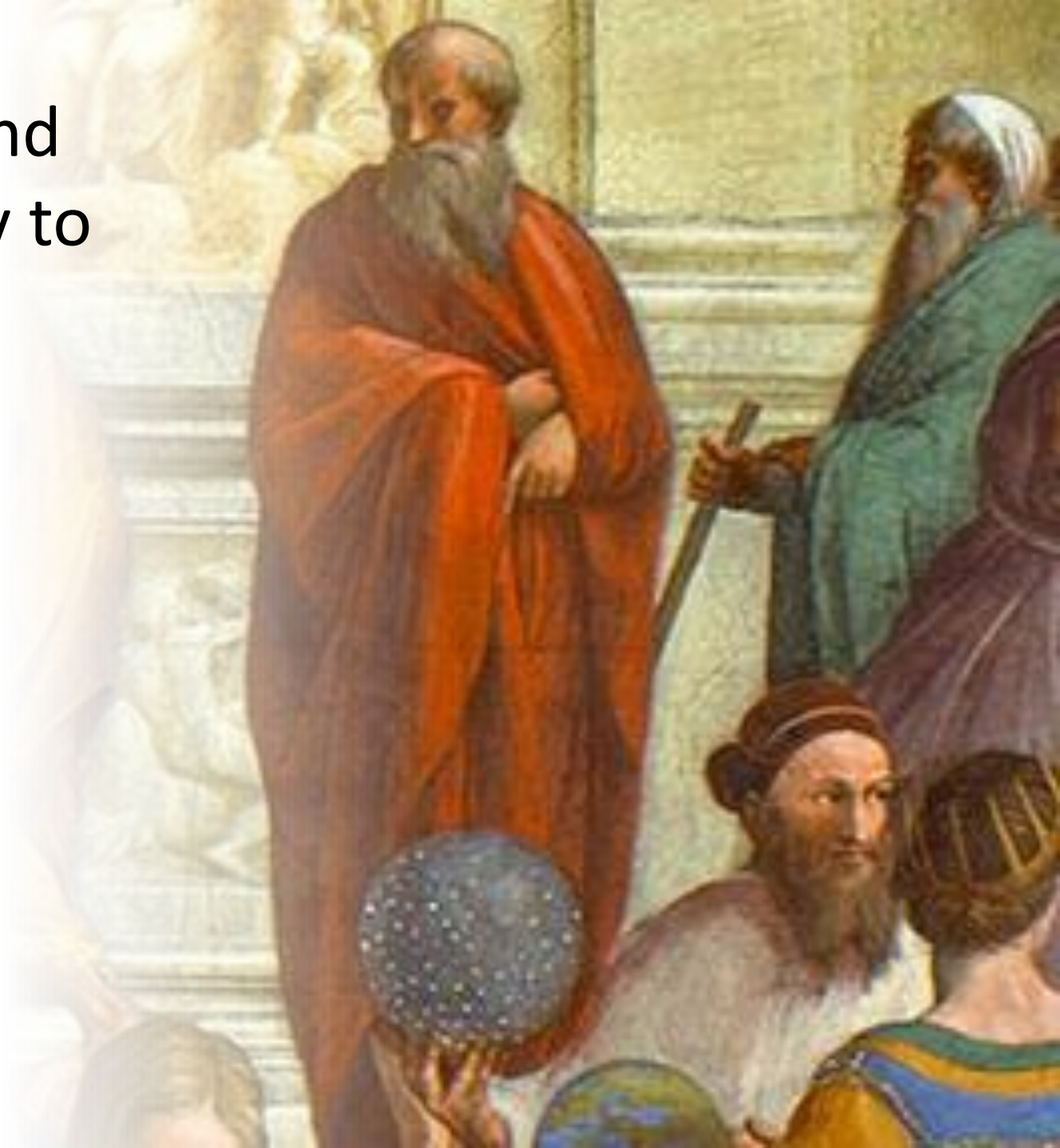


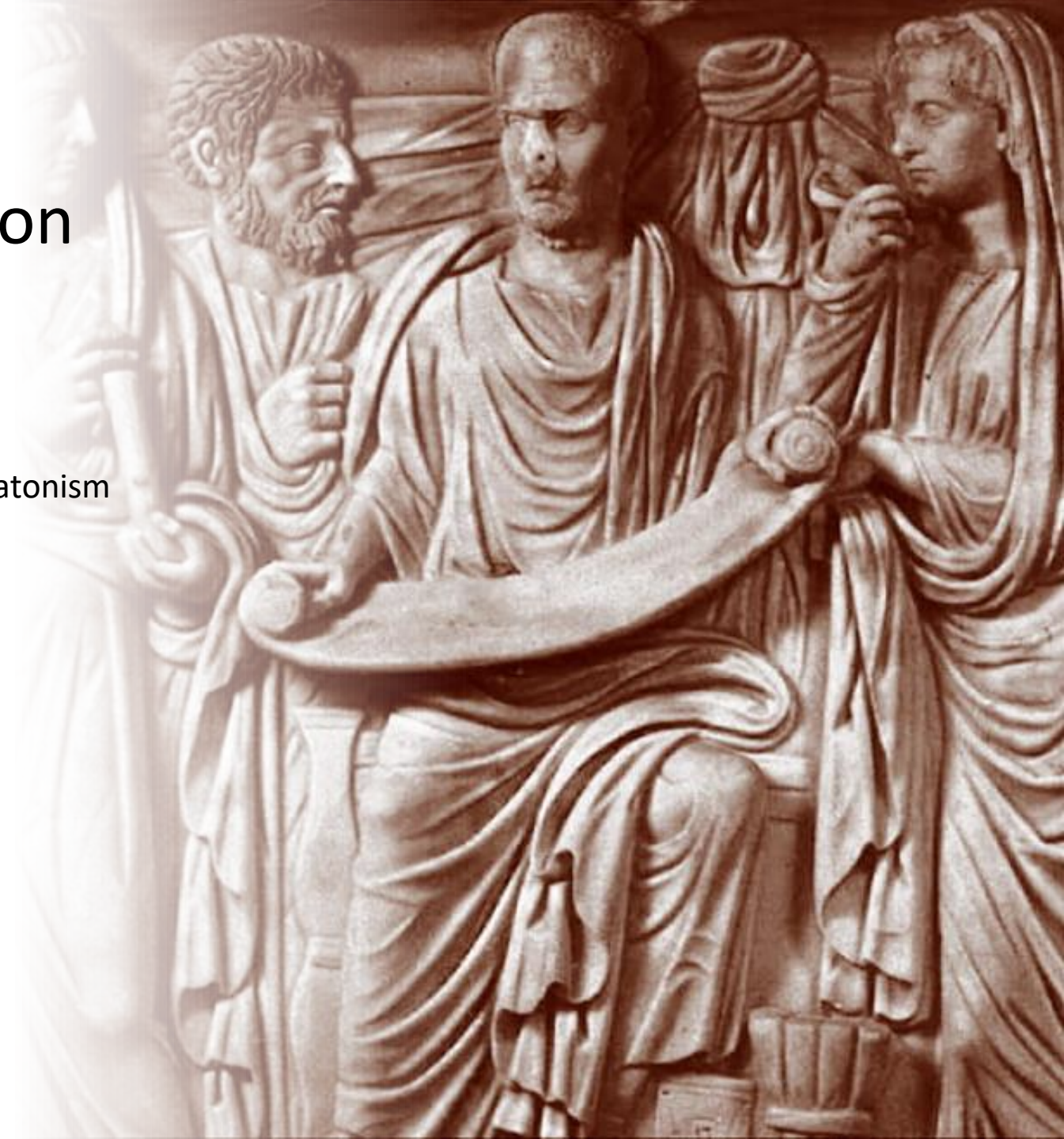
# Plotinus and the Journey to the One

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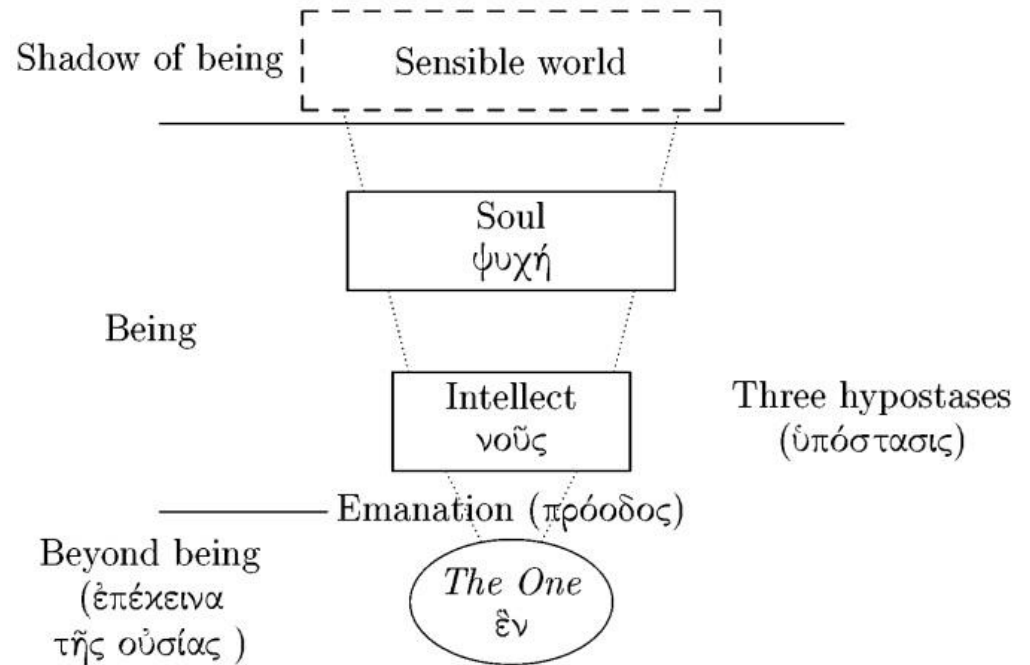
# Introduction

- Who was Plotinus?
- Overview of Neoplatonism
- Contemplation



# The Core of Plotinus' Philosophy

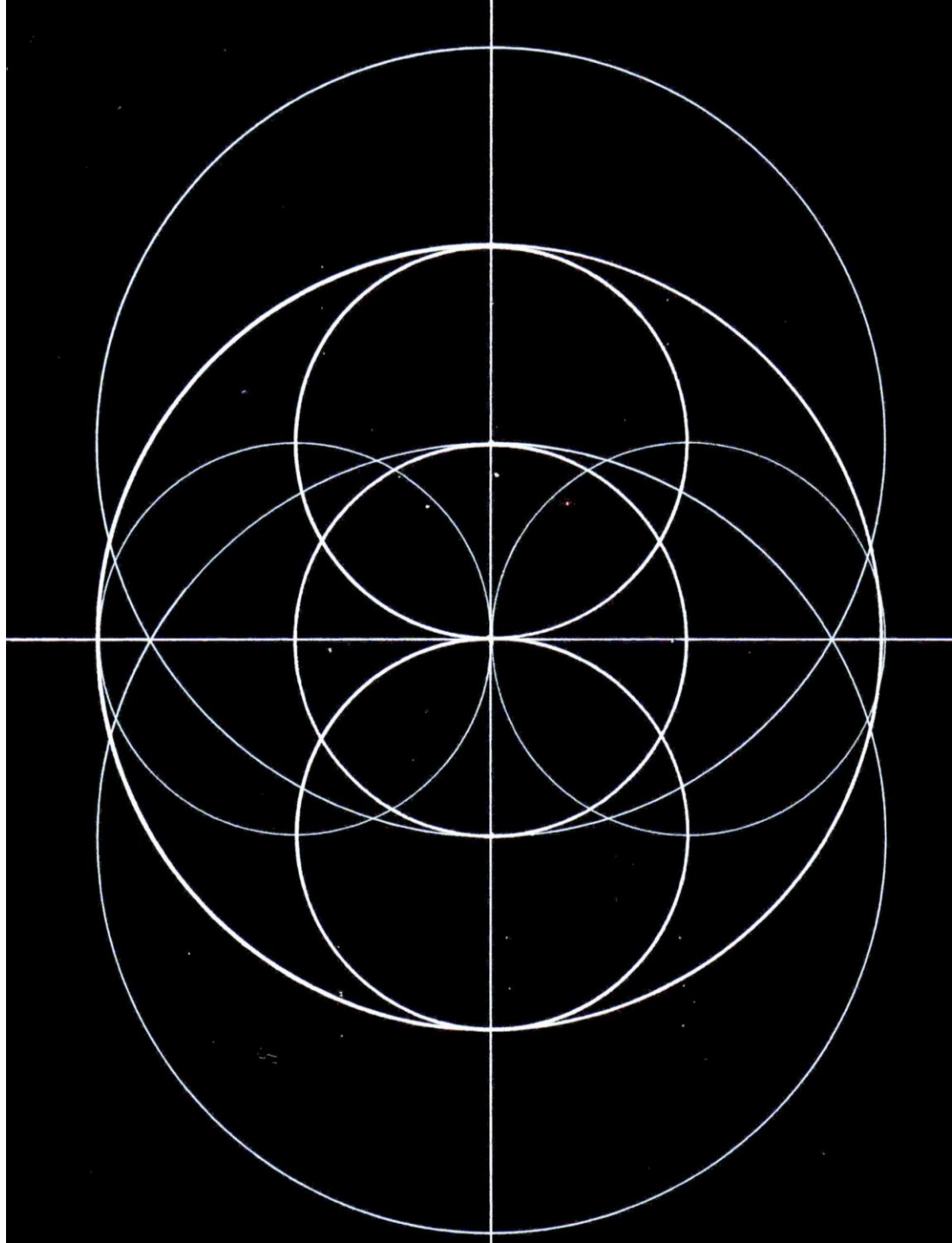
- The One
- The hierarchy of reality: The One, Intellect, and Soul
- *theōria* : The process of returning to the One





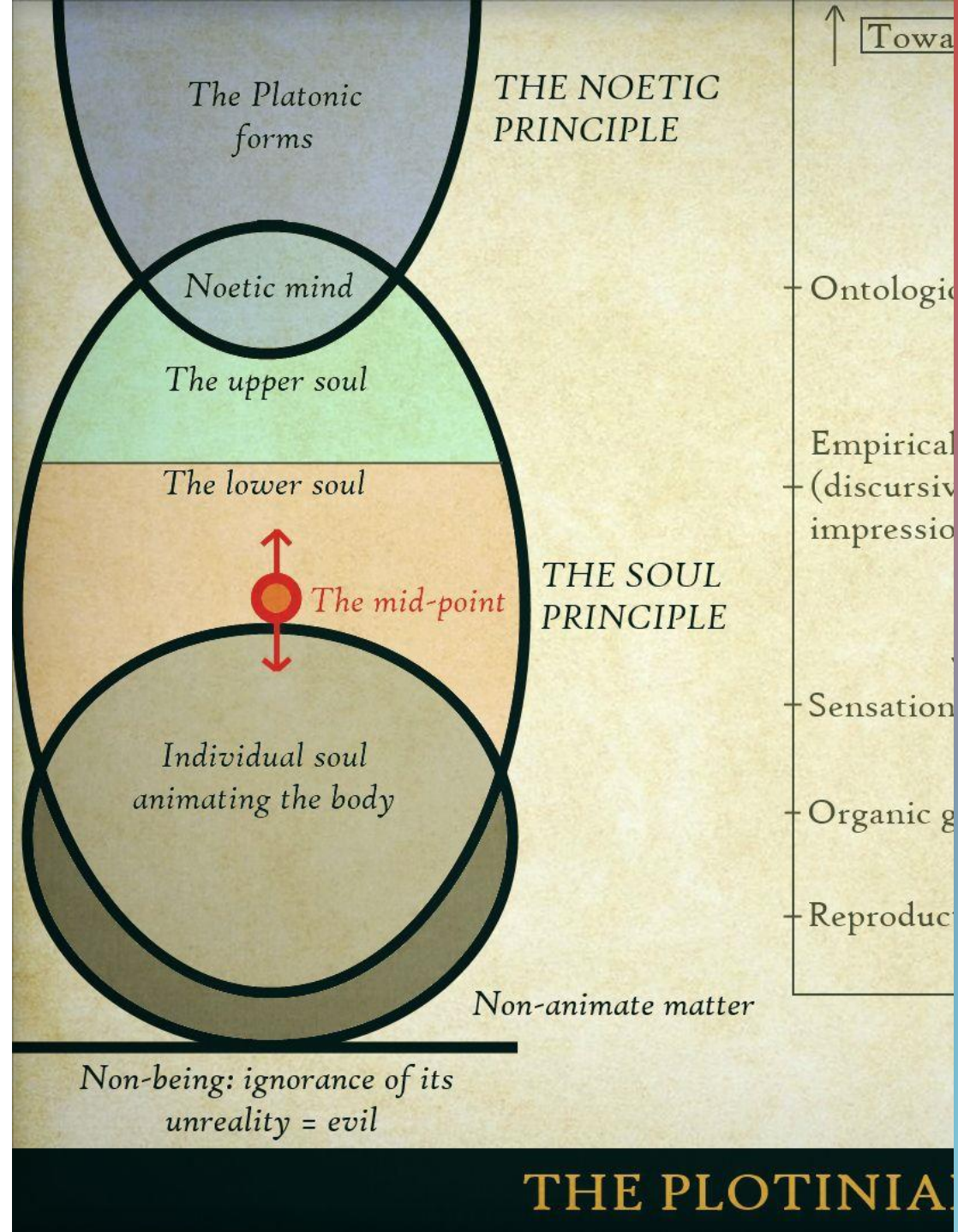
# The One and Its Nature

- The One is beyond being, ineffable, and self-sufficient
- It is the source of all existence
- The paradox of seeking the One while already being part of it



# Emanation and Return

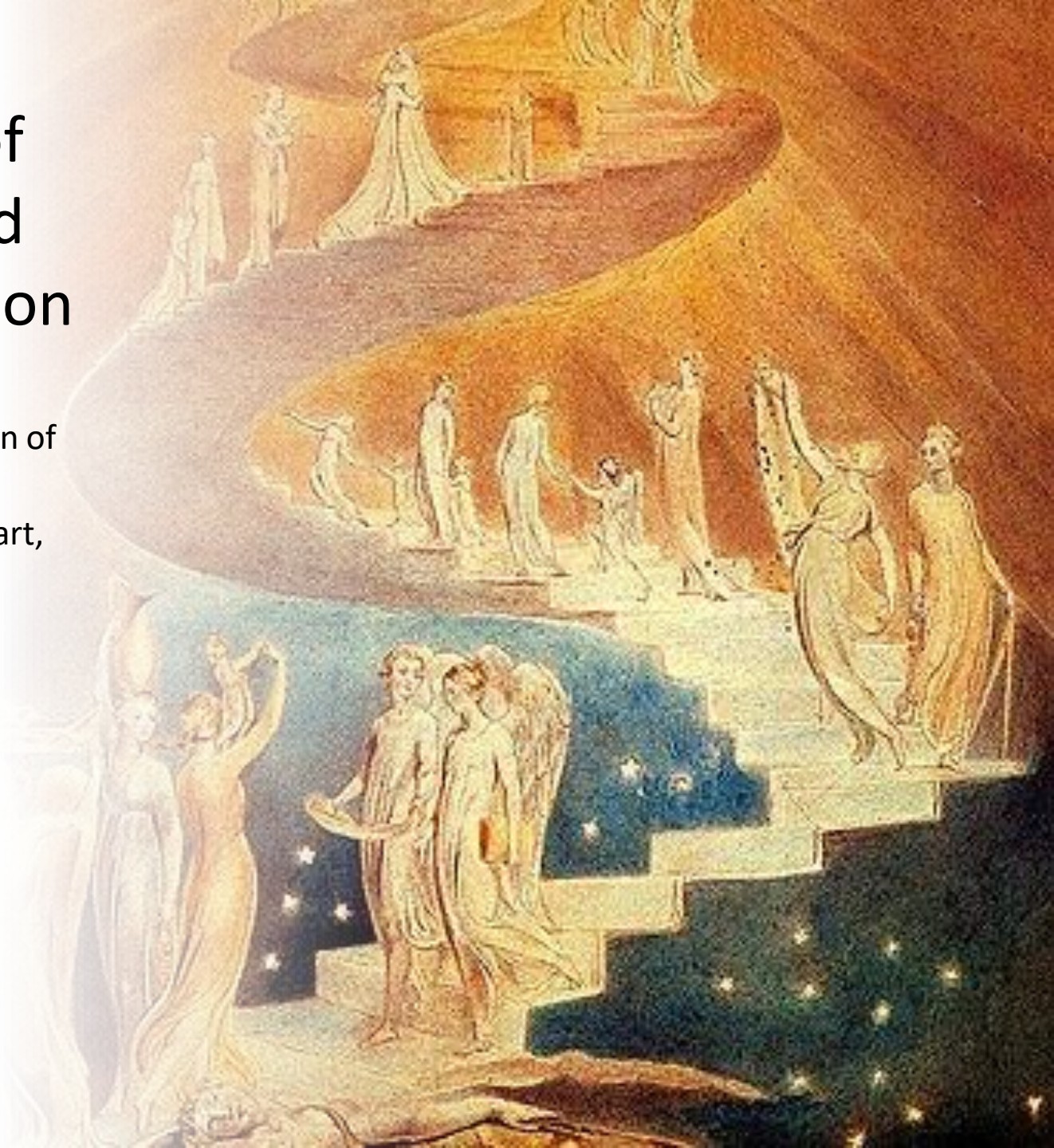
- Everything emanates from the One in a cascading hierarchy
- The role of Intellect and Soul
- The soul's journey back through contemplation and purification





# The Role of Beauty and Contemplation

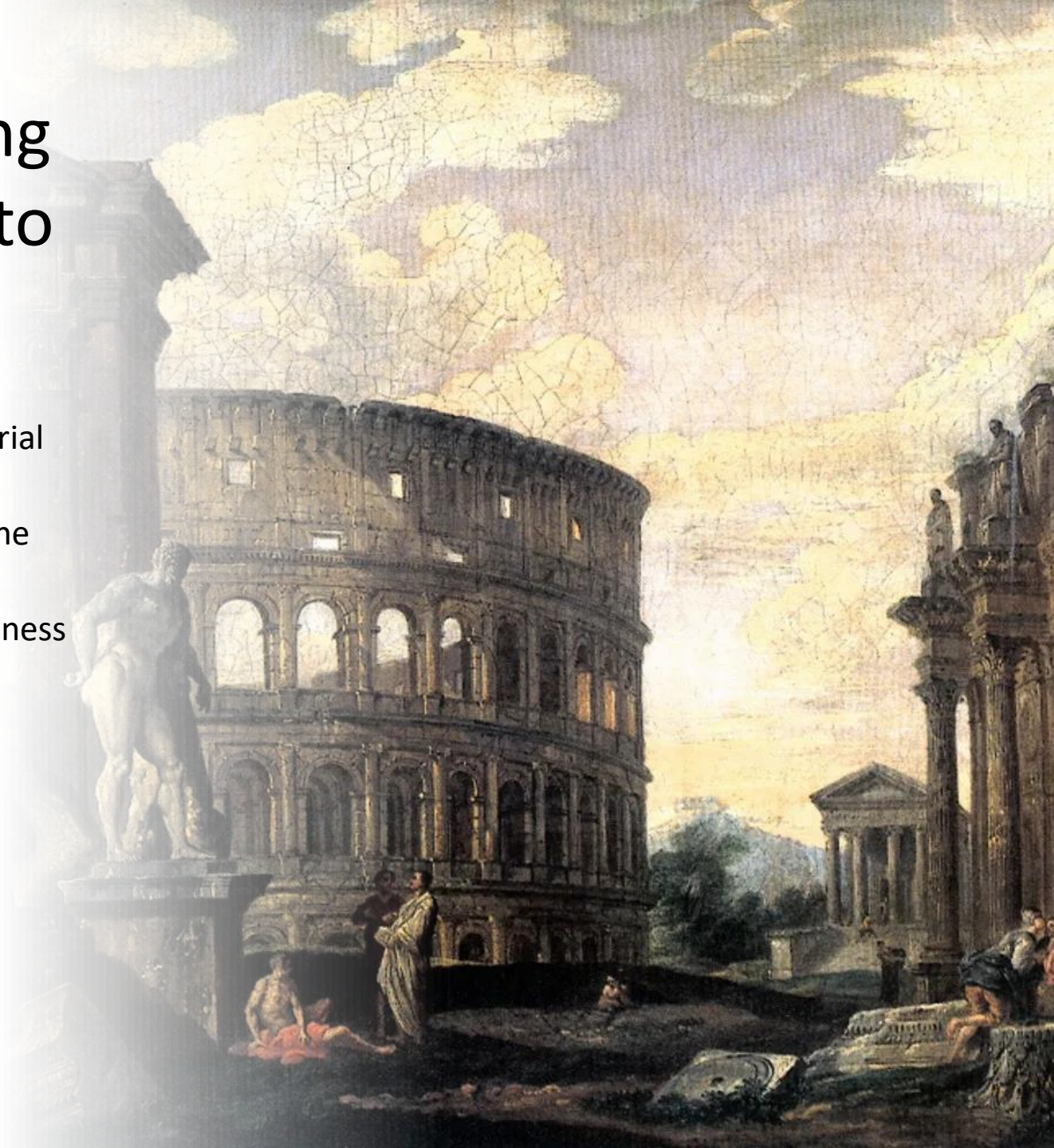
- Beauty as a reflection of the One
- The ascent through art, love, and intellect
- Turning inward to recognize the divine within





# Overcoming Obstacles to Union

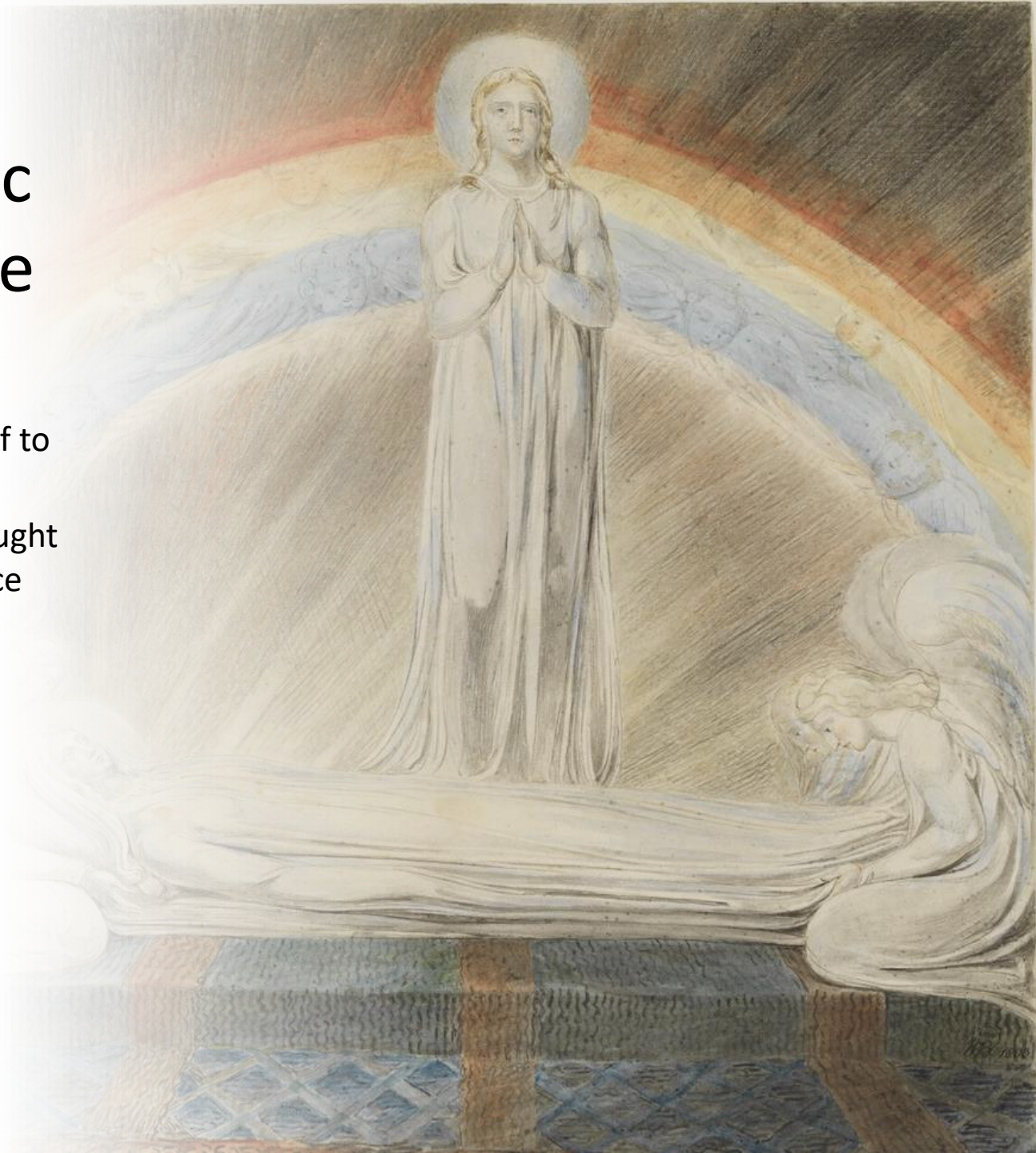
- Attachment to material existence
- The distractions of the lower self
- Cultivating inner stillness and simplicity





# The Mystic Experience

- Transcending the self to merge with the One
- Beyond rational thought into direct experience





# Preparing for Meditation

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Quieting the  
mind

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Focusing on inner  
light and unity

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Letting go of ego  
and identity



# Guided Meditation

- Close your eyes, focus on your breath, and visualize pure light.
- Journey inward: 'Feel yourself dissolving into that light, merging with infinite peace.'
- Silence for contemplation





# Reflection and Closing Thoughts

- The relevance of Plotinus today
- How did the meditation feel?
- How can we integrate this wisdom into daily life?

