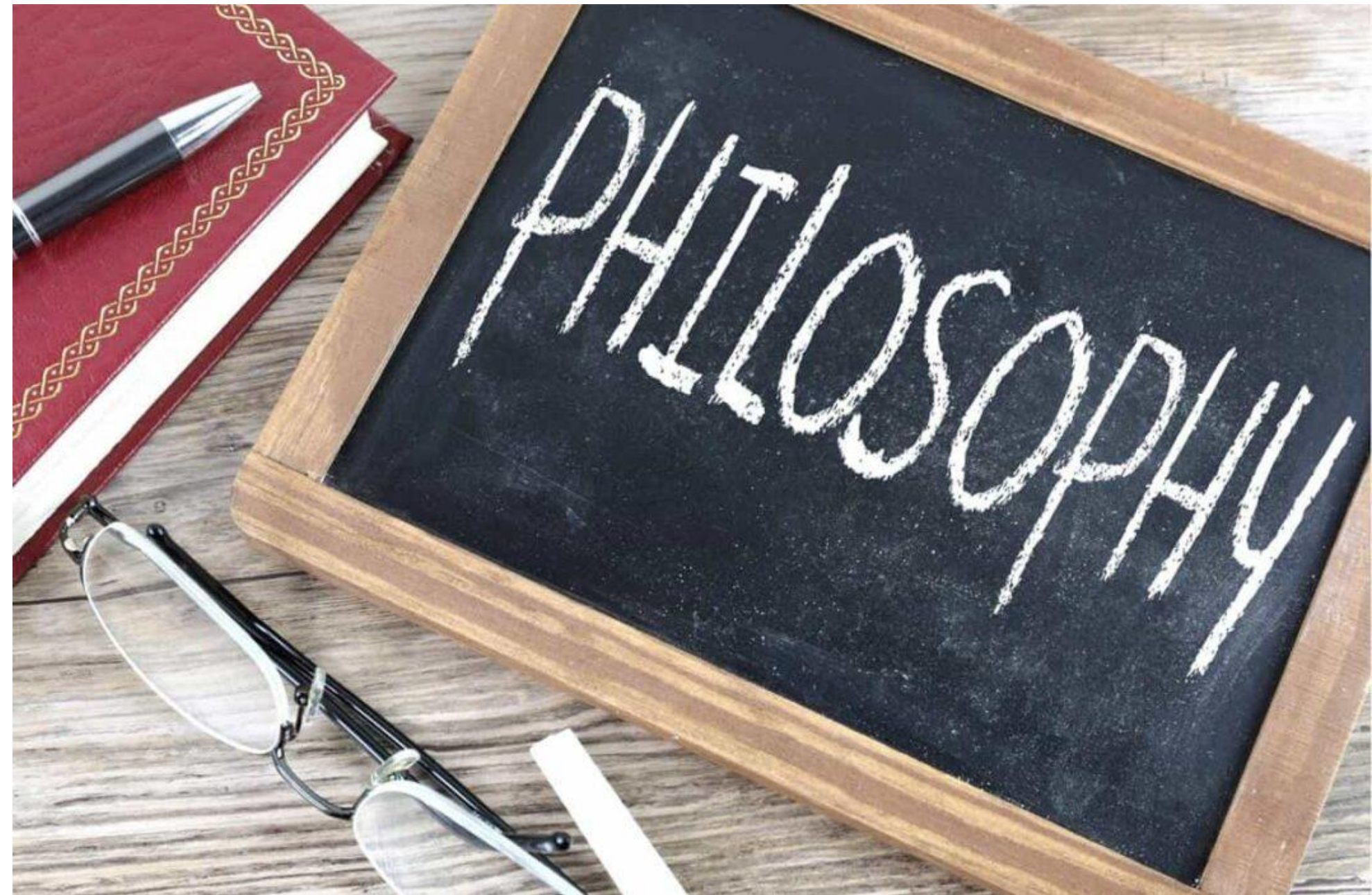
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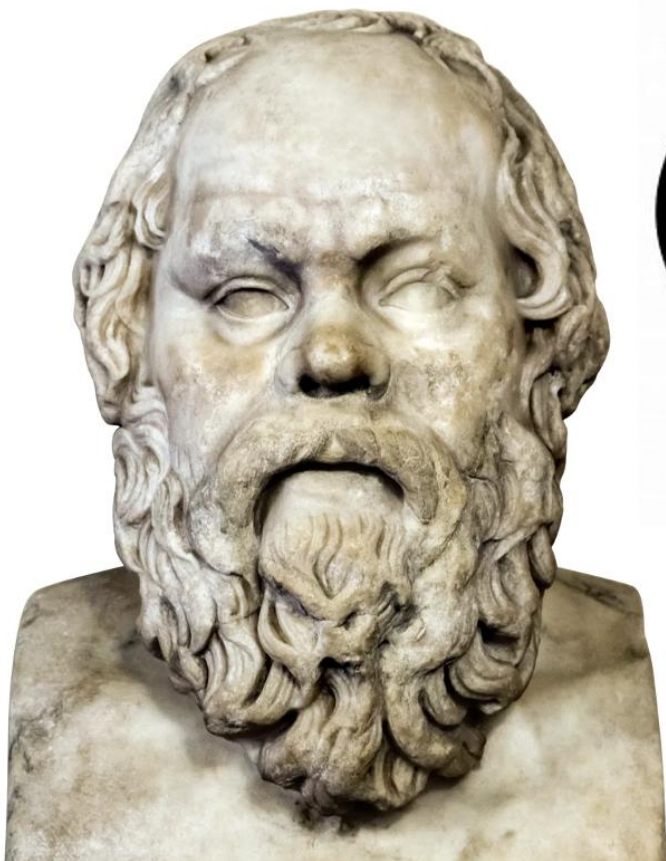
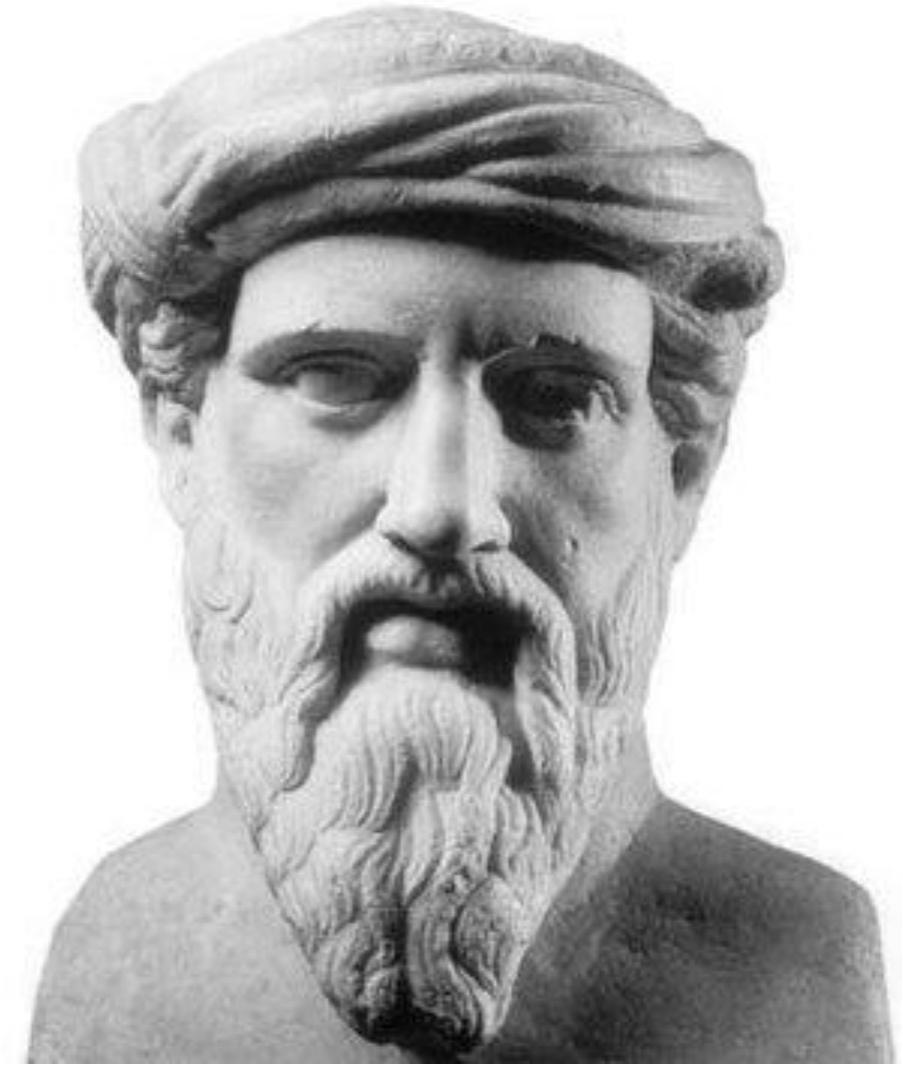
Meaning of Philosophy

The word ***Philosophy*** comes from the Greek *philo* (love) and *sophia* (wisdom) and so is literally defined as “the love of wisdom”



Origin of Philosophy

According to an ancient tradition Pythagoras (born on the Greek island of Samos, c. 580 B.C.) coined the Greek word 'philosopher' meaning 'lover of wisdom' to contrast with 'wise man' (*sophist*), saying of himself that he was only a man who loved wisdom (a wisdom-loving man), not a wise man.



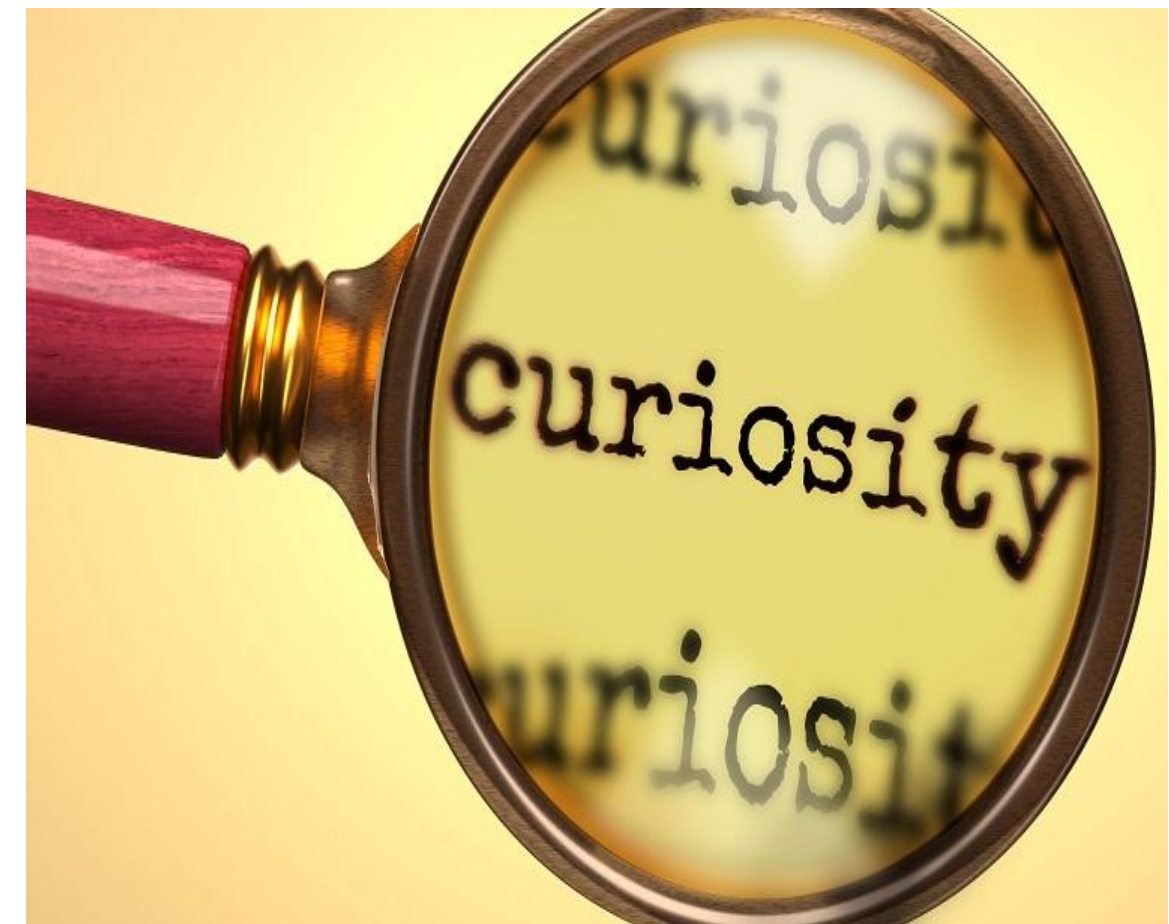
ASK BETTER
QUESTIONS!

According to Socrates “ Wonder is the feeling of a philosopher,
and philosophy begins in wonder.”

There is considerable disagreement among philosophers about the origin of philosophy. For example, some think philosophy originates from curiosity and skepticism, while others think philosophy originates from truth-seeking or the desire to know. Others think it originated from practical necessity. Many also consider spiritual motivation and thirst as the reason for the origin of philosophy. Philosophy, as we know it today, developed in ancient Greece, starting in the 6th century BC. Meanwhile, other philosophical traditions sprung up in China and India.

Philosophers sought answers to the big questions of life and the world. What distinguishes philosophical answers to these questions is the condition that the answers are based on reason. That is, the strength of a philosophical explanation comes down to the strength of the reasons that could be found to support it

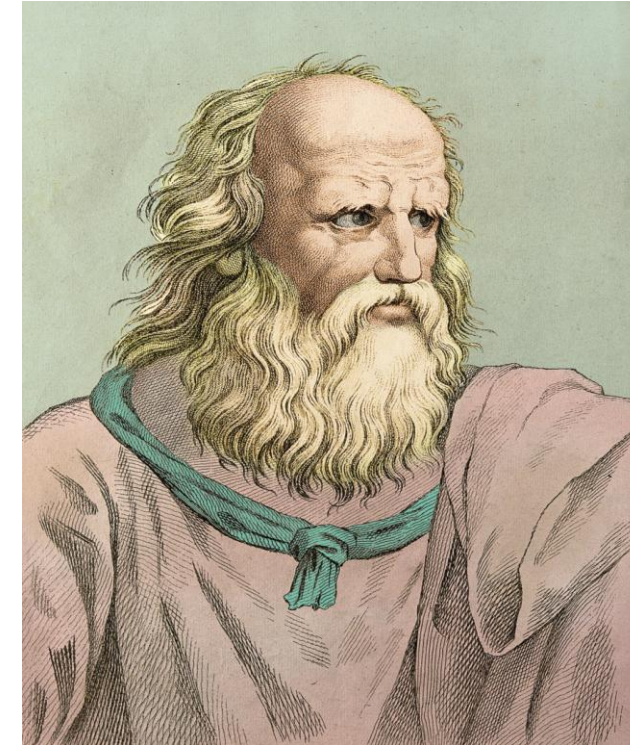
When a human baby is born, it cries out as soon as it is born. Because his environment and surroundings are completely new and diverse. Slowly as he grew older his curiosity grew. That is, curiosity is his natural nature. Then he wants to know his life and world with wonder, sometimes doubt. And this curiosity and wonder of people gives rise to philosophy. He never stops learning new things and discovers and establishes great things. In the words of the poet Nazrul, it can be said, “I will see the world in the palm of my hand”. The indomitable desire of man to grasp the world gives rise to philosophy.



Definition of Philosophy

According to Plato

"He who has a taste for every sort of knowledge and who is curious to learn and is never satisfied may be justly termed as a philosopher."



According to Aristotle

"Philosophy is a science which discovers the real nature of supernatural elements"

According to Immanuel Kant

"Philosophy is the science of knowledge and criticism"



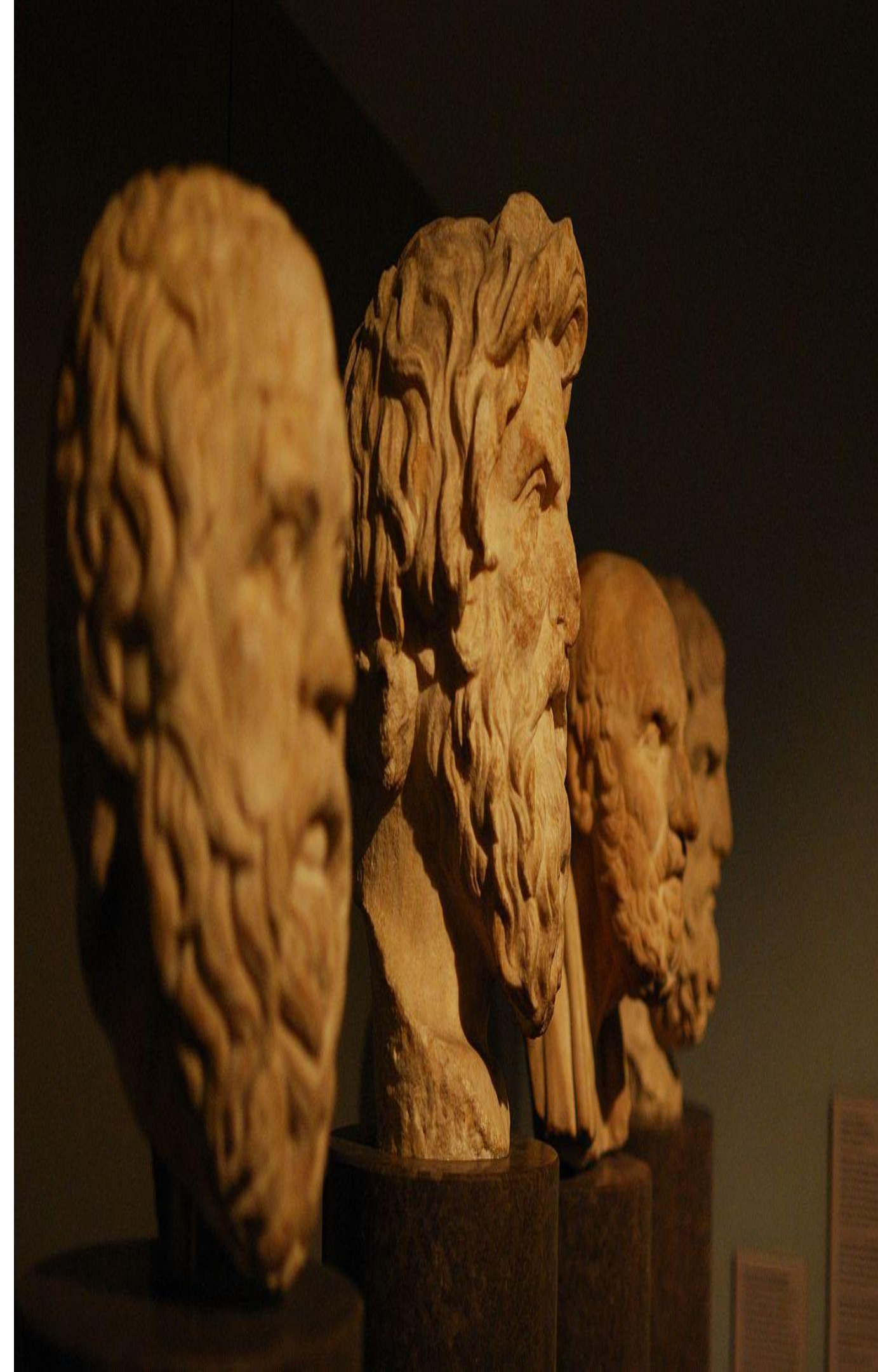
Nature, Scope, and the Subject Matter of Philosophy

Now let us discuss the Nature and Scope of Philosophy, i.e. the characteristics of philosophy. In fact, philosophy deals with all the branches of thought. Yet we can consider the following facts –

- ❑ Dealing with God is a significant concern of philosophy. It tries to find out the possibility of the existence of God, the nature of God, method of activities of God.
- ❑ Knowledge is the most important discussing matter of philosophy. It discusses the ins and outs of knowledge.
- ❑ The prime concern of philosophy is life. Nothing in the universe is beyond life and nothing in life is beyond philosophy. Moreover, philosophy is the criticism and interpretation of life. It enquires into the nature, meaning, purpose, origin, and destiny of human life.
- ❑ The chief instrument of philosophy is logic. Being logical, it does not want to believe anything without logic. Its method is rational speculation – logical analysis and synthesis.
- ❑ Because of its dealing with the scientific method, everything in philosophy is methodically based on science.
- ❑ Philosophy has a close affinity with psychology. It takes effort to disclose the functions of psychology.

- ❑ Mysteries of the universe get importance in philosophy. Because they are the burning questions for all times for philosophy.
- ❑ Philosophy and literature are closely related to each other: philosophy is often revealed through literary works.
- ❑ Philosophy also deals with animal and plant life.
- ❑ Philosophy also deals with science. It tries to find out the origin of science, and the possibility of changing the methods of science.

In fine, we must say that philosophy is a vast field where all branches of knowledge get a place to stay as well as to be discussed. Indeed different sciences deal with different departments of the world and give us a sectional view of the world. Philosophy harmonizes the highest conclusions of the different sciences, coordinates them with one another, and gives a rational conception of the whole world. So philosophy is very important for us as a subject.





Week - 2

Slide: 16-21



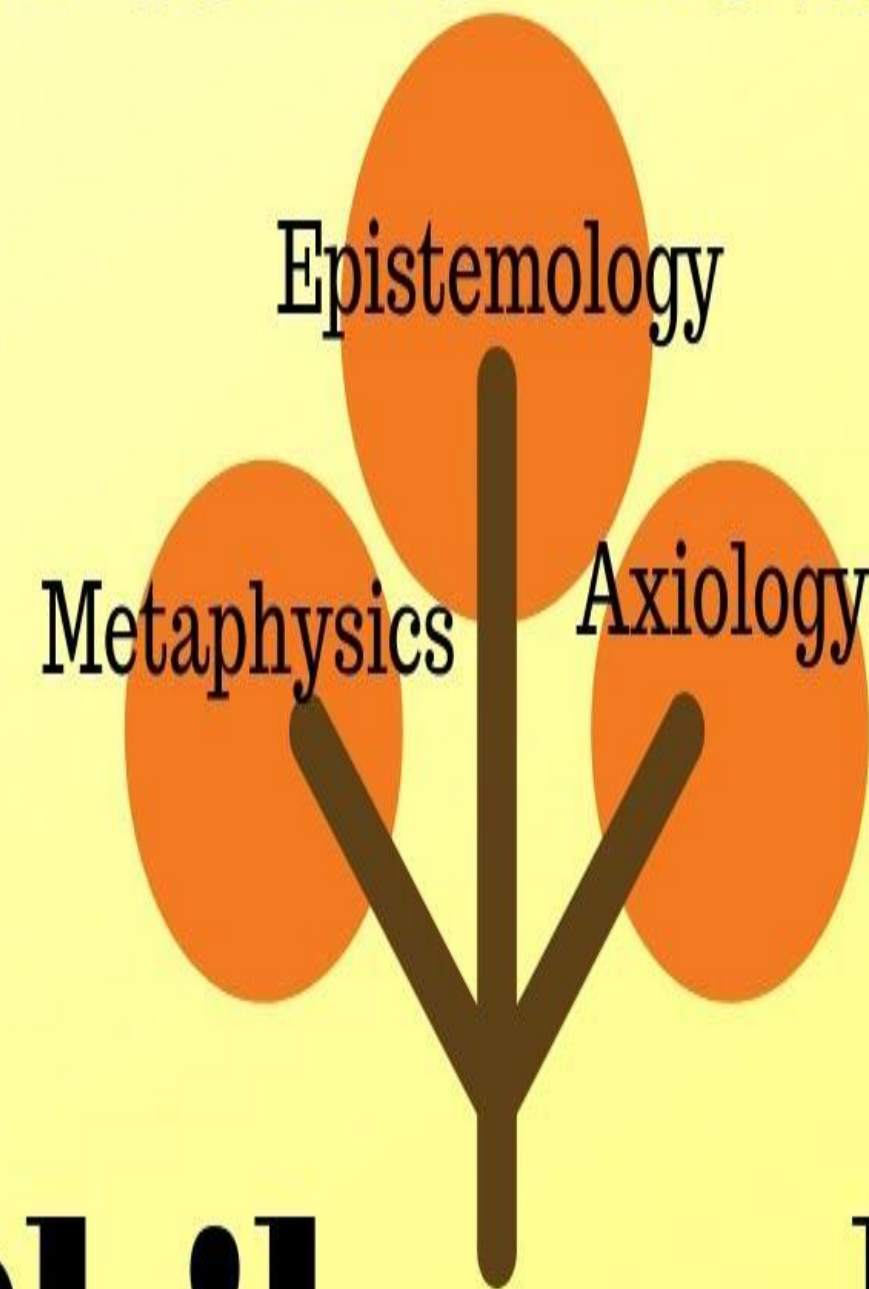
Branches of Philosophy

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Philosophy is a field that involves critical thinking, so philosophy plays a role in all fields. Philosophy helped to develop and even create some fields. For example, science developed out of natural philosophy. Physics, the cosmos, and nature were studied as natural philosophy.

There are several branches of Philosophy. Among them the major branches of philosophy are **epistemology**, which studies knowledge; **metaphysics**, which studies reality and being; **axiology**, which studies valuation within aesthetics and ethics; and political philosophy, which studies government.

Branches of



Philosophy

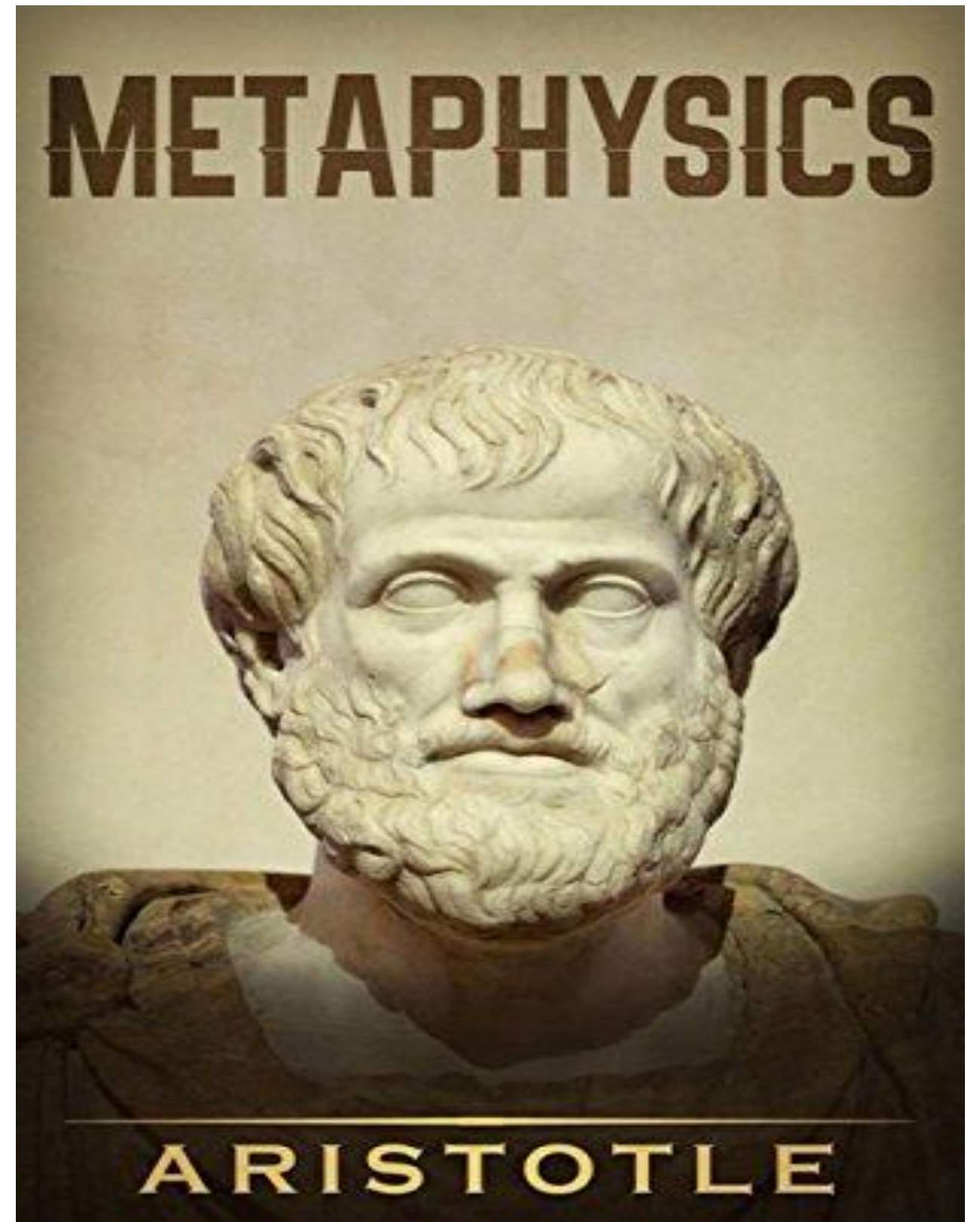
Epistemology



Epistemology is the branch of philosophy that considers how people come to learn what they know. Derived from the Greek word *episteme*, meaning knowledge or understanding, epistemology refers to the nature and origin of knowledge and truth. Epistemology proposes that there are four main bases of knowledge: divine revelation, experience, logic and reason, and intuition. These influence how teaching, learning, and understanding come about in the classroom.

Metaphysics

The word “Metaphysics” is derived from the Greek words "meta & physika" - meaning 'after physics'. Metaphysics has been a primary area of philosophical debate. It is mainly concerned with explaining the nature of being and the world. Traditionally, it has two different study areas, including Cosmology and Ontology. Cosmology is focused on understanding the origin, evolution, and eventual fate of the universe, which includes laws that keep it in perfect order. On the other hand, Ontology investigates various types of things that exist and their relationship with each other. Much before the discovery of modern science, all science-related questions were asked as a part of Metaphysics.



Axiology

Axiology is the branch of philosophy that considers the study of principles and values. These values are divided into two main kinds: ethics and aesthetics. Ethics is the questioning of morals and personal values. Aesthetics is the examination of what is beautiful, enjoyable, or tasteful. In axiology education is more than just about knowledge but also quality of life.



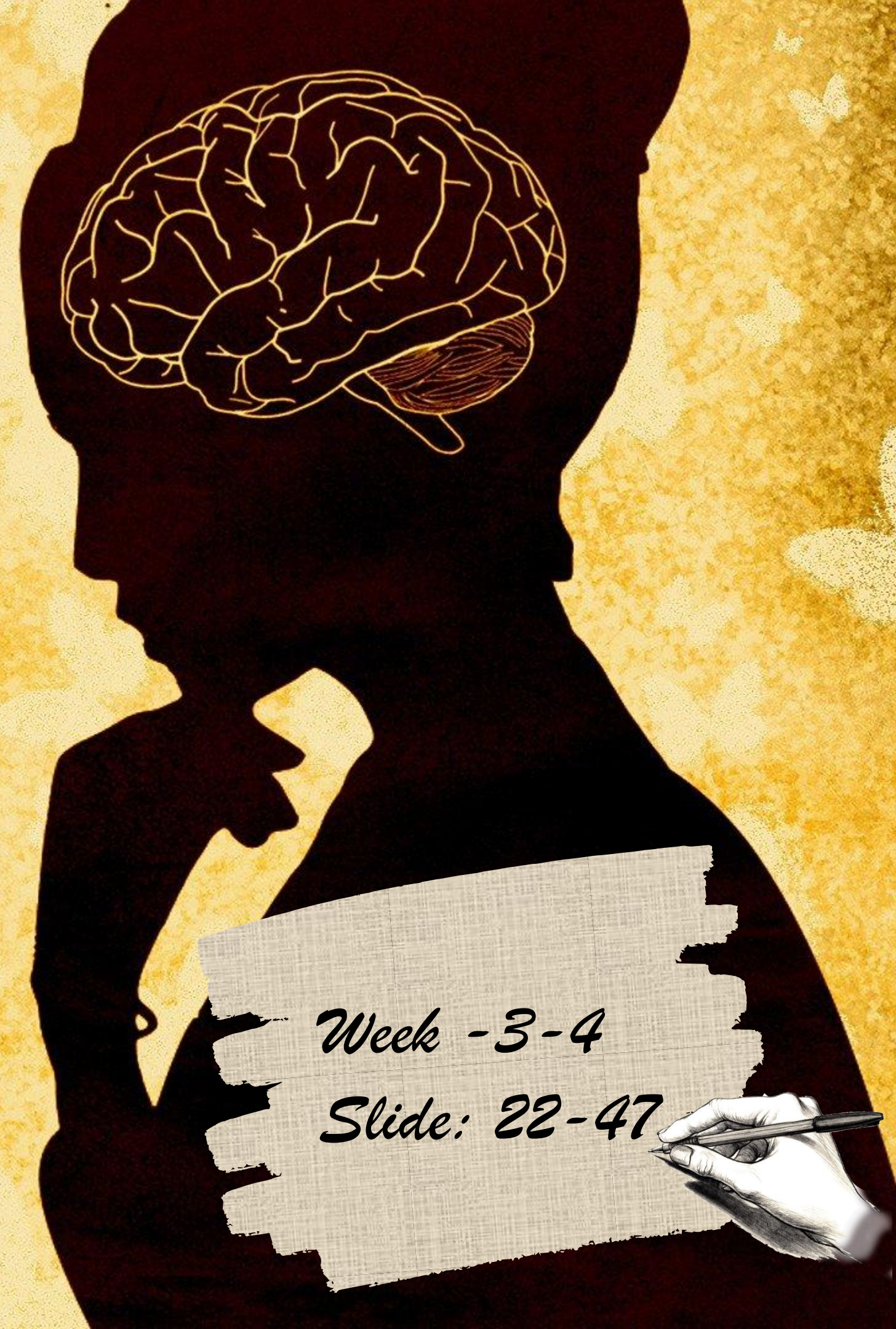
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Questions

Methods of Philosophizing



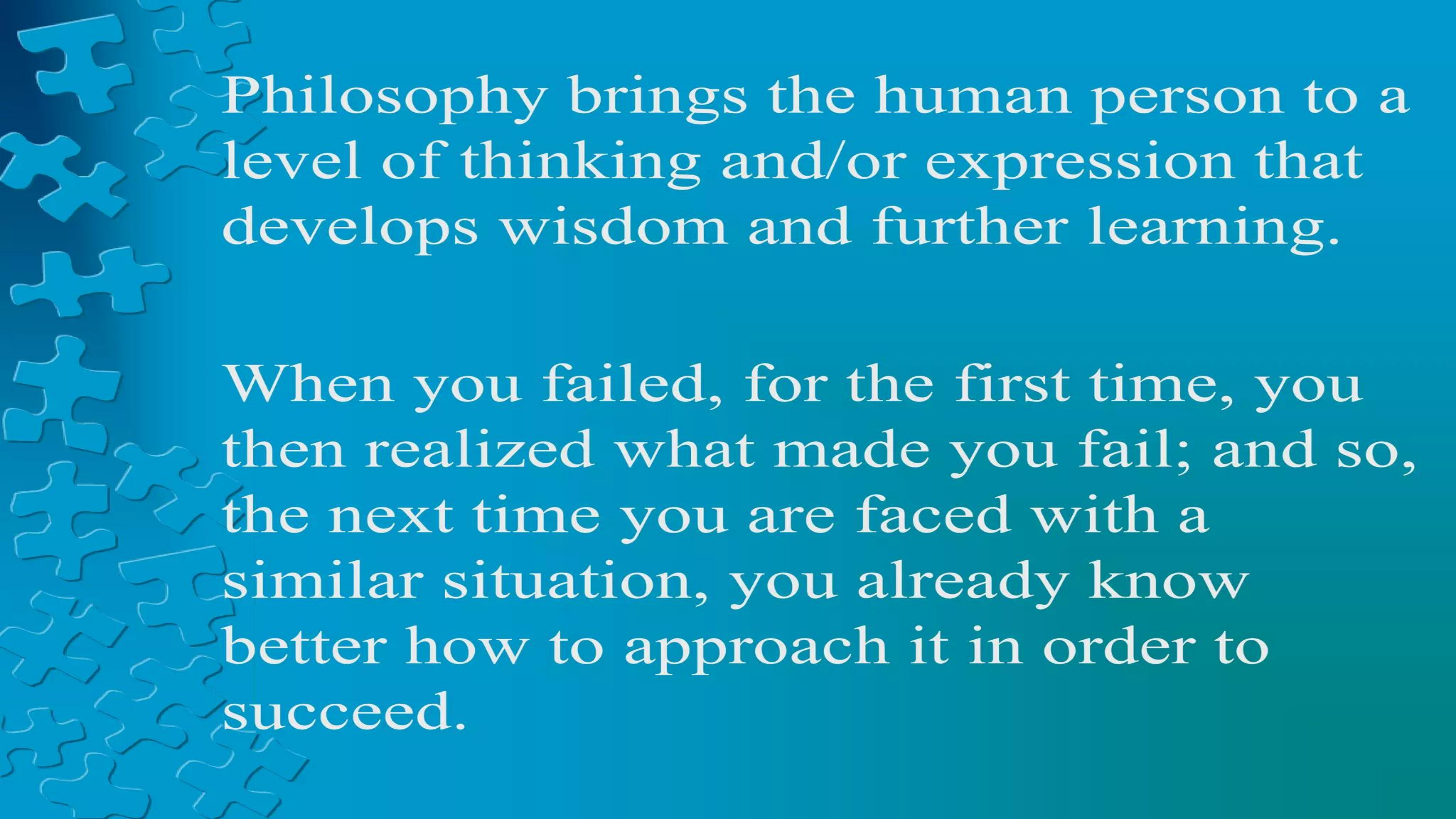
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Week - 3-4

Slide: 22-47





Philosophy brings the human person to a level of thinking and/or expression that develops wisdom and further learning.

When you failed, for the first time, you then realized what made you fail; and so, the next time you are faced with a similar situation, you already know better how to approach it in order to succeed.

And when you reach that stage of philosophy,
you are building up on wisdom.


Wisdom is the application of knowledge.



KNOWLEDGE
is knowing
what to say.



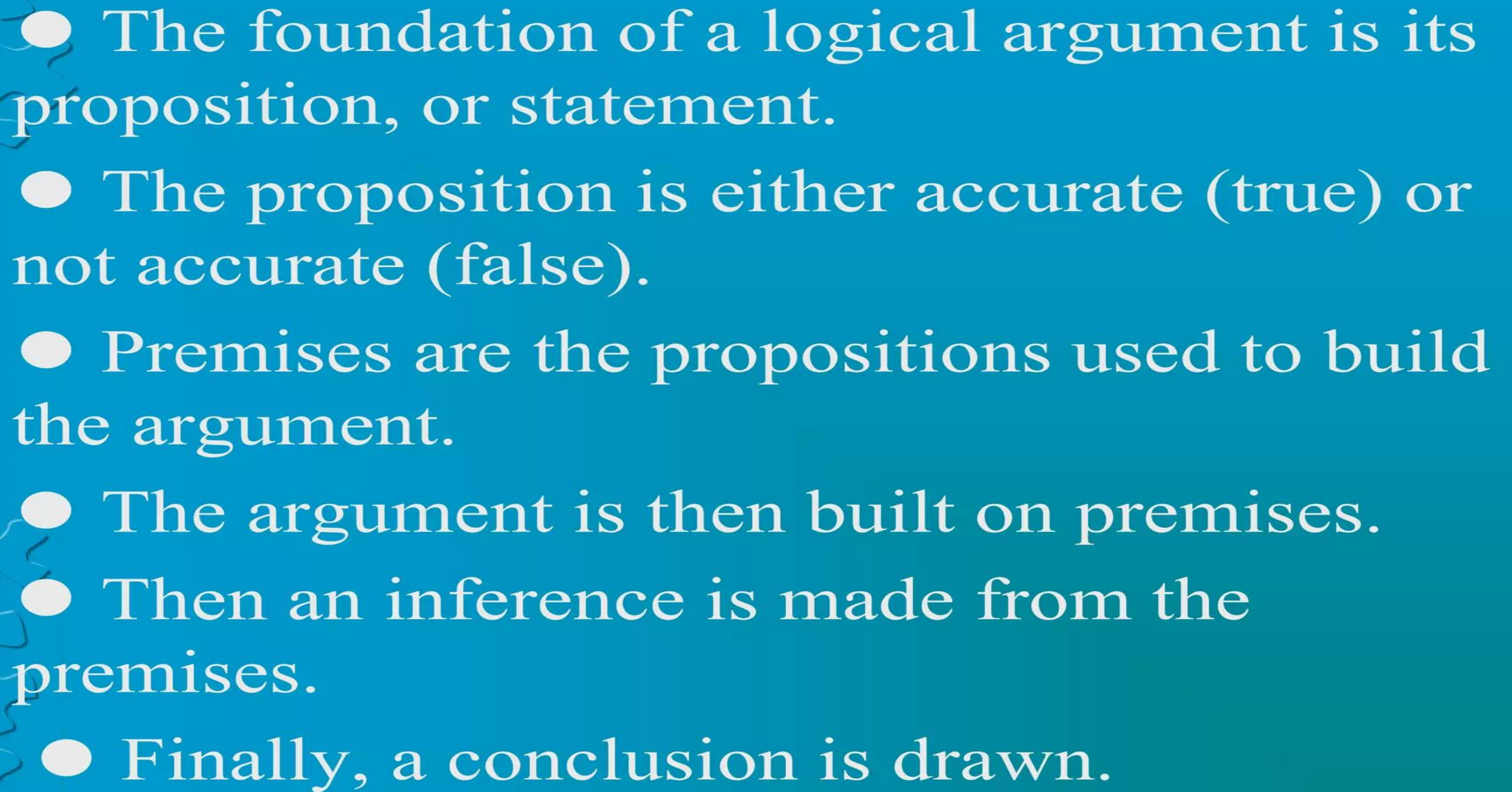
WISDOM
is knowing
when to say it.

- 
- There are four different methods of philosophizing
 - logic,
 - existentialism,
 - analytic tradition, and
 - phenomenology.

- **Logic** in simple words, is the art and science of correct thinking.

“The study of truths based completely on the meanings of the terms they contain.”



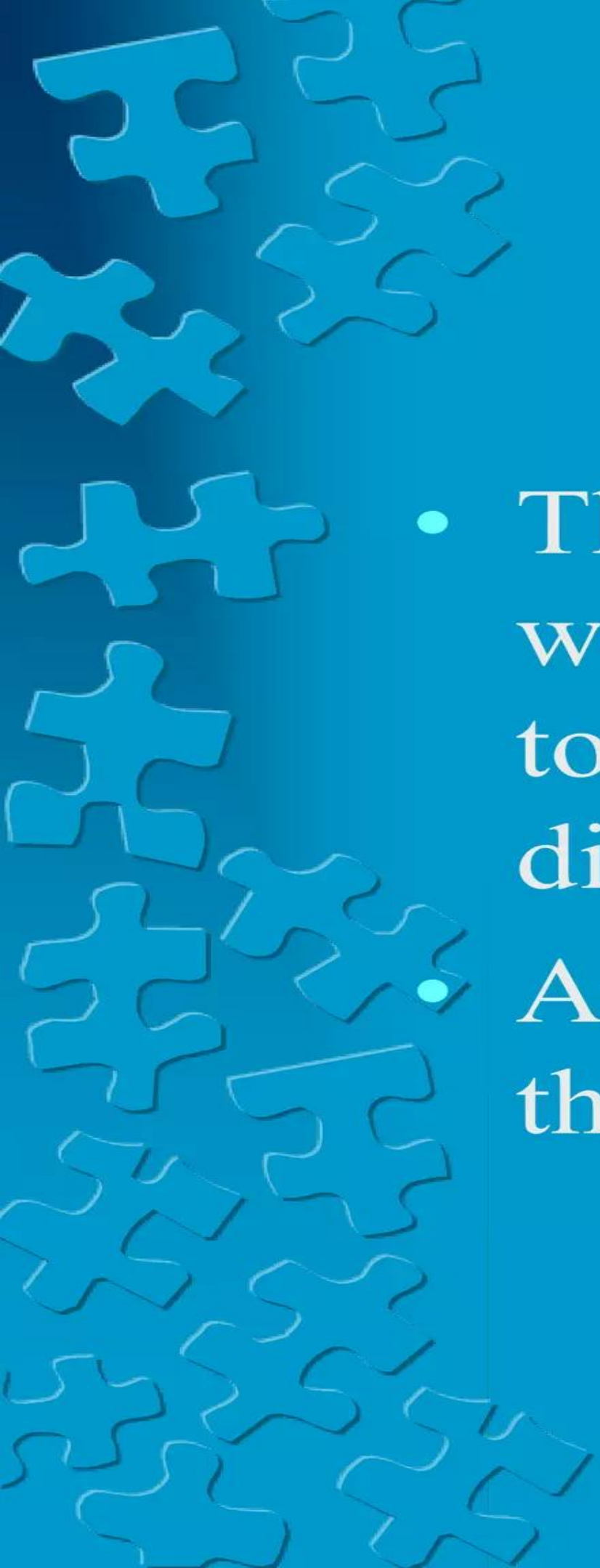
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- The foundation of a logical argument is its proposition, or statement.
 - The proposition is either accurate (true) or not accurate (false).
 - Premises are the propositions used to build the argument.
 - The argument is then built on premises.
 - Then an inference is made from the premises.
 - Finally, a conclusion is drawn.

Existentialism

- is a philosophical view that asserts the individuality of any human person making him free to make choices of what he is and what he can become.

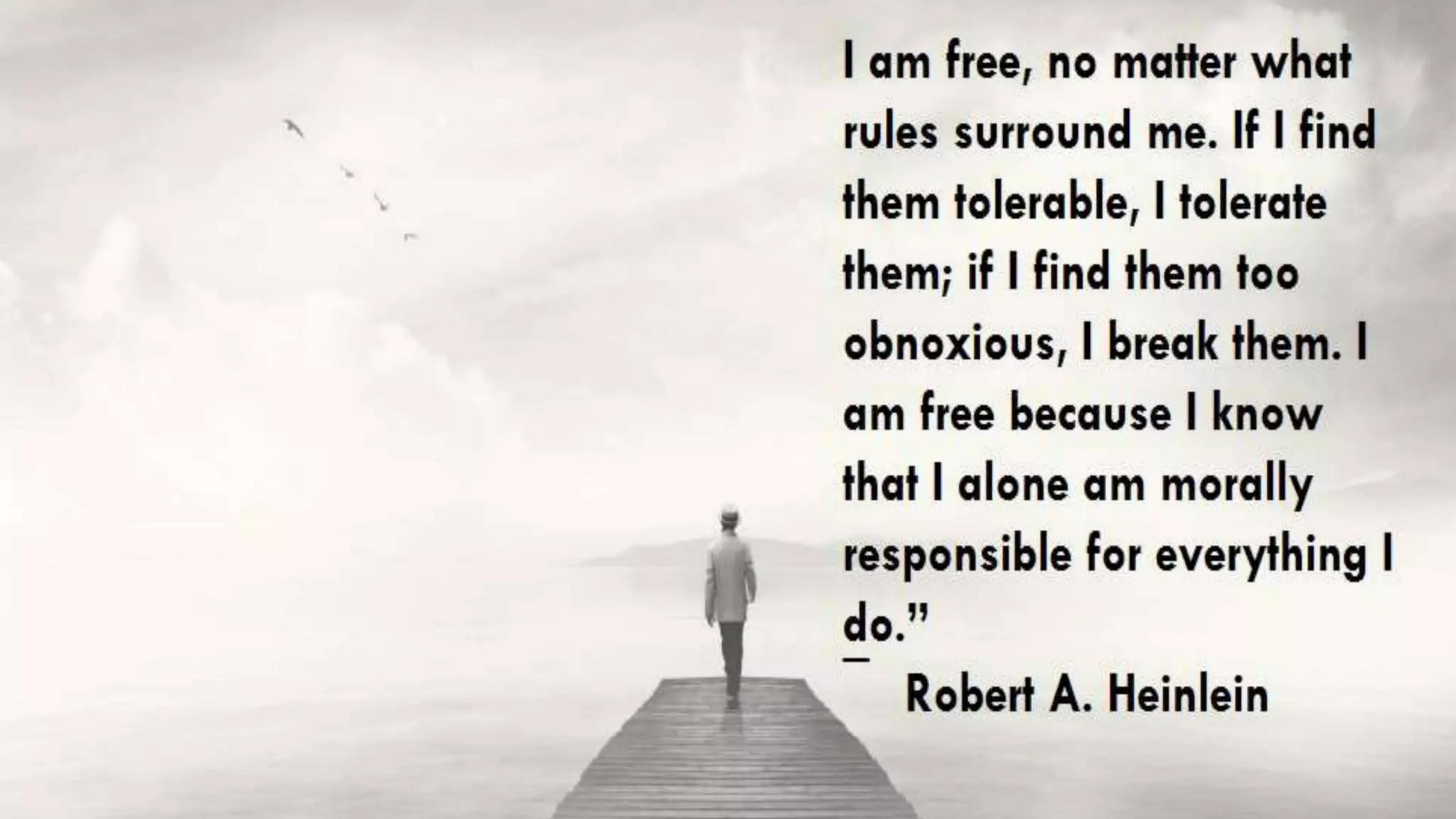
**"We
are
our
choices."**

— J.P. Sartre

- 
- This means that you students are unique and would most likely have a future that is true to your own person and not what is being dictated by your parent nor your friends.
 - At what Jean-Paul Sartre says, “Freedom is the identity of man.”

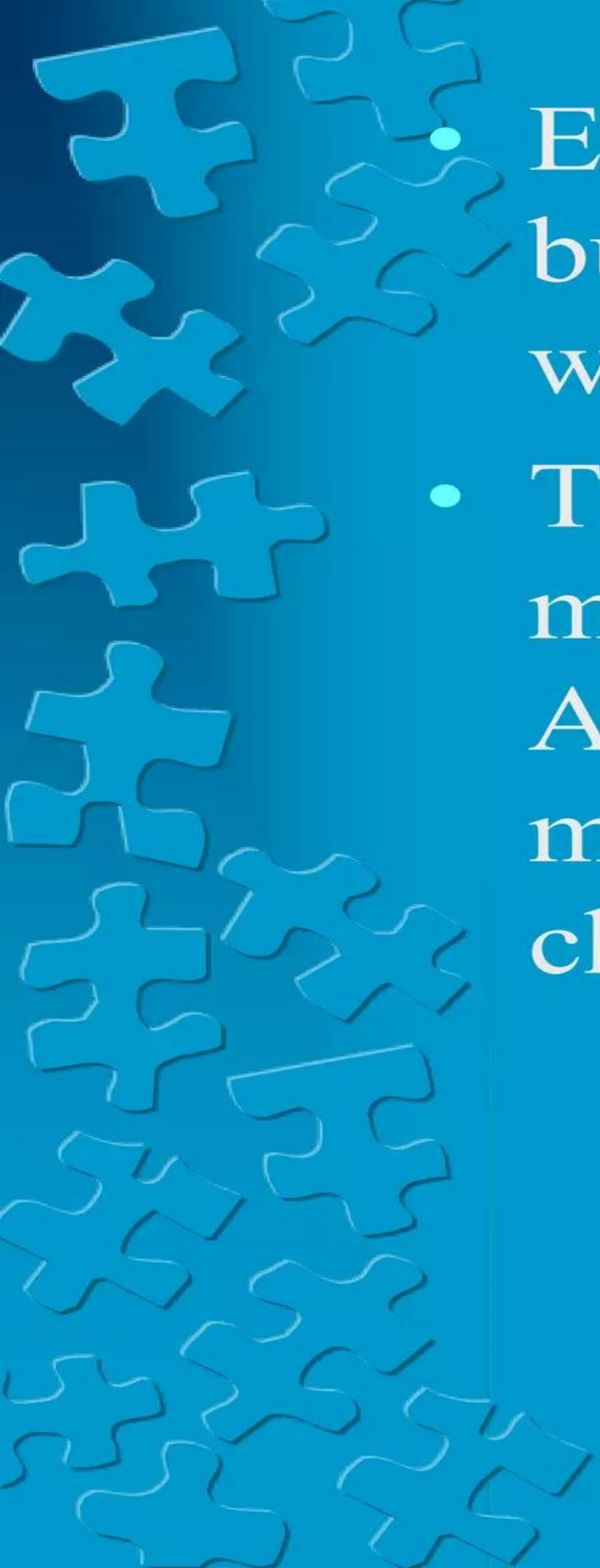
EXISTENTIALISM



A grayscale photograph of a person walking away from the viewer on a wooden pier that extends into a body of water. The horizon is low, and the sky is filled with large, dramatic clouds. Several birds are visible in flight in the upper left portion of the sky. The overall mood is contemplative and expansive.

**I am free, no matter what
rules surround me. If I find
them tolerable, I tolerate
them; if I find them too
obnoxious, I break them. I
am free because I know
that I alone am morally
responsible for everything I
do."**

— Robert A. Heinlein

- 
- Existentialism teaches one enjoy freedom but with due responsibility on what is wrong and is right.
 - Through this method, you can discover more sets of truth without any limitations. As a man who has freedom you must put to mind that you are accountable of your choices and decision in life.



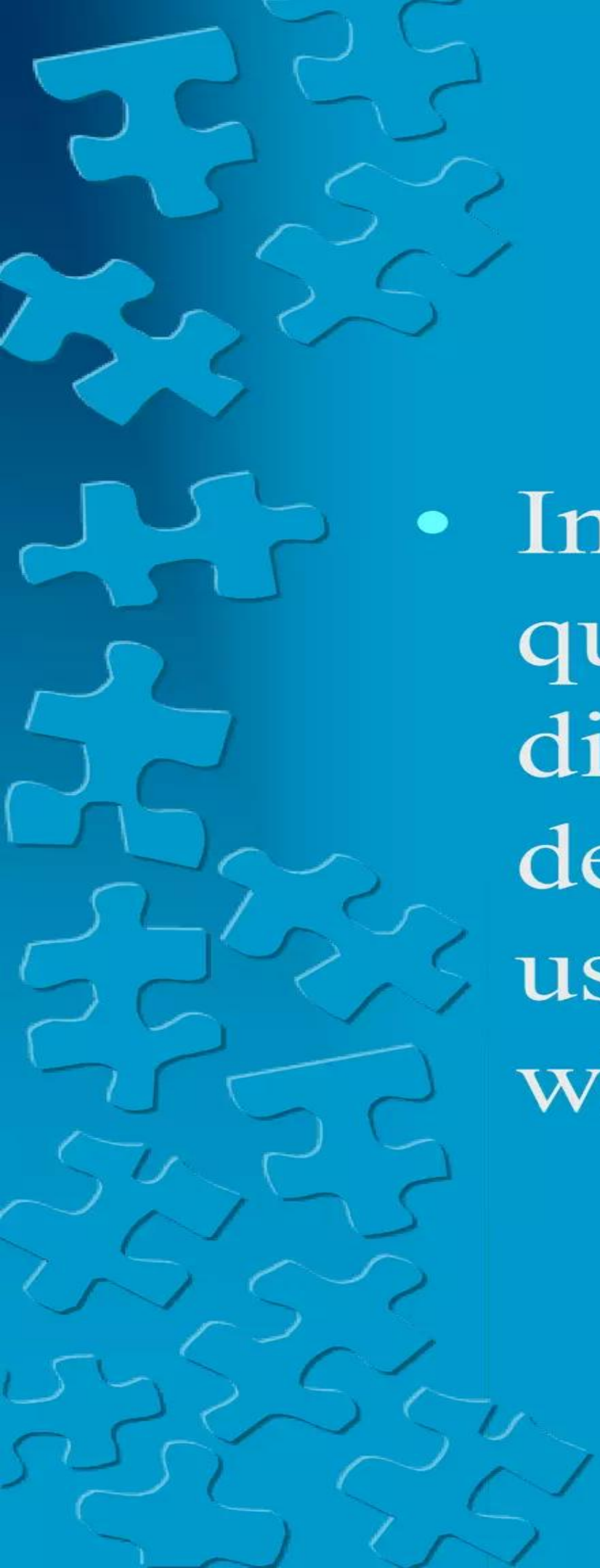
**"We
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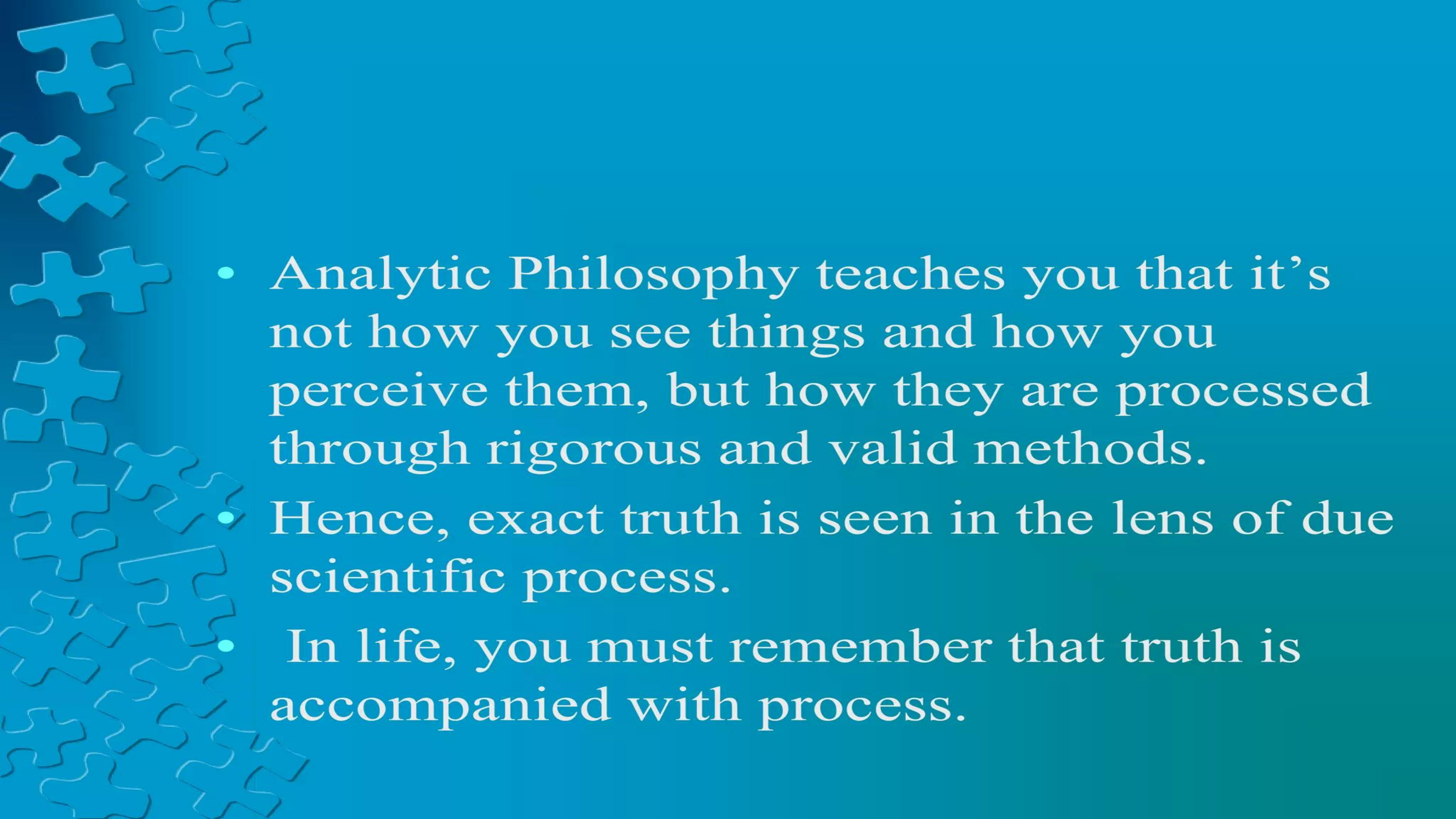
– J.P. Sartre



Analytic Philosophy

- states that, “assumption of truth only becomes true after it shall have gone through validation, experimentation or any scientific approach for that matter.

- 
- In school setting for example, there are questions teachers ask that may elicit different responses, but there is only one definite correct answer and this answer is usually supported by a concept or a theory which is a product of scientific process.

- 
- Analytic Philosophy teaches you that it's not how you see things and how you perceive them, but how they are processed through rigorous and valid methods.
 - Hence, exact truth is seen in the lens of due scientific process.
 - In life, you must remember that truth is accompanied with process.




Phenomenology

- brings varied perceptions over a thing to a common end that certain things no matter how different the perspective of people towards it due to their experiences would receive justification to its being.



- For example, in this image you may look at it as half full, some look at it as half empty. This thing may appear in different perspectives.
- In applying phenomenology, one must go back to its original meaning or “thing-in-itself” (according to Encyclopedia) that is simply a glass of water.

- 
- Things may appear to you in different ways. Yet, what is important is to see its essence.
 - This phenomenological way brings you to the essence of anything.
 - Hence, also see the importance of the things that you encounter for there is always essential meaning why things exist.


- 
- For you to make use of logic a tool in understanding complex proposition presented in statements or texts, you may use two types of reasoning:

- DEDUCTIVE
- INDUCTIVE



Deductive Reasoning


- There are usually complex thoughts we encounter, and it takes a hard time to understand what is expressed in it.
- But with the help of deductive reasoning we can chunk the entire thought into smaller units to arrive at a simpler presentation.

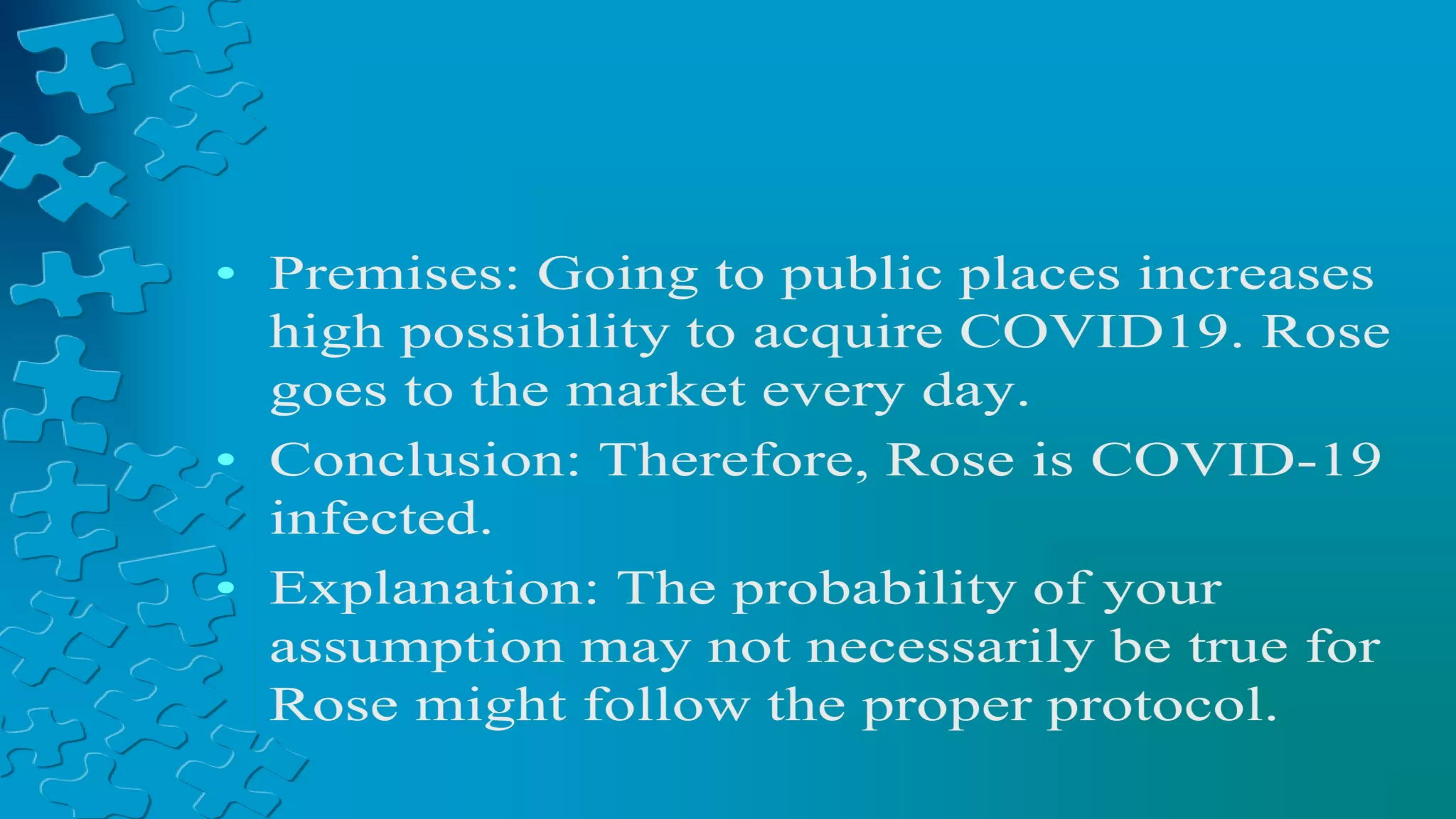
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- Examples
 - Premises: All Teachers are smart people.
Some smart people are studious.
Conclusion: Some smart people are teachers.
 - Premises: All students are kind. Pedro is a student.
 - Conclusion: Pedro is kind.

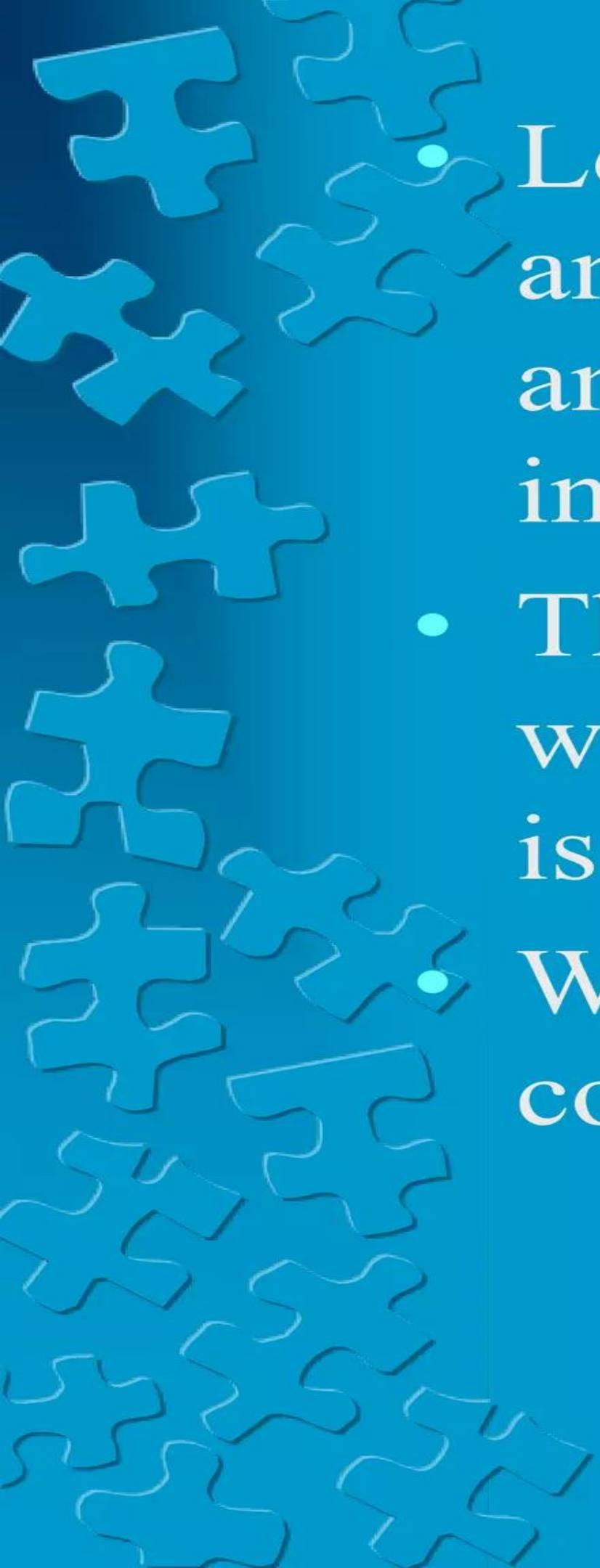


Inductive Logic

- there are presentations of statements or ideas wherein its specific details come first before generalizations are being laid.
- In this case, use bottom up approach in trying to understand the concept. "bottom up," meaning that it takes specific information and makes a broad generalization that is considered probable, allowing for the fact that the conclusion may not be accurate.

- 
- Premises: Peru is a drunkard. Lucky is one of the brothers of Peru.
 - Conclusion: In this case, you could use inductive reasoning to offer an opinion that it was probably Lucky, and his other brothers are also drunkard.
 - Explanation: The probability of your assumption may not necessarily be true for lucky and his other brothers might have different priority in terms of drinking liquor.

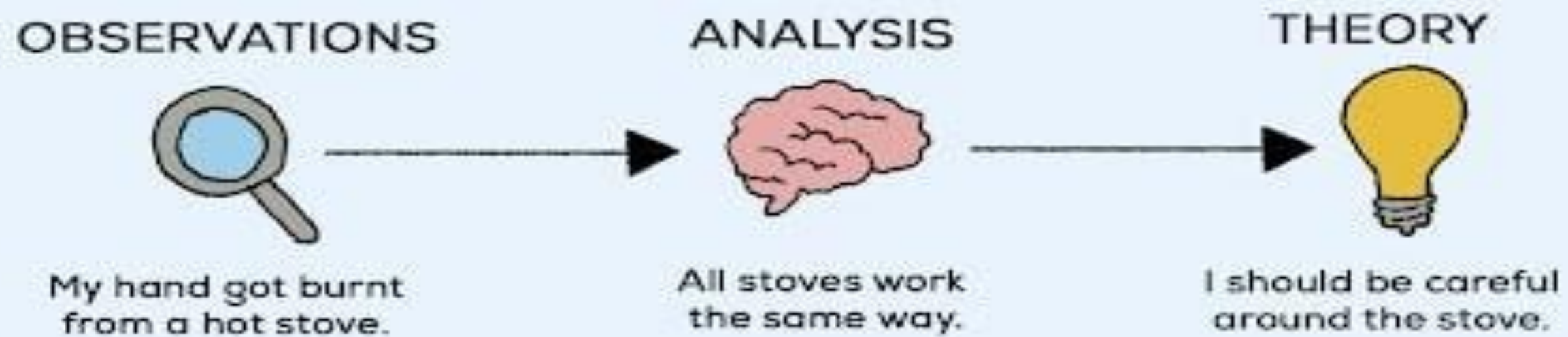
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- Premises: Going to public places increases high possibility to acquire COVID19. Rose goes to the market every day.
 - Conclusion: Therefore, Rose is COVID-19 infected.
 - Explanation: The probability of your assumption may not necessarily be true for Rose might follow the proper protocol.

- 
- Logic allows you to think accordingly about anything, making your reasoning correct, and removing any possible bias that influence your judgement.
 - Through this method of philosophizing you will be critically capable of weighing what is probable and what is true.
 - When applied to life, this will allow good consequences and benefits.

DEDUCTION



INDUCTION





Thank You

Theory of Knowledge

Week -5

Slide: 48-58



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KNOWLEDGE

The roots of
education are
bitter, but the
fruit is sweet.
-Aristotle



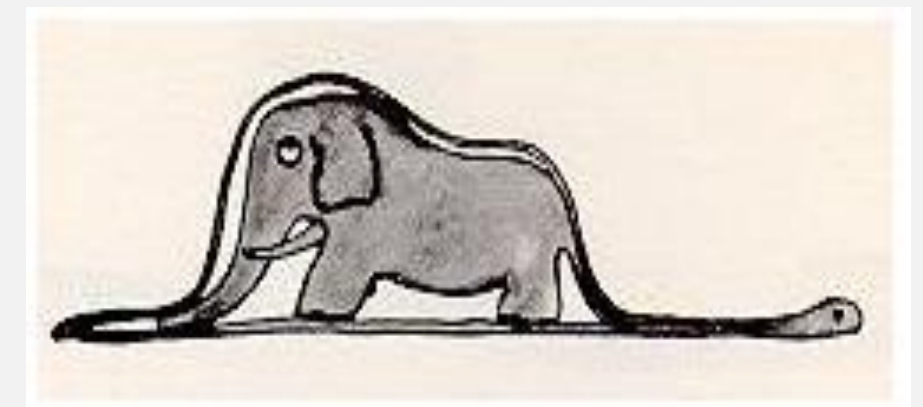
Tabula Rasa

You are a blank slate that must be written on with the chalk of experience.

You may recognize the following picture:



If you do not recognize it, you might have good guesses as to what it represents: a hat, a slug, or a falling tent, perhaps. Of course, all of these guesses are wrong. As we learn from the opening pages of *The Little Prince* the picture represents a boa constrictor eating an elephant. We are so told by the author of the picture, who draws a second one to help us, unimaginative adults, appreciate the true nature of his drawing:



Suppose that you are one of the unimaginative adults in the story and that the author shows you the first picture. You say, ‘What a nice hat,’ and he replies, ‘It’s not a hat; it’s a boa eating an elephant’. The child’s assertion is clearly true—but I want to claim something stronger: I want to claim that this assertion expresses knowledge, a knowledge of a special type that the author has precisely in virtue of his authority as the author of the picture. I shall thus call it ‘authoritative knowledge’.

Authoritarianism

Authoritarian Knowledge is based on information that has been obtained from books, research studies, experts, etc. The credibility and strength of this knowledge depend on the strength of these sources. Authoritarianism is, therefore, making use of the force of authority; blind subjection and submission to authority in terms of knowledge without verification and objection. It sources knowledge of course, as in revealed and textbooks plus verbal utterances but results in conventionalism, conformity, lack of self-reliance, closed-mindedness, docility, inconsistency and ruling out the three conditions of knowledge.

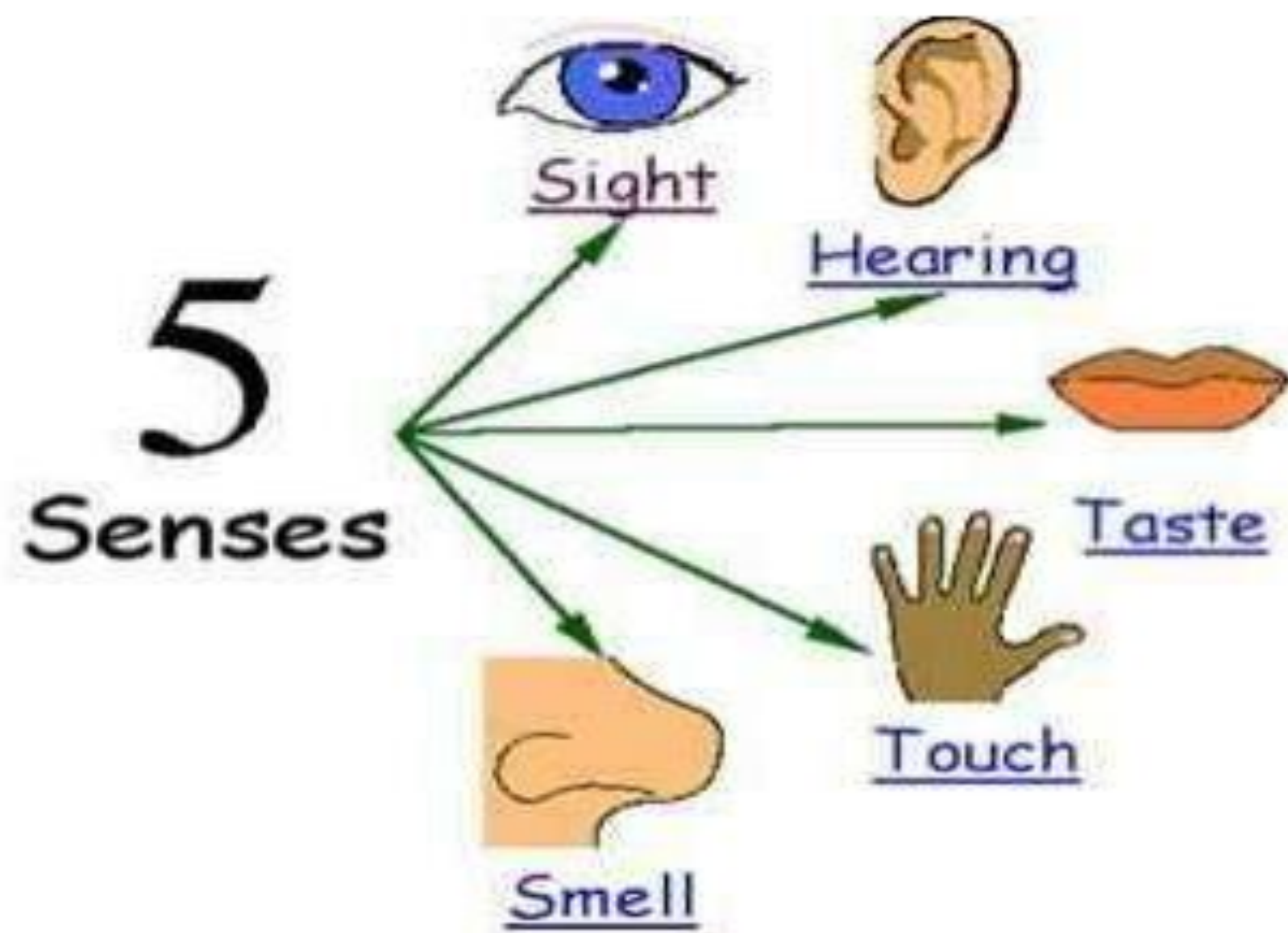


Rationalism reflects a reliance on reason—the philosophical idea that the fundamental starting point for all knowledge is not found in the senses or in experience but instead can be traced back to some innate knowledge that we're born with. This 'original knowledge' creates first principles, and the **Rationalist** epistemological school of thought purports that anything that can be logically deducted from those first principles is how we build our knowledge.

Rationalism



Empiricism



Ideas and knowledge develop in our minds as a result of our sensory experiences.

Empiricism

The term Empiricism derives from the Ancient Greek word ἐμπειρία, (empeiria), which comes from the same etymological root as the Latin word experientia. It is from these words that we have derived our words experience and experiment. The Empiricists say that sensory experience is the only source of knowledge. Empiricism is the theory that the origin of all knowledge is sense experience. It emphasizes the role of experience and evidence, especially sensory perception, in the formation of ideas, and argues that the only knowledge humans can have is a posteriori (i.e. based on experience). Most empiricists also discount the notion of innate ideas or innatism (the idea that the mind is born with ideas or knowledge and is not a "blank slate" at birth).

Empiricism

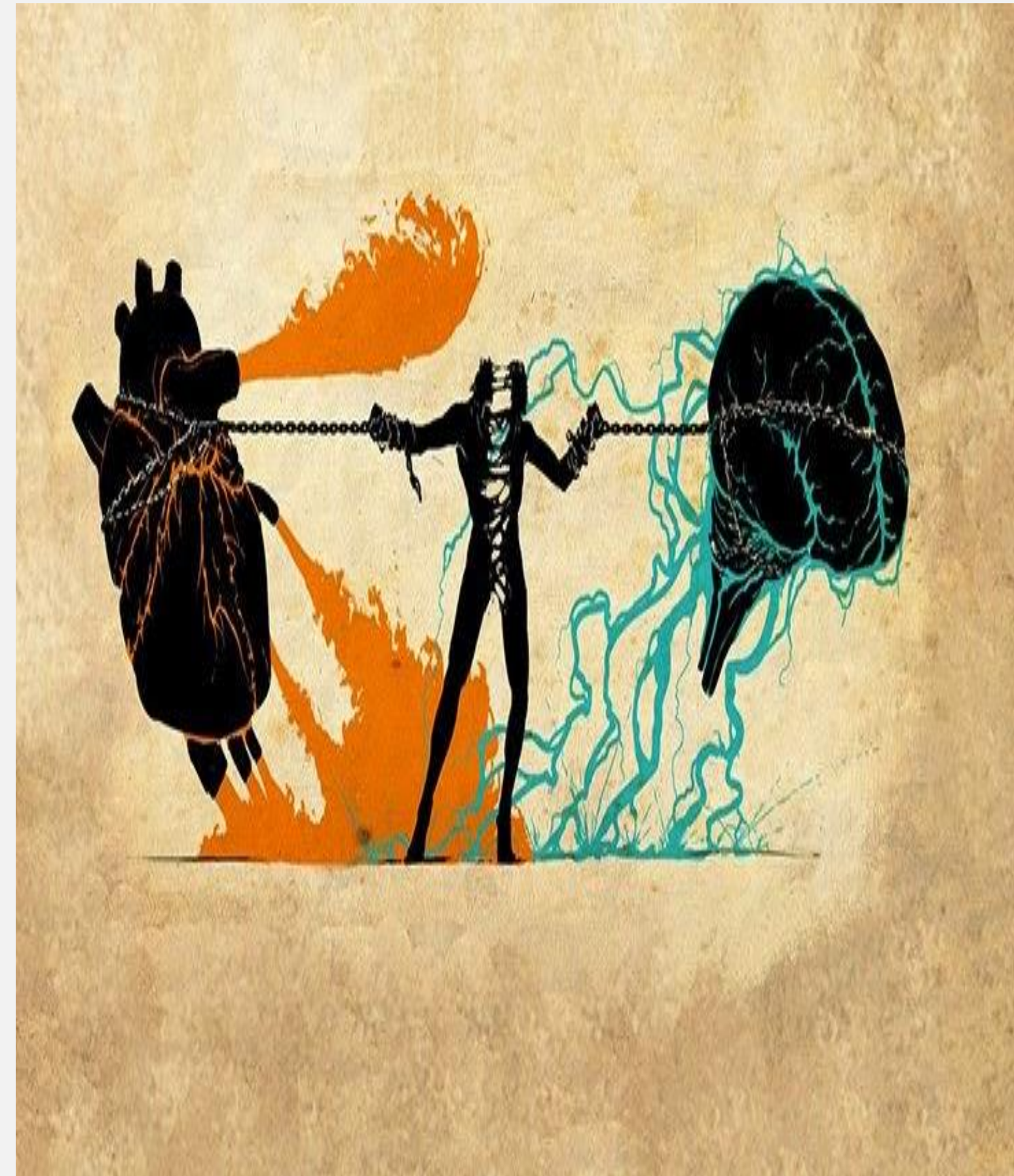
Empiricism: all of our knowledge comes through the use of the five senses.



A belief is a **basic empirical belief** if and only if it is a direct result of sensation.

Intuitionism

Intuitionism is a philosophical view that considers intuition to be responsible for some particular knowledge. Intuitionism is the claim that some given category of knowledge is the result of intuition. Intuition is the way a person can know a statement is true without needing empirical evidence. Often intuitionism refers to ethical intuitionism, which focuses on intuitions about morality. However, intuitionism can also be used in math and logic to refer to the idea that human thought is the sole source of mathematical truth. In general, intuition can be understood as a particular means of acquiring knowledge of some fact or gaining reasons to believe some claim. If a person believes a claim due to intuition, they simply have a strong sense that it is true and do not need experiential evidence to back it up. One example of ethical intuition is if someone intuitively believes that lying is wrong in principle, despite not having a specific argument for this belief. The person may decide not to lie simply because lying seems to be a bad thing. This would be a case of acting based on ethical intuitions.



Mysticism

Mystical epistemology deals with knowledge that is beyond the boundaries of human reason and sense perception. Exploring its possibilities takes us on a journey into metaphysics. Mystical knowledge is an internal experience of knowledge occurring in certain states of consciousness that are unmediated by mental processes or sense perception. It cannot be communicated because it cannot be expressed in language or concepts. In Sufism, experiential knowledge is called “taste” (*thawq*), which serves as an analogy, because one cannot communicate or explain the taste of an apple to someone who has never tasted one. The possibility of mystical knowledge depends on the metaphysical positions we maintain. If for example, we believe that nothing transcends our material reality, then we are unlikely to believe that mystical knowledge is possible.



“

Mysticism is not about performing miracles. Mysticism is a profound exploration of the Miracle of life, which is not perceivable by the five senses.

Sadhguru

ANY
QUESTIONS?



Nature of Knowledge

Week - 6

Slide: 59-65



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University of Global Village (UGV), Barishal



Idealism

Idealism is a philosophical belief that emphasizes the importance of ideas and consciousness in shaping the world around us. Unlike realism, which sees the world as it is, idealism sees the world as it could be. And unlike pragmatism, which focuses on practical solutions to problems, idealism places value on ideals and values.

The benefits of idealism are many. By focusing on ideals, we can strive for a better world and make progress towards our goals. Idealism also encourages creativity and imagination, allowing us to envision new possibilities and explore new ideas. And by emphasizing the power of consciousness, idealism reminds us that we have the ability to shape our own future.



Realism

Realism is an ideology that emphasizes the importance of practicality and the actual state of things. It holds that reality exists independently of our perceptions or beliefs about it, and that truth can be discovered through empirical observation and logical reasoning. Unlike idealism, which posits that ideas and concepts are more important than material objects, realism prioritizes the tangible and measurable aspects of the world.

Realism differs from pragmatism in that it does not necessarily prioritize what works best in achieving a particular goal. Instead, it seeks to accurately represent the world as it is, without judgment or bias. While this approach has its advantages in terms of objectivity and accuracy, it can also lead to a lack of imagination and creativity, as well as a tendency to accept the status quo without questioning it.



Profile
Picture



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Pragmatism

Pragmatism is an ideology that emphasizes practical solutions and actions over abstract theories and ideas. Unlike idealism, which focuses on the pursuit of perfect ideals, and realism, which emphasizes objective reality, pragmatism values what works in practice.

In a sense, pragmatism is a middle ground between idealism and realism. It recognizes that ideals and principles are important, but also acknowledges that they must be implemented in a practical way to be effective. Pragmatists believe that solutions should be based on empirical evidence and experimentation, rather than purely theoretical concepts.



Agnosticism

Agnosticism is a philosophical belief that the existence of God or any ultimate reality is unknown and unknowable. Unlike atheism, which denies the existence of God, and theism, which affirms it, agnosticism takes a more skeptical approach. It acknowledges that there may be something beyond our understanding, but also recognizes the limitations of human knowledge.

Agnostics believe that certainty about such matters is impossible and that the best we can do is to remain open-minded and curious about the world around us. This approach encourages critical thinking and intellectual humility, as well as respect for diverse perspectives and beliefs.



Existentialism

Existentialism is a philosophical movement that emphasizes individual freedom and choice. It is different from idealism, realism, pragmatism, and agnosticism in that it focuses on the subjective experience of the individual rather than objective reality. Existentialists believe that life has no inherent meaning or purpose and that individuals must create their own meaning through their actions and choices.

This philosophy can be both liberating and terrifying. On one hand, it frees individuals from the constraints of societal norms and expectations, allowing them to live according to their own values and desires. On the other hand, it places a heavy burden on individuals to take responsibility for their own lives and make meaningful choices in the face of uncertainty and ambiguity. In essence, existentialism is a call to action, urging individuals to embrace their own existence and create their own destiny.





Philosophy of Mind

Week - 7-8

Slide: 66-80



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René Descartes (1596–1650) was a French philosopher, mathematician, and scientist. Often called the "Father of Modern Philosophy," he is famous for his method of doubt, and his most quoted phrase:

“Cogito, ergo sum” — “I think, therefore I am.”

Descartes was deeply concerned with the nature of knowledge, the soul, the body, and how they relate.



What Is the Mind-Body Problem?

The mind-body problem is the question:

How can the mind (non-physical, thinking) and the body (physical, extended in space) interact if they are fundamentally different things?

In simpler terms: How can your thoughts and feelings (mental things) affect your arms, legs, or heart (physical things) — and vice versa?

Descartes' Dualism: Two Separate Substances

Descartes proposed a theory called **substance dualism**. He argued that reality is made of **two distinct kinds of substances**:

Substance	Description	Key Attribute
Mind (or res cogitans)	Thinking, non-physical, conscious self	Thought
Body (or res extensa)	Physical, material, extended in space	Extension (occupies space)

For Descartes, the mind is the seat of consciousness, reason, and soul — and it is **immaterial**. The body is a **machine**, governed by the laws of physics.

+ **The Interaction Problem**

Descartes believed that the mind and body interact with each other.

For example:

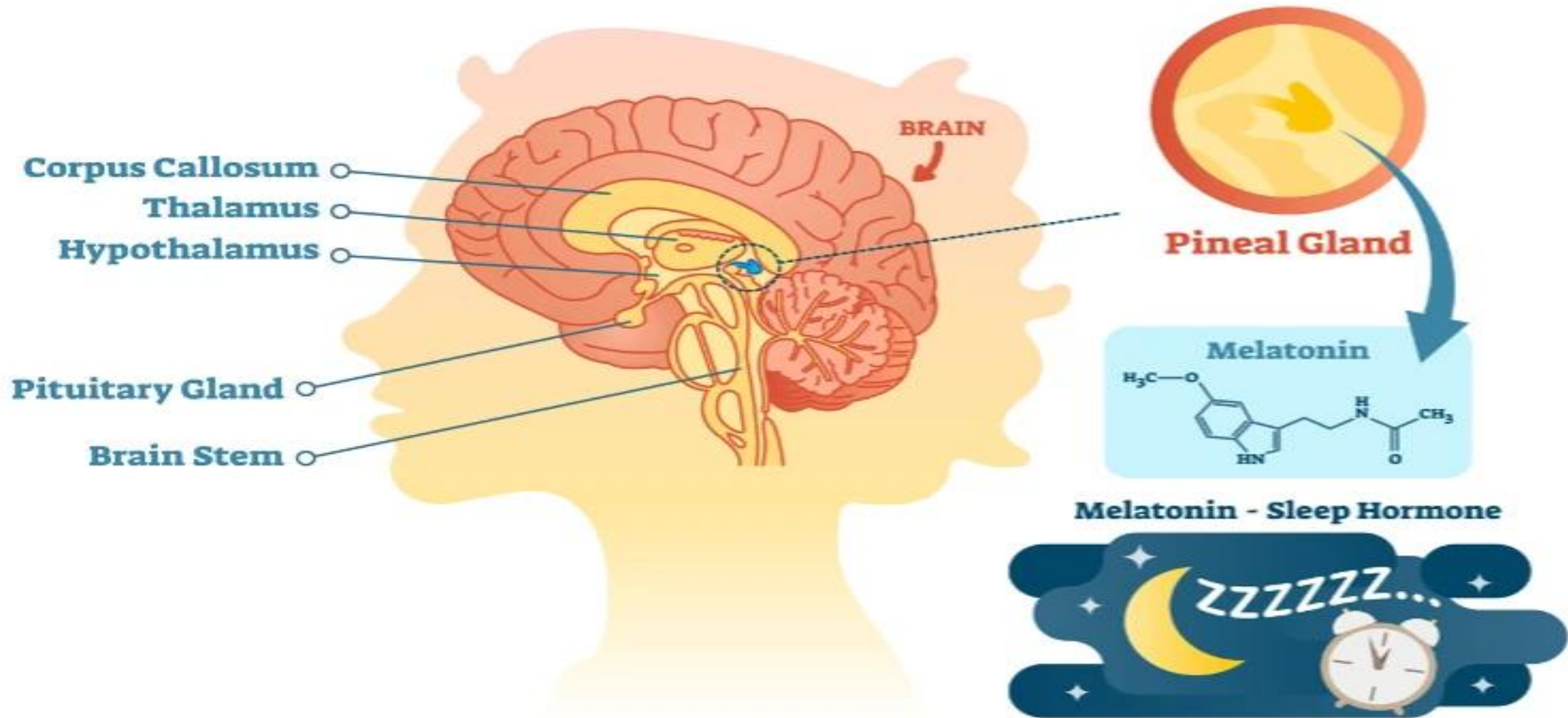
You decide (mind) to lift your hand → your hand rises (body). You touch a hot stove (body) → you feel pain (mind).

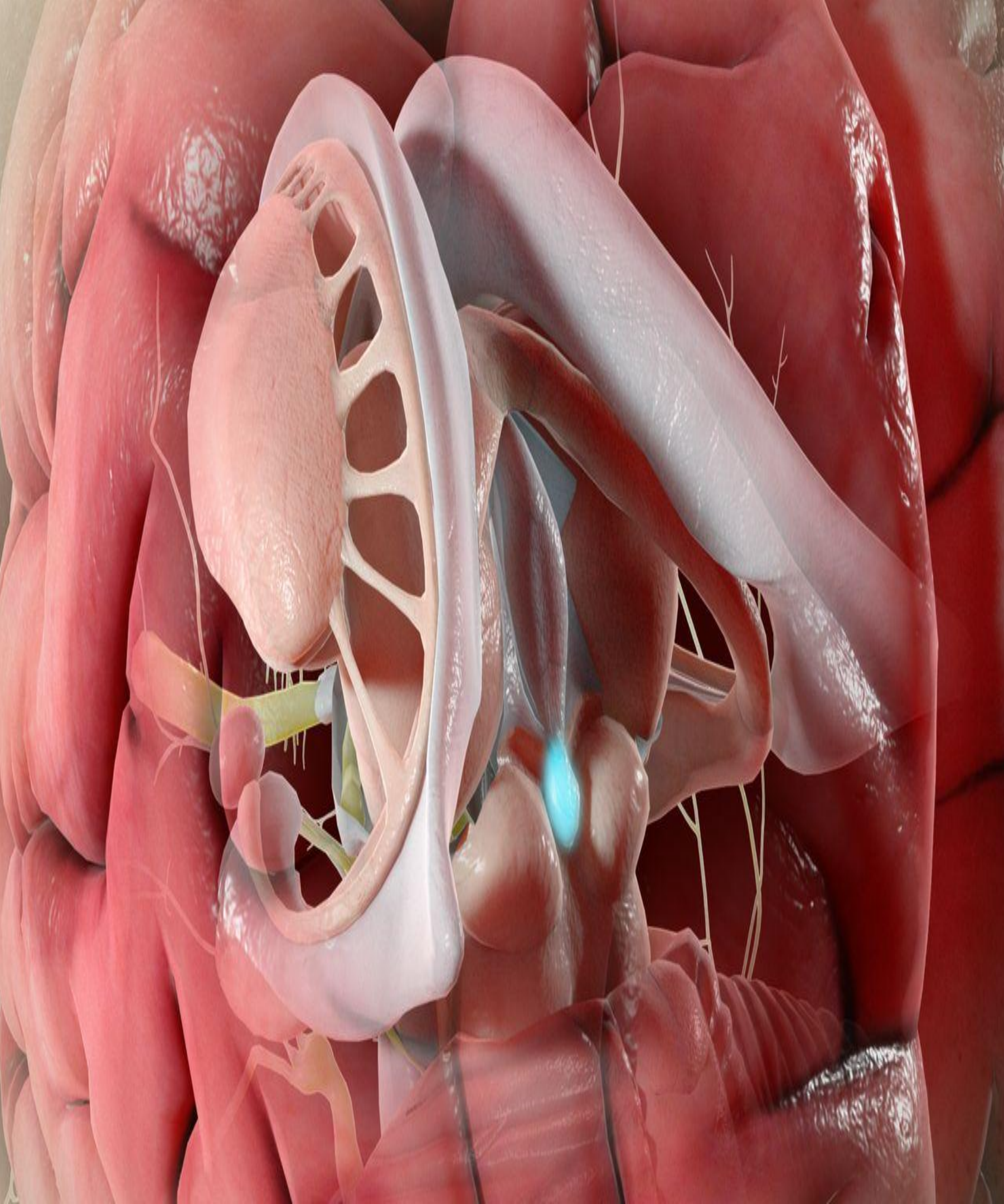
But here's the problem:

If the mind has no physical properties, how can it cause physical movements?

How can something invisible and non-physical (mind) push or influence a physical object (the body)?

PINEAL GLAND





The Pineal Gland Theory

To explain interaction, Descartes proposed that the **pineal gland** in the brain is the place where the mind and body "meet" and communicate.

Why the pineal gland?

- He believed it was **unique and centrally located** in the brain.
- It appeared not to be split into two halves like other brain parts.

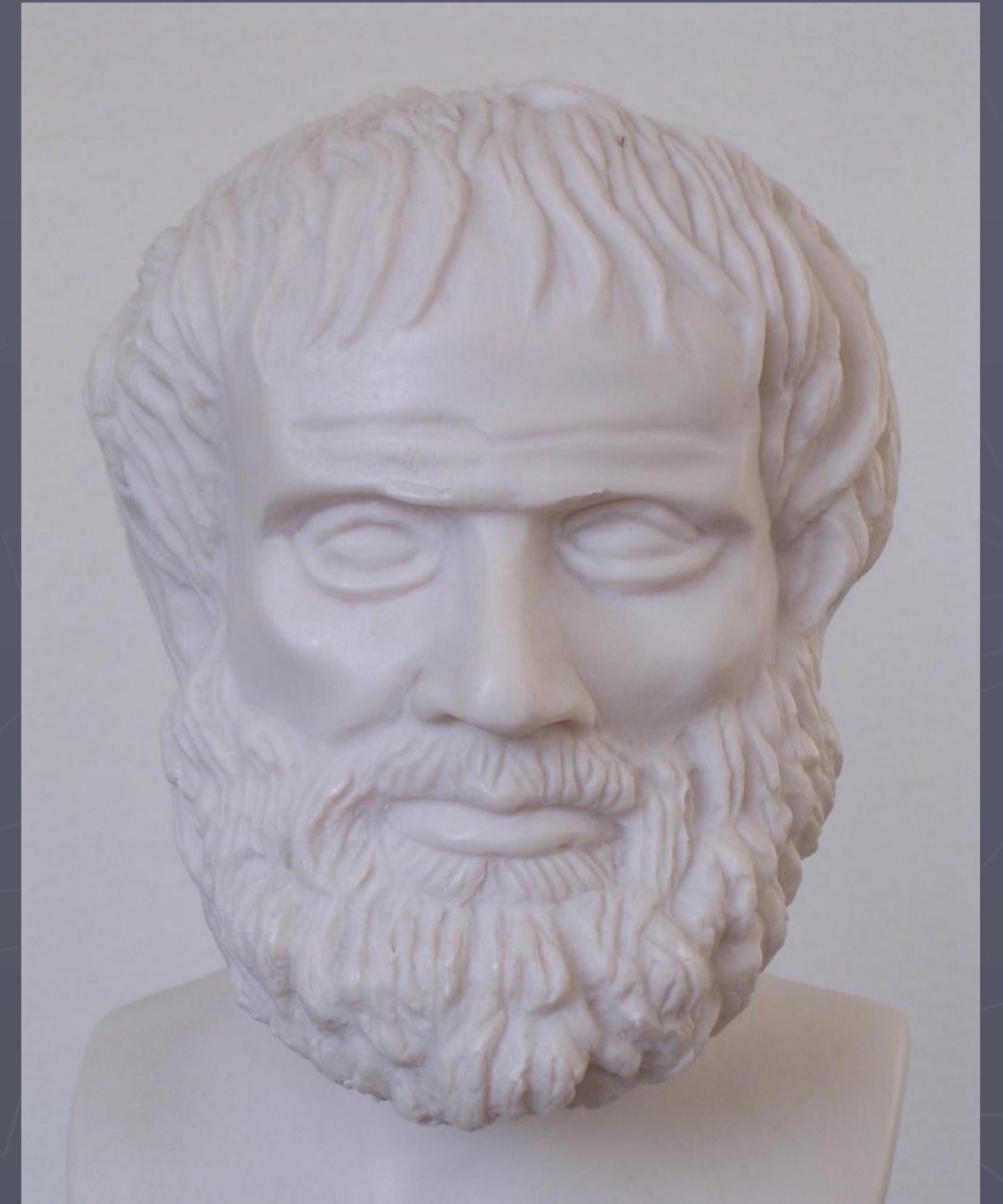
Today, we know the pineal gland regulates sleep (melatonin), and scientists reject Descartes' idea — but it was a bold attempt for his time.

The mind-body problem

- Describes the seeming incompatibility between the physical properties of the brain and the mental qualities of the mind.
- The brain is material and physical and can be studied objectively.
- The mind consists of subjective phenomena such as thoughts, feelings, and beliefs.
- Is the mind physical?

Monism

- According to *monism*, the mind and the body are both made up of the same substance, either mental or physical.
- Aristotle (384—322 B.C.) advocated a physical form of monism. He believed the mind and body were both physical.
- He stated that aspects of mind correspond to the different physical states the brain assumes.



Dualism

- Plato (427—347 B.C.) was a dualist.
- *Dualism* argues that mind and body are of two different natures; the brain is a physical substance and the mind is a mental substance.
- Plato thought the body resided in a world that is material, extended, and perishable.
- The mind, he believed, resided in an ideal world of forms that was immaterial, non-extended, and eternal.

Types of monism

1. *Idealism*. The mind and body both exist in a mental realm. There is no physical world.
2. *Solipsism*. A form of idealism in which the universe exists only in one's mind.
3. *Physicalism*. Mind and body are both physical. There is no nonphysical world.

Types of dualism

1. *Classical dualism.* Proposed by Descartes (1596—1650). The mind controls the body through the pineal gland.
2. *Parallelism.* Mind and body are isolated from each other and exist in parallel worlds. An unknown force synchronizes the two.
3. *Epiphenomenalism.* The brain causes the mind. In this view, the mind has no causal influence on the brain.
4. *Interactionism.* The mind and the body can mutually affect one another.



OPTIMIST VS PESSIMIST

WHAT IS **PESSIMISM**?



Pessimism is an attitude or way of thinking in which one tends to focus on the negative or unfavorable aspects of situations.

Pessimistic persons often anticipate the worst, have little confidence in the future, and see difficulties as insurmountable.

This mindset can affect how challenges and obstacles are faced, leading to discouragement and demotivation.

It's important to note that **pessimism** is not an innate characteristic but can be influenced by personal experiences and the interpretation given to them.

Adopting a more positive perspective can help face challenges with greater optimism.

What is **OPTIMISM**?

Optimism is an attitude or way of thinking in which one tends to focus on the positive or favorable aspects of situations.

Optimistic persons often anticipate the best, have confidence in the future, and see challenges as opportunities for growth.

This mindset can positively influence how challenges and obstacles are faced, leading to motivation and resilience.

It's important to note that **optimism** is not an innate characteristic but can be cultivated through positive experiences and the interpretation given to them.

Adopting a more optimistic perspective can enhance well-being and improve the ability to overcome difficulties.



Gods, Absence and Non-Believers

Week - 9

Slide: 81-89



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Welcome, everyone, to this thought-provoking presentation on theism, deism, and atheism. As we delve into these belief systems, we will explore their impact on society and culture throughout history and in modern times. These concepts are more than just abstract ideas - they shape our understanding of the world and influence our daily lives. Whether you're a devout believer or a staunch non-believer, it's important to understand the complex nature of these belief systems. By doing so, we can gain a deeper appreciation for the diversity of human thought and the ways in which we construct meaning in our lives. So sit back, relax, and prepare to be challenged and inspired!



Theism

Theism is the belief in a personal God who is actively involved in the world. This belief system has played a significant role in shaping cultures and societies throughout history. Religion, which is often associated with theism, has been a driving force behind many of the world's most important artistic and intellectual movements. One of the key beliefs of theism is that God created the universe and everything in it. This belief provides a sense of purpose and meaning to life, as well as a moral framework for individuals and societies to follow. Theism also emphasizes the importance of prayer and worship as a means of connecting with God and seeking guidance.



Deism

Deism is a philosophical belief system that emerged during the Age of Enlightenment. Unlike theism, which posits a personal God who intervenes in human affairs, deism holds that the universe was created by an impersonal force or intelligence, but that this force does not intervene in the world.

The key beliefs of deism include the idea that reason and observation are the best ways to understand the world and that morality should be based on human nature rather than divine revelation. Deism has had a significant impact on philosophy and science, with many prominent thinkers such as Thomas Paine and Benjamin Franklin identifying as deists. For example, deism influenced the development of natural theology, which sought to understand God's existence through reason and observation rather than religious texts.



Atheism

Atheism is the belief that there is no God or gods. This is different from agnosticism, which is the belief that it is impossible to know whether God or gods exist. Atheists believe that the universe and life on Earth can be explained by natural processes, such as evolution, rather than divine intervention. Throughout history, atheism has been a controversial belief system. In ancient Greece, philosophers like Epicurus and Democritus were accused of atheism for their rejection of traditional gods. In modern times, atheism has been associated with political movements like communism and socialism. However, many atheists argue that their lack of belief in God does not necessarily make them immoral or unpatriotic. Despite this, atheism is often misunderstood. Some people believe that atheists have no moral compass or are incapable of experiencing awe or wonder. However, many atheists find meaning and purpose in their lives through science, art, and human relationships. Atheists also value community and social justice, often participating in charitable organizations and political activism.



The Problem of Good & Evil

Many people believe in God and understand God to be an omnipotent (all-powerful), omniscient (all-knowing), and morally perfect being.

But the world contains quite a lot of evil or badness: intense suffering, premature death, and moral wickedness.

This inspires some questions: Why would God permit such evil? Is there a good reason why? Or does it occur in part because there is no God to prevent it?

Asking these questions involves engaging with the Problem of Evil.

The concern is whether evil provides a reason to disbelieve in God. There are four things one might say about evil, ranging from that it proves that God does not exist to that it provides no evidence at all against God's existence.



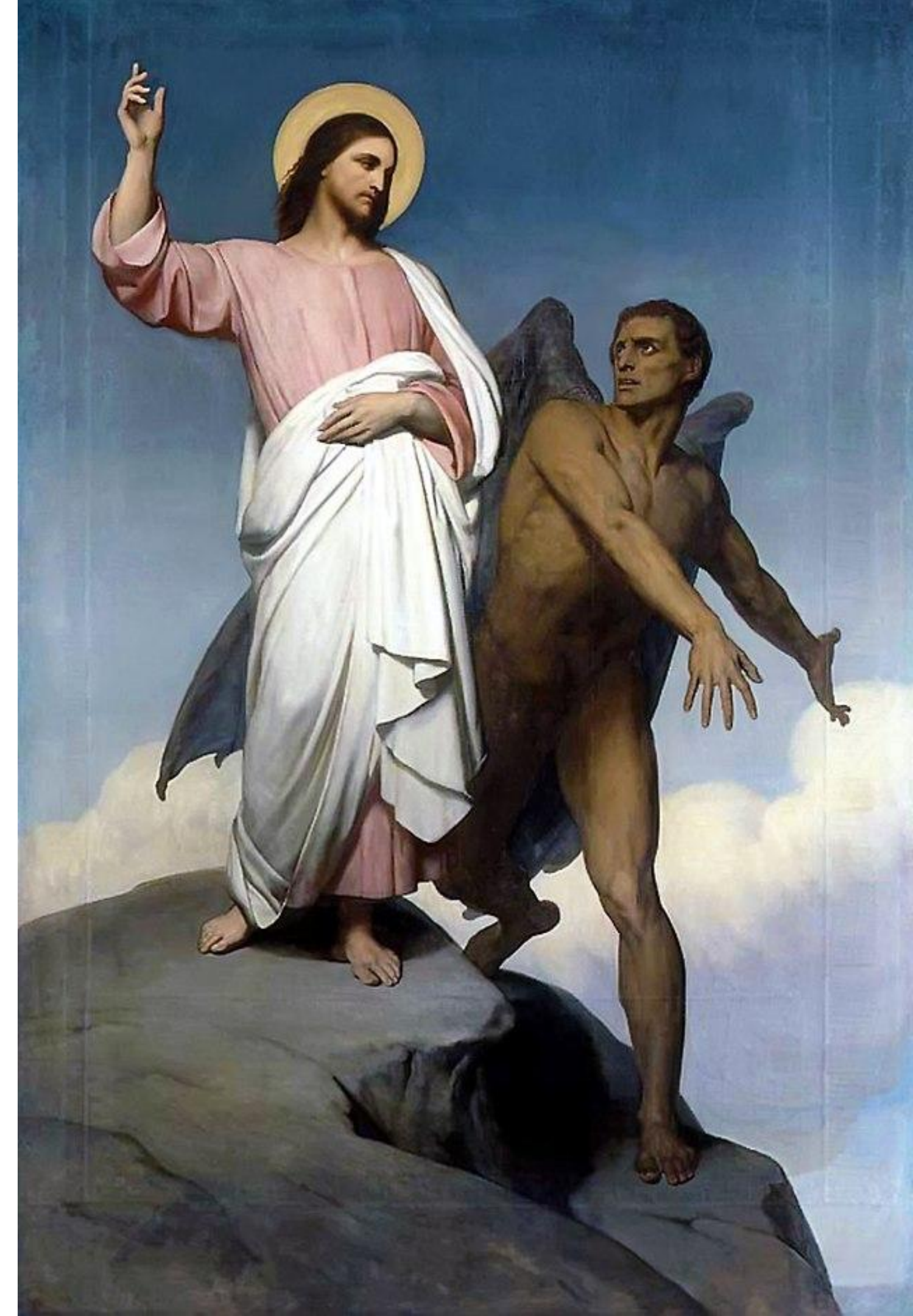
Argument from Evil

1. If God exists, then this world was created by an all-powerful, all-knowing, all-good being.
2. If this world was created by an all-powerful, all-knowing, all-good being, then this is the best of all possible worlds.
3. If this is the best of all possible worlds, then this world contains no evil.
4. This world contains some evil.
5. Therefore, God does not exist.



Theodicies

Theodicies are attempts to explain why God allows evil to exist in the world. There are several different types of theodicies, each with its own strengths and weaknesses. One type of theodicy is the **free will defense**, which argues that evil exists because humans have been given free will and can choose to do evil. Another type is the **soul-making** theodicy, which suggests that God allows evil to exist in order to help humans develop their moral character and become better people. However, these theodicies also have their weaknesses. The free will defense does not account for natural evils such as earthquakes or diseases, which are not caused by human free will. The soul-making theodicy also raises questions about the nature of God's love and whether it is truly loving to allow suffering in order to achieve a greater good.





Western Thinkers

Week -10-11

Slide: 90-99



Adnan Shakur

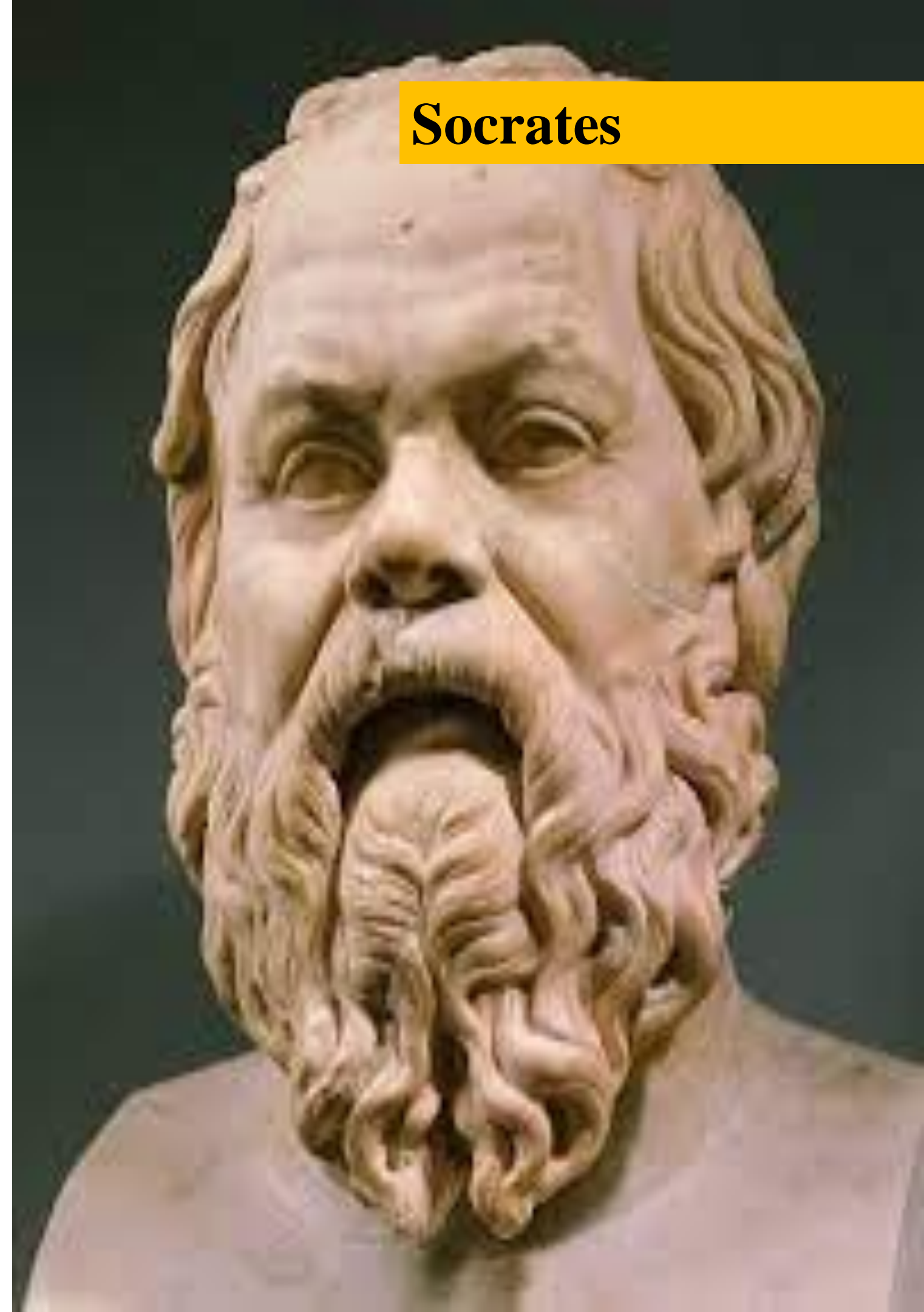
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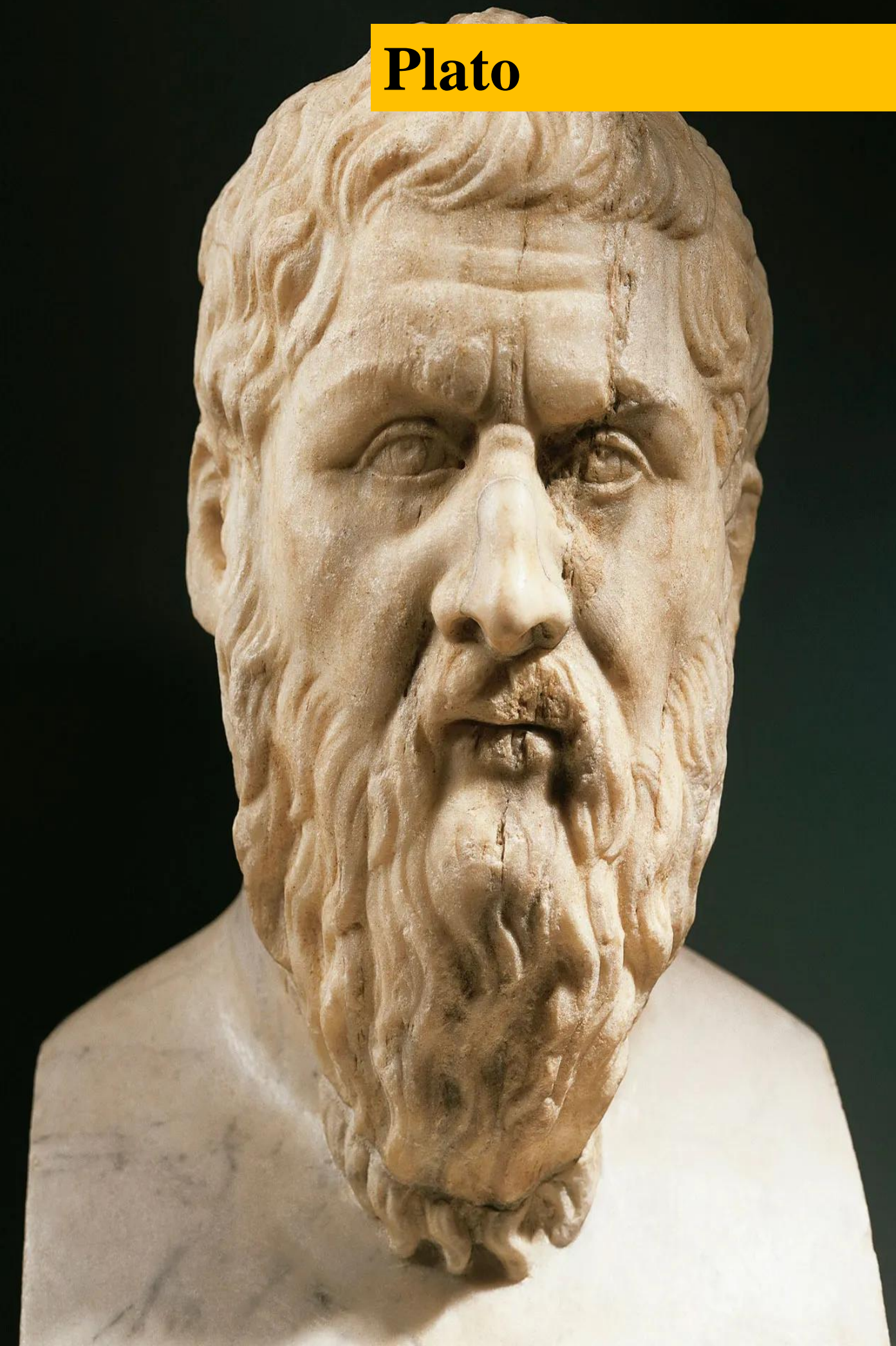
Socrates (470–399 BC) was a Greek philosopher from Athens who is credited as the founder of Western philosophy and among the first moral philosophers of the ethical tradition of thought. An enigmatic figure, Socrates authored no texts and is known mainly through the posthumous accounts of classical writers, particularly his students Plato and Xenophon. These accounts are written as dialogues, in which Socrates and his interlocutors examine a subject in the style of question and answer; they gave rise to the Socratic dialogue literary genre. He is best known for his association with the Socratic method of question and answer, his claim that he was ignorant (or aware of his own absence of knowledge), and his claim that the unexamined life is not worth living, for human beings. Contradictory accounts of Socrates make a reconstruction of his philosophy nearly impossible, a situation known as the Socratic problem. Socrates was a polarizing figure in Athenian society. In 399 BC, he was accused of impiety and corrupting the youth. After a trial that lasted a day, he was sentenced to death. He spent his last day in prison, refusing offers to help him escape.

Socrates



Plato is one of the world's best-known and most widely read and studied philosophers. He was the student of Socrates and the teacher of Aristotle, and he wrote in the middle of the fourth century B.C.E. in ancient Greece. Though influenced primarily by Socrates, to the extent that Socrates is usually the main character in many of Plato's writings, he was also influenced by Heraclitus, Parmenides, and the Pythagoreans. His earliest works are generally regarded as the most reliable of the ancient sources on Socrates, and the character Socrates that we know through these writings is considered to be one of the greatest of the ancient philosophers. Plato's middle to later works, including his most famous work, the *Republic*, is generally regarded as providing Plato's own philosophy, where the main character in effect speaks for Plato himself. It is most of all from Plato that we get the theory of Forms, according to which the world we know through the senses is only an imitation of the pure, eternal, and unchanging world of Forms. We also are introduced to the ideal of "Platonic love:" Plato saw love as motivated by a longing for the highest Form of beauty—The Beautiful Itself, and love as the motivational power through which the highest of achievements are possible. Because they tended to distract us into accepting less than our highest potential, however, Plato mistrusted and generally advised against physical expressions of love.

Plato



Aristotle

Aristotle is a towering figure in ancient Greek philosophy, who made important contributions to logic, criticism, rhetoric, physics, biology, psychology, mathematics, metaphysics, ethics, and politics. He was a student of Plato for twenty years but is famous for rejecting Plato's theory of forms. He was more empirically minded than both Plato and Plato's teacher, Socrates.

A prolific writer, lecturer, and polymath, Aristotle radically transformed most of the topics he investigated. In his lifetime, he wrote dialogues and as many as 200 treatises, of which only 31 survive. These works are in the form of lecture notes and draft manuscripts never intended for general readership. Nevertheless, they are the earliest complete philosophical treatises we still possess.

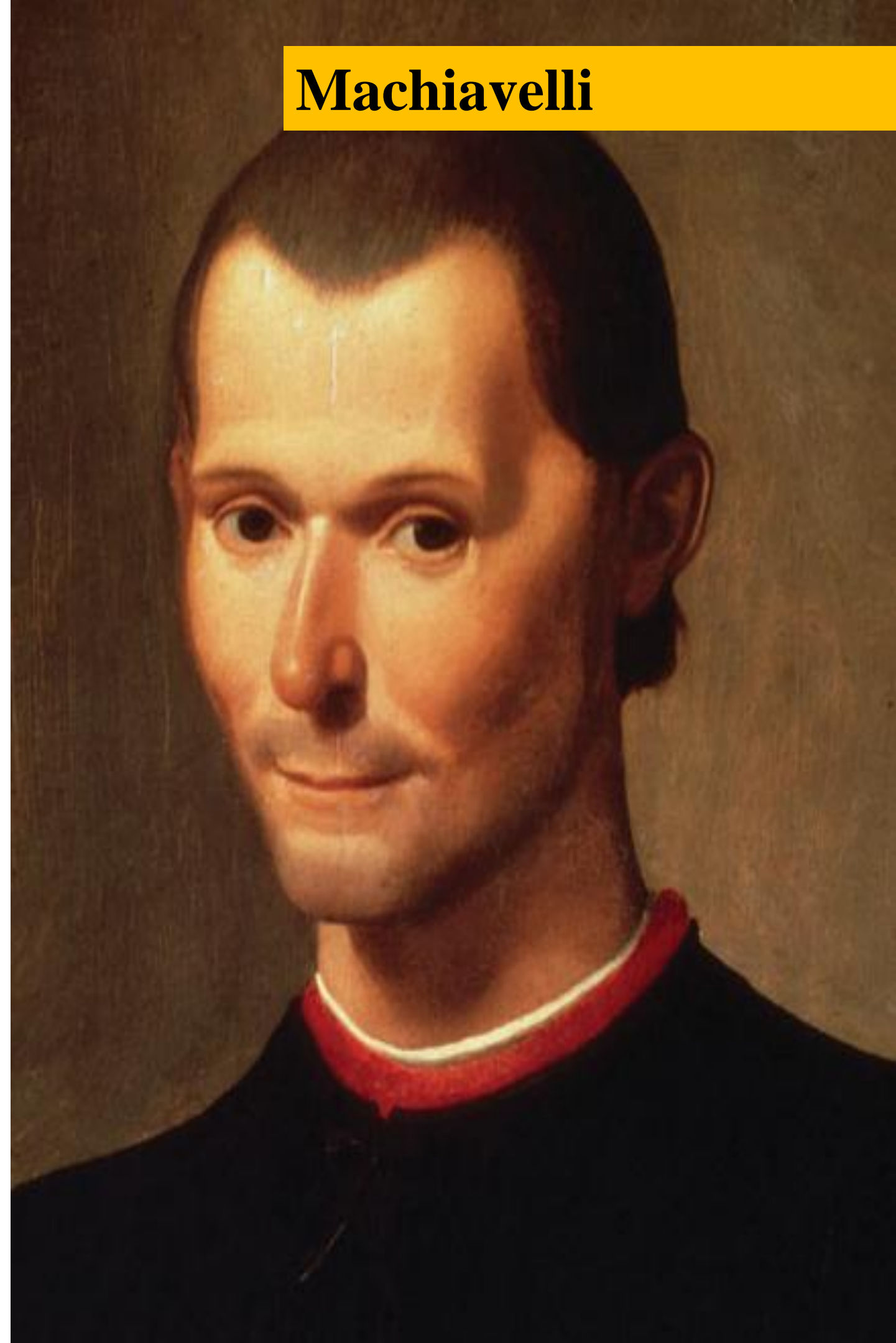
As the father of western logic, Aristotle was the first to develop a formal system for reasoning. He observed that the deductive validity of any argument can be determined by its structure rather than its content, for example, in the syllogism: All men are mortal; Socrates is a man; therefore, Socrates is mortal. Even if the content of the argument were changed from being about Socrates to being about someone else, because of its structure, as long as the premises are true, then the conclusion must also be true. Aristotelian logic dominated until the rise of modern propositional logic and predicate logic 2000 years later.



Machiavelli

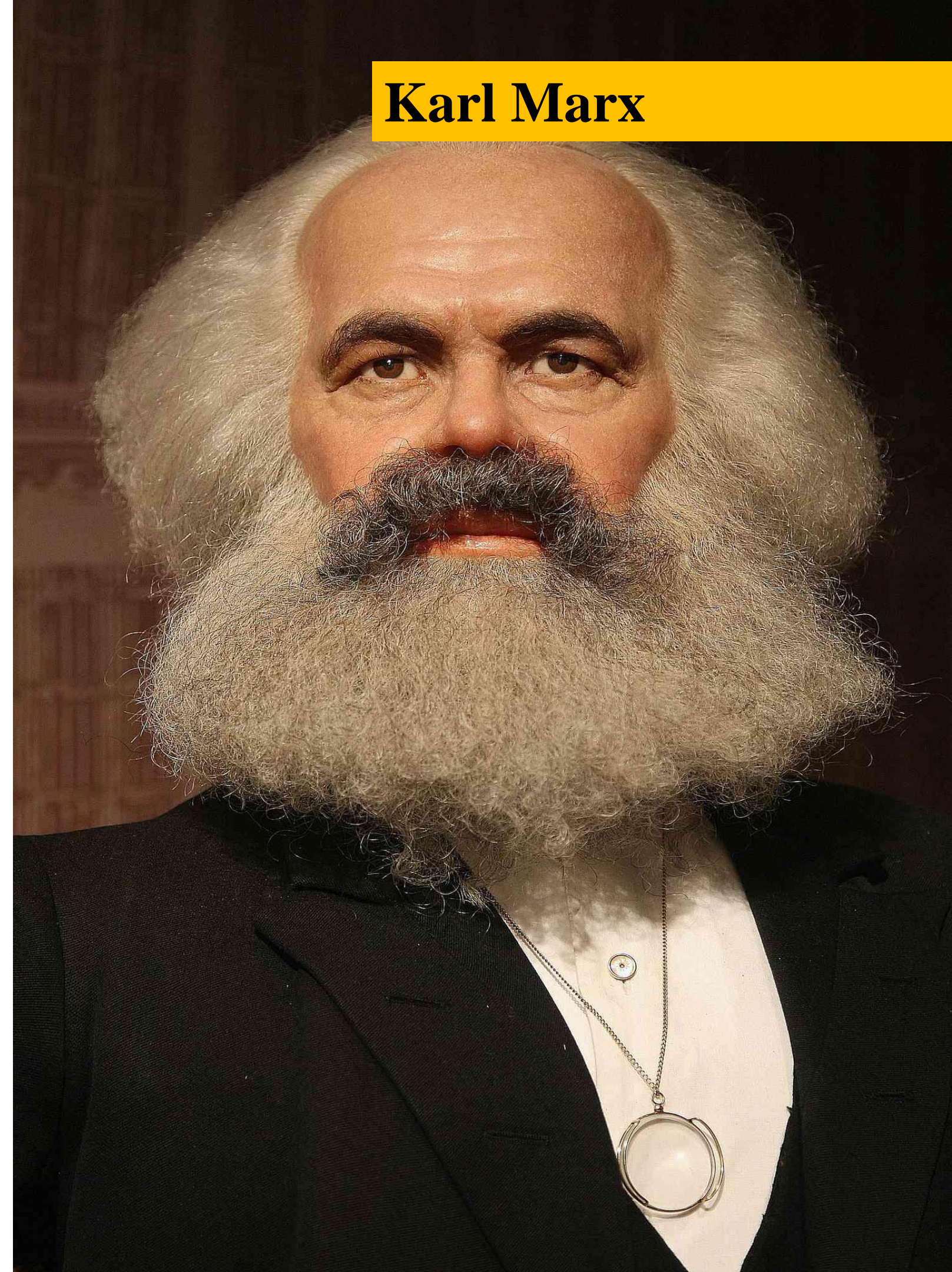
Niccolò di Bernardo dei Machiavelli (3 May 1469 – 21 June 1527) was an Italian diplomat, author, philosopher and historian who lived during the Renaissance. He is best known for his political treatise *The Prince*, written around 1513 but not published until 1532, five years after his death. He has often been called the father of modern political philosophy and political science.

After his exile from political life in 1512, Machiavelli took to a life of writing, which led to the publishing of his most famous work, *The Prince*. The book would become infamous for its recommendations for absolute rulers to be ready to act in unscrupulous ways, such as resorting to fraud and treachery, elimination of political opponents, and usage of fear as a means of controlling subjects. Machiavelli's view that acquiring a state and maintaining it requires evil means has been noted as the chief theme of the treatise. He has become infamous for this advice, so much so that the adjective *Machiavellian* would, later on, describe a type of politics that is "marked by cunning, duplicity, or bad faith"



Karl Marx

Karl Marx (5 May 1818 – 14 March 1883) was a German-born philosopher, economist, political theorist, historian, sociologist, journalist, and revolutionary socialist. His best-known works are the 1848 pamphlet *The Communist Manifesto* (with Friedrich Engels) and the three-volume *Das Kapital* (1867–1894). Karl Marx is best known for his theories that led to the development of Marxism. His ideas also served as the basis for communism. His books, *Das Kapital* and *The Communist Manifesto*, formed the basis of Marxism. Marxism is a socio-economic and political theory that emphasizes class struggle, the critique of capitalism, and the vision of a classless, stateless society. Developed by Karl Marx and Friedrich Engels, it argues that historical change is driven by the material conditions of society and that the working class, the proletariat, should eventually lead a revolution to establish a more equitable and collectively owned economic system, typically referred to as communism, where resources are distributed based on need rather than profit.



Friedrich Nietzsche

Friedrich Nietzsche (1844–1900) was a German philosopher, poet, and cultural critic whose ideas have profoundly shaped modern thought. Known for his bold and challenging ideas, Nietzsche questioned traditional values, religion, and morality.

Nietzsche believed that life is driven by a fundamental force he called the **will to power**, a desire to achieve, grow, and assert oneself.

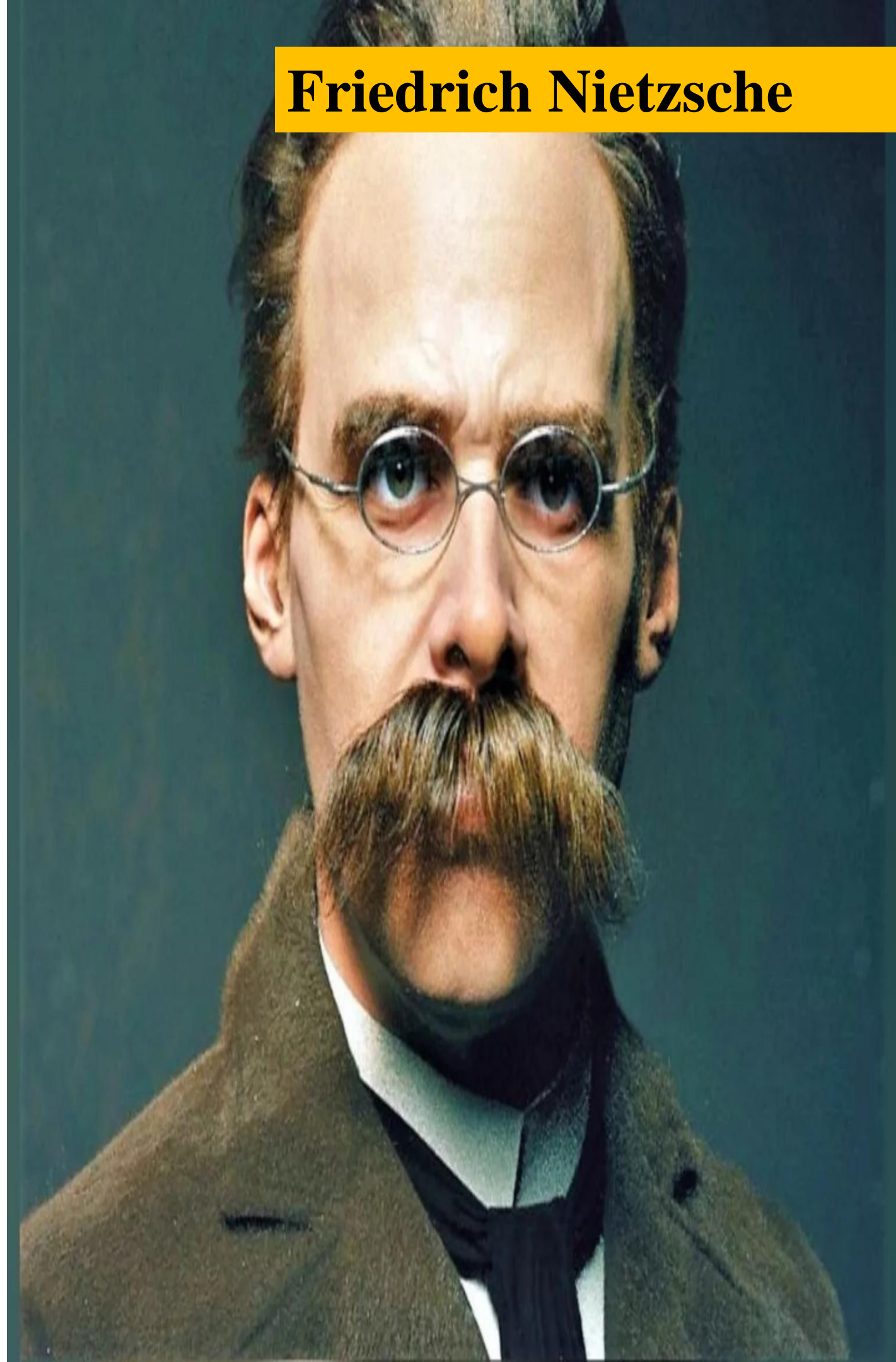
He famously proclaimed, **God is dead**, symbolizing the decline of religious authority in modern society and the need to find new values.

Nietzsche introduced the concept of the **Übermensch**, a higher type of human who creates their own values and rises above conventional morality.

He explored **Nihilism**, the belief that life lacks inherent meaning, and encouraged individuals to confront this reality and create their own purpose.

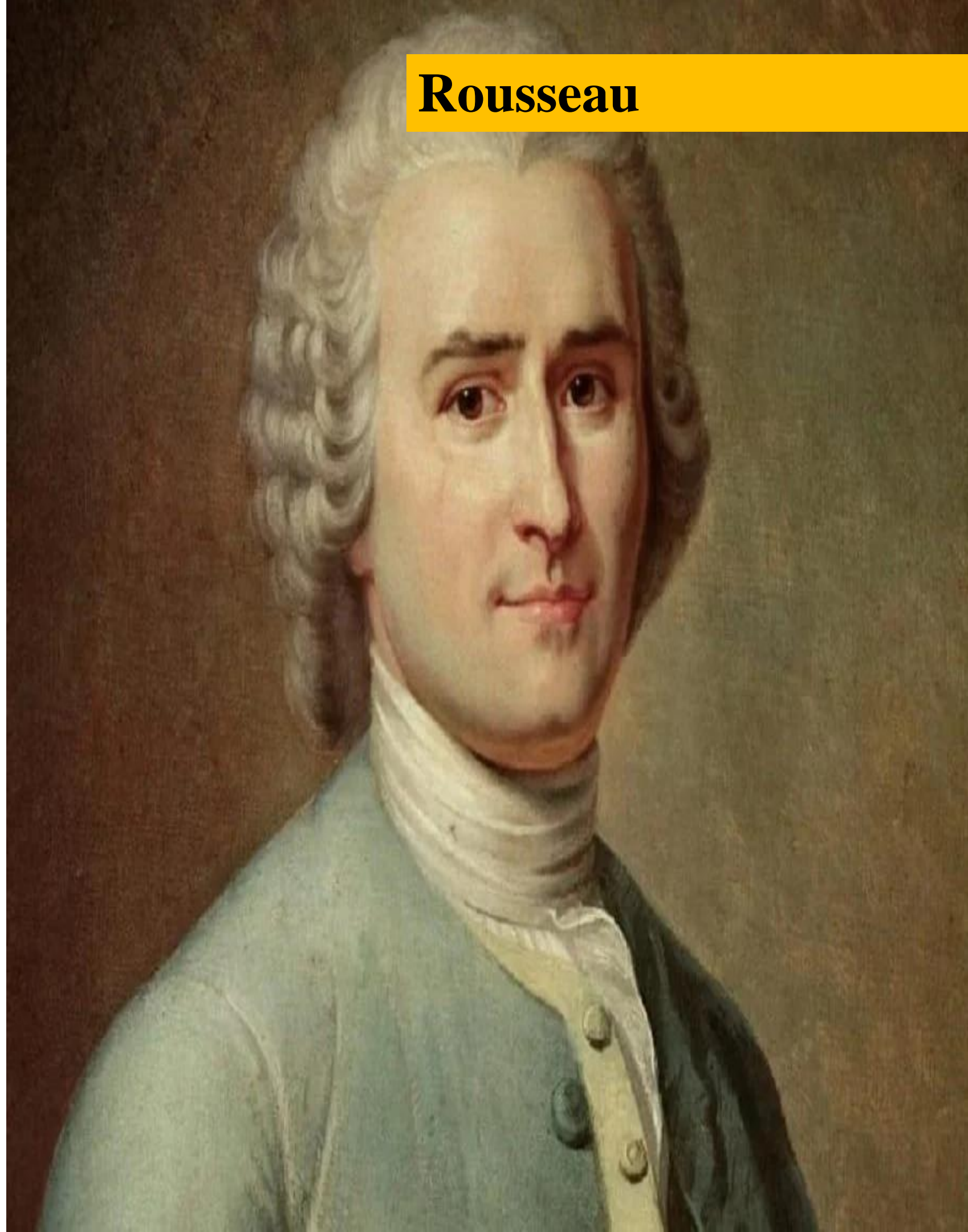
Nietzsche's works, like *Thus Spoke Zarathustra* and *Beyond Good and Evil*, combine philosophy and poetic expression. His aphoristic style and provocative ideas continue to inspire debates in philosophy, literature, and beyond.

Despite being controversial and sometimes misunderstood, Nietzsche's call to rethink human values and embrace individual creativity has made him one of the most influential philosophers in history. His work invites us to confront life's challenges with strength and imagination.



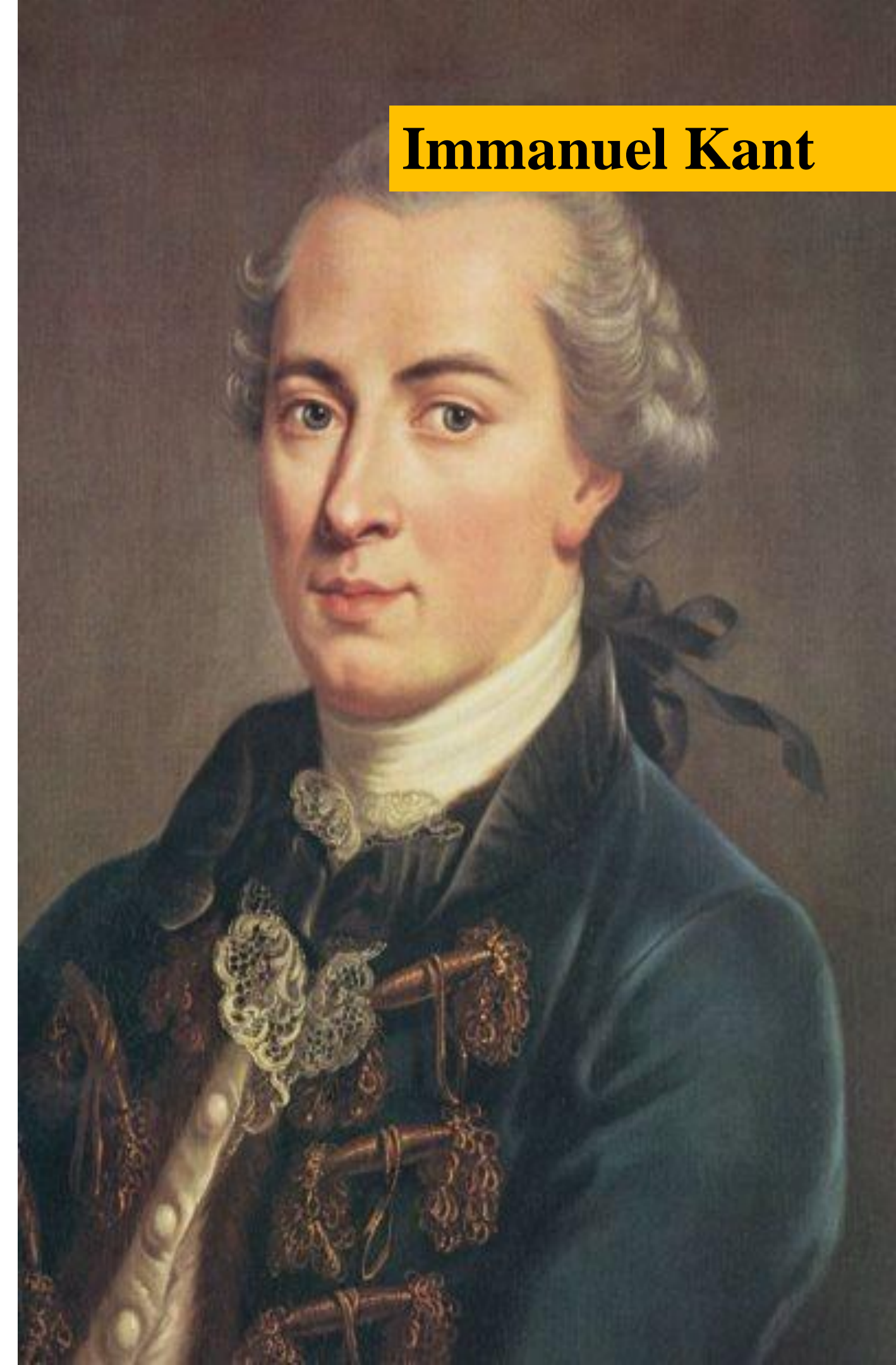
Jean-Jacques Rousseau was one of the most influential thinkers during the Enlightenment in eighteenth-century Europe. His first major philosophical work, *A Discourse on the Sciences and Arts*, was the winning response to an essay contest conducted by the Academy of Dijon in 1750. In this work, Rousseau argues that the progression of the sciences and arts has caused the corruption of virtue and morality. Jean-Jacques Rousseau's social contract theory, eloquently articulated in his seminal work "The Social Contract," conveys the powerful message that the legitimacy of political authority springs from a voluntary, collective agreement among individuals to forge a civil society. As he famously wrote, "Man is born free, and everywhere he is in chains." This profound statement underscores the idea that people willingly cede some of their natural freedoms to establish a social pact, facilitating the creation of a government that operates in accordance with the general will of the populace. Rousseau's central tenet is that an ideal society should seamlessly blend individual rights with the common good, ensuring that political power is grounded in the will of the people and consistently serves the best interests of the entire community.

Rousseau



Immanuel Kant (1724–1804) is one of the central figures in modern philosophy. He synthesized early modern rationalism and empiricism, set the terms for much of nineteenth and twentieth century philosophy, and continues to exercise a significant influence today in metaphysics, epistemology, ethics, political philosophy, aesthetics, and other fields. The fundamental idea of Kant's "critical philosophy" is human autonomy. He argues that the human understanding is the source of the general laws of nature that structure all our experience; and that human reason gives itself the moral law, which is our basis for belief in God, freedom, and immortality. Therefore, scientific knowledge, morality, and religious belief are mutually consistent and secure because they all rest on the same foundation of human autonomy, which is also the final end of nature according to the teleological worldview of reflecting judgment that Kant introduces to unify the theoretical and practical parts of his philosophical system. Kant was one of the foremost thinkers of the Enlightenment and arguably one of the greatest philosophers of all time. In him were subsumed new trends that had begun with the rationalism (stressing reason) of René Descartes and the empiricism (stressing experience) of Francis Bacon. He thus inaugurated a new era in the development of philosophical thought.

Immanuel Kant





Buddhism

Week -13

Slide: 100-107



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Buddhism is one of the world's major religions. It originated in South Asia around the 5th century B.C.E. with Siddhartha Gautama, and over the next millennia it spread across Asia and the rest of the world. Buddhists believe that human life is a cycle of suffering and rebirth, but that if one achieves a state of enlightenment (*nirvana*), it is possible to escape this cycle forever. Siddhartha Gautama was the first person to reach this state of enlightenment and was, and is still today, known as the Buddha. Buddhists do not believe in any kind of deity or god, although there are supernatural figures who can help or hinder people on the path towards enlightenment.



Born on the Nepali side of the present day Nepal-India border, Siddhartha Gautama was a prince around the fifth century B.C.E. who, upon seeing people poor and dying, realized that human life is suffering. He renounced his wealth and spent time as a poor beggar, meditating and traveling but ultimately, remaining unsatisfied, settling on something called “the Middle Way.” This idea meant that neither extreme asceticism nor extreme wealth was the path to enlightenment, but rather, a way of life between the two extremes was. Eventually, in a state of deep meditation, he achieved enlightenment, or nirvana, underneath the Bodhi tree (the tree of awakening). The Mahabodhi Temple in Bihar, India—the site of his enlightenment—is now a major Buddhist pilgrimage site.



The Four Noble Truths

The Buddha taught about Four Noble Truths. The first truth is called “Suffering (*dukkha*),” which teaches that everyone in life is suffering in some way. The second truth is “Origin of suffering (*samudāya*).” This states that all suffering comes from desire (*tanhā*). The third truth is “Cessation of suffering (*nirodha*),” and it says that it is possible to stop suffering and achieve enlightenment. The fourth truth, “Path to the cessation of suffering (*maggā*)” is about the Middle Way, which is the steps to achieve enlightenment.



1.All beings experience pain and misery (dukkha) during their lifetime:

“Birth is pain, old age is pain, sickness is pain, death is pain; sorrow, grief, and anxiety is pain. Contact with the unpleasant is pain. Separating from the pleasant is pain. Not getting what one wants is pain. In short, the five assemblies of mind and matter that are subject to attachment are pain“.

2.The origin (samudaya) of pain and misery is due to a specific cause:

“It is the desire that leads to rebirth, accompanied by pleasure and passion, seeking pleasure here and there; that is, the desire for pleasures, the desire for existence, the desire for non-existence“.

3.The cessation (nirodha) of pain and misery can be achieved as follows:

“With the complete non-passion and cessation of this very desire, with its abandonment and renunciation, with its liberation and detachment from it“.

4.The method (magga) we must follow to stop pain and misery is that of the Noble Eightfold Path

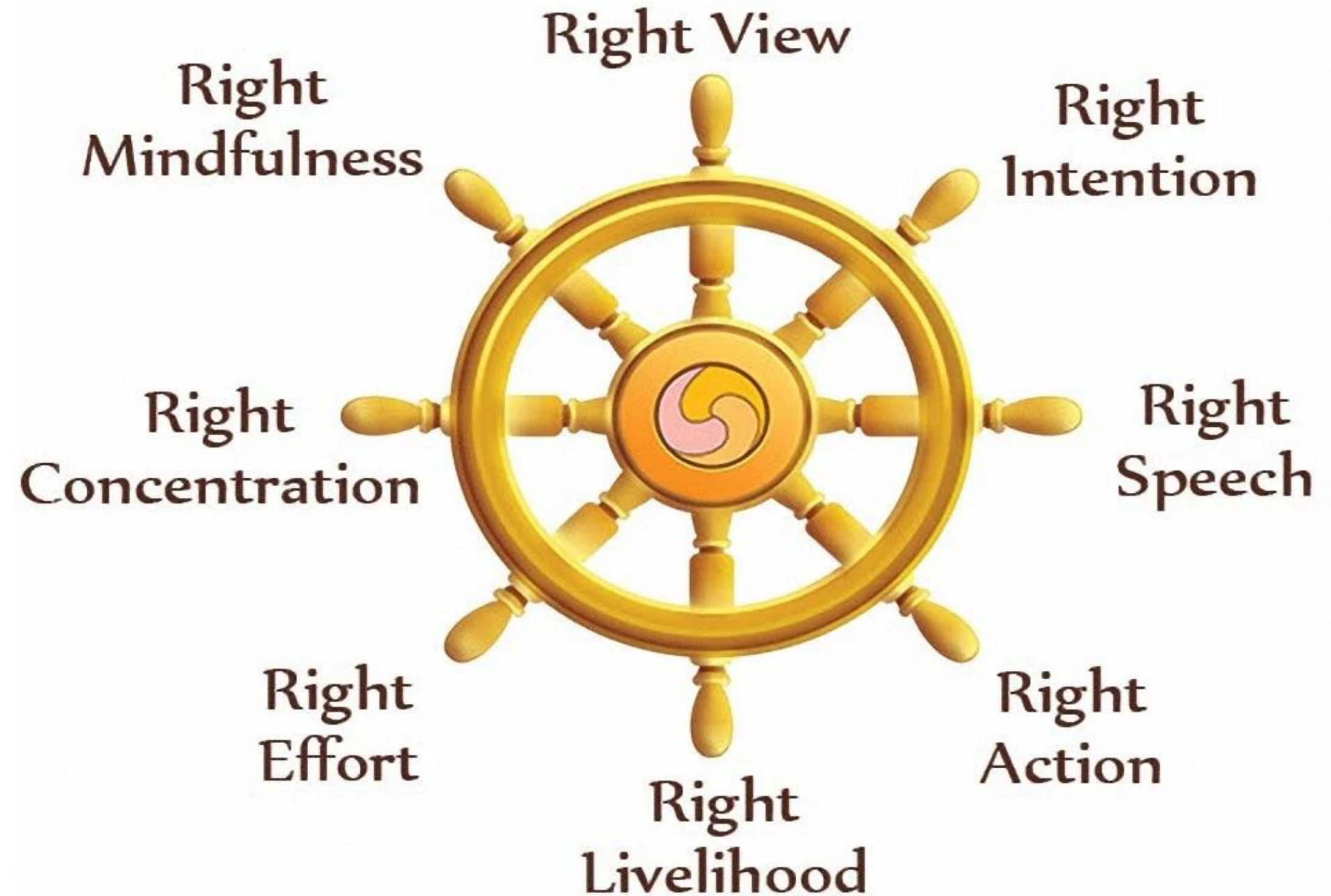
**Dukkha
Samudāya
Nirodha
Magga**



The Noble Eightfold Path

The Noble Eightfold Path enables us to overcome our “I”, feel greater harmony with the world around us and eventually eliminate the pain we often experience. In this path, the Wheel, symbol of Dhamma, is presented with eight rays depicting the following eight principles:

1. Right View
2. Right Thought
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration



Right View is the first and most important step on the path because we must first understand the truth of the Four Noble Truths in order to begin our journey. Right Thought follows immediately. “Right” in this case means “according to the facts”. In other words, it suggests that we see things as they are and not as we would like them to be.

Right Speech, Action and Livelihood include moral barriers that prevent lying, stealing, committing violent acts, and making a living in a way that harms others. These moral barriers not only help to achieve general social harmony but also help us to control and eliminate our sense of “I”.

Right Effort is important, because the “I” thrives on inaction and the wrong effort. Inactivity because if we do not try to practice them we cannot hope to achieve anything at any level in life and in the “wrong endeavor” because the greatest crimes have been committed by very active people. Therefore, the effort must be made and must be consistent with the teaching and with the effort to eliminate our “I”.

The last two steps of the path are the Right Mindfulness and the Right Concentration. These two stages represent the path towards liberation from pain.

Being awake and aware at all times, is fundamental to a good life. This can be achieved in many ways, but in the West the formal practice is called “meditation” and is the way to achieve Right Awareness and Concentration.





“Peace comes from within. Do not seek it without.”-- Buddha

Confucianism

Week -14

Slide: 108-117



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Origin of Confucianism

A series of dynasties, or ruling families, governed China for centuries. The first great dynasty was the Shang, which ruled much of China for about 400 years. The next dynasty was the Zhou. The Zhou Dynasty clung to power for about 800 years—from 1027 to 256 B.C. But it ruled in name only for the last 500 years. Barbarian tribes attacked, and the Zhou Dynasty eventually had to move its capital. Dropping their loyalty to the Zhou Dynasty, nobles battled one another for control of parts of China.

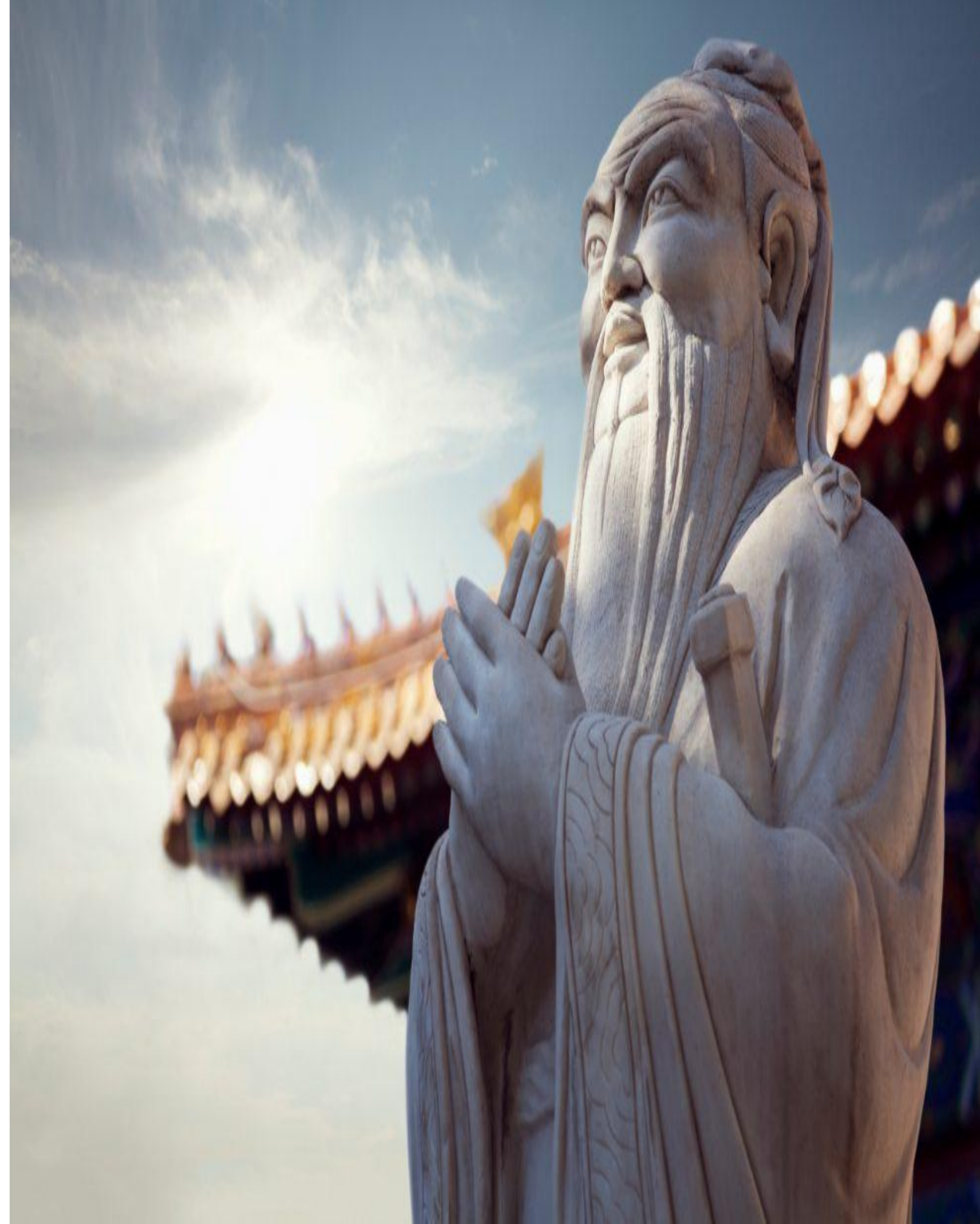
During this disorderly and dangerous time, Chinese society was falling apart. As the decline of the Zhou Dynasty continued, wars increased. To provide for the wars, rulers imposed high taxes, impressed men into military service, and left women and older men tending the fields. Food was often scarce, and people sometimes starved. It was a time of great insecurity.

It was also a time of great intellectual ferment. Many thinkers came up with ideas for building a better society. So many ideas were in the air that the so-called Hundred Schools of Thought arose, each trying to influence rulers and change society. It was the golden age of Chinese philosophy. The four most important schools of thought were Daoism, Mohism, Legalism, and Confucianism.



Confucianism was the first, and ultimately most influential, of all the schools. It recommended healing Chinese society by returning to the traditions of the early Zhou Dynasty.

Confucius spent most of his life traveling throughout China, teaching about the importance of duty, ritual, and virtue. He taught that a ruler must set an example to inspire people to strive for a moral life. Years after he died, students assembled his teachings into a book, the *Analects*, and a new school of thought developed—Confucianism. This philosophy deeply influenced China throughout most of its history.



Confucius

The founder of Confucianism was a man named Kong Qi. He later was known as Kong Fuzi, or Master Kong. In the West, he is called Confucius. He was born in 551 B.C. in northeastern China in the state of Lu. (Lu is today part of China's Shandong Province.)

Confucius lived a simple life, spending most of his time as a teacher. Only a few facts are known about his life. But because he is considered one of the greatest Chinese thinkers, many stories have arisen about him.

His family was poor, and his father died when he was 3. His mother taught him, and he studied hard. By 15, he decided to spend his life learning. He read and studied classic Chinese works.

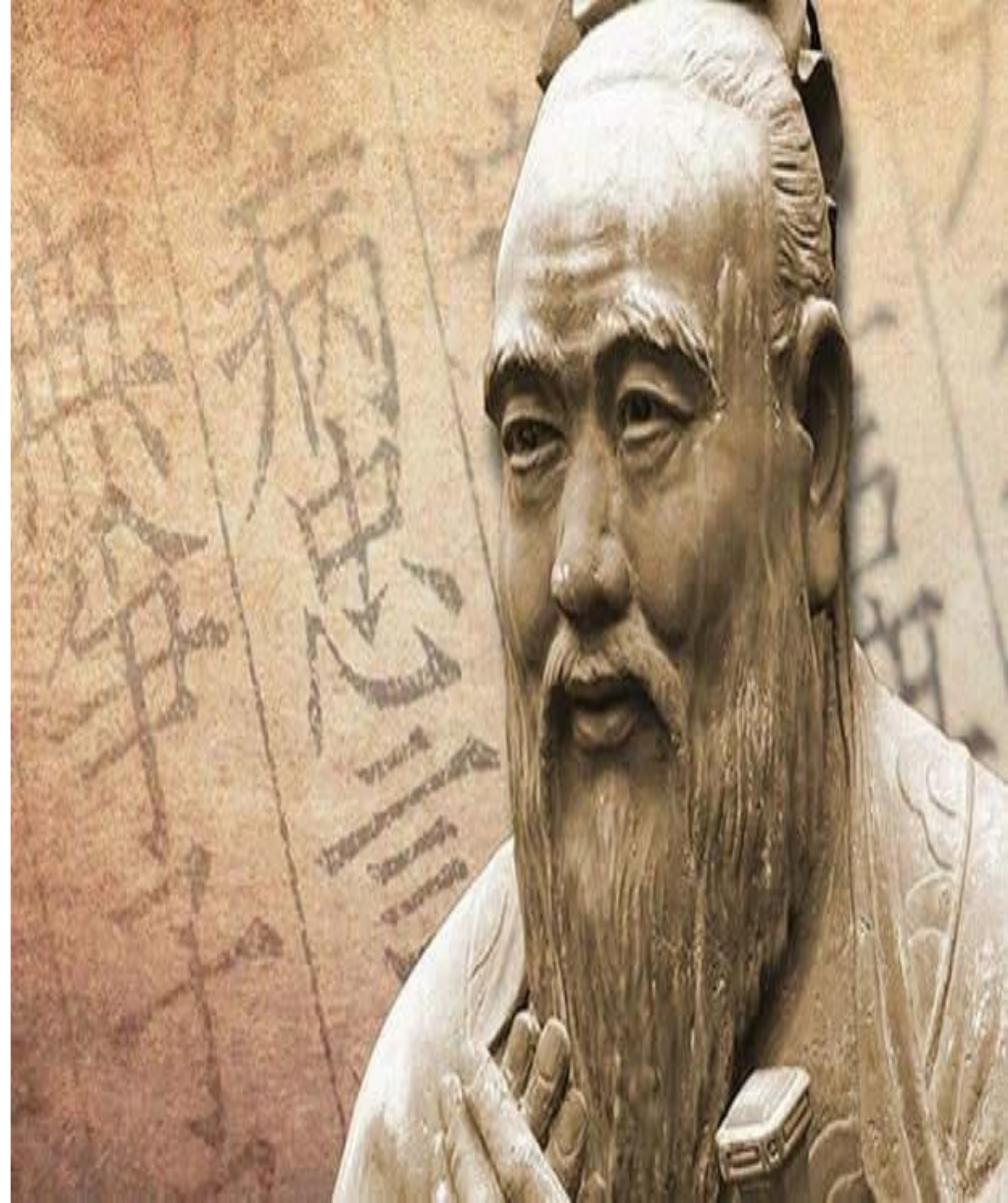
When he started teaching, Confucius quickly attracted a band of loyal students. He said he taught anyone who came to him "from the very poorest upward . . . no one has ever come to me without receiving instruction."



He is called the "First Teacher" in China. Before Confucius, rich people had hired tutors to teach their children. Confucius did not think learning should just be for the rich. He believed every man in China should learn. He saw teaching as a way to improve people's lives and change society.

When he was about 50, he was appointed to work in the government of Lu. He wanted to apply his ideas to make society better. He was soon made the minister of justice, but Confucius saw that those above him did not like his ideas. So he left.

He spent the next 12 years traveling around China looking for a ruler who would listen to his ideas. He never found one. His students, however, continued to follow him. When he was 67, he returned to Lu and continued teaching and studying five Chinese books, known as the Five Classics.



Xiào 孝: Filial Piety

The concept of Xiào is essential to the Confucian understanding of proper relationships within the family. Filial Piety is described consistently in terms of the proper relation of children to their parents. From this meaning has been derived a set of submissive behaviors concerning the way in which children should act toward their parents.

It is strongly believed by Confucians through the learning and practice of filial piety the peace and order of the ancient golden age will be restored to the world.

Confucius said that as long as one's parents are alive one must serve them with proper ritual and propriety (Li). When they have died one must continue to serve them through proper burial and sacrifice.



The Traditions of Filial Piety



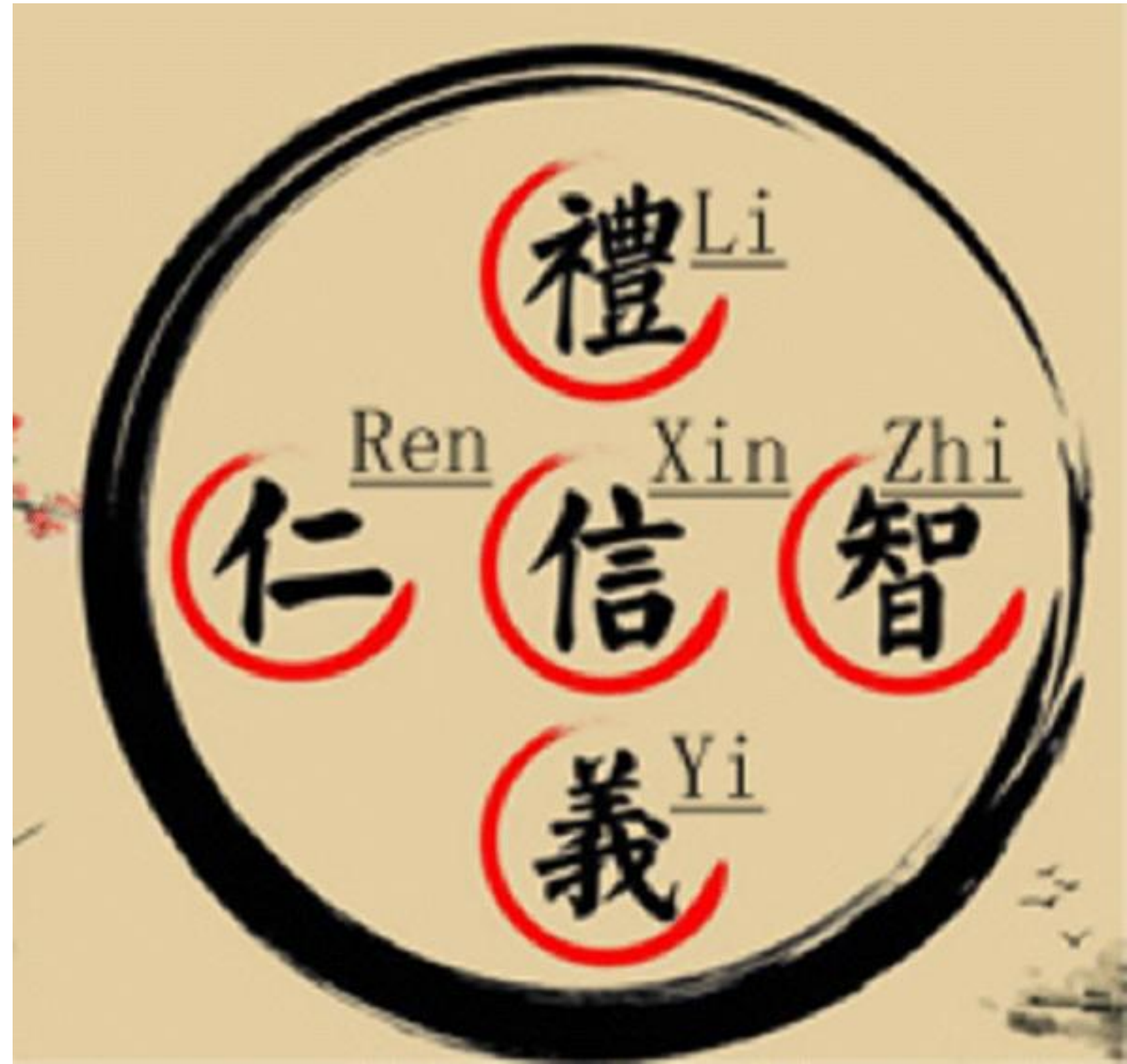
- ❑ One must not travel too far from home, if he must travel, the parents must be kept informed of his whereabouts.
- ❑ In the case where the parents have committed a wrong deed Confucius says that remonstrance should be gentle. If the parents remain unmoved then the son is to resume his attitude of reverence and continue to follow their wishes.
- ❑ To protect a family member is a higher moral calling than sacrificing him or her to the state. This emphasizes the idea that social order is always based on familial harmony.

Five constant virtues or *wu chang* (五常)

Within Confucianism, there are five constant virtues or *wu chang* (五常). In descending order of importance, the virtues are --

1. Benevolence or *ren* (仁)
2. Righteousness or *yi* (义)
3. Propriety or *li* (礼)
4. Wisdom or *zhi* (智) and
5. Fidelity or *xin* (信)

These five ethical principles regulated society in ancient China. The five constant virtues were important in determining who was a 'true gentleman' in ancient Chinese society. Regardless of a person's class or social status, he was expected to exhibit the five virtues and use proper conduct toward others.



Benevolence or *ren* (仁) is described as "forming one body" in relation to others, which requires seeing ourselves as extensions of others and vice versa. Paradigm cases of *ren* include acts of love or acting in others' interests, such as taking care of a family member.

Righteousness or *yi* (义) is when someone refuses to violate prohibitions that would be regarded as shameful or degrading such as bribery. Righteousness can be seen as the distribution of goods according to one's merit and position.

Propriety or *li* (理) is broader in scope than the English word would entail. It is when someone performs a ritual with reverence, covering social protocol in situations that require a sense of respect, such as weddings, funerals, greetings, and serving food and drink.

Wisdom or *zhi* (智) is understanding the other virtues' characteristic motives and feelings, correctly assessing the quality of a person's character, and knowing the best means to achieve virtuous ends.

Fidelity or *xin* (信) is understood as a commitment to reality in a consistent and reliable way. Some Confucians did not consider *xin* to be its own domain of activity since it regulates and supports virtues. They all require one to be aware of what is real and avoid self-serving delusions.

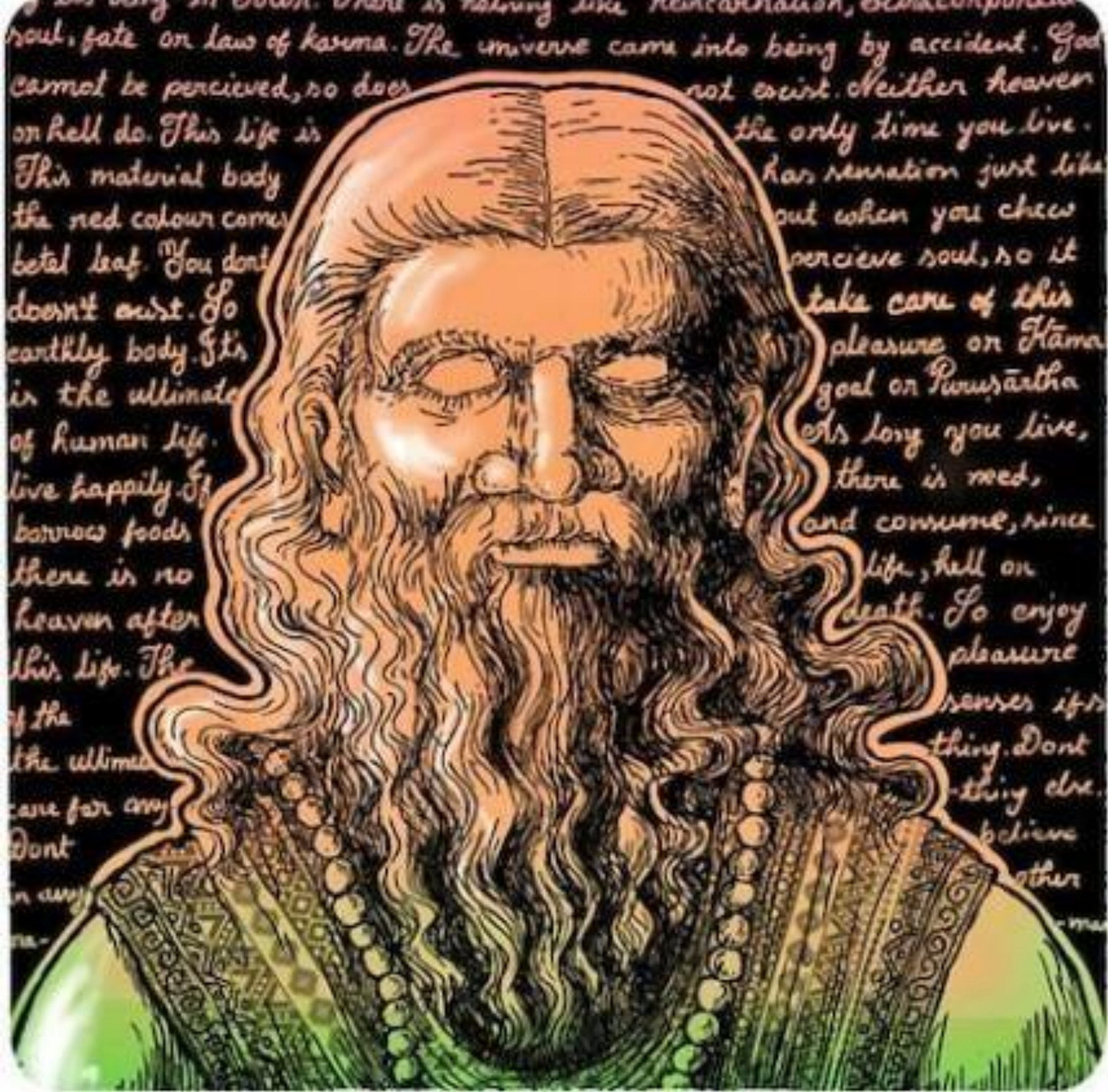




"The **man who asks a question is a fool** for a minute, **the man who does not ask** is a fool for life."

-Confucius

Goalcast



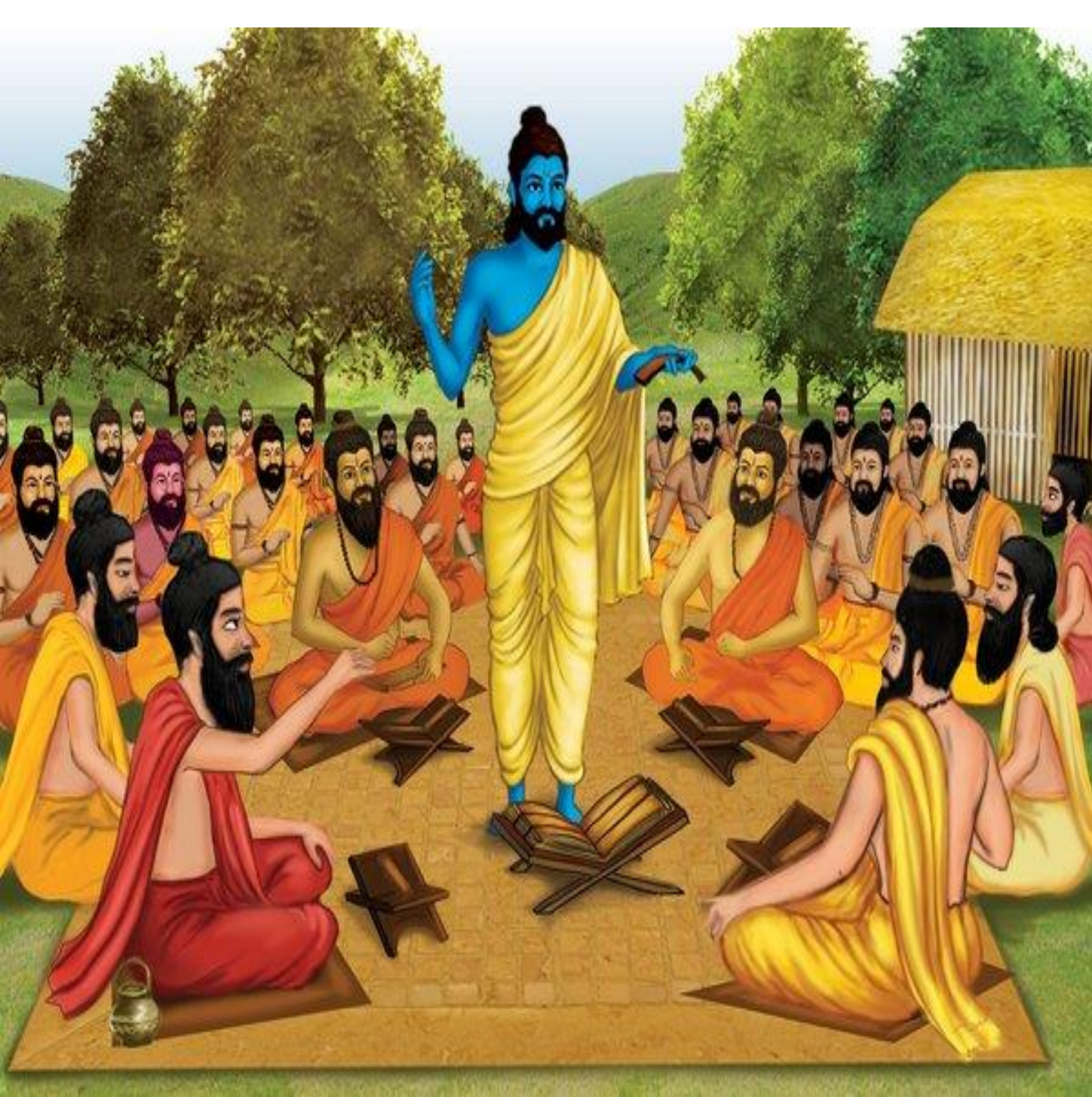
Charvaka

Week -15

Slide: 118-124

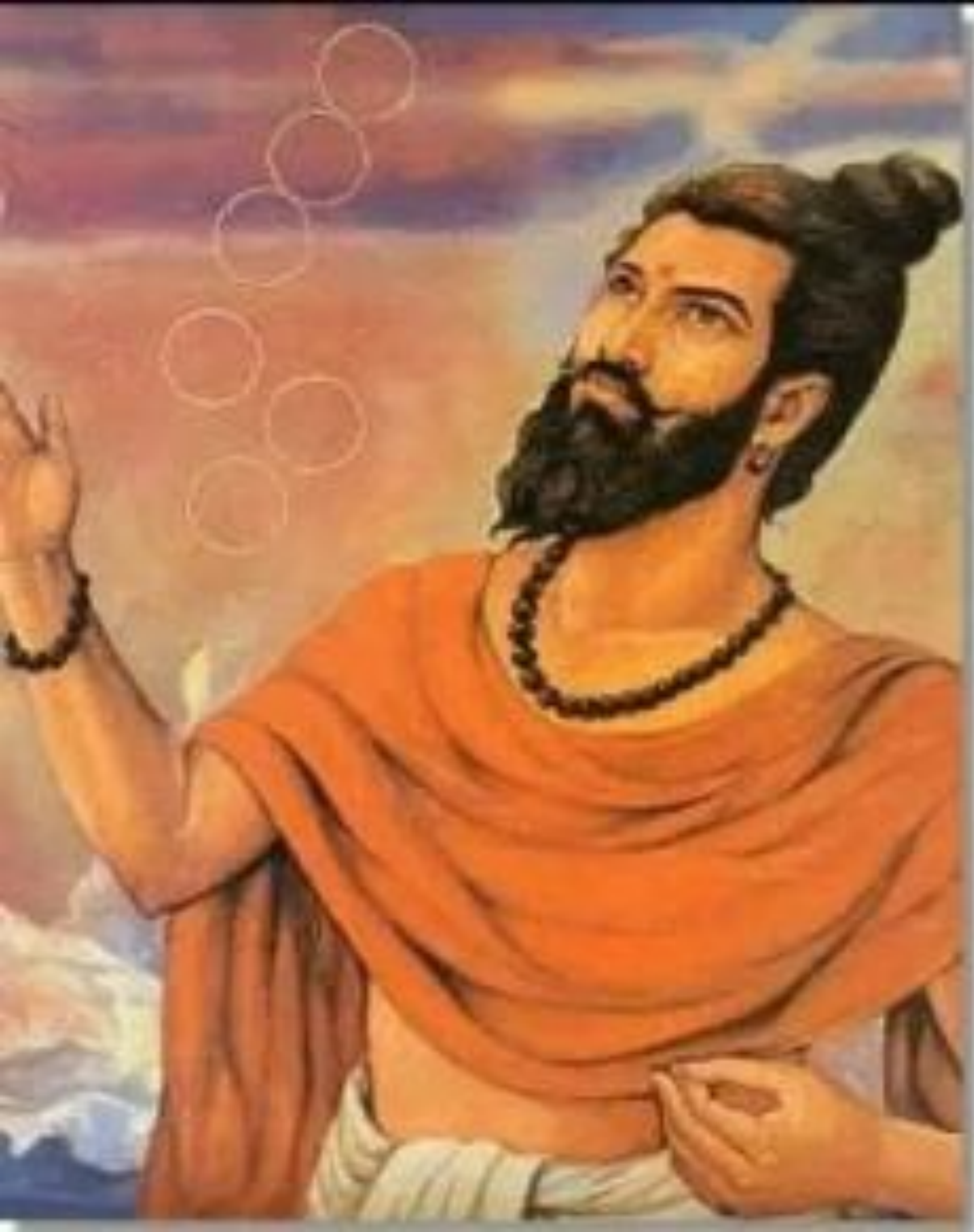


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Charvaka

Charvaka (also given as Carvaka) was a philosophical school of thought, developed in India c. 600 BCE, stressing materialism as the means by which one understands and lives in the world. Materialism holds that perceivable matter is all that exists; concepts such as the soul and any other supernatural entities or planes of existence are simply inventions of imaginative people.



Meaning

The meaning of the name is contested with some claiming it references the act of chewing since Charvaka emphasized the importance of enjoying life through eating and drinking while others maintain it is the name of the founder or that Charvaka was a disciple of the founder, a reformer named Brhaspati. The belief system is also known as *Lokayata* (“philosophy of the people”) and *Brhaspatya* after Brhaspati.

Vedic period and Charvaka

Charvaka was a reaction against India's accepted religious worldview, which was based on the Vedas. The Vedas are the most important religious books in Hinduism (also called Sanatan Dharma, "Eternal Order" or "Eternal Path" by devotees). The four Vedas – Rig Veda, Sama Veda, Yajur Veda, and Atharva Veda – contain the vital information required to comprehend the Eternal Order of the cosmos and one's position in it.

The Vedic worldview gave rise to Brahmanism, a religious/philosophical movement that held that the Universe ran according to specific fixed laws that were observable and verifiable. These rules were known as Rita ('order'), argued for a rule-maker. They named this rule-maker Brahman because they believed he was an incomprehensibly great entity who created the Universe.



The Essential Tennets

The Charvaka vision rejected all supernatural claims, all religious authority and scripture, the acceptance of inference and testimony in establishing truth, and any religious ritual or tradition. The essential tenets of the philosophy were:

- Direct perception as the only means of establishing and accepting any truth
- What cannot be perceived and understood by the senses does not exist
- All that exists are the observable elements of air, earth, fire, and water
- The ultimate good in life is pleasure; the only evil is pain
- Pursuing pleasure and avoiding pain is the sole purpose of human existence
- Religion is an invention of the strong and clever who prey on the weak

It should be noted, however, that, while the above are accepted as the tenets of Charvaka, no original Charvakan texts have yet been found; all that is known of the belief system comes from later Hindu, Jain, and Buddhist works which were hostile toward the philosophy and recorded its beliefs in refuting them.

Bhutachatustaya

According to Charvaka philosophy, all knowledge is derived from the senses. Inference has no value and the scriptures are false. What cannot be seen does not exist. There are no other worlds as they cannot be perceived.

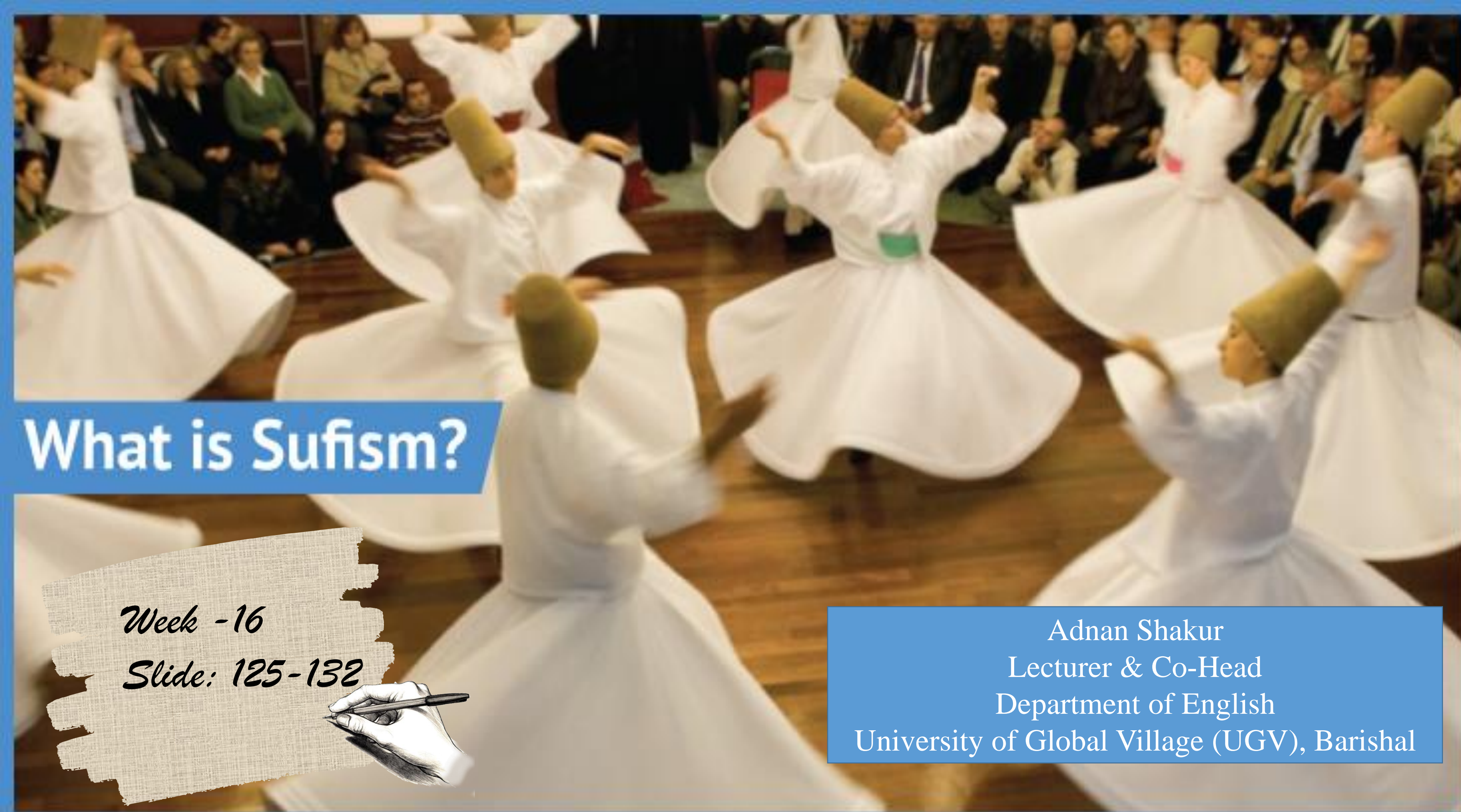
Charvakas believe that there are four elements (bhutachatustaya): earth, water, fire and air. Everything is composed of these four elements, and it is the combination of these elements which produces consciousness (chaitanya). Charvakas do not believe in abstract concepts such as vice and virtue, or in causal relationships. They believe that it is the 'essential nature' (svabhava) of a thing to undergo transformation by itself (svatah). Moderate (shiksita) Charvakas, however, argue that a thing comes into being due to its 'essential nature'. They admit the validity of perception and inference.

According to Charvaka philosophy, sensual pleasure is the only end of human beings. Charvakas do not believe in Hell as a separate state of being but only as earthly suffering. Liberation is the dissolution of the body. Death is the end of all. After death, the body and consciousness cease to exist.



ANY
QUESTIONS?





What is Sufism?

Week -16
Slide: 125-132



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Sufism is a mystical Islamic belief and practice in which Muslims seek to find the truth of divine love and knowledge through direct personal experience of God. It consists of a variety of mystical paths that are designed to ascertain the nature of humanity and of God and to facilitate the experience of the presence of divine love and wisdom in the world.

Islamic mysticism is called **taṣawwuf** (literally, “to dress in wool”) in Arabic, but it has been called Sufism in Western languages since the early 19th century. An abstract word, Sufism derives from the Arabic term for a mystic, **ṣūfī**, which is in turn derived from **ṣūf**, “wool,” plausibly a reference to the woolen garment of early Islamic ascetics. The Sufis are also generally known as “the poor,” **fuqarā’**, plural of the Arabic **faqīr**, in Persian darvīsh, whence the English words fakir and dervish.



Sufi philosophy is classified into four stages:

- ❑ Shariat (outward religion or law)
- ❑ Tariqat (the path)
- ❑ Haqeeqat (the Inner truth)
- ❑ Maarifat (divine knowledge)

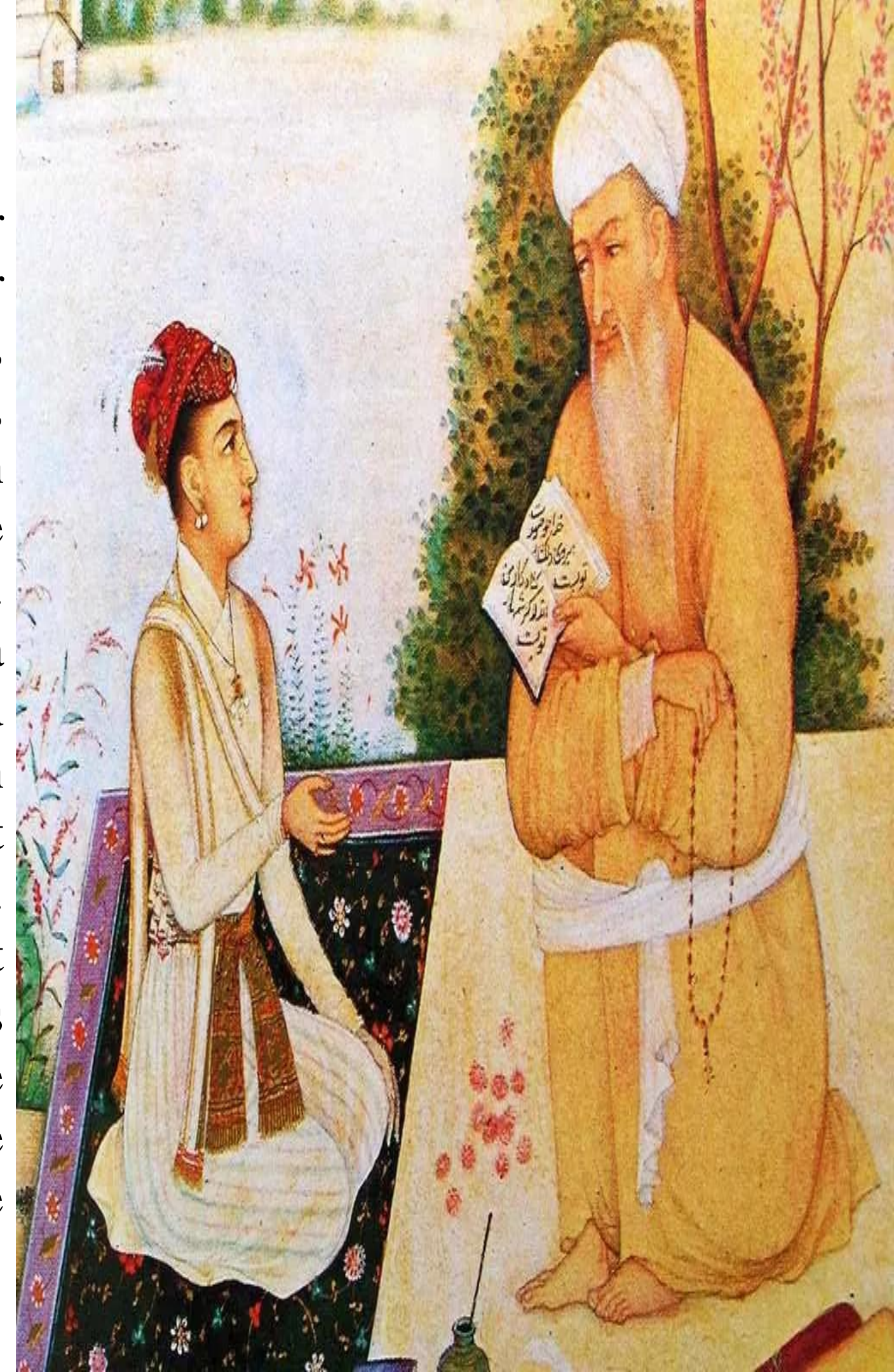
Shariat

Sharia is the Islamic canonical law based on the teachings of the Quran and Hadees. The first step in Sufism is following every aspect of the law perfectly. The purpose of this is to prove their love for God, by rigorous self-discipline and constant attention to their conduct. When the Sufi fully lives his or her life according to the Shari'a he or she is ready to progress to the second stage. This conformity to earthly rules is important because it recognizes that the spirit of a man or woman is affected by the actions of the body. In this way, bringing the body under the will of God also purifies the spirit and a pure spirit is essential for the second step.



Tariqat

Tariqa in Arabic means *path* and it denotes a Sufi brotherhood or chain or order. The orders are governed by shaykhs, spiritual leaders who mentor Sufis. Shaykhs are identified by the signs of God's grace that are evident, such as the ability to perform miracles. They take on people, usually male, who are committed to the Sufi lifestyle and want to progress further in their spiritual education. It is common for the shaykh to test a new disciple by ignoring them, assigning humiliating tasks, or being rude to them. When the disciple has passed these tests, he is introduced to the awards, a series of prayers particular to that order. These prayers must be studied before they are recited because mistakes made in the prayer are sins. When the disciple has studied and recited the award for an indeterminate amount of time, he is expected to experience visions and revelation from God. Sufis believe that at this point the disciple is able to see spiritual things that are veiled from most people. Tareeqat is the path to understanding of this law. It is the journey between the Shariat and the Haqeeqat. It is the understanding of law besides following it, that we must understand the cause of all things that we must do and must not do, instead of obeying the law without understanding.



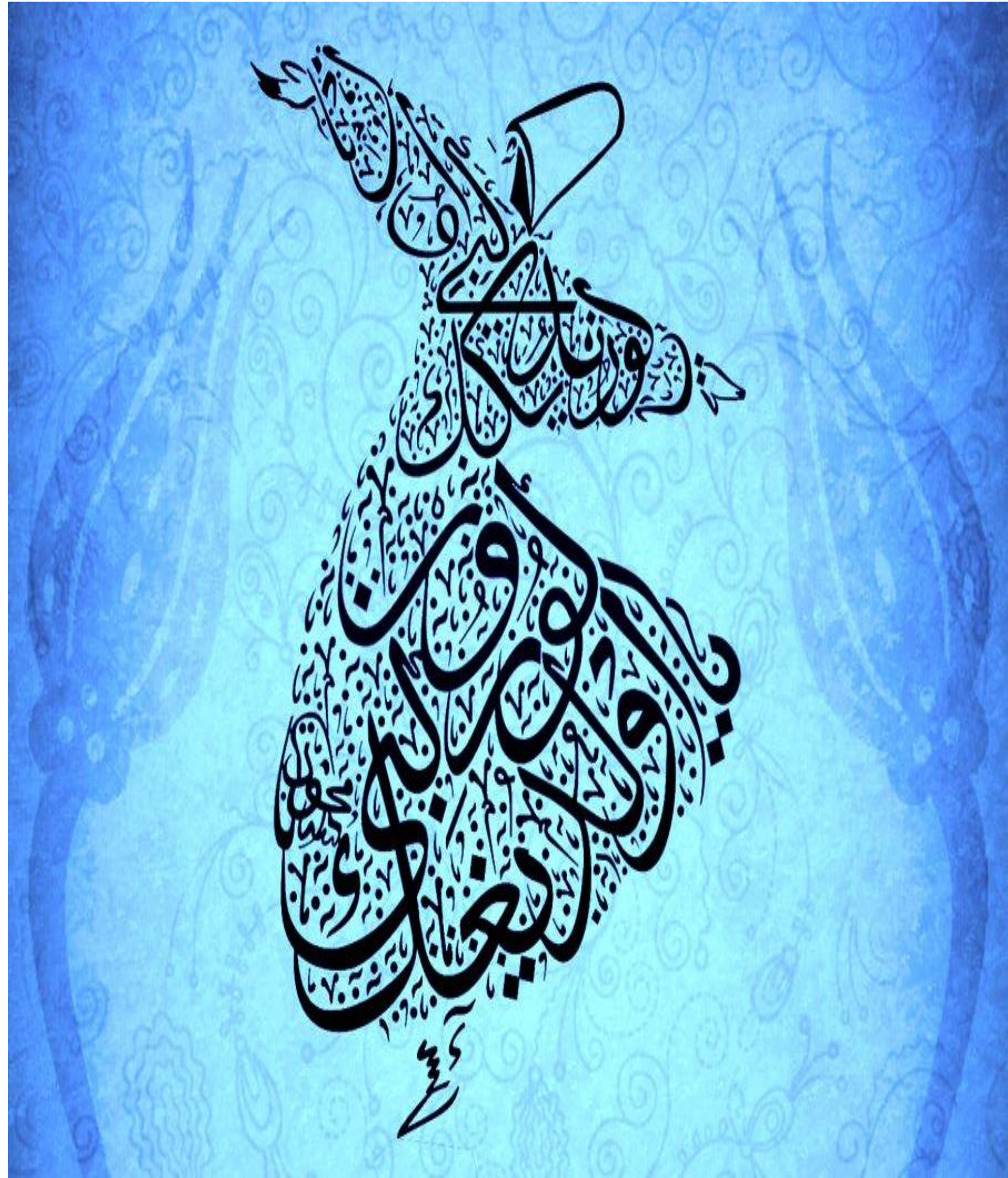
Haqeeqat

Haqeeqat is the stage of knowing the internal truth. It shows what is real, genuine, and authentic. Haqeeqat may be best defined as the knowledge that comes from communion with God, knowledge gained only after the tariqa is undertaken. For instance, a shaykh that has advanced through tariqa has Haqeeqat and can see into the lives of his disciples in a spiritual sense. He has knowledge of pregnancies and sicknesses before his disciples tell him. He can see beyond the physical world because of his proximity to God and possession of Haqeeqat. Haqeeqat is less a stage in itself and more the marker of a higher level of consciousness.



Maarifat

Maarifat is the real understanding of spiritualism by his own experience. It is the knowledge acquired through experience. It is a term used by Sufi Muslims to describe knowledge of spiritual truth (Haqiqah) having lived through experiences



"We fight a fierce war within.
What is the point of fighting with others?"

Jalaluddin Rumi





Congratulations!
You've Completed the Course!

Thank You for Your Dedication!

Your thoughtful questions, critical reflections, and openness to ideas have made this journey truly meaningful. It has been a pleasure to explore the world of philosophy with you.



As You Move Forward...

- **Keep thinking:** Let philosophy shape the way you approach life's biggest questions.
- **Keep questioning:** Never stop examining beliefs, systems, and the world around you.
- **Keep growing:** Use reason and insight to guide your actions and contribute to a more thoughtful world.



Thank You

