

What Does the Theosophical Society Stand for?

- ✚ Celebration of the oneness of life
- ✚ Commitment to mutual understanding
- ✚ Recognition of our spiritual journey
- ✚ Investigation of the purpose of life
- ✚ Exploration of the spiritual sciences
- ✚ A search for truth in all things
- ✚ Freedom of thought

Members of the Society are spiritual seekers, united by their search for Truth and by their determination to promote brotherhood between all peoples – of all faiths or of none. The Society draws together those of goodwill whatever their nationality or opinions. You are welcome to join our exploration of the Ageless Wisdom.

Contact Us:

Telephone: 0207 563 9817

Email: info@theosoc.org.uk

Write to: 50 Gloucester Place London W1U 8EA

Visit our Websites at:

www.theosoc.org.uk

www.tekelspark.co.uk

www.ghouse.tekels@btclick.com

Details of events being held throughout the country, residential courses and annual Summer School, can be obtained from our website or via e-mail or telephone. Please contact us for Information on publications and study courses. CDs, tapes and books on a large number of subjects are available.

Have you ever thought about

JOINING THE THEOSOPHICAL SOCIETY?

Belong to a Tried and Tested Organisation which has been bringing the Great Esoteric Truths to the Western World for 130 years.

Benefits of Membership

Reduced Price Entry to the Society's Study Groups, Workshops, Lectures, Seminars and Courses.
4 (free) copies each year of **Insight** Magazine and details of events by the Foundation for Theosophical Studies.
Local Branches throughout the Country.

We Welcome Anyone Who is in Sympathy With Our Three Objects which are:

1. To form a nucleus of the Universal Brotherhood of humanity without distinction of race, creed, sex, caste or colour.
2. To encourage the study of comparative religion, philosophy and science.
3. To investigate unexplained laws of nature and the powers latent in man.

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Meditation



Unfold and Become
What You Are

WHAT IS MEDITATION ?

Meditation is controlled mental activity which leads to complete stillness of the mind. When this condition is reached, the experience is one of peace and enlightenment.

The mind in its undisciplined state is restless and unproductive. It is constantly active, with fragments of thought blowing in and out like dried leaves on a windswept day - trivial events, half remembered conversations, idle fantasies or obsessive worries. Such thoughts fritter away the energies of the mind.

Just as in ballet and gymnastics, practice gradually brings the body under control, the body may be fully active yet at every movement perfectly executed and motionless poise may be achieved at will; so likewise through gentle training it is possible to bring the mind under control. To Meditate is to know oneself as the user and director of mental energy.

These skills do not come overnight, but are acquired gradually, through the regular practice of meditation, over a long period of time - and with dedication to the goal. What is the goal?



The Experience of Peace and Enlightenment

SOME FIRST STEPS IN MEDITATION

Books about meditation, instructions and hints are of no use unless accompanied by regular practice. The following suggestions are intended to help anyone who has not previously practised meditation.

1. Decide clearly whether or not you wish to learn to meditate and why.
2. Decide for how long you will keep up a period of practice: one week, two weeks, one month? Keep the period of the experiment short:- at the end you can always renew your intention.
3. Regular practice is important. Decide on a time and place when you expect to have at least five minutes undisturbed peace and quiet every day. This may be at home, at work, in a park or elsewhere.
4. Sit comfortably and if necessary support your back so that your spine is in an upright position. Take a few slow deep breaths - feel relaxed.
5. Now close your eyes and mentally picture a candle flame - burning brightly without motion. Continue to hold the picture of the flame in your mind, calmly and without strain. If your attention wanders gently bring it back to the image of the flame. Maintain easy regular breathing.
6. Feel the stillness of the flame and feel at peace. Let peace flow outwards from within you - to your home, your office and your neighbourhood.
7. After the allotted period of time gently open your eyes and take three or more slow deep breaths. When you are ready, get up and return to your daily activities feeling peaceful and refreshed.

Some Recommended Reading:

Light on the Path.
Mabel Collins.

Meditation: Its Practice and Results.
Clara M Codd.

Concentration and Meditation.
Christmas Humphreys.

The Search Within.
Christmas Humphreys.

Meditation: Seven Steps Towards Understanding. Ernest Shattock.

Raja Yoga. Wallace Slater.

Students Companion to Patanjali.
Roger Worthington.

The Voice of the Silence.
H P Blavatsky.



Peace To All Beings