

SOW – MEDITATION SESSIONS –
2023 MAY JUNE JULY
EVERY FRIDAY AT 16h00 PARIS TIME

OVERALL THEME

Exploring meditation, the real occult power of a human being.

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 theoretical part, a time for Q&A and/or discussion, and a space for practice.

TITLES OF TALKS (dates, session numbers, titles)

= MAY

- 05 1 – What is meditation? Why we need to meditate?
- 12 2 – Indications for practice
- 19 3 – Preparing the human mind
- 26 4 – Breaking through paradoxes

= JUNE

- 02 5 – The mirror of consciousness
- 09 6 – H.P.P. Meditation Diagram (part 1)
- 16 7 – H.P.B. Meditation Diagram (part 2)
- 23 8 – H.P.P. Meditation Diagram (part 3)
- 30 9 – Evaluation - Behaviour reveals

= JULY

- 07 10 – Awareness is intelligence in action
- 14 11 – Movement is eternal
- 21 12 – Space, time, and consciousness
- 28 13 – Summing up and tips

SUGGESTIONS FOR READING

Tao the King by Lao Tzu (English translation by Isabella Mears)

H.P.B. Diagram of Meditation by H.P. Blavatsky

Meditation: Its Practice and Results by Clara Codd

The Science of Yoga by I.K. Taimni

The Voice of the Silence H.P. Blavatsky