

Tab 1



INTRODUCTION TO PHILOSOPHY

SEINPHI

TERM 1 – SIR LORENZ – ACADEMIC YEAR 2026 - 2027

LESSON 1: PHILOSOPHY

TOPIC OVERVIEW

- A. PHILOSOPHY
 - i. Etymology
 - ii. Technical Definition
 - iii. Wisdom VS Knowledge
- B. [ADDITIONAL] EASTERN AND WESTERN PHILOSOPHERS
- C. BRANCHES OF PHILOSOPHY
- D. HISTORICAL DEVELOPMENT OF PHILOSOPHY

Additional Information

“Thoughts without content are **empty**, intuitions without concepts are **blind**.”
– Immanuel Kant

This means that you should take action to achieve your goals. Don't blindly follow-your intuitions should have a basis.

SEINPHI introduces the nature of philosophy as **a way of thinking**.

Human being - biology
Human person - who you really are

A PHILOSOPHY

A1 ETYMOLOGY

Philosophy [fɪ'lɒsəfi] comes from two **Greek** words, namely “Philein” and “Sophia,” which translate as “love” and “wisdom,” respectively.

Philein - love
Sophia - wisdom

Literal translation from the etymology will give us the first definition, which is “**love for wisdom**.”

A2 TECHNICAL DEFINITION

It is the **study of general and fundamental questions**, such as those about *existence, reason, knowledge, values, mind, and language*.

It also includes

- questioning
- critical discussion
- rational argument
- thinking

A3 KNOWLEDGE VS WISDOM

Knowledge - about **facts and ideas** we acquire through study, research, investigation, observation, and experience

Wisdom - is the **ability to discern and judge** which aspects of knowledge are true, right, lasting, and applicable to life.

“Knowledge is knowing that a tomato is a fruit. Wisdom is knowing that you don't put a tomato in a fruit salad.” – Sir Lorenz

KNOWLEDGE VS WISDOM

Knowledge is composed of facts, information, and skills.

Wisdom is composed of knowledge, experience, and good judgement.



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Gives you the ability to identify whether some fact is truth or false	Gives you the ability to discern whether some idea is right or wrong
Acquisition of information and facts	Application of the acquired knowledge
Can be simply acquired through education	Cannot be simply acquired through learning

B EASTERN AND WESTERN PHILOSOPHERS

B1 EASTERN PHILOSOPHERS

1 KONG FU ZI - CONFUCIANISM

Confucius emphasized **moral character**, **respect for others**, and **social harmony**. He believed that *a just society begins with virtuous individuals and strong family relationships*.

2 LAO ZI - TAOISM (DAOISM)

Laozi taught that people should live **in harmony with the Tao**, or the **natural way of the universe**. *Simplicity, humility, and balance lead to a peaceful life.*

3 MENG ZI - CONFUCIAN HUMANISM

Mencius argued that **human beings are naturally good**. He believed that education and proper guidance help people develop their innate virtues.

4 XUN ZI - CONFUCIAN REALISM

Xunzi believed that **human nature tends toward selfishness**. Moral behavior is developed through discipline, education, and adherence to social norms.

5 MO ZI - MOHISM

Mozi promoted **universal love and impartial concern for all people**. He believed society would prosper if individuals cared equally for one another.

6 SUN ZU - STRATEGIC PHILOSOPHY

Sun Tzu taught that success comes from careful planning, adaptability, and understanding both oneself and one's opponent. His ideas extend beyond warfare to leadership and decision-making.

7 SIDDHARTA GAUTAMA (BUDDHA) - BUDDHISM

The Buddha taught that **suffering is caused by attachment and desire**. Enlightenment can be attained by following the **Noble Eightfold Path** and cultivating wisdom and compassion.

8 NAGARJUNA - MADHYAMAKA PHILOSOPHY

Nagarjuna argued that **all things are empty of independent existence** and arise through **interdependence**. Understanding this



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emptiness leads to greater wisdom and liberation from suffering.

9 ADI SHANKARACHARYA - ADVAITA VEDANTA

Shankara taught that **ultimate reality is Brahman**, and the individual self is not separate from it. Liberation comes through realizing this non-dual unity.

10 CHANAKYA - POLITICAL REALISM

Chanakya emphasized practical wisdom, effective governance, and strategic leadership. He believed **rulers should act wisely** to maintain order, security, and prosperity in the state.

B2 WESTERN PHILOSOPHERS

1 SOCRATES - SOCRATIC METHOD

Socrates believed that **wisdom begins with recognizing one's ignorance**. He used systematic questioning to help people examine their beliefs and arrive at deeper truths.

2 PLATO - IDEALISM

Plato taught that the **physical world is only a reflection of a higher reality** composed of perfect **Forms** or **Ideas**. True knowledge comes from reason and philosophical reflection rather than the senses.

3 ARISTOTLE - VIRTUE ETHICS

Aristotle argued that **the goal of life is happiness (eudaimonia)**, achieved through the cultivation of virtues. People become virtuous through practice and by finding the proper balance between extremes.

4 EPICURUS - EPICUREANISM

Epicurus believed that the **highest good is pleasure**, understood as freedom from pain and anxiety. He advocated a simple life centered on friendship, moderation, and inner peace.

5 RENÉ DESCARTES

Descartes maintained that reason is the most reliable source of knowledge. His famous statement, "**I think, therefore I am**," emphasizes the certainty of human thought.

6 JOHN LOCKE - EMPIRICISM

Locke argued that **the mind is a blank slate at birth and that knowledge comes through experience**. Human understanding develops through observation and interaction with the world.

7 IMMANUEL KANT - DEONTOLOGY

Kant believed that moral actions should be guided by duty and universal moral principles. An **action is right not** because of its



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consequences but because it follows **moral law**.

8 JEREMY BENTHAM - UTILITARIANISM

Bentham taught that **actions should be judged** according to the **happiness they produce**. The best action is the one that creates the greatest good for the greatest number of people.

9 FRIEDRICH NIETZSCHE - PHILOSOPHY OF SELF-CREATION

Nietzsche challenged traditional moral values and encouraged individuals to **create their own meaning in life**. He emphasized *personal growth, creativity, and self-overcoming*.

10 JEAN-PAUL SARTRE - EXISTENTIALISM

Sartre believed that humans are radically free and responsible for their choices. Since life has no predetermined meaning, people must **create meaning through their actions**.

C FOUR MAJOR BRANCHES OF PHILOSOPHY

C1 METAPHYSICS

Reality; Essence/Existence

The **most abstract** part of philosophy, having to do with features of ultimate reality, what really exists and what it is that distinguishes and makes it possible.

Metaphysics is the branch of philosophy that investigates the **nature of reality, existence, being, and the universe**.

It seeks answers to questions such as "*What is real?*" and "*What does it mean to exist?*"

In order for it to **exist**, it has to have an **essence** (*stored knowledge*).

As long as what we think of can be put into existence, something exists.

Sample Philosophy: **Theory of Forms by Plato**
Plato argued that beyond the physical world exists a realm of perfect and unchanging Forms or Ideas. According to him, the objects we see are only **imperfect copies** of these **ideal Forms**.

C2 EPISTEMOLOGY

The theory of knowledge

The branch of philosophy concerned with the nature of knowledge, its possibility, scope, and general basis. In other words, it studies **knowledge, belief, and justification**.

It examines *how people know what they know and what counts as reliable knowledge*.

Rationalism - **reason** as the chief source and test of knowledge

Empiricism - all knowledge originates from sensory **experience**; *blank slate/tabula rasa*

Sample Philosophy: **Empiricism by John Locke**
Locke believed that knowledge comes primarily from sensory experience. The human mind begins as a "**blank slate**" and acquires knowledge through observation and experience.



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C3 LOGIC

The art of critical thinking

The study of the structure and principles of reasoning or of sound argument

Logic is the branch of philosophy that studies **correct reasoning** and **valid arguments**.

It helps people distinguish between **sound and faulty thinking** by examining how conclusions are derived from premises.

Sample Philosophy: **Aristotelian Logic by Aristotle**

Aristotle developed the **syllogism**, a method of deductive reasoning in which conclusions logically follow from given premises. For example: "*All humans are mortal. Socrates is human. Therefore, Socrates is mortal.*"

C4 ETHICS

An investigation into the **fundamental principles and basic concepts** that are ought to be found in a given field of human thought and activity

Ethics → Unethical X

- Morality
 - Moral
 - Immoral

- ↳ What is right?
- ↳ What is legal?
- ↳ What is just?

Additional Information

Question: Why is it ethical for soldiers to kill even though killing is unethical?

Duty / Responsibility

"The greater good"

If something immoral is done for duty/responsibility, it may be moral for the greater good.

Ultimately, you have to decide.

Train Dilemma

Ethical Dilemma

Do you sacrifice the life of one person or of five?

Utilitarianism

"The needs of the many outweigh the few."

It's greater, but is it good?

D HISTORICAL DEVELOPMENT OF PHILOSOPHY

D1 ANCIENT PERIOD

Cosmocentric "Kosmos" world

The central question was cosmocentric all about the world, specifically the origin of all things (urstoff) or **what is the root cause of the existence** of things in the world, which includes the world itself

URSTOFF

the origin of all things

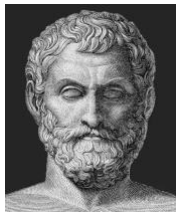
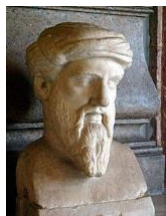
PHILOSOPHERS



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 Thales of Miletus (c. 624 - 576)	Water <i>"Everything is made of water"</i>
 Heraclitus (c. 535 - 475)	Change <i>"Everything is in constant flux"</i>
 Pythagoras (c. 535 - 475)	Number <i>"Number is the ruler of forms and ideas"</i>

study of the existence of God

Additional Information

Theology is the systematic study of religious faith, practice, and the nature of the divine Christianity

Theology - Theos (God) & Logos (Word or Study)

Christianity - world religion
Roman Catholic - denominations under

2 PROMINENT PHILOSOPHERS	
 St. Augustine of Hippo	theory of Divine Illumination
 St. Thomas Aquinas	Quinque Viae/5 ways

D2 MEDIEVAL PERIOD

Theocentric "Theos" (God)
The central question was theocentric, focused on **proving the existence of a higher being**, Supreme being, or god/God when religion started to be prevalent

"Does God really exist?"

THEOLOGY

QUINQUE VIAE / 5 ARGUMENTS



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1) MOTION	Something is moved by a being <i>God can move all things but nothing can move God (unmoved mover)</i>
2) CAUSE	First cause <i>si God ang una na nagmove sa mundo</i>
3) CONTINGENCY	Contingents Everything is contingent except God. <i>The world continues to move even if something changes.</i>
4) DEGREE	Absolute standard <i>God is the absolute standard. We are all made in the likeness of God but we don't have the same mind as Him.</i>
5) TEOLOGICAL	Things happen because people make it happen. <i>That someone is God. For ex. the placement of the earth. It is done with intention.</i> Theocentric - Everything we know has to be illuminated by God.

Leibniz
Empiricists: John Locke, Berkeley, and Hume

IDEOGENESIS

formation of ideas in the mind of a human person

D4 CONTEMPORARY PERIOD

The central question was **anthropocentric** circles on the idea of the existence of man: *What is a man? And who is a man?*

D3 MODERN PERIOD

The central question was **ideocentric** focused on the formation of ideas in the mind of a human person (ideogenesis)
This period was divided into two major ideologies, namely **rationalism** and **empiricism**

Rationalists: Rene Descartes, Spinoza, and



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LESSON 2: DOING PHILOSOPHY

TOPIC OVERVIEW

- A. DOING PHILOSOPHY
- B. TRUTH VS OPINION
- C. SCIENTIFIC AND PHILOSOPHICAL TRUTH
- D. PHILOSOPHICAL QUESTIONS

A DOING PHILOSOPHY

is **thinking** and **arguing** about it, not just passively reading it

Socrates did not teach philosophy, he taught to **philosophize**.

5 WAYS ON HOW TO PHILOSOPHIZE

- 1) Ability to spot **errors** in reasoning
- 2) Ability to make a **point** with clarity
- 3) Ability to **analyze** complex issues
when you doubt, you learn – Rene Descartes
- 4) Ability to think independently or **outside the box**
- 5) Ability to build a **strong** case

B TRUTH VS OPINION

TRUTH VS OPINION	
TRUTH	OPINION
based on facts , reality, observation, research, or logical reasoning	based on personal preferences , emotions, experiences, or interpretations
remains the same regardless of who perceives it, as long as the conditions are the same	may change depending on the person, situation, or context
used as a foundation for reasoning and building arguments in philosophy	may inspire philosophical questions but it is not a final basis for argument without supporting reasoning

B1 CORRESPONDENCE THEORY

Something is true if it corresponds to the **state of affairs / reality**

Ex.
Mammals are warm-blooded animals.
Dogs can bark

There is a **direct relationship** between idea and reality.

We expect that objects and concepts are defined as they are in real life.



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B2 COHERENCE THEORY

Something is true if placed **in a certain situation or context**

A possibility is **varied “truths”** from different perspectives

An idea is true because it makes sense in its own context

Ex.

Muslims and their practice of not eating pork. Pigs are unclean in the context of Halal and Haram.

Halal - can be eaten by Muslims

Haram - cannot be eaten by Muslims

According to Islamic Law (Shariah)

Relativism - a philosophical context which contends that there are **no absolute truths**

B3 CONSTRUCTIVIST THEORY

Knowledge is shaped by **social pressure and influenced by culture**

What is there by the structures within the individual's society and culture

C SCIENTIFIC AND PHILOSOPHICAL TRUTH

SCIENTIFIC TRUTH AND PHILOSOPHICAL TRUTH: THE DIFFERENCES

SCIENTIFIC	PHILOSOPHICAL
based on observation and experimentation	based on reasoning and reflection
proven through measurable evidence	supported by logic and argumentation
uses scientific method	cannot always be measured
objective and testable	explores meaning , values, and purpose

SCIENTIFIC TRUTH AND PHILOSOPHICAL TRUTH: THE SIMILARITIES

both seek to explain reality
both require logical thinking
can be supported by evidence (different types)
aim to arrive at justified conclusions
can influence beliefs and actions

D PHILOSOPHICAL QUESTIONS

are sets of questions that deal with **fundamental problems of any reality** and are usually characterized as universal questions

something **indefinite**



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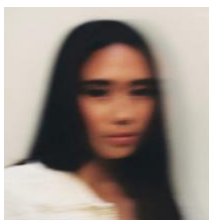
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involves reflection

CHARACTERISTICS
no definite answer
general/broad
no single methodology
no practical utility <i>hindi para sa'yo 'yung sagot na 'yun</i> <i>something that cannot be used at the moment</i> <i>it was asked</i>

Scientific: something that can be used today
Philosophical: For ex. What is beauty?



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LESSON 3: WAYS OF DOING PHILOSOPHY

TOPIC OVERVIEW

- A. DIALECTICS
- B. SOCRATIC METHOD
- C. HEGELIAN DIALECTIC
- D. HISTORICAL MATERIALISM
- E. PHENOMENOLOGICAL

A DIALECTICS

- **Claim - Support - Question**
- a method of argument involving **contradiction** and **resolution**
- **discourse** between two or more people holding **different points of view** about a subject, but wishing to establish the truth through learned arguments
- **not equal to debate** because it does not necessarily invest emotions that can cloud an argument
- **not equal to rhetoric**, which is an art of discourse that seeks to persuade, inform, or motivate an audience
- Socrates started

FUN FACT: Socrates was imprisoned and killed (through poisoning) because he asked too many questions.

B SOCRATIC METHOD

- Intellectual Midwifery

- It is a dialogue that employs a series of probing questions to simulate critical thinking and draw out deeper understanding from an individual or group
- not about imparting knowledge directly but rather guiding the learner

C HEGELIAN DIALECTIC

- Georg Wilhelm Friedrich Hegel
- synthesis (triadic movement of knowledge)

Thesis: An initial idea, rule, or state of society.

Antithesis: An opposing idea or force that contradicts the thesis.

Synthesis: A higher resolution that combines the partial truths of both and fixes their flaws.

A person makes a statement (Thesis) -> A person challenges that (Antithesis) -> There is a new idea; a resolution that combines both statements. (Synthesis)

for example: S

/\

T A

Example:

Thesis: Rules should always be followed

Antithesis: Rules should not always be followed

Synthesis: Rules should always be followed unless there is a context that makes it so it should not be followed (in culture)

D HEGELIAN DIALECTIC

- Karl Marx (1818 - 1883)
- philosophical approach in understanding reality using events in history



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E PHENOMENOLOGY (PHENOMENOLOGICAL)

Original Lived Experience

1. Edward Husserl
2. Martin Heidegger
3. Jean-Paul Sarte
4. Maurice Merleau-Ponty

It seeks to understand and describe human experiences **as they are directly lived and experienced.**

Instead of immediately explaining, judging, or analyzing something using theories, phenomenology focuses on how things appear to our consciousness.

Asks the question:

What is it like to experience something?

1. Observe the experience
2. Bracket assumptions (judges, biases)
3. Describe the experience (EXAMPLE: Sunset - Beautiful, Colorful Peaceful, Mesmerizing, Captivating, Orange, Breathtaking, Aesthetic)
4. Identify the essence (EXAMPLE: Sunset - Nostalgic, Comforting)

E1 EDMUND HUSSERL

Eidetic Reduction

discovers the essence (eidos) of a phenomenon

“What characteristics must this experience have in order to be with it?”

E2 TRANSCENDENTAL REDUCTION

examines how phenomena are constituted in consciousness

E3 MARTIN HEIDEGGER

Dasein (“Being-There”)

Humans are not detached observers of the world. We are always involved in it.

pag may nawala sa isang process mawawala ka sa process

This shows that our primary relationship with the world is practical engagement, not detached observation

E4 JEAN-PAUL SATRE

Existence Precedes Essence

E5 MAURICE MERLEAU-PONTY

When catching a ball, you do not consciously calculate its speed and trajectory.

Your body responds naturally and immediately

E6 HERMENEUTICS

Gk. hermeneuein - to interpret or to explain

Interpretation is Necessary & Context Matters



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Method of interpreting and understanding meaning, especially in texts, language, symbols, human actions, and lived experience

"How do we understand and interpret meaning?"

E7 THE HERMENEUTIC CIRCLE

We understand the whole through its parts.
We understand the parts through the whole.

"What does this mean, and how can we understand it more deeply?"

E8 UTILITARIANISM

Jeremy Bentham
John Stuart Mill

States that the right action is the one that produces the greatest good for the greatest number of people. It judges the morality of an action based on its consequences rather than the intentions behind it.

E9 PRAGMATISM

Charles Sanders Peirce
William James
John Dewey

Method of solving problems
than it was a metaphysical system of the world.
It evaluates ideas, beliefs, and theories based on their practical consequences and usefulness in real life.

E10 PHILOSOPHICAL ANALYSIS

Gk. *lyein* - a breaking up, or loosening, releasing.

Fr. *analyser* - to dissect, take to pieces
Method of breaking down ideas into their fundamental elements to better understand and clarify them.

Not just to simplify, but to uncover the essence of complex concepts in order to arrive at a richer and fuller understanding.

E10 PHILOSOPHICAL ABSTRACTION

looking beyond specific details to focus on general ideas or principles.

focusing on specific aspects of a perceived similarity

In philosophy, abstraction moves from particulars (specific examples) to universals (general concepts).