



The School of the Wisdom

The Theosophical Society
Adyar, Chennai 600020, INDIA

November 2020

The School of the Wisdom aims at bringing each student to survey life 'from the centre', which is intuitive awareness. An intense sense of Life must always accompany every true student. There can be no Wisdom without an ever increasing sense of Wonder.

ENGLISH SESSION ONLINE

17 to 26 November 2020 via Zoom Meeting (date is Boston time)

FOUR STAGES OF MINDFULNESS: A secure path to the alleviation of suffering

Director: Fernando A. de Torrijos

[Application](#) (link)

The SOW is meant primarily for members of the TS. Application is required. Form to apply participation is to be found via this [link](#). The number of participants is limited. Zoom details will be sent to the approved participants. Students are expected to attend all the classes.

Days and hours

The Director leads the sessions from Boston USA
from 9:00 pm to 11:00 pm Boston time (two-hour class each day)

November: Tuesday 17, Wednesday 18, Thursday 19
Tuesday 24, Wednesday 25, Thursday 26

Time around the world: Each class will start at

9 pm Boston, New York, Atlanta, Miami
8 pm Chicago, Dallas, Huston
7 pm Denver
6 pm Los Angeles, San Francisco, Seattle
10 pm Buenos Aires, Brasilia, Santiago

Time changes to the next day in the following cities

2 am London
3 am Rome, Paris, Barcelona
5 am Nairobi, Moscow
7.30 am Chennai
10 am Manila, Singapore
12 noon Sydney
2 pm Auckland

Opening of the SOW

17 November Boston time 9:00 pm

18 November Chennai time 7:30 am

- *Opening words by Tim Boyd*
- *Chanting*
- *Introduction to the Sessions by
Fernando Torrijos*

Zoom link will be sent to the participants

COURSE DESCRIPTION

FOUR STAGES OF MINDFULNESS: A secure path to the alleviation of suffering

Director: Fernando A. de Torrijos

The goal of this two-week program is to provide participants the knowledge and skills necessary to apply mindfulness meditation principles and practices in their own lives and in the lives of those around them.

Each class will be two hours long and if necessary we will have a brief break at half time.

Each class will start with introductions and welcoming of students. Then I will highlight the topic for that day, followed by the recitation of the traditional mantra from the Upanishads and a short meditation.

Then we will move into our study as a group, to explore the role of suffering in human life, the meaning of being human and the responsibility that this implies.

Recommended reading:

The books that I will use as foundation for this course and that every student should have and if possible read in advance are:

“The Voice of the Silence” by H.P. Blavatsky

“The Creative Silence” by Rohit Mehta

“Mindfulness for Beginners” by Jon Kabat-Zinn

This last book includes a mp3cd with mindfulness meditation practices that we will use during the two weeks of the program to practice at home.

Other suggested readings are:

“Mindfulness in Plain English” by Venerable Henepola Gunaratana

“Krishnamurti and The Experience of the Silent Mind” by A.D. Dhopeswarkar



Director

Fernando A. de Torrijos is former director of Mindfulness Programs in Psychiatry and Senior Teacher at the Center for Mindfulness, University of Massachusetts Medical School. From 1995 to 2003 he worked at the University of Massachusetts Medical Center, Division of Preventive and Behavioral Medicine, as clinic director and mindfulness-based stress reduction cross-cultural specialist serving the more vulnerable population of central Massachusetts. Since 2000 he has conducted Mindfulness-Based Intervention (MBI) trainings for health professional and educators in 14 different

countries. He joined the Theosophical Society in 1977. He has been a life-long student and teacher of the sacred and contemplative traditions of humanity.