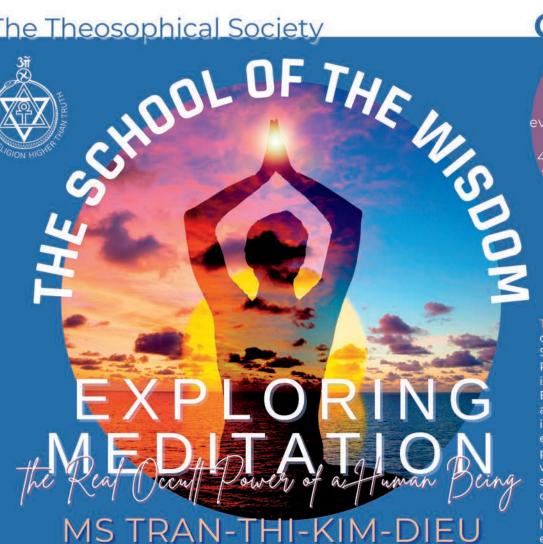
ONLINE



May 5 until 28 July. every Friday for ONE HOUR

4 PM Paris, 2:00 PM GMT, 7:30 PM IST (India Time)

Trân-Thi-Kim-Diêu is a member of the TS in France since 1972. She is a post-graduate in Pharmaceutical Technology. She is a former Chairperson of the European Federation of the TS and former President of the TS in France. She travels widely to encourage cooperation and promulgate the teachings as well as to share experience in service of the TS. Her main concern is to promote a new way of living where each human life can be guided by universal ethics and the mystic dimension of consciousness.

INTRODUCTION

For decades and back for centuries, the interest given to meditation seems to grow steadily. Many methods have been applied by the most advanced minds and offered to the enquirers. What is to meditate? Who meditates? For what purpose? Is there any target, any motivation? How to practice with efficiency making meditation fruitful and meaningful? More questions will be met during the 13 sessions which include each a theorical part, a time for Q&A and/or discussion, and a space for practice.

= MAY

= MAY

Why we need to meditate?

12 2 - Indications for practice

2 - Indications for practice 12

3 - Preparing the human mind

4 – Breaking through paradoxes

SUGGESTIONS FOR READING Tao the King by Lao Tzu

(English translation by Isabella Mears) H.P.B. Diagram of Meditation

Meditation: Its Practice and Results

by Clara Codd

The Voice of the Silence

H.P. Blavatsky

= JUNE

02 5 - The mirror of consciousness

09 6 – H.P.B. Meditation Diagram (part 1)

7 - H.P.B. Meditation Diagram (part 2)

23 8 – H.P.B. Meditation Diagram (part 3)

30 9 - Evaluation - Behaviour reveals

07