



## The School of the Wisdom

The Theosophical Society  
Adyar, Chennai 600020, INDIA

**November 2019 – February 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.

### SESSIONS

18 to 29 November 2019

#### **Self-Awareness and Awareness**

Director: Dr José Foglia, Uruguay

2 to 13 December 2019

#### **Discovering Dialogue - In Freedom From The Known**

Director: Mr Paul Smith, UK

9 to 22 January 2020

#### **Deeper into Meditation**

Director: Venerable Olande Ananda Thera, Sri Lanka

27 January to 7 February 2020

#### **Key Teachings in The Secret Doctrine and Their Relevance Today**

Director: Mrs Elena Dovalsantos, USA

### Classes and Timings

Monday to Friday

Meditation: 8.00 to 8.30 am

Classes: 8.30 to 11.00 am and 3.30 to 5.00 pm (or as agreed with the Director)

Applications for Adyar Library cards are available for research by the participants.

### Venue

The Sessions will take place in Blavatsky Bungalow.

### Application

- ✓ Applications, providing membership details and a recommendation from the General Secretary or main Officer in the applicant's country of residence, may be emailed to: [study.hq@ts-adyar.org](mailto:study.hq@ts-adyar.org) or post to:  
The Theosophical Society  
The International Secretary (SOW)  
Adyar, Chennai 600 020, India  
Tel: (+91 44) 2491-2474
- ✓ The Application form can be downloaded from the TS website (Learn>).
- ✓ Students may register for all or some of the sessions and are expected to attend all the classes in the session chosen. Scholarships, full or partial, may be provided for some deserving.
- ✓ TS workers at Adyar: Applications should be made well in advance, providing full details and suitable recommendation.

### Accommodation

- ✓ For accommodation in the Society's premises, please apply to [acco.hq@ts-adyar.org](mailto:acco.hq@ts-adyar.org).
- ✓ Note: LBC, the western building, is under renovation. Some comfortable replacements can be arranged on request.

18 to 29 November 2019

## Self-Awareness and Awareness

**Director: Dr José Foglia, Uruguay**

We will consider the subjects of "Homo lux". The book is an essay making a bridge between neuroscience and philosophy.

During the morning the Director will present the subject of the day. In the second part of the morning will be questions and answers.

In the afternoon will be a powerpoint presentation explaining, from the neuroscience, what we have discussed in the morning.

The course is designed in a dynamic way depending of the interest and enthusiasm of the audience.

### Recommended reading:

*Homo Lux* by Dr José Foglia

More will be given after registration



**Dr José Foglia MD** graduated in 1979 as a doctor from the Medical School of Montevideo (Uruguay). He has graduated in Medicine also in Università Cattolica del Sacro Cuore, Rome (Italy). He has specialization in General Surgery in Montevideo, Montpellier (France) and Rome. He also studied acupuncture and other health-related therapies. For 5 years he taught Biology and Pathophysiology at The School of Nursing.

He joined the Theosophical Society in 1978 and became interested in the teaching of Jiddu Krishnamurti whom he met on his trips to India. Following these visits he decided to travel and learn about other cultures and ancient civilizations. Besides his medical studies, he dedicated his time to studying the link between the psyche and the body, graduating in psychoneuroendocrineimmunology in 2012. He has published his monograph 'The Neurophysiology of Meditation', and a book, *Homo Lux*.

### Conferences and seminars:

Paris, London, Spain (Barcelona, Zaragoza), many cities in Italy (Rome, Naples, Vicenza, Milan, Trieste, Florence), Brazil (San Paolo, Ríó de Janeiro), Perú (Arequipa), Switzerland (Ascona), Argentina, Uruguay, ONU (New York where he presented *Homo Lux* in 2016, TS Adyar.

2 to 13 December 2019

## Discovering Dialogue - In Freedom From The Known

**Director: Mr Paul Smith, UK**

*"To explore, as we are going to do, there must be freedom, not at the end, but right at the beginning. Unless one is free one cannot explore, investigate or examine."*  
— J Krishnamurti

In this ten day exploration into discovering dialogue, inspired by the teachings of Jiddu Krishnamurti, we will explore the workings of the mind. We will look at how our beliefs, opinions, thoughts and conclusions limit, distort and fragment perception, dividing us from one another and destroying relationship.

The intention of this workshop is not to feed the mind with theories and explanations but instead to encourage a true and honest exploration into the nature of oneself - an exploration in Freedom From The Known.

Each day, through dialogue, we will focus on a particular theme that either J Krishnamurti or another well known educator has written and spoken about. We will also examine the nature of dialogue itself to discover whether or not dialogue has its source in the quietness of a listening, meditative mind.

It is hoped that by the end of this workshop participants will have discovered a passion for both enquiry and dialogue.

### Recommended reading:

[The Art of Dialogue Prof. P. Krishna](#)

[The First and Last Freedom Chapter 1 J Krishnamurti](#)

[The introduction to as far as the first question is relevant to our discovering of dialogue.](#)

[On Dialogue - D Bohm](#)



**Mr Paul Smith** has been involved with the teachings of Jiddu Krishnamurti for over 25 years. He lives in the UK where he runs regular dialogue groups.

Paul is passionate about dialogue and believes that it offers the potential to bring us into an intimate and direct contact with reality free from the burden of the past. He has a deep interest in the nature of consciousness and how the psychological images that we form about ourselves and others divide us from one another.

9 to 22 January 2020

## Deeper into Meditation

**Director: Venerable Olande Ananda Thera, Sri Lanka**

In this SOW Session we hope to get deeper into Meditation both by the theoretical background, based on the Buddha's original Teachings (Dhamma) and by practical Guided Meditations on a daily basis.

There will be plenty of time for daily Dharma discussions.

### Recommended reading:

*Satipatthana - The Direct Path to Realization* by Bhikkhu Analayo  
*Serenity Here and Now - The Buddha's Sutta Nipata Sermons* by Susunaga Weerapperuma

*Mindfulness, Bliss and Beyond* by Ajahn Brahm

*The Heart of Buddhist Meditation* by Nyanaponika Thera

*Inward Bound, Mindfulness as an Executive Capability* by Deepal Sooriyarachichi  
*Verses from the Centre, A Buddhist Vision of Sublime* by Stephen Batchelor



**Ven. Olande Ananda Thera** has been ordained in Sri Lanka on 21<sup>st</sup> September 1975 and received Higher Ordination in August 1977.

- He was resident teacher at Rockhill International Meditation Centre, Sri Lanka
- 1982- now: Buddhist Delegate to Inter-religious living Dialogue, held in Germany, Sri Lanka, India, Bali, Japan, Pakistan, France etc.
- He has conducted retreats and taught meditation all over the world.
- He is a member of INEB (International Network of Engaged Buddhists), and INEB Netherlands, and of the Network

of Western Buddhist Teachers Conference, and of the Advisory Board of Mandala Project of Tibet House, New Delhi, India.

- Since 1997 Resident meditation teacher at Pagoda Meditation Centre, Pagoda, Nugegoda, Sri Lanka.

27 January to 7 February 2020

## Key Teachings in *The Secret Doctrine* and Their Relevance Today

**Director: Mrs Elena Dovalsantos, USA**

*The Secret Doctrine*, HP Blavatsky's greatest work, forms the foundation of what we know today as "Theosophy." Described as the 'Synthesis of Science, Religion and Philosophy,' it presents a vast panorama of the evolution of all life based on the secret aphorisms of the ancient *Stanzas of Dzyan*. The teachings are therefore not new. They have been introduced in various forms by sages throughout the ages and continue to remain timeless. They answer the most fundamental questions of existence such as: How did our universe come to be? Where did we come from? What is the purpose for our existence? Why are things the way they are? What destiny awaits us? Only by realizing the answers to these perennial questions can we truly understand ourselves, achieve true transformation, and shape our own destinies.

In this course, we will take up some of the important concepts in *The Secret Doctrine* and see how philosophies from various cultures around the world suggest the same things. We will also look into how theories in modern science are starting to parallel some of the *Secret Doctrine* claims and explore how the teachings are relevant to our lives.



**Mrs Elena Dovalsantos**, PhD, MBA, has a doctorate in chemistry and a masters degree in management. She taught at the university level and spent her career in scientific research. A third generation theosophist, she has been a member of the Theosophical Society since 1971. She served as president of the TS in the Ojai Valley in California and the Beacon Theosophical group in San Diego, CA. She lives and volunteers at the Krotona Institute of Theosophy, leads classes on *The Secret Doctrine* locally and internationally, and co-facilitates online webinars sponsored by the TS in America.