

THE INDIAN THEOSOPHIST

DECEMBER 2022

VOI. 120

NO. 12

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Editor

PRADEEP H. GOHIL

A STEP FORWARD

Sleep is undoubtedly one of the most essential requirements for the human body to function properly. It plays a very important role in ensuring the wellness of the human body, both physically as well as mentally. In fact, the importance of sleep is clear from the fact that it helps you with maintaining a good lifestyle throughout your life. Not only does it help you to maintain your physical and mental health, it also helps in maintaining a decent and healthy lifestyle along with ensuring safety from a number of fatal diseases.

It is usually said that the mood in which you wake up is largely dependent on the type of sleep you have been in. This, in itself, is proof of the importance of sleep in our lives. While sleeping, our body finally gets its share of rest, and it also gets ample time to rejuvenate from all the wear and tear that it went through during the entire day. Not only this, the body is in its own working condition when we are sleeping, as this is the time when it supports the healthy functioning of the brain as well as physical attributes of our body. My parents always asked me to sleep early and well before examination. Similarly, cricket coaches always ask the players to take good sleep before a match. How many times have you been suffering from a headache, and then you slept for some time and found the pain to have vanished? This is the effect that a sound sleep session has on your mind as well as body.

Sleep is not only important for grown-up individuals and people who go to work, but it is also very essential for small babies and children during the earliest period of their life. In small children, sleep helps in the growth as well as development of their minds and bodies and hence is a non-negotiable activity necessary for all human beings.

Sleep aids in the proper functioning of the human brain, and its deficiency can cause several different health issues in people. When

we fall asleep, our brain is preparing us for the tasks to be done on the next day. A sound and good night's sleep ensures better learning abilities in human beings and also stimulates the mind to learn extracurricular skills in a normal and easy way.

A person's ability to make decisions, remember things, pay attention, think creatively as well as do effective meditation are all dependent on the amount of sound sleep, he is managing to get on a daily basis. There are several behavioural issues also associated with lack of sleep, and this includes becoming a recluse both at home and at work place. Sleep also affects our ability to remember, retain and recall. The human memory relies on sleep for the enhancement of the three.

Sleep is important for spirituality also. There are profound spiritual benefits from sleep. When you slow down and get quiet, you can actually begin to have your own wisdom, your inner knowledge. The amount of sleep a person requires depends on various factors. When *tamas* predominates one needs more sleep and also when the body is weak or unhealthy. The kind of food one eats also has a bearing on the amount of sleep that is required.

Once a person asked a Bengali 'atmasta' saint, Anand Mayee Maa, on how one can conquer sleep. She replied :

“Sleep Cannot Be conquered. Yet under certain conditions the need of sleep vanishes by itself. When you are keenly interested in something, you do not feel sleepy, on the contrary, you remain wide awake without any effort; but afterwards you get a reaction and have to make up for your loss of sleep. When you have not slept enough you cannot do good work. On the other hand, sound sleep refreshes you. At least a few out of the twenty-four hours of each day have to be spent in sleep, otherwise you feel tired and wretched. Why? During deep sleep the activities of the senses are at rest and moreover,

although still covered with the veil of ignorance, you touch your Self. Unless this happens at least once a day, you cannot endure life; it becomes an ordeal.

However, as one progresses in '*sadhana*', the senses get more and more rest and one draws nearer to one's Self. In proportion to the discovery of one's Self, the necessity for sleep decreases. When the Self has been realized, when one has become absorbed in the Bliss of the self, then there is no more question of work, of experience, or of sleep, because these is only the ONE! Then sleep will not exist for you anymore, you will have gone beyond it."

So let us work on Self-Realization and reduce the hours of sleep. It will be a step forward in the right direction.

If a seed is planted in the earth and has vitality, it will grow. In the same way the act of listening is like the soil. The act of listening is possible only when there is attention, and attention does not exist if there is interpretation, evaluation, condemnation or judgement of that to which you are listening. If you listen completely, attentively, without an observer who is the thinker, then that very act of listening will put away what is false and you will listen only to what is true. The act of listening is the field.

J. KRISHNAMURTI
Lodon Talks 1966

TIMBOYD

THE NEED FOR HEALING

I WOULD like to turn our attention to the important subject of Healing. Even though it is not greatly stressed within our Theosophical teachings, it is both a fundamental reason for the founding of the Theosophical Society (TS) and an unavoidable consequence of a serious engagement with those teachings. It is also worthwhile to note that members of the TS have been in the forefront of healing work since the Society's beginnings.

What is healing? If we examine the actual meaning of the word, it is not about specific practices or the methods employed in different healing communities. Its root meaning is to make whole. Its focus is the restoration of wholeness from a condition of fragmentation. But what does that mean? As a human being I have hands, legs, eyes, a brain, and so on; how can I not be whole?

The Ageless Wisdom tradition, which Theosophy represents, views the human being in terms of seven interpenetrating planes of consciousness, from highest spirit to lowest matter, with the most refined reaches of Spirit and the densest aspects of Matter being beyond the range of perception. But how is it that within this view of the human being, we can speak of ourselves as being somehow incomplete, fragmented? Our fragmentation results from our singular involvement with the most obvious and easily perceived aspects of our being. The theosophical work is directed toward Truth, or Spirit. However, the real work that we find ourselves doing is always related to the personality — the body, the emotions, and the mind in its lower uses. Truth or Spirit do not require our intervention, the personality does.

This path that we pursue is directed to the refinement and sensitizing of the instrument of personality, which is simultaneously our greatest tool and greatest obstacle to wholeness. The obstructive dominance of the personality, or ego, is where our work lies. In our

normal functioning the seven interpenetrating planes of being are unequally active. A better way of saying this might be that they are not integrated in their activity. Our major focus from moment to moment is on the personal aspect — servicing the senses, emotions, and thoughts which continually demand our attention. Our fascination and attachment to all things personal prevent us from seeing something deeper, and sustains our fragmented condition.

Much of the human predicament results from a process of identification. Beginning at birth, when a soul first inhabits a body, we start forming a variety of identities. The first is body identification and gender — “It’s a boy/a girl”. Following on this we take on religions, nationalities, race, caste, and so forth. Each of these becomes inextricably woven into the fabric of the personality. Together they become “who I am”, a separate, individual self apart from all others. We claim these identities, then spend a lifetime enlarging them, clinging to them, and cultivating a host of desires based on them. In that process we remove ourselves from a broader possibility. This is the process of fragmentation which separates us from the central truth of our being that all is One.

H. P. Blavatsky (HPB) made a profound observation about this process: “Whatever plane our consciousness may be acting in, both we and the things belonging to that plane are, for the time being, the only realities.” So when we are fixated on anything — that becomes our reality. Whether it is the pain we are feeling, our happiness, our social standing, or the video on our cell phone, for the duration of our fixation that is what we see and experience as real. Consciousness is the key in all of this.

So what does this mean in terms of Healing, or a restoration of wholeness? An answer to this question might begin with an assessment of the thoughts that fill our minds throughout the day. A brief check of the normal thoughts that occupy our attention and fill our conversations might be revealing. For many people who are consumers of daily news broadcasts, normally certain fears arise. The recent cycle of reporting

has raised fears of economic inflation and shortages. There is also anxiety in the air around war and armed conflict. Add in the usual reports of local violence, and for many the concern of personal vulnerability arises. Health concerns, interpersonal relationships, income, food, work-life, household needs, and so on, also fix our attention. Using Brain Imaging Scanning, laboratory experiments have calculated the number of thoughts that arise in our minds in a day. It is a surprising number — at approximately 6.5 per minute, we have 6,000-plus thoughts per day! The chief characteristic of this host of thoughts is a focus on the self, the personality — its fears, desires, and needs. Until this cyclic channeling of consciousness is seen and redirected, there is no possibility for release.

There are many maladies that arise from this isolating focus on the self. The effects of prolonged physical and social isolation are well known — depression, increased risk of heart disease, dementia, suicide, stroke, and anxiety. These can be regarded as symptoms of a deeper condition requiring more than a correction in the physical body. At its deepest level, healing is the restoration of the sense of connection to an unfragmented Self, a Universal Consciousness. It is not merely about the correction of physical conditions. However, it is possible for the body’s vibrancy and longevity to be extended.

Even though I came from a family where almost all of my uncles were doctors, as a youth somehow I never made the connection between medicine and healing. My first real exposure to an energetic form of healing occurred as a teenager, while visiting with a gentleman who would become a profound mentor for me. He was a member of the TS, and highly regarded, particularly among many of the younger people in the Chicago area. They called him “the Old Man”.

During the visit another young man who had come with us was suffering from a severe headache. After talking with us for a short time the Old Man turned to him and said: “Al, it looks like you’re not feeling well, what’s going on?” When Al told him about the headache the Old Man called on two of his students, and said: “Please, guys,

would you take Al's headache?" They put a chair in the middle of the floor for Al to sit, one stood in front and one stood behind. They rubbed their hands together and without touching him, held their hands on each side of Al's head. They stood like that for maybe a minute. When they finished, they shook their hands like they were shaking off water, went back to their seats, and sat down. For all appearances, I had seen nothing, I saw two people stand up, and I saw them sit down. But clearly Al was relieved.

That was my first exposure. I spent 13 years living in a community that we created with the Old Man. Over the years I saw many healings take place and came to know some profound healers. With time it became clear that healing is a natural ability that can be cultivated in anyone.

In TS history Col. Olcott is the most pronounced example of healing work. After coming to India he spent three years working in what was then called Ceylon — now Sri Lanka. The focus of his work was to revive Buddhism. In the face of the orchestrated attempts of the British colonial forces and the Catholic Church, Buddhism, the traditional religion of the nation, had come under attack and its influence was in decline. At one point the Christian missionaries announced they had discovered a well of water that would heal people. However, conveniently, it would only heal them in the name of Jesus. On hearing this Olcott went to the Buddhist monks and told them they could not allow these missionaries to lay their religious claim to the field of healing. He told them: "You have to do some healing." When they all declined, Olcott's response was: "Fine, then I will do it myself."

In his youth he had some exposure to the practice of mesmerism (projection of etheric or vital energy). Even though he had never formally practiced, in Ceylon he began by working on a person who had a paralyzed arm. After the first treatment the person came back the next day and said he experienced great relief. Olcott said that the positive report buoyed his confidence. He continued the process the next day, with the result that the paralyzed arm became completely usable; and word spread.

Over the course of the next three years, anywhere Olcott went there were crowds demanding healing. Olcott was a man who kept records of everything. During those three years, he documented 7,000 cases of people whose conditions were ameliorated, or even completely reversed, including such things as paralysis, blindness, and all levels of pain.

Olcott spoke about the two methods that he employed in his healing. The first was that he would invoke the presence of his Master. He said that the greatest healings he did were the result of this method. In one case, while working on a blind man, this man described in great detail a figure that he saw standing in front of him. His description matched the features of Olcott's Master. In that case the blindness was cured. The other method that he employed involved the accumulation and projection of energy by a process of will. This was the method of Anton Mesmer. Ultimately he discontinued his healing work because of its all-consuming demands on his time and energy.

Another prominent member of the TS who did lasting work in the field of energetic healing was Dora Kunz. For a number of years she served as President of the TS in America. She was born and grew up in the Dutch East Indies. From early childhood she had profound clairvoyant ability. Later in life she did a great deal of work in the medical community, describing and diagnosing illness based on what she could see in the aura of the patient. One of the doctors who worked with Dora over a period of years, Shafica Karagula, wrote a couple of books based on the experience: *Breakthrough to Creativity*, and *The Chakras and Human Energy Fields*.

Dora's clairvoyant investigations of the human aura brought her into contact with healers. At one point there were a number of highly regarded healers who consented to work with her. Because of her ability to see energy fields she could see the changes in the health aura of the patients. She could also see the energetic activity taking place with the healer. In speaking with the healers she would ask them if they believed that healing was something that could be taught. Their

almost unanimous answer was “No”. Their general feeling was that the ability to heal was a gift from God, and if it had not been given to you, you cannot have it. But Dora did not accept that idea based on her own observations.

The more she observed and worked with the healers, the more she became convinced that, even though there were variations in the methods and capacities of individual healers, there were fundamental shared features of the healing process with all the healers she observed. She began holding regular invitational healing workshops for doctors, nurses, and healing professionals at the Pumpkin Hollow Farm, a TS camp in upstate New York. Later, additional sessions were also added at the Theosophical Indralaya Camp, in the state of Washington. At one of these sessions Dora met Dr Dolores Krieger, a professor of Nursing at New York University. Together they evolved the system of healing they titled Therapeutic Touch. Based on the results of the scientific testing performed on patients, training in the method entered the curriculum of the University. Later it spread to other universities in Europe as well. Around the world, more than 100,000 nurses have been trained in this method.

The first step in Dora’s method of healing is what she called “centreing”. We pull ourselves away from our habitual condition of consciousness, of jumping from thought to thought. We become quiet. In that process of quieting, our own energies start to harmonize. This is the common experience of anyone who sits for meditation on a regular basis. Following from that centreing, we cultivate the intention to heal. Healing is in no way a personal matter. The energies involved are not the property of anyone. Our intention to act as a conduit for the flow of healing energy makes us available to that flow. The remainder of the Therapeutic Touch process initially involves a use of the hands to sense and transmit the energies. With time and exposure one’s sensitivity and effectiveness increase.

A deepening awareness that we are not separate from one another opens us to dormant powers within. One outcome of this is that people

begin to seek out the presence of such a person. Why? Because without saying a word, in their presence others experience a sense of safety, of peace, the possibility to feel centred, calm, whole. Such a person becomes a radiant centre that breathes the possibility of wholeness. In other words, one becomes a healer. This is a matter of choice and practice, not divine dispensation.

Am I a healer? That is really something that is up to us. Do we choose to maintain the fragmented state of continuous struggle for a separate identity? Or do we opt for another possibility? Our daily chores and relationships will always be there, but how we see and interact with them can transform them in a way that creates a condition of wholeness in our families, with our friends, and in our relationships.

The belief to which we cling, that we are each independent entities, separate from one another and from all other things, is disproved in this process of healing. At its root, healing is a spiritual practice because it confirms our unity. It confirms that the energies flowing through you also flow through me, and that we have the capacity to interact with these connecting energies.

Pythagoras said that the most divine art is that of healing. And if the healing art is most divine, it must occupy itself with the soul as well as with the body; for no creature can be sound so long as the higher part in it is sickly.

Apollonius of Tyana

NEWS AND NOTES

Bombay

Formerly the members of Jamshed Mehta Lodge used to meet in a Parsee Member's house in Cusrow Baug Colaba. BTF's former President Late Sis. Meher D. Engineer was the member of this Lodge and Late Sis. Yasmin Kapadia used to conduct studies of Theosophical books for the members.

Bro. Vinayak Pandya inspired Bro. Noor Baig, a member of Blavatsky Lodge Mumbai, who now lives in Colaba, and Bro. Noor Baig made the beginning with the gathering of 10 members. A programme to Re-start Jamshed Mehta Lodge was held on 26 September 2022 at the flat of Bro. Noor Baig. The Members gathered were Bro. Noor Baig, Bro. Kanubhai Shah, Bro. Suresh Malkani, Bro. Kevin Marshall, Bro. Anil Kumar Deshpande, Bro. Swapnil, Bro. Rohinton Bharucha, Bro. Heren Goradia, Sis. Jasmin Mistry. BTF President Bro. Vinayak Pandya graced the programme.

The programme started with the Universal Prayer. Bro. Vinayak Pandya spoke on: Introduction to Theosophy, Three Objects & Principals of TS, Purpose of Lodge & Lodge Meetings, and about Theosophical Society across many countries. He gave them an idea about the International TS campus at Adyar and about the Section HQ at Varanasi in India, Naarden in Netherland, in Brazil, Ojai in USA and Sydney in Australia. He explained the importance of Montessori education in TS and Adyar Theosophical Academy. He paid tributes to Shri Jamshed Mehta highlighting his Theosophic Life and his contribution in creating Modern Karachi. As the Lodge is named 'Jamshed Mehta Lodge' may he be the guiding spirit for the members. Members were encouraged to give their self-introduction. Bro. Noor Baig, Coordinator for the Lodge, informed that at their Monday Meetings members will share Life Experiences followed by interactions to learn from the shared experiences. The programme ended with refreshments hosted by Bro. Noor Baig.

Sis. Ruby Khan welcomed all the members in Besant Hall of

Blavatsky Lodge on the occasion of the meeting organized to celebrate Dr. Annie Besant's 175th Birth Anniversary on 1st October 2022. After the Prayers of All Religions & the Universal Prayer, Blavatsky Lodge's President Sis. Kashmiri Khambatta spoke about the significance of the meeting and introduced the Guest Speaker Bro. Cyrus Ryan of Toronto TS, Canada. Bro. Cyrus Ryan conducts Theosophical Study for Toronto Lodge, which is attended by our member Sis. Aban Amroliwalla during her stay in Toronto. Bro. Ryan has written many Theosophical articles and has authored the book '*Living on Inner Edge*'. Bro. Ryan was accompanied by his wife Susie and two other young lady members.

Bro. Vinayak Pandya said that the occasion is to remember Dr. Annie Besant with reverence and gratitude for what she has done for us – for India - her Motherland, for her Theosophical Teachings, her magnanimity to give the College established by her for the formation of Banaras Hindu University, her vision for Education & Upliftment of Women, the Truth & Values she lived for with compassion there is no end to facets of her multifarious Diamond Soul. Bro. Vinayak narrated the incidents conveying nobility of Annie Besant like she never imposed herself and respected emotions of others, even of her cook and built Hanuman Temple in Adyar for him. She accepted JK's decision to disband the Order of the Star formed by her and even used to attend his talks.

Bro. Arni Narendran requested Federation Secretary Sis. Mahazaver Dalal to release '*SYNERGY*' Year 4 July–December 2022 issue and asked Blavatsky Lodge's President Sis. Kashmiri Khambatta to present the First Copy to Bro. Cyrus Ryan, whose article is published in this issue. Bro. Arni added that this '*SYNERGY*' issue published by Dr. Rajam Pillai is on '*Bharatnatyam – The Cosmic Dance of Shiva*' (article by Bro. Arni Narendran) and there are many other articles on other forms of Art & Spirituality by writers from across the world.

Bro. Cyrus Ryan said that to come to Theosophy is to experience grace of the Masters. Theosophy gets rooted in *Atman* leading to

Buddhi & Manas (not an Intellectual, but Higher *Manas*) for *Sat*. Theosophy makes one realize that one is a ‘Spark’ within.

To vitalize Theosophical Society and its Members he advised:

- (1) Gather Youth. Make them understand who am I – just a physical body or more?
- (2) Encourage interested persons & members to form a group to create a channel for Higher Benedictions.
- (3) Speak to them about the Teachings of other Masters & Religions.
- (4) Explain the Teachings with diagrams.
- (5) Encourage Chanting by group as it nullifies negativity.
- (6) Chanting of ‘*Aum*’ takes ‘self-within’ to higher consciousness.

He ended his talk with Chanting of ‘*Aum*’ and presented a copy of his book ‘LIVING ON INNER DGE’ – a *Practical Esoteric Tale for those who aspire to the Esoteric Mysteries*, to Blavatsky Lodge.

The programme ended with a the Vote of Thanks given by Sis. Jasmine Cawasji.

Bro. Taral Munshi was felicitated by Theosophical Order of Service (TOS) Maharashtra Region at their Annual Session in Nagpur on 18-09-2022 and Gujarat Federation recognized his valuable innovative initiative to spread Theosophy at ‘Theosophic Jyoti Shatabdi Shibir’ in Surat on 25th September 2022.

Bro. Vinayak Pandya was felicitated by Gujarat Theosophical Federation at ‘Theosophic Jyoti Shatabdi Shibir’ held in Surat on 25th September 2022. He had graced the Shibir as the Guest of Honour.

Minoo Mullan Inter-College Elocution Competition 2022 Organized Jointly by Bombay Theosophical Federation & Youth Red Cross Maharashtra

It was held on 8th October 2022. Despite prediction of heavy rains Besant Hall of Blavatsky Lodge Theosophical Society was full with college youth and their Parents & Teachers, to participate in Minoo

Mullan Inter-College Elocution Competition. The Master of Ceremony Sis. Aban Patel welcomed all. The programme started with the recitation of the Universal Prayer and address by BTF President Bro. Vinayak Pandya. Bro. Vinayak Pandya said that elocution competitions are organized to motivate students to inculcate Ethical Thinking and to understand Universal Brotherhood. Everyone has a unique quality to face negative situations and to turn it in to positive situation.

On behalf of Youth Red Cross of Maharashtra President Rtn Godrej Dotivala, a dynamic personality even at the age of 90, and Youth Red Cross Hon. Treasurer CA Sundeep Wagh graced the event. His message was to create an ability to put across opinion and to take failure as a step to go forward. BTF’s Council Member Sis. Archana Munshi introduced the Judges – Mr. Errick Elavia, Principal Lady Engineer High School; Ms. Benaifer Firoz Wykes, Head of the Department of History in Junior College of SES College of Arts, Science & Commerce Sion (West) and Mr. Graham Haiden, Vice-Principal of Christ Church School. The Rules of competition were explained by Mr. Bhavesh, Sao, State Coordinator of Youth Red Cross Maharashtra.

It was an occasion to listen to Young Minds. The competition had begun and ended with participants speaking on ‘*What types of Legacy will you leave behind?*’. Participants’ thoughts on ‘*Impact of Social Media and Youth*’ and ‘*Is Education really educating us?*’ conveyed balanced thinking with appreciation and concern about what needs to be done and what needs to be avoided. The fourth subject ‘*Can Terrorism be justified by Religion?*’ - a very sensitive subject was avoided by the participants.

The Judges were impressed by the presentations of the participants. While Judges selected the Winners Bro. Taral Munshi interacted with the participants to motivate them with Theosophical Values. BTF Secretary Sis. Mahazaver Dalal in her Vote of Thanks said that it was the initiative of Bhavesh Sao, YRC Maharashtra State Coordinator who with his Team of Secretary Ms. Joyce Pinto and Volunteers Ashton Chetty and Lokesh Shah had taken care of minutest

details of organizing Mullan Competition. Hospitality was taken care of by Sis. Navaz Dhalla.

The students were given Theosophical Books – *The Textbook of Theosophy* by C. W. Leadbeater & Adyar Lodge Introductory Booklet on ‘Theosophy & Theosophical Society’ with Participation Certificate and snacks. Books – *Education as Service* by JK and *Education, Science, Spirituality* by P. Krishna, *Three Theosophical Gems* and Adyar Lodge Booklet were given to Judges and other books to YRC Officers.

The Judges gave pointers to participants for better eloquence and announced the Results. Prizes & Merit Certificates will be given at BTF Annual Session on 12th November 2022. The First Prize Winner will give his talk on that day. The Minoos Mullan Elocution Competition ended with National Anthem.

Obituary

Sis. Uma Prem Dhawan- a member of Anand Lodge with membership of 39 years passed away to Light Eternal in August 2022. She was a senior dedicated member of Juhu Theosophical Colony. May her soul be blessed with peace.

Marathi

THEOSOPHY STUDY CLASS on STUDY OF THE BOOK “*THE SECRET DOCTRINE The Synthesis of Science, Religion and Philosophy*” by H. P. Blavatsky:

The study was conducted by S.D. Burse at Poona Lodge. Sis. Sumati Kulkarni, Bro. Pol S. H., Sis Varsha Motwani, Neela Abhyankar, Nitin Abhyankar and Sis. Mrinal Joshi regularly attended the sessions. Four to five other persons (Kamini Kale, Manasi Chikhalikar etc) also attended the sessions occasionally from time to time. These classes were held on every Friday and Tuesday between 15 February 2015 to 18 November 2022.

The original text written by HPB which is in the book published by The Theosophy Company was used for the study. There are some

variations in copy published by Theosophical Publishing House, Adyar. The book published by TPH contains (1) “Historical Introduction” (2) FORWARD (3) ACKNOWLEDGEMENT (4) ILLUSTRATIONS (5) APPENDIX – NOTES BY THE EDITOR which is of total 103 pages and this matter was not studied/read during our study.

The contents studied were Volume -I COSMOGENESIS from 20 February 2015 to 14 July 2015.

Volume -I COSMIC EVOLUTION from 21 July to 29 November 2016.

Volume -I Part-II- The Evolution of SYMOOLISM IN ITS APPROXIMATE ORDER EXPLANATORY SECTIONS from 2 December 2016 to 15 August 2017.

Volume -I Part III – ADDENDA (TO VOLUME I) SCIENCE AND THE SECRET DOCTRINE CONTRASTED from 18 August 2017 to 20 March 2018.

Volume II – ANTHROPOGENESIS on 23, 27 and 30 March 2018.

Volume II Part I – ANTHROPOGENESIS from 3 April 2018 to 6 March 2020.

Volume-II Part II – THE ARCHAIC SYMBOLISM OF THE WORLD-RELIGIONS from 10 March 2022 to 13 May 2022.

Volume -II Part III – ADDENDA (TO VOLUME II) SCIENCE AND THE SECRET DOCTRINE CONTRASTED from 17 May 2022 to 18 November 2022.

Note:

No study class was held due to various COVID-19 Lockdowns during following periods – 20/03/2020 to 31/12/2020, April to Mid-June 2021, July to Mid-August 2021, December 2021 to February 2022.

U.P. & Uttarakhand

Dharma Lodge, Lucknow, held a special meeting on 01 October to commemorate the birthday of Dr Annie Besant when Bro. U.S. Pandey narrated salient points of her life and work and also about her great contribution in many fields for the benefit of humanity.

The following talks were organized by Dharma Lodge on the topics 'Four Qualifications' by Bro. Pramil Dwivedi (on 5 Oct.), 'Temple Talks-I & II' by Bro. U.S. Pandey (on 19 Oct.), and two talks on 'Man and his bodies' and 'Death as gateway to New Life' by Bro. B.K. Pandey on 12 and 26 Oct. respectively.

Two Symposiums were organized by Nirvan Lodge, Agra, on 6 and 27 October on the themes '*Ishwar ansh Jiva Avinashi*' and 'Mental health and Theosophy' respectively. During the meetings held on 13 and 20 October, talks were delivered on the topics 'Rebirth' by Bro. Devendra Bajpai and on 'Thought Power' by Sis. Pratibha Sharma respectively. Besides, the Lodge hosted the 03rd Annual Conference of U.P. & Uttarakhand Federation on 08 and 09 October.

Sis. Vasumati Agnihotri delivered talks on the topics 'Annie Besant- Her life and Teachings', 'Bharat Samaj Pooja' and 'Man: whence, how and whither' respectively. These talks were held at Pragya Lodge, Lucknow, on 02, 09 and 16 October. Besides, Bharat Samaj Pooja was also performed there on 09 October.

Sarvahitkari Lodge, Gorakhpur, observed Dr Annie Besant's birth- day on 01 October. Bro. S.B.R. Mishra delivered a talk on the topic 'Viveka Chudamani' in the meeting held on 12 October. Bro. Ajai Rai explained 'Spiritual aspects of Navratri' on 19 October and then he gave a talk on 25 October on 'Kindle your Eternal'.

Sis. Suvralina Mohanty delivered a talk at Prayas Lodge, Ghaziabad, on the topic 'Annie Besant's contribution to overall development of India'. It was held on 09 October. Then, she conducted study of 'Chapter 10 of *The Key to Theosophy*' on 16 October. Young members of the lodge Kritika, Shruti and Panshee continued study of Chapter 10 of *The Key to Theosophy* on 23 October.

Two short talks were delivered on 'Dr Annie Besant' by Sis. Asha Khanna and Sis. Lalita Khatri at Noida Lodge on 2 October. Besides, a talk on the topic 'Thought Control' was delivered by Sis. Lalita Khatri on 16 October.

Chohan Lodge Kanpur conducted a Seminar on 'Life and Work of Dr Annie Besant' on 2nd October 22. On 9th October Bro. Shiv Baran Singh spoke on 'Atm Buddhi Manas'. On 16th, 23rd and 30 October Bro. Shyam Singh Gautam continued the Study of 'Talks on The Path of Occultism Vol 3'.

Anand Lodge of Prayag Raj observed Annie Besant's birthday on 01 October. Besides, talks were delivered on the topics 'Thought Power' and 'Annie Besant and J. Krishnamurti' by Sis. Archana Pandey and Bro. Sudeep Mishra on 2 and 16 October respectively.

The 103rd Annual Conference of U.P. and Uttarakhand Federation was organized at Nirvan Lodge, Agra, on 08 and 09 October 2022. The conference opened with invocation of prayers of all religions and the Universal Prayer. President of the Federation Bro. U.S. Pandey welcomed the delegates and offered his greetings and read out the greeting messages received from International Headquarters officials and from the Indian Section President. Federation Secretary Bro. S. K. Pandey offered his greetings and it was followed by the greetings of lodge representatives. Thereafter Bro. R. P. Sharma, a senior member and President of Nirvan Lodge inaugurated the annual conference. Bro. Sharma in his inaugural address recalled the celebration of centenary conference of the Federation held at Agra in October 2019. Then he mentioned about the manifold contribution of the Federation in propagating theosophy and also about the significance of the theme of the conference. Bro. S. K. Pandey thanked Nirvan Lodge for hosting the annual conference and also thanked all the participants for joining in the conference.

During the first session of the General Body meeting, Bro. S. K. Pandey presented the annual report of activities for the year 2021-22 and Sis. Preeti Tiwari, Federation Treasurer, presented statements of accounts of the Federation as well as of the journal *Dharm Path* for

FY 2021-22. All the three reports were adopted after discussion. Thereafter election of seven Federation Council Members for the next term of three years of 2022-23, 2023-24 and 2024-25 was held. Seven members viz. Bro. U.S.Pandey, Bro. S.K. Pandey, Bro. S.B.R. Mishra, Bro. Ram Dev Dwivedi, Bro. S. K. Sharma, Sis. Preeti Tiwari and Sis. Sunita Gahrotra were elected unanimously as the council members for next term. During the meeting of these newly elected members, three members viz. Bro. K. K. Jaiswal, Sis. Bharti Chattopadhyay and Sis. Suvralina Mohanty were co-opted as members of the Council.

Then the new Council in its meeting re-elected Bro. U.S. Pandey, Bro. S.K. Pandey and Sis. Preeti Tiwari as President, Secretary and Treasurer respectively for the next term of three years. The Council also appointed Bro. Praveen Mehrotra, Bro. Pramil Dwivedi, Bro. Ajai Rai and Bro. Deepak Balani as group Secretaries for West U.P, Central U.P., East U.P. and Uttarakhand regions respectively. Besides, the Council appointed Sis. Vasumati Agnihotri, Sis. Preeti Twari, and Bro. Ajai Rai as Federation Lecturers.

During the second session of the General Body meeting held on the same day, the names of the co-opted members of the council and other appointments were announced by the Secretary and some other matters like planning of study camps for the year were discussed.

A seminar on the theme of the conference “Resist without Resisting” was held on 09 October and it was conducted by Bro. S. K. Pandey. Bro. B.K. Pandey, Bro. Ajai Rai, Sis. Preeti Tiwari and Bro. Gyanesh Chturvedi were the speakers who presented various aspects of the theme. Bro. U. S. Pandey also presented some significant points and thanked the speakers. Bro. S. K. Pandey summarized the contents presented by the speakers and complimented them for their presentations. Thereafter the concluding session was held when some suggestions for future programmes were made by the members and these were discussed. Federation Secretary Bro. S. K. Pandey and Secretary of the host lodge Bro. Praveen Mehrotra, gave vote of thanks on behalf of the Federation and Nirvan Lodge

respectively. Then Bro. R. P. Sharma declared the conference closed.

Contribution in other Federations:

M.P. and Rajasthan Federation:

On invitation by Jaipur Lodge, Bro. U.S. Pandey delivered a talk there on the topic ‘Theosophy and Theosophical Society’. It was held on 10 October.

Contribution to the Indian Section’s Work/ Programme:

Bro. S. S. Gautam translated the Section’s journal “*The Indian Theosophist*” of November 2022 in Hindi.

Sis. Suvralina Mohanty and Sis. Kritika Goel moderated the study sessions held on the theme ‘Discovering Divine Wisdom’ on 05 October and 14 October respectively.

Indian Section Convention

The 131st Indian Section Convention was held at the Section HQ, Varanasi, from 28 to 30 October. During the separate sessions held on 28 October- (i) Bro. S. K. Pandey delivered a lecture on the theme ‘Selfishness is the root of all conflicts’ (i) Bro. S. Sundaram delivered ‘Rohit Mehta Memorial Lecture’, and (iii) Bro. U. S. Pandey delivered the Convention lecture on the theme ‘Universal Brotherhood-Our Dharma’;

During a symposium held on 29 October, Sis. Rachna Srivastava spoke on the topic ‘Universal Brotherhood and World Peace’ and Sis. Suvrallina Mohanty spoke on ‘Separateness comes from ignorance.’

During a session for Young Indian Theosophists held on 29 October, Sis. Kritika Goel spoke on ‘Making Brotherhood a Reality.’

Bro. U. S. Pandey participated as a panelist in the Question and Answer session held on 30 October. Sis. Uma Bhattacharyya chaired this session.

Sis. Vibha Saxena acted as a Motivator during an ‘Open House Discussion’ held on 30 October.

Several members of Kashi Tattva Sabha contributed in planning, organizing and managing the memorable event of 131st Convention of The Indian Section.

Contribution in the events of other Forums:

Young Indian Theosophists: Sis. Suvralina Mohanty moderated a talk delivered on 09 October on the topic 'To investigate the hidden potential.'

Sis. Kritika Goel and Shruti Goel participated as speakers during a symposium held on 23 October on the theme 'World Religion.'

Bro. S. B. R. Mishra spoke on 14 October about the 'History of Theosophical Society' among a group of residents of village Zigana, Bansgaon, Distt. Gorakhpur. He also spoke on "Viveka Chudamani" and 'Adi Shankara' in Shiv Temple of the village on 16 October.

National Lecturer

Bro. S. K. Pandey and Sister Vibha Saxena were invited as Chief Guest and Guest respectively during the 89th Annual Conference of M.P. & Rajasthan Federation held at Udaipur on 15-16 October. Bro. S. K. Pandey delivered three talks there on the theme of the conference- "*Paramsatta ki goodh rahasyon ki abhivyakti anirvachneey.*" One of the talks of Br. Pandey was based on pure scientific basis- "*Shaktiyan jo vishwa ko chalati hain.*"

Sis. Vibha Saxena delivered two lectures on 15 October on the topics 'Tree of Life-Asvattha Tree' and '*Atmbodh ki or*'.

Public talk: Bro. U. S. Pandey delivered a public talk on the theme 'Self-management- Rejuvenation and Self-transformation by Awareness'. This was held in a group of senior officers and staff of Northern Railway Headquarters in New Delhi on 11 October 2022. Basic points of theosophical teachings were brought in during this talk.

Indian Section Headquarters

The 175th Birth Anniversary of Dr Annie Besant was celebrated at the Indian Section HQ, Varanasi on 1st October 2022. Floral tributes were paid to Dr Annie Besant by the students and staff of the

Educational Institutions, workers and members at the Section HQ.

The 175th Birth Anniversary of social reformist and visionary Dr. Annie Besant was celebrated in VKM PG College jointly by Progression of Annie Besant Spirit Committee and five units of NSS, VKM. A dedication of flower-petals was done in the morning in the Annie Besant Hall of the TS. Later, volunteers of National Service Scheme offered floral tribute to Dr. Annie Besant in the Annie Besant Hall of Theosophical Society and took out a Women Education Awareness Rally from Dr. Besant's residence 'Shantikunj' which ended with a tour of Kamachha, Birdopur and Sidhgiribagh areas.

In the college's seminar hall the programme started with *Kulgeet* and Annie Besant Eulogy. Principal, Prof. Rachna Srivastava said that Annie Besant was a great personality who initiated social and educational reforms for the people of India and other parts of the world and students can learn a lot in their lives from her honesty and uprightness. Manager, Smt. Uma Bhattacharyya highlighted Dr Besant's immense contribution in the field of education especially for women and her cooperation to Pt. Madan Mohan Malviya in founding Banaras Hindu University. A short play "Charaiveti" directed by Dr. Nairanjana Srivastava was staged by the students on this occasion portraying an event from the life of Dr. Annie Besant and J. Krishnamurti. Dr. Shubangi Srivastava, Asst. Professor, Hindi, expressed her views on Annie Besant's Concept of Education.

Prof. Meenu Pathak, Co-ordinator of the Value Added Course on 'Self Realization through Theosophy' presented details of the activities organized in the session 2021-22. Students shared their experiences about their learning and beneficial outcome of the course. Certificates were distributed to the students on successful completion of the course. The programme was attended by the students and staff of the college. Dr. Manju Kumari anchored the event and formal vote of thanks was delivered by Dr. Nairanjana Srivastava.

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They only are the true Theosophists, they only reflect in small degree the spirit of the great Brotherhood of Teachers, who carry out the spirit of brotherhood amid all the warring creeds, and who not only carry the message of peace, but live the peace they teach, and show the ideal of brotherhood in life as thoroughly as they proclaim its reality in words.

**ANNIE BESANT
“The Inner Purpose of
The Theosophical Society”**