

❖ 2 AESTHETIC REALISM CLASSES ❖

THE GREATEST PLEASURE a person can have is to be able to like the world on an honest basis, and every Aesthetic Realism class teaches how! There are classes in poetry, music, acting, anthropology, education, the visual arts. And there are the two classes described below. They are based on these principles stated by Eli Siegel, the founder of Aesthetic Realism:

1. "All beauty is a making one of opposites, and the making one of opposites is what we are going after in ourselves."
2. "The greatest danger or temptation of man is to get a false importance or glory from the lessening of things not himself; which lessening is Contempt."

———— SATURDAY ❖ DECEMBER 9 ❖ 11 AM -12:30 PM ————

Kindness in Marriage—What Does It Really Mean?

UNDERSTANDING MARRIAGE!—A CLASS OPEN TO ALL WOMEN

Taught by There Are Wives: Consultants Barbara Allen, Anne Fielding, Meryl Nietsch-Cooperman

In this exciting class women learn the basis for a kind, successful marriage—and it is the most romantic and practical thing for a wife to know: "The purpose of marriage is to like the world," Eli Siegel explained definitively. He also identified the thing that hurts, even ruins married life: it is that "people have tried to love in a way that would mean less like for the world—in fact, a contempt for it." The upcoming class will discuss these sentences:

One way the large problem can be put is this: how to be kind without limit and at the same time take care of oneself without limit. The idea is always to feel that in being nice to something, you are nice to yourself. If in being nice to something you are not being nice to yourself, you are sacrificial. The only kindness, as Aesthetic Realism sees it, that exists is the desire for the other person to be more complete, more organized, stronger, more himself.

—Eli Siegel, from *Mind and Kindness*

Fee \$10

———— SATURDAY ❖ DECEMBER 16 ❖ 11 AM -12:15 PM ————

What Can We Learn from Music about How to Be Kind?

LEARNING TO LIKE THE WORLD—A CLASS FOR YOUNG PEOPLE

Taught by Aesthetic Realism Consultants Barbara Allen and Robert Murphy

This class for young people between the ages of 5 and 12 teaches that their, and everyone's, deepest desire is to like the world; and that everything—from a flower to mathematics to their mothers—can be used to like the world. The upcoming class will study the following sentences:

When two people get along, according to Aesthetic Realism, it is something like what happens when two instruments get along, or bass and treble get along in music. It is like hearing two notes: one note brings out something in the second; the second, something in the first. In the meantime, they are both more individual than ever before.

—Eli Siegel, from an Aesthetic Realism Lesson

Fee \$8

AESTHETIC REALISM FOUNDATION



141 GREENE ST., NYC 10012