

In continuation of holding the annual Youth Convention at the International Head quarters of The Theosophical Society at Adyar, Chennai, India on 27, 28 & 29th (Friday, Saturday & Sunday) December 2019, the topic chosen for discussion this year is “**Meditation and Human Regeneration**”. A brief outline is presented below along with a few suggestive reading materials.

Meditation & Human Regeneration

Preparing for the inner change.

To know where we want to go and in what direction, the means have to be suitable and right for the purpose. In daily life there are pressures, problems, anxieties, boredom and exhaustion, and there may be hope that meditation will offer a way out and bring a sense of repose and freedom.

Meditation means different things to different people. It is essential to examine why one wants to meditate and what is meditation. It is impossible to learn how to meditate without understanding what is meditation.

The reason for endeavouring to find out what is meditation must be altruistic. If there are wars, quarrels between individuals it is the reflection of the *inner* condition. If there is a better world within, then there is bound to be a better world outside. Darkness is essentially in the mind, we have to learn to bring light to our minds. Whether we want it or not we are part of the ignorant, suffering world. We have to find the answer, which will be an answer for ourselves as well as all others.

A change beginning with ourselves.

Meditation cannot be separated from action. In our modern life, where everything is being stirred up to a degree, there is no lack of opportunity for any latent tendency to be awakened. The merest breath of an influence seems enough some times to start it into action.

It does not matter how long it takes, we know the direction and we should follow it; there may be problems but we can tackle them. There is a strong common concern for the progress and perfection of humanity, not merely at the material and intellectual levels, but morally and spiritually. A theosophist does not seek wisdom to benefit himself but for the world he lives; and the more deeply devoted he is to the regeneration of mankind, the more ardently he seeks to understand himself and the world, and penetrate in to the secret of life. His aim is to discover the source of Goodness and Happiness which is the birthright of all living things. He lives a life of purity and selflessness in order to make his mind fit to receive light.

Reference Books: Available at the Theosophical Publishing House, Adyar, Chennai, India which can also be ordered online are:

1. Buddhist Meditation – Samdhong Rinpoche
2. Human Regeneration – N. Ram
3. Human Regeneration – Radha Burnier
4. Daily Meditations – Katherine A. Beechey
5. Meditation: Its practice and Results – Clara M. Codd
6. The Creative Silence – Rohit Mehta