

Magazine N° 2 - June 2023



SPORT WITH A HEART

Special:



School of sport
participates in the
international summit
on "Sport for all"
at the Vatican

p. 9

Acropolis Olympic Games

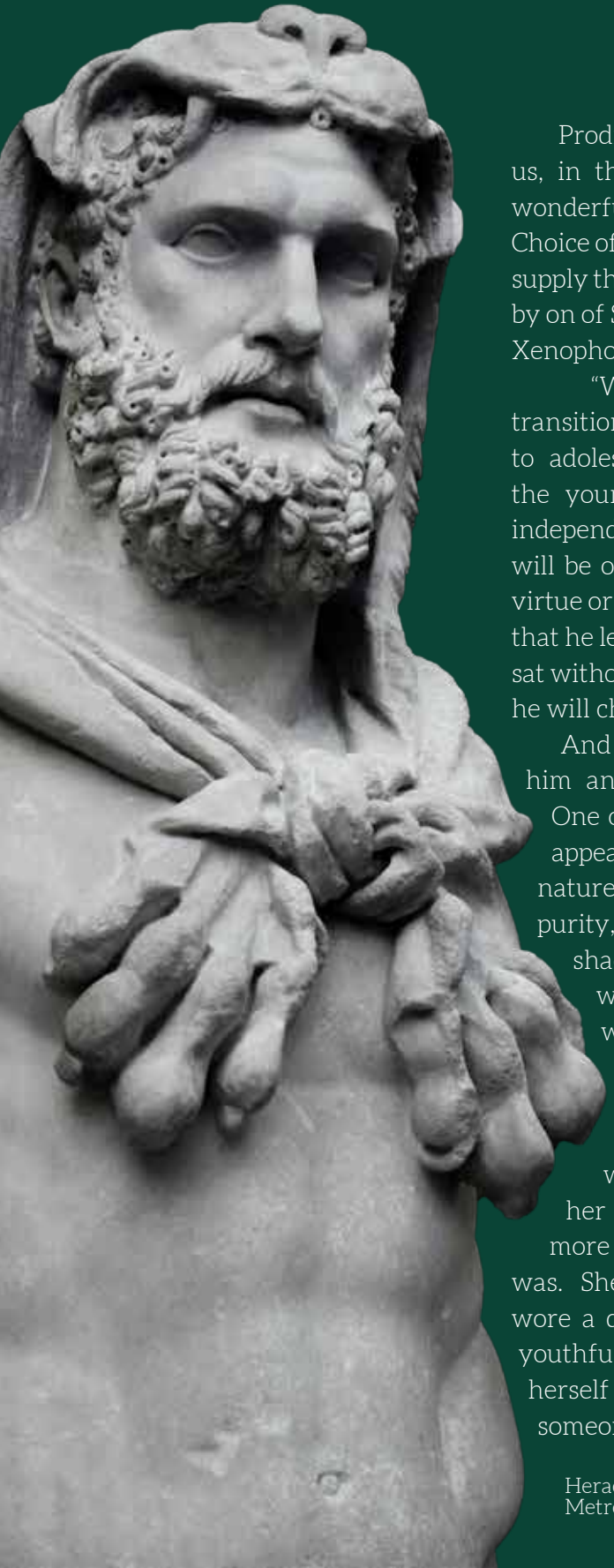
p. 21

Summary

05	<i>About the School of Sport with a Heart of New Acropolis</i>
07	<i>The sense of sport in New Acropolis</i>
11	<i>Sport with a Heart around the world</i>
21	<i>Olympic Education: Pre-Seasons philosophical-sportive</i>
25	<i>Olympic Spirit today: Acropolitan Olympic games</i>
28	<i>Poetry "Olympic Epic"</i>
31	<i>Film recommended "100 Meters"</i>

The choice of Hercules

Editorial



Prodicus of Ceos bequeathed us, in the year of 470 B.C., a wonderful stories called "The Choice of Hercules", of which we supply the short version, written by on of Socrates disciples, called Xenophon:

"When Hercules was transitioning from childhood to adolescence, a point where the young ones, by becoming independents, reveal if they will be orientated in life by the virtue or addiction path, it is said that he left to a quieter place and sat without knowing which path he will choose.

And two tall women showed him and were getting closer.

One of them had a beautiful appearance and noble nature, her body adorned with purity, her demure look, her shadowy figure, dressed in white. The other one was well nourished, fleshy and soft, embellished with colors, in a way that she seemed more white and red, and her apparent figure was more slender than it really was. She had wide eyes and wore a dress that revealed her youthful charms. She looked at herself on and on, checking if someone was watching her,

and, at every time, she even turned around to look at her own shadow.

When they approached Hercules, while the one described in first place continued to walk in the same rhythm, the second one gave a step forward, anxious to get closer to Hercules, and told him: "I see you undecided, Hercules, about the life's path that you will follow." Because of that, if you accept me as a friend, I will take you by the sweeter and easier path, you will not go without experiencing any of the pleasures and you will live without knowing the difficulties (...)".

Hercules said on hearing these words: "Woman, what is your name?"

And she answered: "My friends call me Happiness, but those who hate me, to defame me, call me Evil".

Therewith, the other woman approached and said: "I also came to you, Hercules, because I know who your parents are and noticed your character during your education. That is why, I have hope that if you guide your path to me, certainly you could become a good performer of beautiful and noble deeds and that I myself be much more

esteemed and illustrious for the goods I bestow. I will not deceive you with preludes of pleasure, but I will explain to you how the things really are, just as the gods established them. Because of all the good and noble things that exists, the gods grant nothing to men without effort or commitment, on the contrary, if you want that your friends esteem you, you should do them favors, and if you want a city honors you, you must serve the city; if you want that the whole Greece admires you for your courage, you must do some good to the Greece; if you want that the land give you plentiful fruits, you must take care of her; if you think you should get rich off the cattle, you should worry about the cattle; if you aspire to thrive in war and want to help your friends and subdue your enemies, you should learn the martial arts from who know them and exercise how to use them. If you desire to acquire physical strength, you must get your body used to submitting to intelligence and train it with a lot of work and sweat.

Hercules asked: "What is your name?"

The woman answered: "My name is ARETÉ".

The Evil, according to Prodicus' report, interrupting, said:

"Do you realize, Hercules, what a long and difficult path this woman takes to happiness? I will take you to it by an easier and shorter path.

So ARETÉ said, addressing Evil: "You wretch! What good do you own? Or what do you know

about pleasure if you are not willing to do nothing to reach it? You who do not even wait for the desire of pleasure, but before desiring it, you are filled with everything, eat before you are hungry, drink before you are thirsty (...). Despite being immortal, you were rejected by the gods and the good men despise you. You never listen to the most pleasant of sounds, that of self-recognition, nor contemplate the most beautiful spectacle, because you never admire a good deed done by you.

Who could believe you when you speak? Who would help you in need? Who sane would dare to be of your brotherhood? It is the case of people who, while young, are physically weak and, in eld, are dull in spirit, kept bright and effortless during youth, but who through old age withered and weary from their past actions and oppressed by their present ones, after rushing past the pleasures of youth, reserving the scourges for old age.

I, on the contrary, am among the gods e with good men and there is no beautiful divine or human action that is done without me. I am an esteemed helper to artisans, loyal housekeeper to masters, benevolent assistant to servants, a good helper in peace works, a safe ally in war efforts, the best intermediary in friendship. Young men are happy with compliments from the old ones, and the elders are satisfied with the honors of the youth. They enjoy remembering actions of the past and enjoy carrying out present ones well. Thanks to

me, they are friends of the gods, esteemed by their friends and honored by their homeland. Thus, Hercules, son of illustrious parents, is how he will be able, by continuous effort, to reach the most perfect happiness."

So it was how Hercules, founder of the Nemean Games and, according to some version, the Olympic Games as well, chose the Path of ARETÉ...

How much better would human beings, the societies and the world be if we were educated in the Path of ARETÉ since childhood?

How much better would the human beings, the societies and the world be if we made an effort to maintain the Path of ARETÉ for all our life?

The world of sports and the world in general need more ARETÉ and less Hybris...



Francisco Iglesias

International Coordinator of the
School of Sport with the a Heart of
New Acropolis



School
of Sport
with a Heart
of New
Acropolis

WHO WE ARE

The International School of Sport with a heart is a non-profit organization, which started its activities in Spain in October 2010.

It is present in nearly twenty countries, including Spain, Brazil, Canada, Paraguay, Bolivia, Guatemala, Costa Rica, Russia, Ukraine, Israel, Czech Republic, Hungary, Romania, Slovakia, Germany, Colombia and Austria.

The activity of the School of Sport with a heart is based on three principles:

1) Channel vocations with a

philosophical spirit

2) Using sport as a means of transmitting and developing values in people

3) Using sport as a means of generating health

The spirit of School of Sport is to train the body and mind. Our culture applies once again the concept that the Roman poet Juvenal brought from a long time ago "mens sana in corpore sano". However, the deep meaning of this famous quote remains to be understood: maintaining a balanced spirit within a healthy body.

And we also rescued the Olympic motto: "Citius, Altius, Fortius" (faster, higher, stronger), a phrase also adopted by Pierre de Coubertin after hearing

it from his friend, the Dominican Henri Martin Didon, and which symbolizes the struggle of the human being to improve himself. We understand that the important thing is to be better, faster to fulfill our responsibilities, higher to elevate our feelings and thoughts and stronger to overcome weaknesses.

As the philosopher Aristotle would say: "The most beautiful and the strongest are not crowned at the Olympic Games, but those who know how to compete. Also in life, the one who acts righteously is the one who gets the

prize." That's why everyone who participates in the School of Sport with a heart is a volunteer and the Olympic Fire appears in our logo as a universal symbol of Union.

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The sense of sport in New Acropolis



As philosophers, it is natural to try to find out the meaning of everything we do, in every aspect of our life. Why do we wake up everyday and make the choices we make? Why have we decided to study a determined course, or chose to work in a certain area, practice a sport or play a musical instrument? Not having the principles and goals clear, is one of the main causes of the world's bewilderment. Knowing the reasons why we do everything is essential to show us the right direction, how to do it and the reason why we want to go forward.

Therefore, understanding the reasons why we do sports at New Acropolis and its meaning in a philosophy school is the main question to be approached. The first point to highlight is the conception of sport as a tool, in other words, a way for the development of something bigger, not the aim itself. In this case, we understand sport as a path that leads to bigger goals, which is the education of those who practice it and every human being in all its aspects.

As philosophers, we start with the understanding that the human being consists of a spiritual dimension and a material one, which could be didactically split in four aspects, four 'bodies' that form the human personality. Using sport as a tool for education implies developing each of these bodies so that they express the best of their abilities and allow the

harmonious development of the human being as a whole.

For example, in relation to the physical body, we seek to teach the value of a healthy body, how to keep it in balance, ordered and able to act in the world. In the energetic aspect, teaching about knowing the value of effort and the ability to keep moving to learn, with rhythm, constancy, perseverance and health. Regarding the emotional aspect, our ability to recognize internal limits and overcome them, expanding our strength,

"if we manage to become stronger every day and to live in a better way with ourselves, and with our close ones, as well as the opponents and everyone around us, we are improving the future."

confidence in ourselves, temperance and, above all, the ability to relate to our feelings. And, finally, in the mental aspect, the philosophy applied in sport, through the discipline and internal organization that we conquer through training, helps us to understand realities that until now were hidden from us, realizing that we are stronger and capable than our mind believes. The goal of the Sports School, therefore, is to develop internal strengths at all

levels; that is, to make active the latent potentialities that each human being carries in his heart, contributing to the process of philosophical education par excellence.

In summary, the Sports School aims to develop our human potential at different levels and, therefore, favors the ability to coexist, so necessary to qualify human relations in current times and, above all, to build a better future for all.

As the New Acropolis International Director, Prof. Carlos Adelantado, says, if we manage to become stronger every day and to live in a better way with ourselves, and with our close ones, as well as the opponents and everyone around us, we are improving the future.

These goals are precisely the same objectives that philosophy has: to develop people's inner strength, teach them how to live together, thus improve the future for everyone.

So, philosophy and sport are going together in the same direction. The direction of solid human values granting dignity to the human condition. This is the great victory that we dream of.

Sara Fantin

Member of the International Olympic Senate of New Acropolis.

Sport with
a Heart
around
the
WORLD





Same principles, different forms of manifestation. Universal symbols, many cultural and geographical expressions in which the Olympic flame takes shape in countries in which the School of Sport is present around the world. The requirement to establish the School of Sport is to start the transmission of the Formation Program classes. With a monthly frequency, the essential thing is to have a contact with the Ideas of philosophy, as Plato teaches us, "Music" and takes practice through "Gymnastics", seeking the integral development of the human being. Physical exercise is a central part, however, as long as it is loaded of Olympic philosophy, in other words, sport with a heart.

Let us take a tour through the countries in which the School of Sport is present, and get to know a little about how the Acropolitian athletes have lived the sport with a heart these days.





Special:

SCHOOL OF SPORT PARTICIPATES IN THE INTERNATIONAL SUMMIT ON “SPORT FOR ALL” AT THE VATICAN

Francisco Iglesias

In the words of the International Director of the School of Sport with a Heart...

In June 2022, I received an invitation from the President of the Pierre de Coubertin Committee of Brazil, Professor Nelson Todt, to represent the New Acropolis School of Sport with a Heart, to participate in the event “Sport for All: cohesive, accessible and adapted to each person”, to be held September 29-30 in Rome, Vatican City. I accepted the invitation and, on behalf of all the components of the New Acropolis School of Sport with a Heart, I attended the event.

I arrived in Rome on Thursday, September 28th at 2 pm. After leaving my luggage at the hotel, without eating because there was no time for everything, I dedicated myself to visiting the immortal Rome during that afternoon. There was not much time, so I had to choose the closest one to the hotel where I was staying. The Pantheon, with its majestic dome and the numerous niches where, with my imagination, I

placed the ancient gods of the different peoples assimilated into the Empire, so that it was easy to imagine a real and practical religious eclecticism in ancient Rome. Then I walked to the Fontana di Trevi through narrow streets crowded with tourists, where I could see in the midst of the crowd that its waters are permanently cool, and in the midst of the suffocating heat, it was a relief to touch them with my hands and thank the invisible genius of those waters for the brief, but refreshing moment.

Finally I followed the streets to the Campo dei Fiori... as I approached, I could see in the distance the imposing figure of the statue of Nolano against the clear blue sky. I continued to exercise the muscle of imagination: what could I say to the admired Giordano Bruno to present him the New Acropolis School of Sport?... But first, the obligatory and heartfelt tribute to his memory... I bought two beautiful white roses to lay them at the foot of his statue in the name of all philosopher athletes. And at that moment I used my imagination again, on a plane invisible to the physical eye, to present to the old philosopher the dream of the future that all philosopher athletes want to shape in the world: a Good, Fair, True and Beautiful Sport, that helps to improve human beings and, by extension, helps to improve the world. Emotion still invades my soul when I remember his smile

Statue of Giordano Bruno in Rome, and the roses delivered as an homage



Nelson Todt (on the left)
Vice President of Pierre de Coubertin
International Committee
Francisco Iglesias (on the right)
in the event “Sport for All”

in my imagination, a smile full of Love, Strength and Hope for the future. The Philosopher of Fire didn't say anything, a smile was enough to understand... “Infinite gratitude, dear Giordano!!!”, I repeated inside myself, as I walked away from the Campo dei Fiori, on a melancholy and beautiful evening.

His statue, intentionally directed toward the Vatican by whoever erected it, pointed to where I would be attending an important event the next day.

The entrance to the event was in Piazza de Santo Ufficio, a curious irony, I thought, remembering the previous day's experience in Campo dei Fiori.

As soon as I entered, I met my dear friend Nelson Todt again, who was kind enough to introduce me to dozens of people connected to sports, in its various aspects. It was a very enriching experience. I want to highlight some of the words of Pope Francis in his final speech:



"You have come from many parts of the world, representing the most diverse sporting organizations and civil and religious institutions. You have a noble motivation: the commitment to promote a sport that is for everyone, that is "cohesive", "accessible" and "adapted to each person". A great commitment, no doubt. A challenge that nobody is able to face alone. But you know very well that to achieve high, arduous and difficult goals - *altius, citius, fortius* - you have to play in a group, you have to come together, communicate. *Altius, citius, fortius* - communicate.

I would like to address a particular word to you, the athletes, who are a point of reference for the younger ones. In our societies, unfortunately, there is a throwaway culture, which treats men and women as products, to use and then discard. The "use it and throw it away" culture is common. As sportsmen and women,

you can help combat this throw-away culture, with a sense of educational and social responsibility. How many people, who are in marginalized conditions, have overcome the dangers of isolation and exclusion precisely through sport! Playing a sport can become a path to personal and social redemption, a way to regain dignity!

That is why sport must be thought and promoted in the logic of generating, cause if it is well guided, it contributes to generate mature and successful personalities, constituting a dimension of education and sociality. Outside this logic, it runs the risk of falling into the "machine" of business, of profit, of a consumerist spectacularity, which produces "characters" whose image can be exploited. But this is no longer sport. Sport is an educational good, a social good, and it must remain so!

That is why we have the responsibility to make sport accessible to everyone. We must

remove the physical, social, cultural, and economic barriers that prevent or hinder access to sport. The commitment is for everyone to have the opportunity to practice sport, to cultivate - one could say "train" - the values of sport, turning them into virtues.

However, it is not enough for sport to be accessible. Besides accessibility, there must also be welcoming: it is important that I find the door open, but also that someone welcomes me. Someone who keeps the door of the heart open to the whole world and therefore helps to overcome prejudices, fears and sometimes just ignorance. Welcoming means allowing everyone, through sport, to put themselves in play, to measure themselves against their limits, and to develop their potential to the fullest.

This is how you promote a sport tailored to each individual, and each person can develop their talents, starting from their own condition, including fragility or disability. It is an adventure that you, athletes, know well, because none of you is superman or superwoman: you have your limits and you try to give the best of yourselves. This adventure has the scent of asceticism, of the search for that which perfects us and makes us go beyond. Deep down, at the root of this search, there is the tension for that beauty and fullness of life that God dreams for each of his creatures."





I am sure Pope Francis would have maintained a good friendship with Nolano. With that thought of Union and after saying goodbye to old friends, I got into the plane that took me back to Spain. Taking advantage of the privileged views I could contemplate on the flight, while watching the sunlight reflecting on the clouds of a beautiful sunset, the teachings of the Philosopher of Fire came to my mind, the one who was an example of ARETÊ, during his brief but intense life:

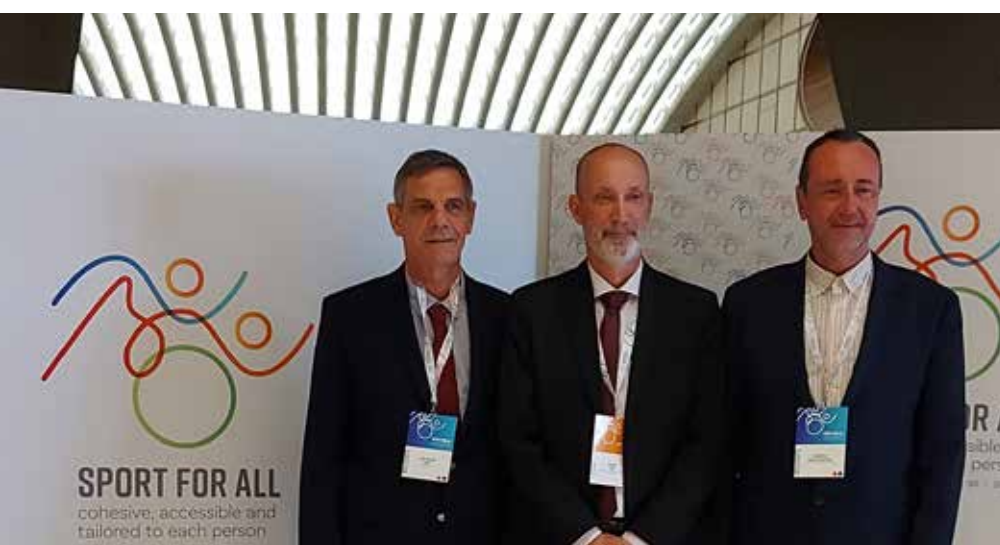
“Blind who does not see the sun, fool who does not know it, ungrateful who does not thank it, if there is so much light, so much good, so much benefit, with which it shines, with which it excels, with which it favors us, master of the senses, father of substances, author of life.”

“I fought for Victory, and therefore I believe in it. One must not fear death and prefer a brave death to a cowardly life.”

(Giordano Bruno)



Nelson Tod (above) Vice President of the Pierre de Coubertin International Committee
Thomas Bach (below) President of the International Olympic Committee



SPORT FOR ALL
 cohesive, accessible and
 tailored to each person
 VATICAN • SEPTEMBER 29 - 30 • 2022



Slovakia



Camping with trails: stay in the Slovak mountains, two full-day excursions, with warm-up in the morning, small conferences in the afternoon, with the aim of connecting sport with nature, fostering philosophical friendship and the School of Sport with Heart.



Rafting on the Danube River: Full day activity in nature, starting with a warm-up, then canoeing and ending with sharing the day's reflections. The philosophical objective was to contemplate nature, to draw philosophical parallels between rafting and navigating through life.



Paraguay



Outdoor physical activities, with the philosophical objectives of overcoming trials, discipline and order, teamwork and synergy.



Russia Central

Sport's Day: annual meeting to celebrate with philosophical classes and sports competition, with the goal of getting in touch with the history and spirit of sports. To live the experience of unification and understanding that by uniting we can do more. Gain experience of victories and defeats to better understand yourself.

This year, the classes were about the origins of the Olympic Games and the philosophical aspect of sports, such as working with ambitions. After the class, there were sport competitions in volleyball, table tennis, running and football. At the end of the event, they gathered together to take stock and understand what has changed in them over these few days.



Ukraine

Sports day in nature: Acropolitans spent the whole day outside in a park. Walk, talks, set of exercises – stretching and breathing in a city located 100 km away from a front line of the war. Acropolitans spent this day together, in peace, close to nature, doing exercises and with philosophical talks – to show and see that life continues, light will overcome darkness.



Czech Republic



Sport's seminar: the program included moments for gymnastics (volleyball, archery, fencing, table tennis, croquet, trip to nature) and the music part: Olympic ideals, chess philosophy and strategy, rhythm and poetry.

Cross-country ski trip to the mountains, with the philosophical goal of realizing when the first snow appears on the mountains in the Czech Republic, there are no tracks for skis. They need to be created. It's the same in life. If there is no path, the philosopher must create it.





South Brasil



Class with the National Director at the VIII Philosophical-Sports Pre-Season: philosophical and technical training event for participants of the School with Heart of New Acropolis.

Lighting of the Olympic Torch at the XXIX Acropolitian Olympics: the aim of celebrating Spring and encouraging the integral development of human beings through sports and reflection on values and virtues.



Pierre de Coubertin Cycle: online seminar open to the public to reflect on the philosophy of Olympism, with the presence of the International Director of the School of Sport, Prof. Francisco Iglesias (Paco) and the Vice-President of Pierre de Coubertin, Prof. Nelson Todt.





North Brasil

Feast of the Consecration of Spring 2022: The objective was to celebrate Spring and with it the renewal of Life in an environment of sporting and artistic fraternization. Athletes from different schools made up the same team, which allowed for greater coexistence between the four teams, totaling 700 participants between athletes and volunteers.

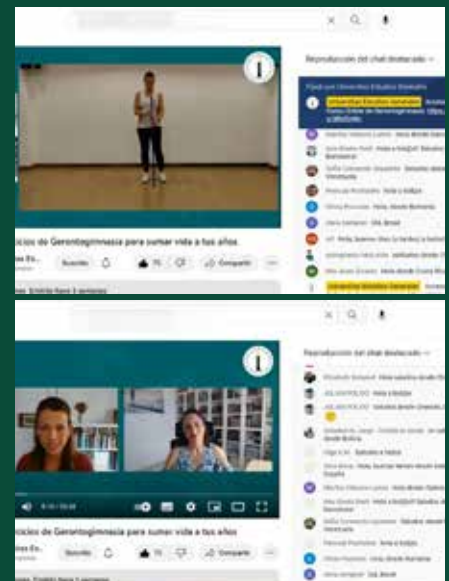


Spain



Realization of the XXI National Acropolis Olympics, from August 26 to 28, in the city of Chinchilla de Monte Aragón. After five years, there was a lot of desire to celebrate the Olympics and it was a success for the participants, assistants and philosophical goals: transmitting the Olympic values through sport and experiencing the fraternity,

generosity and unconditional dedication of everyone, from the athletes, to the judges and the kitchen, safety and health support teams.



Seminar “Gerogymnastics and the ageing process”, in which a free class of gerontogymnastics exercises was offered, so that those interested in the seminar could get to know the theme and practices, learning that old age can be lived in a healthy active way and it is a very fruitful step if you know how to take advantage of it.

Canada



Morning stretches: At the beginning of the day, stretches are performed to activate the body and energy.



A practical session was held in the park to explain some of the ‘ultimate fresbee’ techniques and how to develop concentration in this game, with the aim of putting into practice one of the powers of consciousness. When you are focused, you learn better from life’s situations.



Israel



Sports seminar aiming to help members to know, accept and overcome their own limits for a better world. The event offered training and friendly competitions in Volleyball, Archery and Athletics. After lunch, there was a lesson about how to develop inner strength through sport, and the event was closed with a ceremony.



Austria



Participation at the Grazathlon (Obstical run): amazing team experience by overcoming this very challengefull race. The synthesis of the experience was: Unity and Areté

Olympic Education: Pre-Seasons *philosophical-sportive*





Athlete

[áthlos] • Grek

“The one who fights”

To compete

[com petire] • Latim

“Go together
towards something”

The philosophical and sportive pre-seasons share their goals with the Acropolitan Olympic Games. Both are part of the pedagogical project of the School of Sport, which aims to promote the Olympic education by the channeling of vocations, development of values through sports practice and health promotion. So, the pre-seasons occur as an educational strategy to prepare the athletes and sports enthusiasts in the School of Sports perspective, in other words, born in the heart, full of feeling and inspiration.

However, the pre-seasons presuppose the understanding of this deeply felt sport which is, at the same time, structured and rationalized, and respects the logical criteria as well as some goals.

It is a place where we promote the understanding of this brave combination, we

create the time to study, which should never be disconnected from the passion for sports. We need the heat from the fire, as well as its light. We search for active and unified heart and mind to consolidate the flame of the Olympic torch which guides, illuminates and warms paths

It is about offering a space and time pedagogically organized in a theoretical and practical class schedule, that helps people to be closer to the Olympic goals, which drive the School of Sport with the purpose of the Heart, alongside with its three principles, which are:

- Prepare the athletes for the competition and compete, either individually or as part of a team.

Athlete = “The one who fights”

To compete = from Latin “com petire” = “Go together towards something”

- Teach respect and admiration for the opponents. Remember that old teaching that says “at the table and at the game one knows the lady and the gentleman”

- Rescue the Olympic Spirit from the passing of time and turn it into a reality in our daily life.

In the year of 2022, besides the several theoretical and practical activities promoted by the School of Sport, in the countries where it is present, the philosophical and sportive pre-season was held in Brazil-South, on September 22nd and 23rd at the New Acropolis national headquarters, in the town of São Francisco Xavier, São Paulo state.

The meeting was attended by the Brazil-South National Director, Prof. Luzia Helena Echenique, the International Secretary, Prof. Francisco

Iglesias, the School of Sport National Coordinator, Prof. Ricardo Vela, monitors from the states and the branches (more than 30) where the School of Sport is present, totalling 85 participants.

Besides the theoretical classes about the historical and mythological aspects of

the Olympic Games and the philosophical point of view of health, the schedule this year had artistic workshops, playful practices, Olympic oratory, visualization practices, exercises to keep health and also training of Olympic sports, with emphasis on athletics, swimming and volleyball.

To close the event evening, a discussion about Olympic values and experience of the athletes took place around the fire, warming the participants' hearts even more with testimonials and speeches full of warmth.

"The interchange of music and gymnastics of the preseason worked as it was a bellows that opened and closed making the right wind to intensify this fire."

Gustavo Dartora, Porto Alegre branch, BR



"To participate in the pre-season, very well led by the masters, was fundamental to raise awareness and allow a better understanding and a deeper experience of the Olympic Games. I felt that I met Olympia and could live the best sporting experience of my life. The schedule of the activities, following a constant alternation between gymnastics and music was brilliant and very powerful. The alliance between Olympic Games and Spring Celebration is a wonderful example of this platonic order. In this sense, to have the privilege of participating in these two beautiful ceremonies that nourished the body, the soul and the spirit, was a mystical, magical and transcendental experience."

Jader Freitas, Savassi branch, BR



"To live the pre-season allows me to raise awareness and fully understand what the movement of the School of Sport is. It was essential to teach me and remind me that everything that I have lived until today, experiences of a lot of fight and eternity, are worth nothing if they remain locked inside myself."

But, they have an enormous value if they are transmitted, so other people may enjoy these experiences as I have, or perhaps even better. The way that made me left of my trifle things and the enclosed behavior that I was feeling, is still reverberating in me. The key of the way my conscience drops was not focussing in what I did wrong, but in generosity, in giving."

Ariela Rezende, Florianópolis branch, BR



OLYMPIC SPIRIT TODAY

ACROPOLITAN OLYMPIC GAMES

XXI National Olympic Games of Spain



For four days (from August 25th to 28th), in Chinchilla de Montearagón (Spain) we performed the 21st National Olympic Games of Volunteering, organized by the School of Sports with a Heart.

There were so many experiences in these Olympics, which we had been waiting for for 5 years, something unusual, since its periodicity is biannual. However, we also lived unusual experiences, such as a global pandemic, which stopped the world for more than two years and now we are immersed in an economic crisis; there are so many wars, visible and invisible ones and the Covid is still out there.

Despite several disasters and bad news around the world, which unleash a catastrophic chain of thoughts and emotions, there was a place which for some time became sacred and we converted it into Olympia, allowing us to live unforgettable moments, that remain saved in our golden vault. If I had to summarize everything in a few words, one of them would be GENEROSITY, because we were able to generate, create plenty of light and life, and the examples were not few. I could see the generous attitude in every act of the supporting team, in the kitchen as well, also in those who looked after our health and safety. I also saw this in our athletes, who competed until they became the *agón*¹, to offer kindness and beauty in each competition, and in the referees' team and in the National and International Olympic Senate, who granted us with truth and justice.

Moreover, I could feel

all of these acts in my soul, because everybody gave themselves completely and with no reservations, we fully offered ourselves to it. Being generous implies a certain level of surrender, or even sacrifice, this "sacred calling" for always offering your best. Because of that, each generous person has something magnanimous in themselves, there must be a "great soul" (*magna-anima*). But you cannot give what you don't have and it is only possible to offer something with the condition of not owning what you give. In this sense, the generosity is inseparable from some kind of freedom or self-domain. As Sri Ram said, when there is an instinct of beauty, everything that you do following this instinct will be beautiful. Every beautiful expression that we see around us, in external things, is nothing more than fragments that reflect the inner beauty. As this beauty manifests itself, it becomes life and action, always mutable, although it presents an aspect of harmony, which is its base. That is why I insist in generosity, because this beauty was present in every moment, because there was no selfishness. But this cannot be transmitted with words, it must be lived. Those who have already experienced an Olympic Game, are thankful for the experience. My second word: GRATITUDE. Gratitude is an essential aspect of love. Lao-Tse defines it as "the heart's memory". One crucial virtue to be happy and that puts a distance between us and all kinds of limitations and incites us to grow from inside. The tests we are going to overcome during our Olympic games, teach us a

"Nothing is more honourable than a grateful heart"

Seneca

lot about Life. We can only be sure that we overcome them when we discover the intrinsic lessons they contain.

This is one way to put ourselves in peace with the world. When we look at the past with gratitude, it means that we have found the lessons that it brought us.

And this gives us an inner serenity and allows us to look at tomorrow with the confidence that everything that happens will be a source of growth. It makes the relationships become deeper and of a better quality, but not only the relationship with other athletes, because I know that powerful union bonds are made. Also, the relationship with life is deeper: gratitude to the past makes memories sweeter, because we learned, we experience, we lived. And gratitude to the present, because many times we are not aware of what we have until we lose it. As Seneca said: "Nothing is more honourable than a grateful heart". A person who can feel gratitude in their heart, certainly is someone that acts with rectitude in relation to others.

Because of that, the great philosopher Delia S. Guzmán expresses that gratitude is fortitude, because we lack inner force to recognize everything that is good and feel that we

¹ From the Greek *ἀγών* which mean fight, effort.



are not the apex of perfection. Nobody owes us anything, and we can demand nothing, even though we believe to have won, a personal achievement is always due to our destiny, and we should be grateful, and, in any case, to whom helped us to achieve it. The most important thing is not the medal around our neck, the visible fruit, but the real gold is the experience distilled from all the processes that take us to achieve it. I finish this article uniting my two words full of Olympic spirit, because gratitude is also generosity, because it teaches us to give. I just thank those who feel themselves full. It is generated by a double movement in gratitude: when you thank someone, when you recognize someone because they gave you something you appreciate, you value and recognize the gift. On the one hand, the gratification is generated, the kindness from the gesture you have received, at the same time, you recognize the others, you are getting to know them again. That's why there are many gestures that surprise us in the Olympic Games, because

we were not waiting for them. We met again this brother who helped us to overcome ourselves and this will keep us learning every day, with everything that happens around us. For me, gratitude is a lever that helps to elevate our conscience, to the transformation of our personality. Gratitude and generosity invite us to recognize the life in every one of its dimensions, make us more amiable, humbler, closer to the others. Gratitude to maintain the good things from the past, from the first Greek Olympic Games, from which we are its heirs, and keep growing with the boost given to that idea by the great philosopher and founder of New Acropolis, Jorge Ángel Livraga. Gratitude to appreciate the good things that we have in the present, thanks to those who take the bull by the horns helping us to keep learning and doing better and, above all, gratitude to generate a bond with the others, with higher trust, with higher commitment, with a more powerful quality. The future is written by those who fight to build a new and better

world, because of that we are the New Acropolis' philosopher athletes.

Always to the top, always forward!

Ana Gálvez

Member of the International Olympic Senate of New Acropolis

Experience report

Early morning, the peak is here. After a journey of physical, emotional and mental preparations, we are standing here in rows, ready to do our best. We stand tall, with open hearts, watching the Olympic fire that has just been lit, the fire that seeks to get closer to the gods. Then they announce - "The Olympic Games begin!" And at that exact moment the sun comes out through the clouds, the sun of Olympia, the abode of the gods.

For 3 days we really felt as if we were floating above the earth. In sports competitions, people fought and transcended their limitations, broke boundaries. In the artistic shows we could feel the muses giving us inspiration and beauty. In the life in between (preparing food, driving, cleaning, etc.) the spirit of volunteer and brotherhood prevailed, and there was no communal need that was not immediately fulfilled. In the emotional ceremonies



we experienced moments of holiness, mystical experiences, which ended in a common march and hope for one and united humanity, a new and better world. Now, a month later, after Olympia's sun has sunk back into the unseen until we meet again, I sit and reflect on that experience, and its relevance to our lives now. Sometimes it seems like a dream. A magical experience of several days, in which we were privileged to touch something that is difficult to explain in words, but as soon as we wake up from this dream, we land on the ground to our

everyday reality - work, studies, family, obligations of this and that, and in our hearts we long for the next peak moment that will come. Preparing for it with anticipation in the best case and forgetting it and sinking into the mundane life's shadows in the worst case.

I ask myself - is it possible to actually live Olympia even in everyday moments? Is it possible to approach Nike even in our "normal" obligations? Or does it belong only to peak moments?

Every day I have the opportunity to face limits and overcome them.

At every moment in life, you can see the beauty that exists in the world and be inspired by it, see the muses in the beautiful flower in the garden, in the generous act of a neighbour, in the beautiful painting in the living room or the music I hear on the radio on the way to work.

There are endless community needs all around us. If we just open our eyes, we will see countless opportunities to express generosity, and to abandon our self-centred life for those around us.

We can create moments of holiness and mysticism in



CITIZENS



our lives if we know how to organize ourselves correctly and be oriented inward and upward.

So, our lives are actually the Olympic Games. We are athletic philosophers and every moment in life can be an opportunity for us to express the Olympic spirit, in all its shades and colours. Olympia's sun didn't really go away. It has now sunk and is in the other past, the invisible one. Just as the physical sun does not really disappear at night, but we simply do not see it with our physical eyes, so the symbolic sun of Olympia also asks us to go deeper, to develop our inner eyes, the ones that are in our hearts and belong to the soul. If we can see it and live it, our eyes will shine just as when the eyes of each one of us sparkled during those wonderful days together.

Why then, don't we? Why do we occasionally forget that we are athletes? Why do we forget Olympia and Nike under

the burden of life? Why don't we see ourselves united shoulder to shoulder as we marched in the graduation ceremony? Probably because we are not used to using our inner powers enough. We have progress to make. We need to allow ourselves to occasionally close our eyes in order to truly open them.

The world needs more athletes, more people who push their limits, more people who see the beauty in the face of the pain that exists. There is a need for generous people who go out of their way for the community and happy people with a connection to something higher than the mundane and superficial.

I urge us to make this effort, to take this small, but significant step. To be better, more beautiful, just and true. It's not just for ourselves, but it's for the benefit of the new world we're trying to build.

And in the meantime, once in a while, we will summon

the sun of Olympia, together, dressed in our best virtues. We will do this to remember, to see the road we still have to follow, and the beauty of the road we have already travelled.

Long live the Olympic spirit in our philosophical hearts, for a better future!

Or Shafirir

Member of the International
Olympic Senate of New Acropolis

Testimonials

The truth is that there are many words that come to my mind, but the one that summarizes all of them is FAMILY. There I felt in a family, surrounded by good people, helping with everything we could. We were a lot of people and, even so, it was possible to talk and enjoy good moments with everyone. I had never experienced something like that and, to be honest, it was one of the best trips I had in my life.

Manuel

Athlete, Jaén branch, ES

These Olympic Games became a before and an after to me, because they taught me how to handle daily troubles.

Now, when something is hard, I stop for a moment, look ahead and say to myself: "I am an athlete."

I want to thank all of you for doing something so beautiful, I would like that everybody could have an experience like that in their lives.

Víctor

Athlete, Castellón branch, ES

I learnt in the competitions I participated, the importance of believing in myself. Believing is the starting point and what allows us to surrender ourselves to something bigger than us. Besides that, it is maybe one of the few things that depend on us and that allows the strength to be expressed, that opens our possibilities, what gives us wings. Believing is not a mental thing, it is a feeling. It is to impregnate the body and soul with a non-manifested reality, but that will be, if we allow it to be manifested by ourselves.

Also, it doesn't need a great amount of effort. Believing is allowing what the heart already knows to be realized.

Lucía

Athlete, Barcelona branch, ES

During one weekend, I could learn to strengthen values such as fraternity, love, healthy competition and overcoming. I still hear the encouragement screams when I was in the field running and that made us give all that we could. Winning comes second, the important thing is to compete and beat yourself, the opponent to be beaten was a brother that minutes before the competition was giving you advice and cheering hugs. Nike not only begs you to win a medal, but to gain awareness of all these values in yourself.

With no doubt, a great nourishment for the soul, without forgetting the nourishment that the food team provided us, one of the subtlest acts, however, one of the most necessary. The great capacity of service and volunteer showed by the team, as well as by each branch in the shared activities.

A weekend that will be hard to forget and an experience that will be present in every training we reach our limit, pushing it to continue a little bit longer.

"If you arrived here, it is because you can continue".

Richard

Athlete, Málaga branch, ES

XXIX Brazilian National Olympic Games



The National Olympics in New Acropolis is an event that takes place every two years and seeks to encourage the integral development of Human Beings through sports and reflection on values and virtues.

Among the main virtues that stand out during the Olympics are Courage, Discipline, Perseverance, Honesty and Solidarity. These virtues are seen as essential for an individual to achieve Heroism, which is seen not only as a matter of achieving great things, but also as an attitude towards Life that aims to overcome Oneself and reach One's maximum potential.

At the Olympics of New Acropolis, winning against yourself is one of the main goals. This means that participants are encouraged to overcome their

own limits, face their fears and challenge their own limiting beliefs. This quest for personal improvement is seen as a form of inner growth and Human development.

In addition, the Olympics of New Acropolis also value team spirit and Unity. Participants are encouraged to work as a team, help each other and cultivate a sense of community. This not only strengthens the bond between the participants, but also helps to create an environment of Cooperation and mutual Respect.

In summary, the National Olympics in New Acropolis is an event that seeks not only to promote sports, but also to encourage reflection on Values and Virtues that are essential for the integral development

of Human Beings. Heroism, personal improvement, group spirit and Unity are some of the main themes addressed during the Olympics, and are shown as fundamental elements for a full and meaningful life.

Ricardo Vela

Member of the International
Olympic Senate of New Acropolis

FORTIUS

It will always be delightful to see the outcome of an event in New Acropolis. It will always be refreshing to have active participation. It will always be surprising to some, and rejoicing to all. It will always be a meeting of souls. It will always be the memory of something already lived. The 29th edition of the Acropolitian Olympics was the realization that it is still possible to be enchanted, that it is possible to renew one's energies by participating in any of the action fronts, that it is possible to be surprised, and to recognize the joy, the happiness of the soul upon meeting the family, and of the soul that remembers. After all, to remember is to pass again through the heart, through the real human memory. It is the encounter with Mnemosyne, with the muse of history, with the memory of all humanity,

and being able to understand the becoming of historical cycles.

Professor Livraga, founder of New Acropolis, teaches that the difficult and ascending paths lead to the spiritual, to the experiences that make life worth living. It is then that one experiences the Olympic phase of preparing for the Olympics, of going through the journey until one reaches the finish line. Remembering the training days of each philosopher athlete, his renunciations and choices as he performs each step, each jump, each move, each stroke, each throw, exerting himself physically and, above all, psychologically. He repeats and improves himself, constantly. The period before the competitions is dedicated to training and, through philosophy, to reflections. At each training session an opening

is made, calling for inspiration from the muses. The physical structure is worked on, in its muscular, articular, cerebral, circulatory, and pulmonary parts; in short, the entire physical functioning benefits. It is the purification spoken of by the great Greek sage, the philosopher Plato, when one notices the evident renovation, and, why not, the evident rebirth. Therefore, the maintenance of health is verified, the generation of health, proposed by the third principle of the School of Sport with Heart. One feels healthier, with more energy, with good feelings and better thoughts. Health in all the vehicles of personality manifestation. Not to mention the awakening of latent potentials, after all, he discovers a movement he didn't know he was capable of, he discovers the source of renewing energy, he



ALTUS

discovers a feeling not yet felt originating for example from philosophical friendship, and he finds oneself endowed with the power to organize his thoughts and to direct the mind.

When fear was felt, of those that freeze the soul and make a shiver run through the physique, it was time to turn to the strong and warm pulse of the heart, and give rebirth the impulse of life. Each heartbeat precedes its stop, which is still a death, to be reborn in the next pulse, in the next rebirth. Without most of the time being aware of what happens in the small things, in the outdoor training sessions one contemplates the big things, in the sun's spectacle, in nature's beauty, in the cold morning breeze, in the sea's strength, in the birds' songs, in the animals', families', children's gracefulness, through the philosophical learning of recognizing life around, present in all things. Life being reborn with each effort to make itself present may have passed unnoticed, but we must reflect: we are certainly no longer the same individual as at the beginning, or even before we got to know the School of Sport with Heart. Growth and development have occurred through virtues, the basis of the second principle of the School of Sport with Heart, sport as a tool to develop commitment, responsibility, discipline, rhythm, hygiene, and so many other energetic realities that are these forces of the soul called virtues. Renewal takes place throughout the cosmos, and also in the human being, in the big and the small. And to be

able to experience this learning is proper to the human being, to the philosopher being.

To make the decision to be united to others, whether in training, or in the integration to the state delegation, means overcoming a human weakness that refers to isolation, the tendency to close in on oneself, understandable by the aggressiveness of the world in which we live, called by H.P. Blavatsky the "heresy of separateness". Not to mention the

The time comes. The flags are raised, the signs of each state are erected, and the teams are lined up, presenting themselves to the opening ceremony. Solemnly the anthems are sung, and you take your oath before the Olympic fire, before the gods, and your immortal soul that made you be in this moment.

competition of so many options that deep down are known to be illusory, but that often outweigh the opportunities to live the nobility of volunteering and of the more spiritual life, of the manifestation (even a little), in the measure of the human being, of the great ideas of justice, truth, beauty, and goodness. But somehow, by a force of construction and union, back to

the center, we train together, prepare for the tests, and get to the big day of going to the place of the event. Days of intense coexistence, of practicing the first principle of the School of Sport with Heart, of channeling the vocation to be a disciple, living as close as possible to the nucleus of universal fraternity.

The Olympic phase of the games' days begins. Philosophical sports provide a form of inner magic; after all, something, however small it may be, is transformed in the individual who practices it. To sit and wait and then be present in a lane, position in the game, starting line, when your name is called? It is a way to be an Olympian. However, in a school of philosophy, the formation of the individual is integral. And the voluntary life presents itself. The physique stands up, impelled by the soul that thirsts for life, that has moral strength, that has generosity. Attentive, everyone is there for each one.

The time comes. The flags are raised, the signs of each state are erected, and the teams are lined up, presenting themselves to the opening ceremony. Solemnly the anthems are sung, and you take your oath before the Olympic fire, before the gods, and your immortal soul that made you be in this moment. One is freely compelled to live this experience that is beyond the vehicles of the personality, from the calming of the pains to the silencing of the mind. And one lives, even for short moments, the inner life, the call of the soul, the spiritual vocation, the human Dharma

of returning to an elevated consciousness.

Athletes, audience, supporters, all become one. Inhales, exhales, beats, serves, strides, jumps, advances, throws, strokes, and moves start from one, but belong to all. Valuable hours of learning are spent, focused on overcoming. However absent-mindedly one may go through those hours, something changes, is transformed, and they will never again be the same people who arrived for the great Olympic celebration.

"I can". And the closing and award ceremony shows concrete and material results, but the victory takes place on higher planes, invisible to the eye. Beyond the medal, it is the inner gold.

The finish line, the end of the match, the end of the trials. The fire of the days of the games is extinguished. And in truth one realizes that it is only the

beginning, a new beginning, the rebirth in a new way. The training follows, life in training, repeats itself, over and over, until the end, without surrendering. And one must keep the fire burning. After all, something of the potency of life made possible by any sport is found, because it meets with human strength, with that which is to be lived by the human being, something of the recognition of the manasic spark. The Olympic flame is in the hands of the human being. It is real and it cannot be extinguished. Stifled, yes, but never extinguished. As Acropolitian philosophers we live the human saga of daily victory in building a new and better world. Each one at every opportunity for action gives something of himself, performs, and strives to maintain.

Finally, we feel the gratitude for those who preceded and left this way of life, fighting battles with dignity and nobility, leaving

their examples that yes, it is possible to have a purer, more beautiful, fairer and benefit spreader life. Pierre de Coubertin, the illustrious unknown who promoted with his own life the restoration of the Olympics in the modern era, taught that the joy of effort is possible. The best way to keep the Olympic flame alight and pass on his teachings is to give continuity with a sense of commitment to the idea, which can move any obstacle by its power of concretization. A great example that existed to be followed, maintained, and verified in the very lives of those who also dare to live it. The measure does not matter. What matters is to make history.

Luciana Castro

Member of the National Olympic
Senate of New Acropolis
Brasil-South



Testimonials

"In the arena of the games our personality is forged. It is there that the best in us can appear, or the worst, it all depends on our Consciousness and Will that the tests come. "I commend you to triumph" (Jorge Angel Livraga)"

Catia Possas

Monitor, Belo Horizonte branch,
BR

"Since 2015, when I started participating in the School of Sports with Heart as an athlete, I was able to have contact with several experiences which, I reckon, were capable of renewing and transforming me as a human being.

The sport seems to have this ability to put us to the test, not only physically, but also internally, intimately confronting us with strengths and limitations. It is always a great experience of perceiving myself, looking for elevated elements that are capable of overcoming the inertia of dense matter.

In these 2022 Acropolitian Olympics, I had the opportunity to participate once again as an athlete, but also as a physiotherapist, helping, assisting and recovering athletes who needed it during the test period.

This was a new experience for me, of exercising generosity, giving and offering to my fellow athletes. I think I was able to offer not only technical knowledge preventing and reducing injuries, but also the reception, tenderness and care of the therapeutic touch.

"

Raissa

Monitor, Juiz de Fora branch, BR

"The event was very magical for me, since the pre-season it gave me a very deep vision of the sport, that I always reflected intellectually by studying music and gymnastics and which I was able to live. I was able to fight with my personality at the event, against fear (in the acrobatics workshop), which was a magical experience for me. About the games themselves, I was able to learn from the other athletes in their sports and also see what needs to be improved for the next ones!"

Jéssica

Monitor, Uberaba branch, BR

"Participating in the Pre-Seasons and the Acropolitian Olympics was very special. I noticed the care taken by the organizers who planned with fondness all the activities, very intelligently interspersing training classes with gymnastics and artistic presentations. The ceremonies were a moment of connection, full of symbolism and beauty. The coexistence with everyone was very fraternal, the atmosphere of union, support and joy was everywhere. In the trials, I had the opportunity to overcome several internal difficulties, I was welcomed in a very loving way by the other competitors and this experience will remain in my memory so that I can recall it whenever necessary. In short, I brought with me friendship, unity, strength and joy. I thank everyone who contributed to the realization of this event which, for me, was life-changing."

Adriane Loy Gabriel

Athlete, Santa Cruz do Sul branch, BR

"For me, the Olympics represented a strong experience of union and renewal, and also the feeling of belonging to a family that believes in and pursues the dream of building a new and better world. A world where the Olympic ideal of overcoming oneself through the practice of virtues can illuminate the path of every human being."

Sylvio Dutra Gomes

Athlete, Salvador branch, BR

"We don't see the masters on the path, but we see the roses that were left by them on the trail to lead us to the memory of who we really are."

One of these roses is sport, a tool for self-knowledge and self-control that teaches us that only through effort and overcoming obstacles will we be able to discover man's latent powers.

During the days that I shared with my brothers on this trail, I realized how precious this rose is, which putridness, when well used, is capable of profoundly changing even the most hardened of men. For me, this transformation is the purest synthesis of sport.

Ultimately, we are promoters and guardians of the Olympic fire, walking together on the universal journey to conquer Olympia, that elevated state of consciousness so sublime that it only reflects love.

And today I understand how necessary it is to preserve the Olympic spirit, to keep that fire alive for the next athletes who will one day pass this trail."

Jéssica Santos Peloggia

Athlete, Lauro de Freitas branch, BR

"Throughout the year we prepared for the Olympics, training and training, classes, conversations and lots of effort. I see that these Olympics brought to us other training as well, such as constancy, rhythm, effort, attention, coexistence, among many others. Today, looking at all that we have been through, one word comes to mind: Challenge. It was through this challenge that I learned about Courage, Persistence, Confidence and precisely these virtues that brought me so much joy during the Olympics, because I saw in my brothers the effort and commitment to give their best, to win their battles, to be Athletes and that is how I feel, a philosopher athlete with a heart full of desire to be able to touch the hearts of more and more people who want to live these experiences but don't know it's possible. I feel happy and grateful to participate and to be able to give the best of myself, to be able to feel part of this great Family."

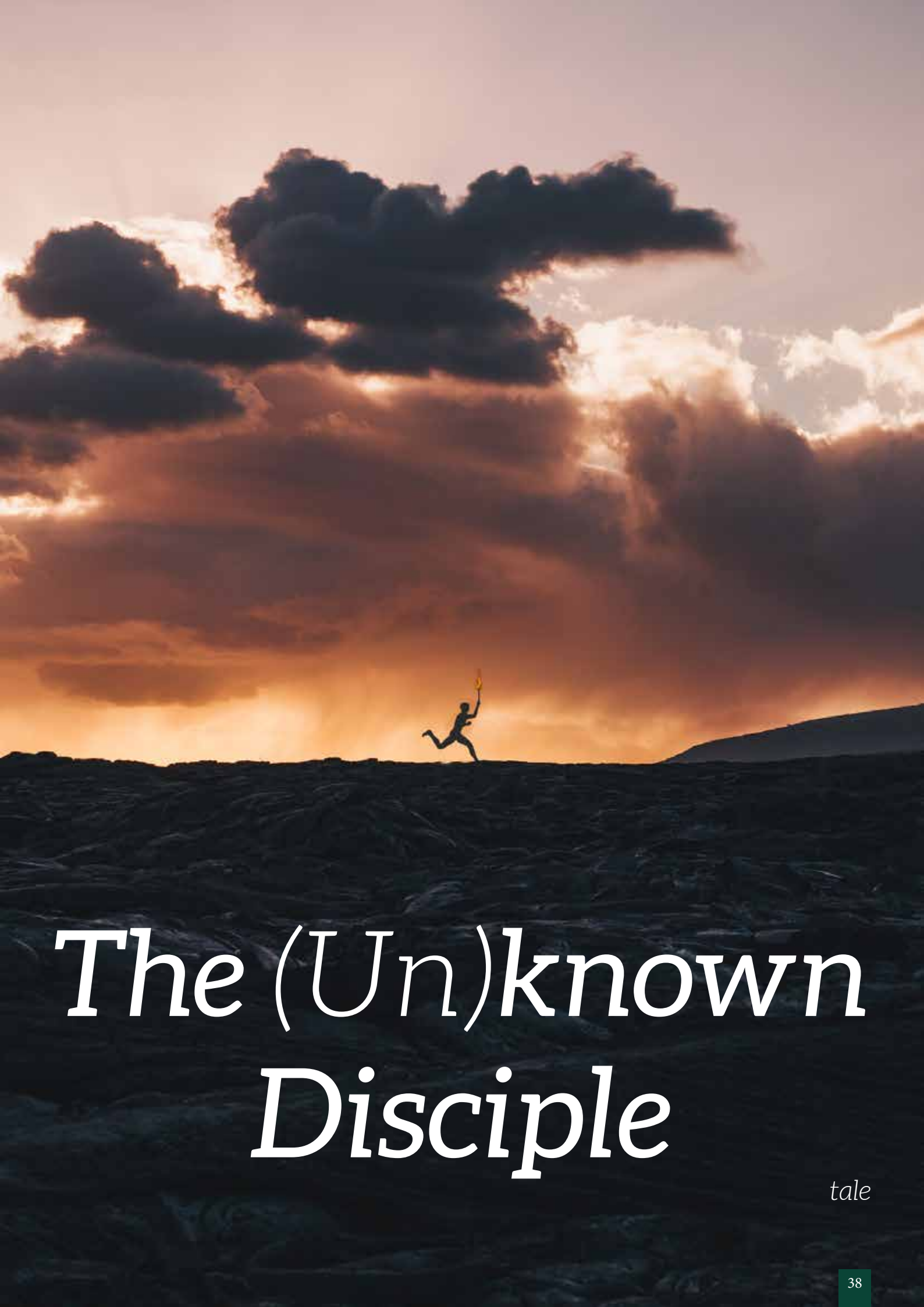
Lucas Nesi

Monitor, Criciúma branch, BR

"Through action we dominate the inferior strengths and discover the superior ones, according to Professor Carlos Adelantado. In the face of this, even without knowing exactly what I was doing, I affirmed my presence for the Spring Festival and Olympics. In the conviviality during the last four days I realized that everyone was having their trials and that they were different for each Acropolitian. I also had mine and I tried to pay close attention to what limited me, where I stumbled and what made me hold the march towards the goal. Those were magical days, and I couldn't find another word to describe the countless events that put me to the test. Have I surpassed each one of them? Evidently not, but having noticed many of them has already given me hope that I can overcome them, as I overcame some of them. And everything I understood, I will carry with me forever."

Luiz Gustavo Cittadin

Athlete, Criciúma branch, BR



The (Un)known Disciple

tale



On a rainy Friday, we got together to organize and plan a heroic intent. During the preparation, we said casually that it would be a tough test as the rain would make our intent even more challenging. We lit a fire, to warm the body and soul, we remembered old stories, stories about ancient disciples who had got through this test and had opened the paths to every one of us. We remembered the amazing accomplishment that one of these in particular had achieved. We missed him... how good it would be to have him by our side again.

As our test was long, we went to rest early to recover our energies for the next day. We woke up in the middle of the night, and as soon as I looked at the sky, a good augury to our journey, as if by magic, like those that we are used to reading in the ancient heroes' stories, the sky was completely clean. This disciple who had inspired us so much the night before, inherited the name of an ancient God, and maybe due to such evident

intimacy, he had requested this support for us.

We arrived at the starting point at the right time and Selene was up there watching, as if to tell her brother that the first test was won. The twelve of Acropolis had been raised to the test. The strategy was ready, the disciples were where they should be.

Just before dawn brought the King's chariot, the great journey had started. Nineteen stages came ahead. We felt privileged. We had looked after our health in order to live this test together, privileged for being together in a test like this, privileged to have a team of disciples who could share not only running paths together, but along these paths, raise our hearts to an Idea. And we did it together.

I have the privilege to start off, to initiate the twentieth participation of the acropolitans in the competition. Many things came to my mind, the good and hard moments I lived in order to be prepared and be up to this challenge with my brothers, and

at the time of handing over the baton, the flame of our team for the relay to continue, to see a disciple over there waiting for me made me sure that it was all worth it.

I received the baton from a disciple, and saw in her eyes that all the effort to come to that point would leave deep marks in her soul. Soon I understood that I had to keep running. I had hills, ascents, descents, ups and downs, just as life does. The important thing is to continue and do your best at each part. When I felt tired, soon I saw, further up, another disciple. There were many people, some taking photos, lights trying to blur my vision, but he was there. I gave him the flame to continue.

I saw in the distance a disciple carrying a flame. He came and commissioned me to carry this flame/torch to the next one. This was the mission. The responsibility was huge and that sometimes scares me, but the heroes teach us that we can only succeed in important tests when we take a step. The emotions try to affect me all the time, the anxiety of carrying the flame might end up extinguishing it, the judgments appear all the time... What could I have done for all of them and did not? Why didn't I? The blame... I kept running... I could have trained more, run this part faster... the judgment... I kept running, I ran, ran so much that at one point I only saw the trail, I went up to a higher place and could see. I saw

where I had to go and noticed something magical: there was another disciple ready to take it further. That was what was expected of me, everything else was an illusion. Another disciple would be there, the chain is eternal. My mind got cleared of all that.

I saw the flame coming, when it touched me, I remembered that ancient disciple, who had inspired us the day before. The ancient God, who lent him his name, called the Aurora earlier to come check in person, a little incredulous or mocking me, if I was really there. He knew me, knew my limitations and ancient beliefs. When I felt the flame brought by the previous disciple touch my arm and started to run, I could hear his voice far away saying "Ah há! Got you silly! Now run! Let's go!" and I obeyed... I ran. I saw small hills ahead, it seemed that they would never end, my head got heavy, I almost stopped... further ahead he was running, head up, seemed tied to a pole, as Ulysses in his final test not to give in to temptation of stopping, I continued... continued. There



was a part of sea crossing that should be done by boat. I was tired, I think he knew it, that's why Helios showed up majestically, while I was on the boat. I remembered that I had to continue, and I did so. I ran until I arrived at the next disciple, and the doubt came to my mind, will there be another disciple waiting for me or will I have to continue alone? That day I was certain, when the flame is carried there will always be a disciple to receive it. And there, at the end of my part, there was a disciple.

He was at the seashore, waiting for the flame. I didn't know for sure what all of that

meant, not even the reasons for the words on our t-shirt. "Sports with the Heart", what was that for me, really? While I looked for the answers, I saw the flame arriving in the hand of a disciple... He handed it to me and then I started my journey. As the difficulties of the path were revealing themselves, I started to seek strength inside myself. I saw many people around me searching for strength to run in the soft sand as I did, I tried to help them bringing up the words that I heard inside me: "Let's go! Seek your inner force", but I realized only tense nerves, bulging veins, clenched teeth... where came this voice that pushed me from? Didn't the others hear it? I kept running... I realized that my muscles, even though tired, didn't have that exaggerated tension. I realized that it wasn't clever to burn all our energy in the beginning, I learned to dose my speed. I realized that the craving for the finishing line makes you more tired than focusing on the



I was there, steady in my place, waiting for the flame. It was a day of blazing sun

this strength I continue until the end. Our paths weren't easy, but we have our heroes, our

When I saw the finishing line, my joy could not be greater. I saw all the disciples who participated over there waiting for me. I remembered everyone who had been through this test before us as well. It was because of them that we could have the opportunity of having this experience and succeed in the test. I remembered, in particular, that one who had left to do his test on the other side, and had watched us all day long. He was not only an athlete, but also an excellent artist. As this time he couldn't run on this side, he asked his favourite deity to gift us with a poetry declaimed at sunset, as he liked doing. He cheered with us and reinforced, in the heart of all the disciples who experienced that day:

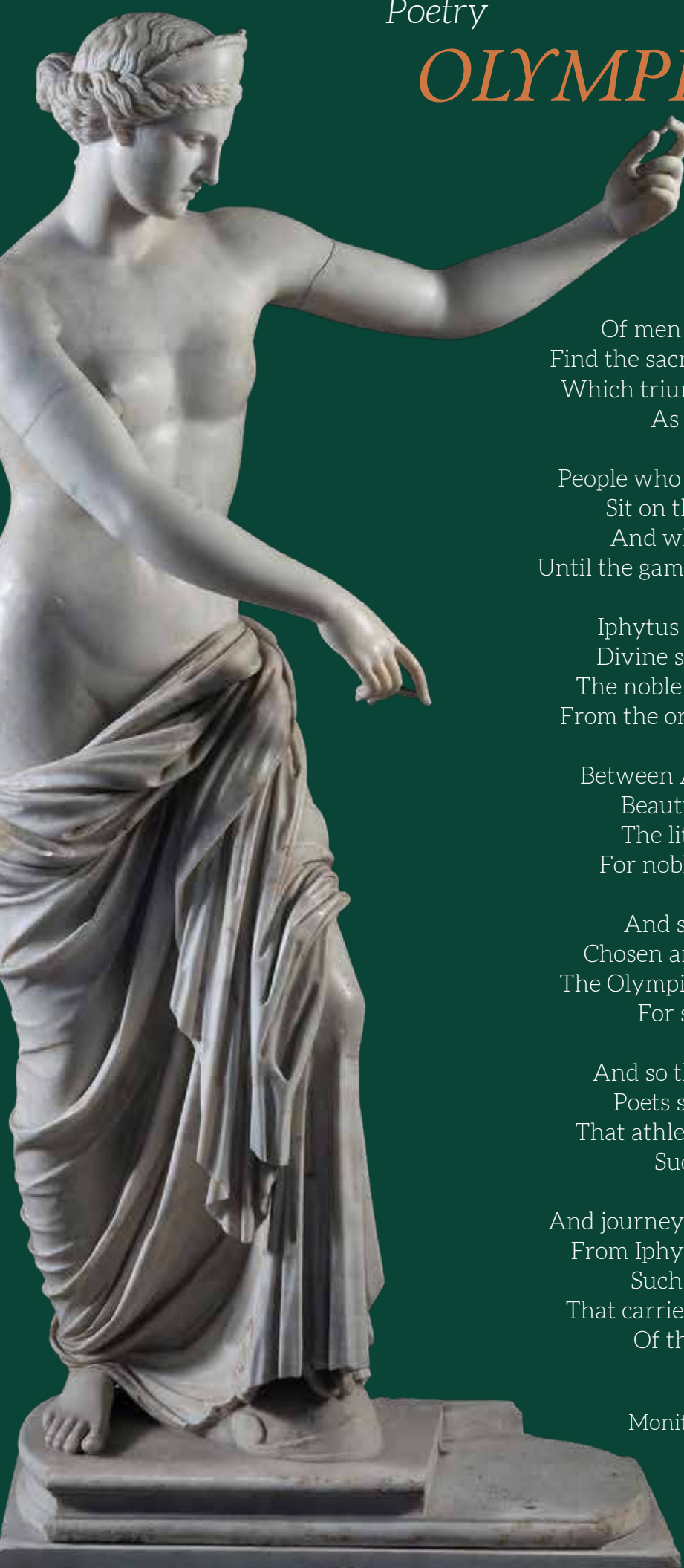
Rafael Engel

Rafael Engel
Athlete, Florianópolis branch, BR



Poetry

OLYMPIC EPIC



Of men who enter Hellas
Find the sacred ground of Olympia
Which triumphant Zeus chooses
As divine abode

People who come from the North
Sit on the Olympic bases
And who fight for wars
Until the games of peace are restored

Iphytus king among kings
Divine strength among all
The noble mission he receives
From the oracle comes to fulfil it

Between Aphrodite and Ares
Beauty carries with it
The little war there is
For noble start to be done

And so man emerges
Chosen among all the others
The Olympian urges his strength
For sporting peace

And so throughout history
Poets sing the victories
That athletes bring with them
Such divine act

And journeys that still follow them
From Iphyto to Modern Games
Such a strong affair
That carries the immortal flame
Of the ideal athlete

Guilherme Theisen Castro
Monitor filial Santa Cruz do Sul, BR

Film Recommended

100 Meters

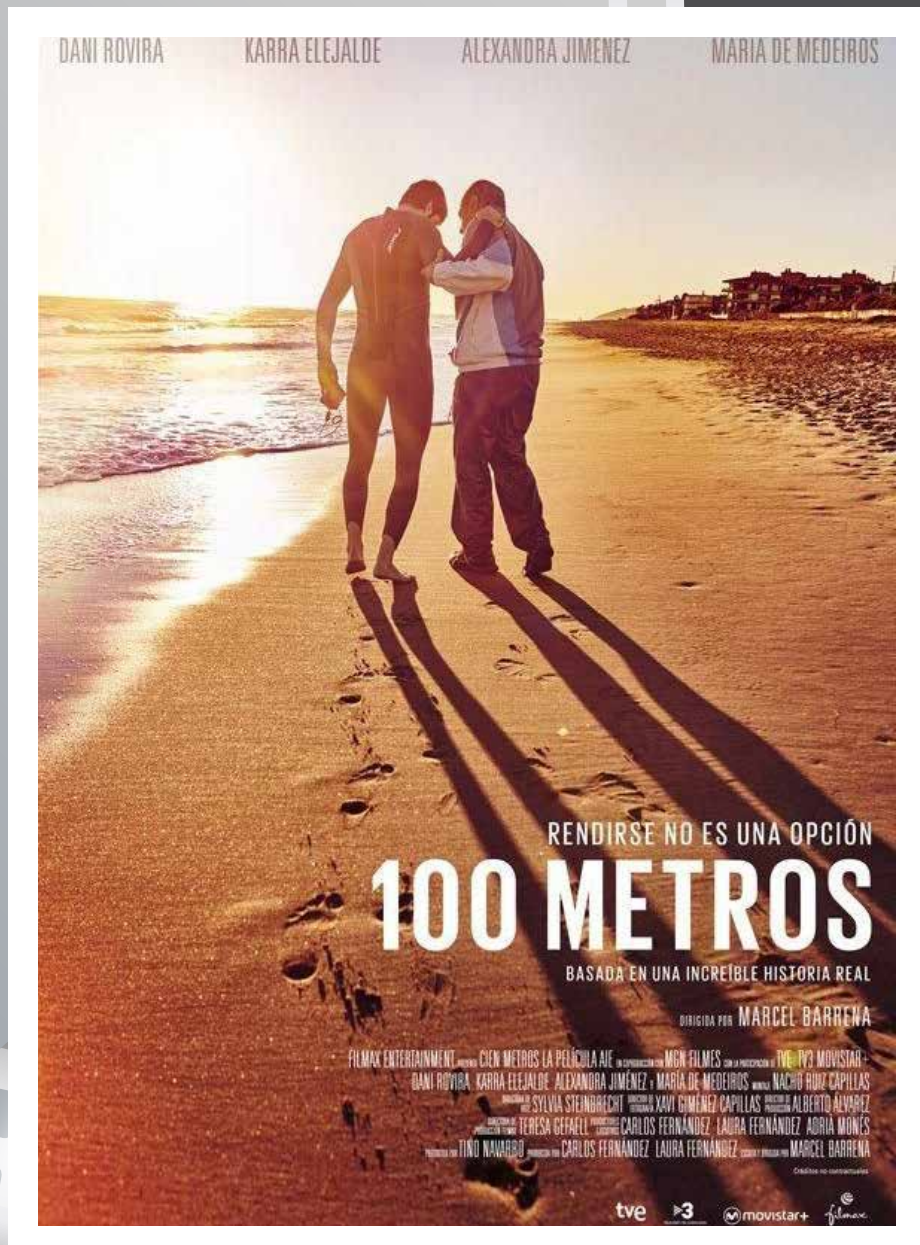
Givin up is not an option

The film “100 Meters” is based on the true story of Ramón Arroyo, a 35-year-old adman, very dedicated to his work, but who led a sedentary life. He receives the diagnosis of a very serious illness and, at the beginning of the treatment, he hears from another patient that in a short time he would not even be able to walk 100 meters.

The leading character finds a poster “Be an Iron Man – swim 3.8 km, cycle 180 km and run 42 km”. And this advertisement for the most challenging triathlon event was enough to instigate his will, given the swirl he was facing at that moment.

Ramón was trained by his father-in-law Manolo, who had been a physical education teacher for over 40 years. The training sessions regenerated the bond between the two of them, completely transforming the relationship between all the relatives.

The strength to believe in oneself and not get carried away by one's limitations – that are overcome through the practice of sport – are the strong point of the story. The mantra “givin up is not an option” synthesizes the message of the inspiring plot.



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