



# Activities Programme 2017-2018

**CeTR**  
Centre d'Estudi de les Traduccions de Saviesa

## Cultivating Human Quality

in societies of innovation and  
constant change

# 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](http://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, conferences, working groups and also a film season.

# What is human quality?

Human birth is hard to gain  
**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 20 September 2017, 4-8pm.

## Opening event

Tuesday 3 October at 7.30pm.

### Tango and other other Argentine music

with Gabriel Vallone –singer– and Mariano Olivera –  
guitar

# Seminars and Debates

Seminars and shared reflection on contemporary challenges

## 1. WHEN IS A HUMAN BEING A HUMAN BEING? Tools for interpreting the human condition and its pathways for growth

led by Salvador Juncà

It is not easy for us in the 21<sup>st</sup> century to fit our existence into a conceptual and mental framework that is comfortable and useful enough for our survival. The speed of change leaves us disconcerted and at the risk of being left behind. In these conditions, our brain reacts with fear and clings to out-of-date solutions, forgetting objective thought.

To help us readjust and understand our life conditions, our possibilities and the future that we could leave our descendants, reflection is based around 4 topics:

- 1.- The 'human phenomenon' as a product of life (how we function).
- 2.- Cultures as an expression of a 'genetic programme' (what we learn to do).
- 3.- Keys to creativity and freedom. The special quality of human beings to experience and modify cultural habits.
- 4.- Designing viable values and purposes: an axiological approach for culture in 'societies in constant change'.

**9 October to 6 November**

**Five Mondays, from 6pm to 7.30pm.**

Contribution: €75

## 2. IMMENSITY AND BEAUTY: ASTRONOMY AND PROFOUND HUMAN QUALITY

led by Francesc Torradeflot and Josep Miquel Girart

This seminar gives a significant taste of research into the universe and star formation, in order to grasp its magnificence and expressive capacity. It will include images and scientific commentary, as well as the use of texts by astronomers evoking the beauty and mystery of nature. The aim is to show how science opens up and enables us to cultivate the absolute dimension of human existence.

**23 and 30 November**

**Two Thursdays from 7pm to 8.30pm.**

Contribution: €25

### **3. PARADOXICAL DIMENSIONS OF THE HUMAN SPECIES**

**led by José Manuel Bobadilla**

What are the other linguistic dimensions of the human species? Based on the new epistemology and the new anthropology, we know that we have dual access to reality. In these two sessions, we will see how different thinkers, such as Martin Heidegger and Ludwig Wittgenstein approach what Marià Corbí called 'the absolute dimension of reality'.

**18 and 25 January**

**Two Thursdays, from 7pm to 8.30pm.**

Contribution: €25

### **4. SPIRITUAL INTELLIGENCE AND ITS ROLE IN CREATIVITY**

**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 over 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. Certain elements of spiritual intelligence are also pre-requisites for creative thought. Our aim is to present the theory, analyse the controversy, debate amongst the group the existence of spiritual intelligence, and analyse its eventual relationship with creativity.

**12 and 19 March**

**Two Mondays, from 6pm to 7.30pm.**

Contribution: €25

# Seminars and Debates

Seminars and shared reflection on contemporary challenges

## 5. THE CREATIVE CAPACITY FOR HUMAN FULFILMENT

**led by Jaume Agustí**

The quality of life that the techno-scientific world, in which we live, offers us, coincides for the first time in history with that which makes us truly human: the cultivation of our innate creative capacities. This course focuses on five of these: interest ranging from curiosity to love; communication ranging from transmitting information to mutual involvement; research ranging from questioning to creating knowledge; and detachment ranging from abstraction to creative freedom. With awareness of the pros and cons, we must not let the opportunity escape that enables us to go from living to produce (machines will do this more and more) to living from researching and creating in all areas of life. This course aims to show how to begin to assume this great responsibility.

**12, 19, 26 April and 3 May (provisional dates)**

**Four Thursdays, from 7.30pm to 9pm.**

Contribution: €60

## 6. DIGITAL NATIVES, HOW THEY SEE THE WORLD

**led by Marta Granés and Montse Cucarull**

The education consultant Marc Prensky first used the term 'digital natives' in 2001 to describe the generation born since 1980 into a developed digital environment. Using his work, *Teaching Digital Natives*, and the works of other authors, we learn about the features of this generation and how they see and act in the world. This helps us understand them and gauge the impact of communication technology. It also opens up ways of communicating with new generations.

**From 3 to 31 May**

**Five Thursdays, from 7pm to 8.30pm.**

Contribution: €75

# Specialisation Course at UAB

(Universitat Autònoma de Barcelona)

## 7. THE CHALLENGES OF INNOVATION SOCIETIES: A COURSE ON CONSTRUCTING COLLECTIVE MOTIVATION AND COHESION SYSTEMS

*Included within the specialisation course at the Autonomous University of Barcelona (UAB)*

**led by the CETR team, co-ordinated by Professor Daniel Gamper at the Autonomous University of Barcelona (UAB)**

The motivation and social cohesion systems, which are fundamental for individuals and collectives, must be constructed in new societies because the previous systems are no longer operational. Therefore, today, we must be capable of creating motivation systems that are appropriate to the new conditions for generating wealth. This course provides criteria and basic tools to carry this out and help us manage ourselves and collectives in societies in constant change. In this process, identifying and understanding ways of cultivating human quality are essential.

The course can be taken as weekly sessions or as an intensive course:

**Weekly sessions:** Fridays from 2 March to 4 May, from 4.30pm to 7.30pm

**Intensive course:** 2, 3, 4, 5, 6, 9 and 10 July, from 4pm to 8pm.

Contribution: €255

# Commented Reading Sessions

Exploring sources of human quality

## 8. THE ZEN TEACHINGS OF MASTER LIN-CHI\*

led by Montse Cucarull and Marta Granés

We will study this Chinese document from the 9<sup>th</sup> century, which investigates the ineffable depth of reality. This author's text helps prevent us from remaining trapped in our daily life. This is a living, dynamic text, which begins to draw the paradoxes that will eventually be formalised as *koans*.

**From 10 October to 15 May**

**Fourteen Tuesdays, every two weeks, from 7pm to 8.45pm.**

Contribution: €180 (can be paid in instalments)

## 9. 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 7<sup>th</sup> 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.

**From 17 October to 22 May**

**Fourteen Tuesdays, every two weeks, from 7pm to 8.45pm.**

Contribution: €180 (can be paid in instalments)

\* Each session combines two separate, complementary activities:

From 7pm to 7.30pm: the practice of silence based on an extract of text.

From 7.30pm to 8.45pm: guided reading of the text.

It is possible to attend only one of the activities.

## 10. THE LOTUS SUTRA

led by Marià Corbí

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.

**From 20 October to 6 April**

**Eleven Fridays, every two weeks, from 3.15pm to 4.30pm.**

Contribution: €140 (can be paid in instalments)



## **11. RESEARCH ON KNOWLEDGE AND CRITERIA FOR DISCERNING NEW FORMS OF SPIRITUALITY**

**led by Francesc Torradeflot**

What do the wise from the ancient traditions have in common with the new recognised masters? We will look for the common elements between the traditions and the new forms of expression of the spiritual experience, as well as the differences and the unique contributions.

We will provide guidance criteria for assessing quality, in order to help us see how the traditional masters and new masters can be useful for today's pilgrims.

**12, 19 and 26 April**

**Three Thursdays, from 7pm to 8.30pm.**

Contribution: €45

## **12. RESEARCH BY GENEVIÈVE LANFRANCHI (1912-1986): Beyond the Limits of the ego**

**led by Teresa Guardans**

Human beings only use a minimal part of their potential, only a few notes, and always the same ones, according to our author. We can do much more, we can love more, understand more, be more... However, this 'but' is not about adding something, but about getting away from the pathways defined by the self and its expectations.

How do we do this? How can we live completely in the present, as though crossing the wall that separates us from reality? Convinced that there was no point talking about that which is not known, this Philosophy teacher decided to experiment with herself. Her experiences and temptations were recorded in a personal diary, and she left pages explaining her successes and errors to help guide others in their research. A selection of texts will help us get closer to this testimony by a voice that is still largely unknown.

**7, 14 and 28 May**

**Three Mondays, from 7pm to 8.30pm.**

Contribution: €45

## **13. MYSTICAL POETRY and CHOICE OF PEARLS by SALOMON IBN GABIROL (11th century)**

**led by Montserrat Cucarull and Marta Granés**

Considered one of the greatest Jewish poets in the medieval Hispanic Hebrew world, and a great scholar, Salomon Ibn Gabirol shows profound rooted wisdom and religious expression in his work. With a symbolic reading, we will examine a selection of his works, while aiming to capture the formless background to which they refer. If we achieve this, freeing the wine from the glass in which it comes to us, this will enable us to transfer the wine to the cultural situation of the new societies.

**From 1 February to 8 March**

**Six Thursdays, from 7pm to 8.30pm.**

Contribution: €90

# The Practice of Silence

Cultivating human quality through the practice of silence

## 14. THE ABC OF SILENCE. Three intensive sessions to begin the practice of silence

led by Teresa Guardans

How many times have we wanted to stop, centre ourselves and calm down, yet not known where to start? Cultivating awareness, silence and meditation is an antidote to becoming dispersed. It helps us live more consciously, in each moment, and open up to reality.

The course introduces the keys to inner silence and provides an opportunity to practise essential tools (applicable in our daily life). Using our senses, we will see different possibilities, in silence and in movement, as well as with work and thought.

Personal practice during the weeks will help detect any difficulties and find ways to integrate awareness and silence as a habit.

**9, 16 and 23 November**

**Three Thursdays, from 7pm to 8.30pm.**

Contribution: €30

## 15. 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 6.15pm to 7.30pm. Start date: 4 October.**

Contribution: €5 per session

## 16. WALKING IN SILENCE

led by Montse Cucarull and Montserrat Macau

Step by step, we learn to be aware of our movements and breathing, and open to the reality surrounding us. Walking in silence is a practice that we can use in our daily lives.

**Saturday 20 January and Saturday 24 February** (the time and meeting point will be arranged with the participants)

## 17. SILENCE IN THE CITY

led by Marta Granés

Living in the city does not prevent us from practising silence. Using processes from spiritual traditions, we use the urban environment to create a distance from city attitudes and open up to the profoundness of reality.

**Wednesdays from 7am to 8am. Start date: 18 October.** Voluntary donation.

# 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.

## **18. WEEKEND: *THE WALLED GARDEN OF TRUTH* BY HAKIM SANAI**

**led by Marià Corbí, Montserrat Cucarull and Marta Granés**

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

**3 and 4 March**

## **19. WEEKEND: *THE ZEN TEACHINGS OF MASTER LIN-CHI***

**led by Marià Corbí, Montserrat Cucarull and Marta Granés**

Lin-Chi is a fundamental master in the Buddhist tradition. Over this weekend, we will study his wisdom in-depth based on a selection of texts.

**12 and 13 May**

## **20. 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 to it, is the opportunity offered by cultivating mindfulness, silence, and meditation.

Throughout the weekend, we will work on cultivating silence, awareness and meditation, with moments of reading and reflection, as well as practice, to help us integrate this into our daily lives.

**3-4 February and 9-10 June**

Both weekends are separate and complement each other.

It is possible to attend either one or both of them.

### **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 Sesgaoles. Single rooms.

**Transport:** We help organise car sharing amongst the participants.

**Accommodation:** €100. Contact CETR for more information.

# Working Groups

In-depth and shared personal work

To help you find what you are seeking, do not hesitate to contact us for further information.

## 21. 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: 5 October**

Contribution: €45

## 22. . 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. To promote group dynamics, this workshop is offered to all those who have previously participated in any of the Centre's activities.

**18 September to 18 June. Mondays from 7pm to 8.30pm.**

Contribution: €100 (can be paid in instalments)

# Film season

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: [www.cetr.net](http://www.cetr.net)

<b>I, Daniel Blake</b> (Dir.: Ken Loach. UK, 2016) Presented by Encarna Navas	<b>27 October</b>
<b>Miracle of Candeal</b> (Dir.: Fernando Trueba, 2004) Presented by Marta Granés	<b>3 November</b>
<b>Mr. Nobody</b> (Dir.: J. Dormael. Belgium, 2009) Presented by José Manuel Bobadilla	<b>10 November</b>
<b>The Salt of the Earth</b> (Dir.: W. Wenders; J.R. Salgado, 2014) Presented by Teresa Guardans	<b>17 November</b>
<b>The Kid with a Bike</b> (Dir.: the Dardenne brothers. Belgium, 2011) Presented by Ester Puigmartí	<b>24 November</b>
<b>What a Wonderful Family!</b> (Dir.: Yoji Yamada. Japan, 2016) Presented by Olga Almató	<b>1 December</b>

Sessions begin at 6.30pm. Contribution: €3 Full season: €15

# Conferences

On current issues

## 23. DIGITAL NATIVES: A Generational Divide

led by **Marta Granés**

Between the generation that has grown up in a fully technological environment, born from 1980 onwards, and those who learnt about information technology as adults, known as 'digital immigrants', a generational divide has occurred in the way of seeing the world, appreciating and interacting with it, etc. It is important to attempt to understand this phenomenon and, above all, its consequences in terms of transmitting human quality.

**Wednesday 31 January, from 7.30pm to 9pm.**

Voluntary donation

## 24. INDIVIDUAL OR COLLECTIVE FREEDOM? THE INDIVIDUAL WITHIN ANARCHISM

led by **José Manuel Bobadilla**

Are the anthropological concepts of anarchism from the 18<sup>th</sup> and 19<sup>th</sup> centuries appropriate to the new societies of the 21<sup>st</sup> century. This session will analyse how two of the most important thinkers in anarchism, Kropotkin and Bakunin, constructed their principles of individualism and solidarity. After analysing these principles, we will examine the place of the individual within anarchism.

**Wednesday 7 February, from 7.30pm to 9pm.**

Voluntary donation

These conferences open the Conference Series. See the website [cetr.net](http://cetr.net) for the up-to-date conference programme.

# 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.

**Jose Manuel Bobadilla** graduated in Sociology, from Barcelona Autonomous University (UAB). He is currently undertaking a Master's degree in Religious Sciences at the Higher Institute of Religious Sciences of Barcelona (ISCREB). He is also a researcher at CETR.

**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: un futur en igualtat* (Intermón).

**Josep Miquel Girart** is an astronomer with a degree in Physics and a Ph.D in Philosophy from the University of Barcelona. He is a member of the Institute of Space Sciences.

**Marta Granés** has a Ph.D in Philosophy and 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, and a researcher at CeTR.

**Teresa Guardans**, has a Ph.D. in Humanities, and a degree in Languages. She is the author of: *La veritat del silenci* (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).

**Montse Macau** is a medical doctor and a researcher at CETR.

**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. He is also a researcher at CETR.

**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.

# Other Services

**Library:** CETR makes a reference library available to its users and participants, which is freely accessible, and specialised in religions and the traditions of wisdom.

[www.cetr.net](http://www.cetr.net):

for information on the Centre's activities, including articles, selected text, **on-line courses**, and other resources of interest. To remain up-to-date, you can register to receive the monthly **Newsletter** or follow us on **Facebook**.

**Additional information:**

Certain courses are recognised as accredited training activities by the Catalan Ministry of Education.

Students, pensioners and Friends of CETR, receive a **15% discount**.

For further information, please contact us on weekdays from 4.30 pm to 8.30 pm or by email: [cetr@cetr.net](mailto:cetr@cetr.net)

# Location

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[www.cetr.net](http://www.cetr.net)



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