THE SCHOOL OF THE WISDOM



ONLINE

Preparing the Mind, Purifying the Heart:

A Theosophical Approach to Meditation

with

Shikhar Agnihotri and Catalina Isaza-Cantor

APRIL 2027

Monday, Wednesday and Friday

19, 21, 23, 26, 28, & 30

16:30 IST / 11:00 GMT

This programme explores meditation as a path of inner transformation, bringing together ethical preparation, self-knowledge and contemplative practice through two important Theosophical texts: The Golden Stairs and H. P. Blavatsky's Diagram of Meditation.

The first stage focuses on preparing the mind and purifying the heart. Through a study of The Golden Stairs and Annie Besant's In the Outer Court, participants will reflect on the virtues, attitudes and disciplines that create the foundations for spiritual growth. Particular attention will be given to the purification of thought, self-control, the development of character and the cultivation of qualities essential to the inner life.

The second stage turns to H. P. Blavatsky's Diagram of Meditation, exploring its vision of Unity, the examination of personal limitations and the gradual expansion of consciousness towards a more universal perspective. Participants will be invited to consider how meditation can move beyond intellectual understanding and become a living experience, transforming our perception of ourselves, others and life as a whole.

Each session combines the study of Theosophical teachings, open discussion, questions and answers, personal reflection and guided meditation. The programme aims to offer a supportive space for both inquiry and practice, helping participants deepen their understanding of meditation and bring its principles into everyday life through greater awareness, clarity and inner harmony.

Catalina Isaza-Cantor is a Colombian author, poet, translator, editor and International Speaker of the Theosophical Society Adyar. She joined the Theosophical Society in Colombia in 2006 and, since 2019, has been based at its international headquarters in Adyar, India. She is a longlife volunteer, has served the Colombian Section in different capacities, coordinated international youth initiatives, and contributed to revitalising the World Federation of Young Theosophists, serving on its board from 2022 to 2024. Currently, she is Secretary of the School of the Wisdom, among other responsibilities. She edits *Selección Teosófica*, publishes articles in diverse magazines around the world and co-founded PragyaCSstudio, a multilingual platform sharing Theosophy across linguistic and cultural boundaries, apart from other international and transcultural work.

Shikhar Agnihotri, a graduate in Nautical Science from Mumbai University, spent a decade in Merchant Shipping before dedicating himself to Theosophy, which he joined in India in 2008. He has served as National Lecturer of the Indian Section since 2016 and International Speaker of the Theosophical Society Adyar since 2019. A founder member of TS Pragya Lodge and TOS Maitri Group, he initiated the Young Indian Theosophist movement and contributed to revitalising the World Federation of Young Theosophists. He has published articles in Indian and international magazines and co-founded PragyaCSstudio, a multilingual YouTube platform sharing Theosophy across linguistic and cultural boundaries. He also serves as Strategic Planning Coordinator and Convention Officer. Currently, he is International Vice-President and a member of the General Council of the TS.

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