



THE BOMBAY THEOSOPHICAL BULLETIN

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What each one of us fundamentally needs is that inner peace which is to be discovered solely within ourselves, which no-one else can give, which the world with all its resources, can never supply.

— Nisakanta Sri Ram —

AZ QUOTES

**Wisdom is not a matter of Study
But a matter of living,
And of sure action
Which rises above opposites.**

N Sri Ram

MISSION OF TS

To serve humanity by cultivating an ever deepening understanding and realization of the Ageless Wisdom, spiritual self-transformation and the unity of all life

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Words of Henry Steel Olcott
Founder-President of Theosophical Society

The very air of Theosophy is charged with the spirit of enquiry. It is not the *'skeptical spirit'*, nor is it *'agnostic'*. **It is real desire to know and learn the Truth**, as far as it is possible for any creature to know it who is so limited by his capacities and so biased by his prejudices as is the human being. It is that which has raised the Theosophical Society above the level of all other aggregations or organizations of men, and which, so long as its members abstain from dogmatizing, must keep it on an altogether higher plane.

Reminiscences of Col. H. S. Olcott by Various Writers
Theosophical Publishing House, Adyar
Courtesy: The Theosophist - February 2023

Acting Editor – Sis. Mahazaver Rustom R. Dalal **Cover Page by:** Sis. Kashmira Khambatta
Editorial Committee –Sis.Mahazaver Dalal (Reporter & in charge of Mailing List), Sis. Kashmira Khambatta, Sis. Aban Patel and **Ex-Officio:** President Bro. Vinayak Pandya. **Note: News, Notes and Programs to be printed in the Bulletin be forwarded by e-mail to kashmira.khambatta@gmail.com latest by 16th each month. Readers' Views are invited.**

WELCOME TO NEW MEMBERS



On auspicious occasion of Adyar Day, New Members were welcomed to TS with presentation of Diplomas by Bombay TF Treasurer & Jyoti Lodge President Bro. Taral Munshi and Anand Lodge Juhu Representative Bro. Nilesh Mehta in Anand Lodge premises of Juhu Theosophical Colony on 24th February 2024. A very significant venue, as according to the dream of Annie Besant, Juhu Theosophical Society Mumbai was to become the Third Point of TS Triangle in India with International Head Quarters in Adyar, Chennai and Indian Section Head Quarters in Varanasi.



It was a fruitful meeting of New Members with some of old members. Bro. Mathunath's talk on '*Theosophy & Ts*' was followed

by new member Bro. Pinakin Bhagat briefly explaining 'The Principles of Pranik Healing and importance of Meditation'. **He had added that his Guru of Pranik Healing had advised them to study 8 to 9 books of Theosophy for higher studies of Pranik Healing.**

Inspired new & old members decided to carry out the entire Agenda of the Meeting for propagation of Theosophy. He beginning will be made with going to Schools & Colleges of Mumbai to spread goodness & values of Theosophy. The fruitful meeting had ended with the decision to make the plan with Bro. Taral Munshi & Bro. Nilesh Mehta to reach out to schools & colleges when their new academic year starts.

Chanting: A Tool of Spiritual Fitness
Prof. Sudesh Kumar of Centenary Lodge

Chanting is a more than 3000-year-old Vedic practice that deepens the connection with the source and with those around us. It promotes a feeling of connection to surroundings that includes yourself and others. A powerful sense of Oneness occurs during the process of chanting together, a feeling that has been lost in our busy lifestyle, an individualistic approach.

If you are unable to chant, play a recorded chanting on your phone or laptop in the background, follow it and meditate on this sound to get similar results. **Here are some FAQs on how to begin.**

1) How do I start chanting?

a) Chanting is for everyone -

You may not have a good voice or you may have an inner critical part that says - you don't have a singing voice. Still, you can chant, so chanting is for everyone. Remember, when you chant, you

interact with your surroundings. It can be a natural way of assimilation with your spirituality.

b) Start at home -

Start by chanting at home, alone, with a recording. When you feel comfortable, start chanting with a group.

c) Musical instrument / Bluetooth mic. –







You may use musical and electronic devices for a better experience. It's natural to be a little anxious, and excited when starting something new. The cool thing about chanting is that as soon as you start the mantras start working on you. Before you know it you'll feel relaxed, open and energized.

2) How can I find mantras to chant?

Chant for exactly what you want. Typically, the best way to find your mantra is to ask yourself what it is you need and then search mantra for it. Let the deficit guide you instead of being a weakness but don't become too attached to one mantra you think is right. It's important to try new mantras on and see how they fit.

3) Which are the main things, I should follow for a better result of chanting?

Chanting is bound by adherence to 6 rules –

-  Varna (pronunciation),
-  Svāra (chanting notes),
-  Mātrā (duration)
-  Balam (force),
-  Sāma (continuity) and
-  Santāna (conjugation, punctuation).

4) How does chanting help to maintain my Spiritual Fitness?


In the modern digital world, it doesn't matter in which culture or religion you were born. We all need to develop a routine for Spiritual Fitness and

follow it to see how our body responds to make it work for us, that is a lot like physical fitness. Not only does it improve our cognitive health, and make us more altruistic, but chanting can help improve our blood pressure and mood, even reducing symptoms of depression, anxiety, and overall stress.

The study of the relationship between the brain and spiritual practices such as chanting has been given wide attention in modern times. The good thing is that you need not be an adherent to a specific religion to reap the benefits of chanting. It is rooted in Hinduism and Buddhism but still open to everyone regardless of their faith practices like yoga.

5) How long should I chant for?

When we first start chanting, even 15 minutes can feel quite long. Of course, there are crucial moments in life when we are facing a huge problem or challenging situation and feel that we want to chant more. That’s great. How much you chant is completely up to you; feel free to do what you think feels right.

 <p>ZONTA CLUB OF BOMBAY III J M K Scholarship Club Winner & ZI Recipient of School Mansa Shrotriya</p> <p>With ZCB III VP Nava Judges CA Zubin Billimoria & Dr. Sangeeta Pandit, Director S of Management</p>	<p>Sis. Navaz Dhalla reaches out as Vice-President of Zonta Club of Bombay III, which is a part of Zonta International to <i>‘Build a Better World for Women & Girls’</i>. Education is one of the forte with (1) Amelia Earhart Fellowship in Aeronautics field (2) J M Klausman Women in Business Scholarship (3) Stem-Science, Technology, Engineering & Mathematics and Award (for Under Graduates).</p>
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***Virtue consists not in abstaining from vice,
but in not desiring it.***

George Bernard Shaw

Courtesy: The Theosophist March 2024

BLAVATSKY LODGE TUESDAY TALKS

Started with Friday 1st March 2024 – *Jamshedi Navroz*

Sis. Kashmira Khambatta's PowerPoint presentation



***Jamshedi Navroz Table of
Sis. Kashmira Khambatta's home***

Jamshedi Navroz heralds the onset of Spring, the day of Spring Equinox, when day and night stands equal in length, space, and time as the Sun shines directly over the Equator, entering the Zodiac Sign of 'Aries'. It's the time when Nature sheds all that is redundant and superfluous to enter into a new festive garb.

Spring is the time when Nature blooms into festive garb, a fusion orchestrated to Natural perfection. It's also the time for grooming our body, life and soul with philanthropic values and ideals. It's an opportunity and the right time for renewal to better ourselves and our surroundings, to revive, re-grow and re-start so that we can live with hope, joy, and success.

- ▶ Amongst **Rituals** observed on Navroz Day, the most important is spreading of a white cloth on which seven articles beginning with the Persian letter "seen" (the sound of S) are placed. This, it seems, is known as the "**Haft Sin**" or **seven S's**.
- ▶ The origin is attributed to the letter S taken from the word **Sepandan** meaning Holy and the figure 7 from the fact that Ahura Mazda and his Archangels numbered seven. There were each seven

types of items like flowers, dry or fresh fruit and seven twigs of fruit-bearing trees laid on the cloth making 21 items to coincide with the 21 words of the ancient prayer “*Yatha Ahu Vairyo*”

- ▶ However, with changing times all these items are not necessarily placed on the Navroz Table, though most of them are, but there could be many variations in each household.
 - ▶ May Ahura Mazda grant the endearing community a fair amount of equanimity in their approach to life and may they be blessed with good health, joy, love, happiness, peace and prosperity.
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**Tuesday 5th March 2024 – Sis. Ketayun Bana’s Talk on
*Astrology in an unpredictable World***

A talk and discussion on Tropical (Western) Astrology was on how it can help a person to navigate through different situations and circumstances that life chooses to throw his/her way through life.

She spoke on western astrology explaining the difference between Fate (what you cannot change e.g. Birth, death, parentage, place of birth), and Destiny (what is in your power to change) with a strong will. She also spoke on the 12 houses of Zodiac and what they control.

Tuesday 12th March 2024 – Sis. Jasmine Cawasji a Talk on Forgiveness

Forgiveness is just another name for Freedom.

Anything that costs me my peace and joy
is too expensive. I let it go.

Forgiveness is not about condoning
someone’s bad hurtful behavior,

It’s about trading off and letting go all of

your hurt, pain, resentments, anger,
sorrow.... for PROFOUND PEACE.

So, forgiveness is not for the other person... *it benefits you!*

Tuesday 19th March - Bro. Navin Kumar's Talk on
My Thoughts on Bhagawad Geeta

Bro. Navin Kumar, Vice President Blavatsky Lodge explained in brief first *Six Shlokas*, out of *total Eighteen Shlokas* of the Great Epic '*The Bhagawad Geeta*'.

"The man who constantly repeats the eighteen discourses with unwavering mind, he will obtain perfect wisdom and reach the supreme goal". Having again practiced the Gita, he obtains the Supreme liberation. Engaged in the utterance, "Geeta" the dying reaches the Path. He who meditates on the meaning of the Geeta, having performed actions abundantly, he should be known as a Jivanmukta, and at the end of the body reaches the Supreme Goal. – VISHNU

It contains Advaita meaning "**You and The Divine are ONE**".

This Holy Book can also be classified as Upanishads. The essence of each chapter is described in the last verse of Shloka.

The first three chapters appeal most to the young generation and are most important. The First Chapter Arjuna Vishada Yoga – Arjuna inspects the rival forces. He describes the evil consequent on the battles of Kinsfolk.

The Second Chapter is **Sankhya Yoga** – *Sankhya is Knowledge & Wisdom*. This is very relevant in one's life. It is important for all young men & women inclined towards spirituality.

Arjuna is nervous as to how he would kill his own brothers and win over. Shri Krishna counsels Arjuna not to grieve over the mere destruction of the transient bodies, because the inner self that is the

Soul can never be slain. Just as clothes, when old need to be changed the new bodies too are necessary. Whatever is born has to die and one day whatever dies will be reborn. Whatever the situation is one has to recognize one's own duty. As **Arjuna is a Kshatriya** so it was his duty, and duty had to be performed, he has to fight a war, for its own sake and not for any ulterior reward, as it performed by sages of steady mind. Arjuna asks for better description of such and Shri Krishna complies, laying stress on the *attainment of wisdom and the absence of desire.*

The Third Chapter is **Karma Yoga** – The message is that one has to get established in his *Buddhic Body* as the present humanity has to reach to the Buddhic level. Arjuna asks how these are compatible with such terrible action as that of slaughter? - Shri Krishna preliminary reconciliation of the two: **“perform the action that is duty, but without attachment”**. Sacrifice is doing something for others and zero for yourself. Sacrificial actions – **The Devatas and Devis feel happy when we sacrifice, and They give us power to do something more better.** They also nourish with their presence and Their Divine help starts flowing in.

Jnana-Vibhaga Yoga – The Fourth Chapter: Shri Krishna lays stress on the necessity of Wisdom, right thought, right reason, and in this connection describes for many forms of Yoga. He says that HE had many births and knew about all HIS births, but you have not. *Yada Yada Hi Dharmasya shloka* – *“Whenever and wherever there is a decline in religious practice, O descendant of Bharata, and a predominant rise of irreligion – at that time I descend Myself. To deliver the pious and to annihilate the miscreants, as well as to re-establish the principles of religion, I Myself appear, millennium after millennium”*.

Chapter Five Karma Sanyasa Yoga: Give up work, if not when it is done so or one will breakdown. Give responsibilities to the

youngsters. Try and give all the worldly responsibilities and do not interfere with the younger generation. Renounce action.

*sarva-karmanimanasasannyasyastesukhamvashi
nava-dvare pure dehinaivakurvan na karayan*

Meaning - The embodied beings who are self-controlled and detached reside happily in the city of nine gates free from thoughts that they are the doers or the cause of anything.

Shree Krishna compares the body with its openings to a city of nine gates. The soul is like the king of the city, whose administration is carried out by the ministry of the ego, intellect, mind, senses, and life-energy. The reign over the body continues until time, in the form of death, snatches away the corporeal frame. However, even while the reign continues, the enlightened yogis do not see themselves as the body nor do they consider themselves as the lord of the body. Rather, they hold the body and all activities performed by it as belonging to God. **Renouncing all actions through the mind, such enlightened souls remain happily situated in their body.** This is also called *Sākṣhībhāv* or **the attitude of being the detached observer of all that is happening around.**

Chapter Six Adhyatma Yoga: Knowledge of Atma and how to attain – Meditation, how to sit in meditation and how to find out if one is successful.

- (i) In a pure place, neither high nor low, sit on a piece of cloth or an antelope skin.
- (ii) How to breathe, where to focus eyes, what should be your thoughts. Try to raise the consciousness to Atman. One can leap into both the bodies '*Buddhi and Atman*' very subtly.
- (iii) Do not think that one will achieve 100% success.

Thereafter, when fully attained, the next initiations would be after seven incarnations. Many incarnations are required to attain the above.

Bro. Navin Kumar will continue on 26th March 2024.

Blavatsky Lodge Tuesday Talks
compiled by President Sis. Kashmira Khambatta
BTF & LODGE PROGRAMMES APRIL 2024

BLAVATSKY LODGE: 7 – French Bridge, Mumbai 400007

Tel:23685026 (M):9821459504 (M):9819334333

DAY	TIME	DETAILS
Tuesday 2 nd , 9th, 16th, 23rd, 30th	6.00 pm	Talk by Member or Guest Speaker
Friday 5th	6.00 pm	Mystic Star Ritual
Friday 12th. 19th & 26th	6.00 pm Hybrid	Study of CKL Book “Devachanic Plane” conducted by Sis. Aban Patel
Sunday 28th	10.45am	Maitreya Round Table & Healing Group

CENTENARY LODGE C/O Anilkumar Deshpande, B-72, Parijat, Bandra Reclamation, Opp. MET College, near Lilavati Hospital, Bandra (West), Mumbai 400050
(M):9969764637

DAY	TIME	DETAILS
1st & 3rd Sundays	10.30 am to 12 pm	Study with discussion of subjects

JYOTI LODGE: c/o Bro. Taral Munshi, (M): 9820187317

DAY	TIME	DETAILS
Tuesday 2 nd , 9th, 16th, 23rd & 30th	6.30 to 8.00 pm	TRIVENI Meet Virtual on Zoom on Theosophy / Spirituality Hosted by Bro. Taral & Sis. Archana Munshi

VASANTA LODGE: c/o Bro. Vinayak Pandya, (M):7021778977

DAY	TIME	DETAILS
3rd, 10th, 17th, 24th	6.00 pm	GURUDEV GOSHTHI virtual on Zoom to study Gujarati book of Babubhai Patel ‘ <i>Kahe Krishnamurti – Soon Bhai Sansari</i> ’ Host: Bro. Bhavesh Pandya

VIMADALAL BILIA / GANESH LODGES: Family House, Dadar Parsi Colony, Mumbai 400014 (M):9819523476

DAY	TIME	DETAILS
Thursdays	6.00pm	Theosophical & Religious Talks

JAMSHED MEHTA LODGE: C/o Bro. Noor Baig, 54 - Shangrila, in a Lane opp. Colaba Post Office, Mumbai 400005 (M):9321026804

DAY	TIME	DETAILS

Third Saturdays	5.30 pm	Learning Theosophy from Life Experiences
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