


CeTR

Centre d'Estudi de les Tradicions de Saviesa

A close-up photograph of a person's hands tying the laces of a bright blue and orange running shoe. The person is crouching on a dark, textured rock surface. The background is a soft, out-of-focus landscape with warm, golden light, suggesting a sunrise or sunset. The overall mood is one of preparation and readiness for physical activity.

Practising Human Quality

Activities Programme

2016-2017



CeTR: a research centre on human quality

The society of innovation and change, in which we live, is faced with a pressing challenge: knowing how to cultivate human quality within our new cultural conditions. Instead of starting from zero, it is important to learn from the wisdom cultivated throughout the history of humanity, without the cultural features of the past becoming an obstacle today.

To face this challenge, CeTR conducts research and studies the following topics:

- 1. What 'profound human quality' consists of** (our ancestors called it 'spirituality').
- 2. How to cultivate human quality**, comparing the results with that offered by the traditions of wisdom in the past.
- 3. The conditions for cultivating human quality in today's societies** that live by innovating in science and technology, and constantly have to modify ways of living.
- 4.** This quality must form a solid basis in order to create projects for collective living. We study the **procedures for creating collective projects** used by our ancestors, in terms of human quality, within their cultural conditions, in order to learn how to do so appropriately within today's conditions.
- 5.** From an educational perspective, we study **how to guide children and young people to cultivate human quality**.

The work of the different research teams is not only conducted from a theoretical perspective, but also through practice, both on a personal level and for collective living.

For more information on the CeTR research teams: www.cetr.net

The Centre's work is the result of a long journey. **Our intention is for all our work to be of service to society, at the same time as being a way of cultivating human quality.**

This Activities Programme is an invitation to participate in the process of researching and cultivating human quality.

This programme includes...

Commented reading sessions, the practice of silence, intensive weekends, seminars, debates, working groups and also a film season.

What is human quality?

It is not easy to attain the human condition

Buddha

Silencing the voices of all prejudice, creating silence...

Paul Cézanne

Cultivating human quality is moving towards supreme freedom

Marià Corbí

We are not born with human quality... but we can learn! Training and developing human quality is a necessity and also a challenge: it opens our eyes to reality, stimulates deep understanding, increases awareness, promotes flexibility and makes creativity possible. It is the source of sincere interest.

Human quality is learning to manage living and abilities so that they no longer revolve around the same anxieties and concerns in a state of permanent dispersion.

It is about cultivating the free dimension of existence.

Open day:

Wednesday 14 September 2016, from 3 pm to 8 pm.



Opening event

Wednesday 5 October at 7.30 pm.

Amaranto Flamenco Fusion Group

Dancer and singer: Núria Ventura

Singer: Pilar Romero

Spanish guitar: El Grelo

From the most classic Spanish music and dance, through universal 'flamenco-style' melodies and song, to the deepest, purest *cante jondo* style of flamenco.



IN BRIEF

What do you know about...?

Gain insight into significant works on universal wisdom, through commented reading sessions. The extracts selected can be consulted online (www.cetr.net) a few days before the session, enabling participants to enjoy the text beforehand. Voluntary donation.

THE TAO TE CHING

led by Teresa Guardans

Attributed to Lao-Tze, this small book is more than 2,000 years old and yet feels fully contemporary. What is its secret? It is worth looking into.

Wednesday 19 October, from 7.30 pm to 9 pm

THE ANALECTS OF CONFUCIUS

led by Raúl García

On the subject of how he could claim to be human, Confucius's response was '*All that can be said about me is that I work at it without wearying, and I teach people tirelessly.*' His lessons on 'humanity' (*rén*) can be explored today from the perspective of 21st century challenges.

Wednesday 14 December, from 7.30 pm to 9 pm

NIETZSCHE: A SELECTION OF BASIC TEXTS

led by Francesc Torradeflot

Did Nietzsche's atheism impoverish him personally? Or is there a freedom in his attitude that enhanced him? We see a Nietzsche who is always critical and unsatisfied, yet, at the same time tirelessly in search of the absolute in life.

Wednesday 15 February, from 7.30 pm to 9 pm

THE WORDS OF BUDDHA

led by Marta Granés

Why be interested in Buddha in our 21st century world? What does he offer us?

Wednesday 15 March, from 7.30 pm to 9 pm

NISARGADATTA MAHARAJ: I AM THAT

led by José Manuel Bobadilla

Who am I? What is the body? Does time exist or is it only a feeling of consciousness? Is there a real world? This introductory session will study what human beings are not, in order to discover what we really are.

Wednesday 17 May, from 7.30 pm to 9 pm

Commented reading sessions

Exploring sources of human quality

THE LOTUS SUTRA

led by Montse Cucarull and Marta Granés

We know that reality and life are a direct experience. We know this and yet ignore it, which keeps us in a situation whereby we aim to gain something from everything, leaving anything 'unprofitable' to disappear from our horizon.

This important Buddhist text speaks of the possibility of a truly qualitative relationship with everything around us and how to develop this relationship.

11 October to 30 May

14 Tuesdays, every two weeks, from 7.30 pm to 9 pm

Contribution: €180 (can be paid in instalments)

THE WALLED GARDEN OF TRUTH BY HAKIM SANAI

led by Montse Cucarull and Marta Granés

As human beings, we have the ability to have a disinterested knowledge of all that surrounds us, but we do not give this ability the value or the space to develop. We are unaware that we have this ability because it fulfils a function biologically, and we live as though it had no importance. The 7th century Persian poet Hakim Sanai delves into this qualitative knowledge and expresses poetically what he discovers. The aim of this session is to get closer to this forgotten knowledge.

18 October to 23 May

14 Tuesdays, every two weeks, from 7.30 pm to 9 pm

Contribution: €180 (can be paid in instalments)

FUNDAMENTAL VERSES OF THE MIDDLE WAY (MADHYAMAKA-KARIKA) BY NAGARJUNA

led by Marià Corbí

We will read and discuss this text, considered by scholars to be one of the most important texts in the history of Buddhism, and to be the source of the following schools of thought: Chan in China, Zen in Japan and Tibetan. Nagarjuna, writing in the 2nd-3rd century, was considered the greatest Buddhist thought leader, and, according to Karl Jaspers, he is among the greatest figures of universal thought.

21 October to 24 March

11 Fridays, every two weeks, 3 pm to 5 pm

Contribution: €140 (can be paid in instalments)

Commented reading sessions

Exploring sources of human quality

THE SPIRITUALITY OF ATHEISTS

led by Francesc Torradeflot

The cultivation and expression of profound human quality is not the exclusive heritage of religious traditions. Human depth is also present in men and women who do not believe in God. We will embark on a journey with some of the most significant authors, such as Feuerbach, Nietzsche, Schopenhauer, Russell, Comte-Sponville, etc., to discover the common thread that enables us to live fully and with immense freedom, flexibility and creativity.

2 March to 6 April

6 Thursdays, every 2

weeks from 7.30 pm to 9

pm

Contribution: €90

OF THE NOBLEMAN, BY MEISTER ECKHART (1260-1328)

led by Teresa Guardans

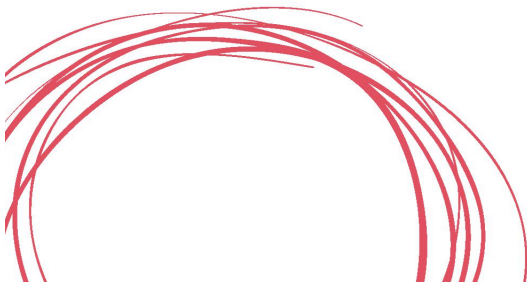
Why read Meister Eckhart today? For his freedom, because he gives us a living lesson in using stories and metaphors to enable us to soar, and because he treated his readers like adults. What most concerned the Inquisition dealing with him was that he dared to use people's 'vernacular language' (German instead of Latin), so that people would understand him. He also invited them to get closer to the 'nobleness' inside all human beings, encouraging them to explore profound human quality.

The selected text, '*Of the nobleman*' will be a common thread to explore the essential points of thought of Meister Eckhart's, who was known by his contemporaries as a *lebemeister* ('master of life').

8, 15 and 22 May

3 Mondays, from 7.30 pm to 9 pm

Contribution: €45



The practice of silence

Cultivating human quality through the practice of silence

It is easy to find books, websites, apps, etc. offering a wide range of resources to practise silence and awareness. It helps to also participate in a group activity. Here are some suggestions.

THE ABC OF SILENCE: Basic resources

led by Teresa Guardans

Three sessions to introduce the practice of silence and learn basic tools.

Cultivating awareness, silence and meditation is an antidote to becoming dispersed, which blocks the ability to be fully interested and feel reality with all our faculties.

Each session provides a theoretical basis to understand the keys to managing awareness, and will offer practices. Personal practice during the week will help detect any difficulties and find potential solutions.

Wednesday 2, 9 and 16 November from 7 pm to 8.30 pm

Contribution: €30



IN BRIEF



The practice of silence

Cultivating human quality through the practice of silence

The traditions of wisdom and the great authors have brought us ways of accessing and cultivating profound human quality. CeTR aims to facilitate this throughout the year, with weekly practice, and intensive weekends (at Sant Martí de Sesgaioles).

STUDYING THE WALLED GARDEN OF TRUTH BY HAKIM SANAI

led by Marta Granés

We will study the core points of this text in depth.

Tuesdays, every two weeks, from 6.45 pm to 7.30 pm* Start date: 18 October. Voluntary donation.

STUDYING THE LOTUS SUTRA

led by Montse Cucarull

We will study the core points of this text in depth.

Tuesdays, every two weeks, from 6.45 pm to 7.30 pm* Start date: 11 October. Voluntary donation.

ASANAS AND PRANAYAMA (HATHA YOGA)

led by Beatriu Pasarin

The practice of silence through yoga poses (*asanas*) and controlled breathing (*pranayama*). This course is suitable for all levels and all ages, from 18 years of age.

Wednesdays, from 6.15 pm to 7.30 pm* Start date: 5 October. Contribution: €5 per session.



*It is possible to join the practice of silence sessions at any time throughout the year.

Intensive weekends

In nature

The weekends bring together a group of approximately 15 people, in the heart of nature, to intensify the work on human quality, with the help of texts, the practice of silence and shared discussion.

WEEKEND ON THE WALLED GARDEN OF TRUTH BY HAKIM SANAI

led by Marià Corbí

The Walled Garden of Truth by Hakim Sanai is a rich text, full of suggestive and practical ideas for cultivating wisdom. A brief selection of texts will be studied in depth.

28 and 29 January

WEEKEND ON THE LOTUS SUTRA

led by Marià Corbí

The Lotus Sutra is a rich text, full of suggestive and practical ideas for cultivating wisdom. A brief selection of texts will be studied in depth.

25 and 26 March

AWARENESS & MEDITATION: practice, guidelines and resources

led by Maria Fradera and Teresa Guardans

Being fully interested in reality and feeling it with all our faculties, recognising it and being present for it, is the possibility offered by cultivating mindfulness, silence, and meditation. Throughout the weekend, we will work on cultivating silenced awareness and meditation, with moments of reading and reflection, as well as practice, to help us integrate this into our daily lives.

18-19 February and 10-11 June

Both weekends are separate and complement each other.

General information:

Time: From Saturday at 10 am to Sunday at 12 noon. It is also possible to attend only on the Saturday.

Place: Casal La Salle in Sant Martí de Sesgaioles. Individual rooms.

Transport: We help organise car sharing amongst the participants.

Accommodation: €100. Contact CeTR for more information.

Seminars and debates

seminars and shared reflection on contemporary challenges

TOOLS FOR EXPLORING AND INTERPRETING HUMAN GROWTH

led by Salvador Junca

It is not easy for us to find a 'comfort zone' within contemporary culture. In our rapidly changing world, it feels as though we cannot adapt to the new social, economic and political situations. In these conditions, our brains react with fear, stress and find solutions based on the past, simplifying and deceiving ourselves about the changing reality of our civilisation. What sort of world are we leaving for our descendants? We will study these and other questions, avoiding simplistic solutions, and making the most of the contributions of science today and the responses of the traditions handed down to us.

3 October to 14 November.

6 Mondays from 6 pm to 7.30 pm

Contribution: 90 €

SCHOOLS: IN DIALOGUE WITH RELIGIOUS DIVERSITY

led by Maria Fradera and Teresa Guardans

At school, we learn to explore, interpret, understand and manage the realities that are part of life. The complex phenomenon, which we cannot ignore, is religion in its great diversity. As this is a delicate question, the seminar proposes to reflect upon the topic with the intention of providing guidelines and practical resources for work in schools (primary education). For further examples, visit: www.otsiera.com.

Thursday 10, 17 and 24 November from 6 pm to 8 pm.

Contribution: €45

Debates

Rapid changes in science and technology today are constantly transforming the way we live, think and feel. This series of debates opens up a space for shared reflection on the great challenges facing the society of innovation and constant change.

The programme of debates will be announced throughout the year (on the website, through social media, in the CeTR newsletter, etc.).



SPIRITUAL INTELLIGENCE AS PART OF THE MULTIPLE INTELLIGENCES DEFINED BY GARDNER

led by Òscar Puigardeu

Gardner's theory of multiple intelligences led to a significant change in paradigm, both for cognitive psychology and pedagogy. Within the framework of this theory, controversy has arisen on the plausibility of a spiritual intelligence proposed by D. Zohar and other authors in different discussions on this topic – including the participation of Gardner himself. Our aim is to present the theory, analyse the controversy, and debate amongst the group the existence of spiritual intelligence.

23 and 30 January.

2 Mondays, from 6 pm to 7.30 pm

Contribution: €25

DISCERNING NEW FORMS OF CULTIVATING HUMAN QUALITY BASED ON THE WISDOM OF OUR ANCESTORS

led by Francesc Torradeflot

The generalised access to sources of human wisdom leads to new offerings claiming human fulfilment. The great diversity of offerings is wide ranging and can be confusing. Our aim is to analyse the relationship of these new forms (New Age, humanist psychologies, spiritual coaching, etc.) with traditional, recognised wisdom and how this wisdom can help guide us. We will study extracts from *The Aquarian Conspiracy*, *A Course in Miracles* and *The Power of Now*.

26 January to 9 February.

3 Thursdays, from 7.30 pm to 9 pm

Contribution: €45

FREE, COLLABORATIVE, GENERALISED INQUIRY FOR SURVIVAL

led by Jaume Agustí

The aim of this course is to highlight the vital role of free, collaborative and generalised inquiry today. Inquiry or research is not only conceptual, measurable or quantitative, as in technology and science, but it is also qualitative, including feeling and taking action, as in aesthetics and ethics. Inquiry is opening up to the unknown, the drive to improve, trust in a better future, the hunger and thirst for new knowledge and experiences, but also goodness, beauty, peace and happiness. Inquiry is all about 'being'.

20 and 27 April, 4 and 11 May.

4 Thursdays, from 7.30 pm to 8.30 pm

Contribution: €60

Working groups

READING GROUP. COMMENTED READING OF *DHAMMAPADA*

led by Montse Cucarull and Raúl García

This text attributed to Buddha will be studied from the perspective of men and women in the 21st century. We are witnessing the great development of science and technology, the manipulation of matter and life, and, at the same time, we are neglecting the part of our structure as humans, which is mindful and sensory, certain and unquestionable. The great texts of wisdom point to this level that we so often miss. How do they do so? What do they teach us? Are they still valid today? Our aim is to find out...

1 Thursday every month, from 7.30 pm to 9 pm. Start date: 20 October

CROSSROADS

Led on a rotational basis

The first Thursday of the month, this working evening includes in-depth reflection on and practice of human quality. Each session combines silence, reading and shared reflection. 'Materials' are used to continue the work on an individual basis throughout the month.

The first Thursday of the month, from 6.30 pm to 8.30 pm. Start date: 6 October

GETTING CLOSER TO SILENT KNOWLEDGE

led by Salvador Juncà, Teresa Guardans and Maria Fradera

This workshop promotes exchange and personal depth in cultivating human quality. It combines the practice of silence and time for shared reflection, based on different texts handed down by the traditions of wisdom. To promote group dynamics, this workshop is offered to all those who have previously participated in any of the Centre's activities.

From 19 September to 19 June
Mondays from 7.30 pm to 9
pm

Film season

The selected films and documentaries make interesting contributions on human quality. Each film showing opens with a brief presentation followed by a subsequent debate and discussion with those present.

Information on the films and the updated programme can be found at: [a www.cetr.net](http://www.cetr.net)

Co-ordinator: Raúl García

Timbuktu (dir.: Abderrahmane Sissako. Mauritania, 2014) Presented by: Teresa Guardans	4 November
Tomorrow (Demain) (dir.: C. Dion and M. Laurent. France, 2015) Presented by: Eva Torres	11 November
Lourdes (dir.: Jessica Hausner. Austria, 2009) Presented by: Raúl García	18 November
Pâtisserie Coin de rue (dir.: Naomi Kawase. Japan, 2015) Presented by: Encarna Navas	25 November
Transcendence (dir.: Wally Pfister. USA, 2014) Presented by: José Manuel Bobadilla	2 December
The Farewell Party (dir.: T. Granit; S. Maymon. Israel, 2014) Presented by: Mercè Juan	13 January
Far from Men (dir.: David Oelhoffen. France, 2015) Presented by: Ester Puigmartí	20 January



Sessions: 6.30 pm

Price: €3

Full season: €12

Teaching Staff

Jaume Agustí has a Ph.D. in Physics. He has worked as a scientific researcher in Artificial Intelligence at the Spanish National Research Council (CSIC). He collaborated with Raimon Panikkar for more than 20 years, and is Vice-President of the Vivarium Foundation that manages Panikkar's legacy.

Marià Corbí has a Ph.D. in Philosophy and a degree in Theology. He has lectured at the Department of Social Sciences at ESADE business school and the Vidal i Barraquer Foundation. His publications include: *El camí interior més enllà de les formes religioses* (Viena; Bronze); *Towards a non-religious spirituality* (Herder); *Principles of an Epistemology of Values* (Springer).

Montse Cucarull holds a degree in Pharmacy and Chemical Science. She is a researcher at CeTR.

Maria Fradera is a teacher and yoga teacher. She has written and co-authored works including: *Aprendre és un dret* (Intermón; Oxfam), *Educació: una futur en igualtat* (Intermón)

Raúl García has a Ph.D. in Anthropology with a Master's Degree in Ethnographic Research and Technical Architecture.

Marta Granés holds a degree in East Asian studies and a Master's Degree in Humanities. She is also a qualified yoga teacher through the Viniyoga school. A researcher at CeTR, she is currently undertaking a Ph.D. in Philosophy.

Teresa Guardans has a Ph.D. in Humanities, and a degree in Languages. She is the author of: *La verdad del silencio* (Herder) and *Les religions, cinc claus* (Octaedro).

Salvador Juncà is an Industrial Engineer, qualified in Economics and General Management at IESE business school. A business specialist and advisor to multinational companies, he has taught at the Department of Social Sciences at ESADE business school. He is the author of: *El fet religiós* (Eumo).

Francesc Torradeflot has a Ph.D. in Theology, as well as degrees in both the History of Religions and Philosophy. He is deputy secretary of the UNESCO Association for Interreligious Dialogue (AUDIR) and teaches at the Higher Institute of Religious Sciences in Tarragona.

Beatriu Pasarín is a yoga teacher qualified through the Spanish Association of Yoga Practitioners (AEPY) and the Krishnamacharya Healing Yoga Foundation. Since 2014, she has been accredited by the Catalan Government.

Òscar Puigardeu is a psychologist. He is a trainer at the Institute of Education Science (ICE), University of Barcelona. He currently works as an educational psychologist at the Barcelona Educational Special Service for Conduct and Development Disorders (SEETDiC), after holding this position in different Educational Psychology Teams (EAP) for the Catalan Ministry of Education.



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