

Seminar on Self-Realization with Trân-Thi-Kim-Diêu

ALICANTE (SPAIN) – APRIL 30 to MAY 3

Report

A well-attended seminar was held at the Lodge of the TS in Alicante (Spain). Around 40 people came from all parts of the country to listen to Trân-Thi-Kim-Diêu's talks on Self-Realisation for three days, starting on the evening of the Thursday to conclude before lunch on Sunday.

A deep approach was taken towards self-culture, stressing the fact that one cannot be educated if one doesn't want to be educated.

Change is something inevitable, intrinsic in the Universe. By accepting the fact that change is movement, detachment is possible. The only constant in the Universe is change. To go against change and movement, is to go against the Divine.

The Universe and beyond (or within) and its constitution was dealt with in the following session, stressing the fact that we are the world and that changing the world is only possible if we change. We are responsible for the direction we give to our life.

After that we explored different philosophical systems, such as Samkhya and the Vedanta in the light of Theosophy and proceeded to study the constitution of Man, stressing on the difference of the Higher Self and the lower self or personality. The best way to deal with the latter is through the relationship with others on this physical plane.

In later sessions we discussed the different levels of consciousness, compared to the different levels in the Universe. Consciousness in each individual is rooted in the Universal Consciousness. Suffering as such exists in the world, but there is no need for sufferer to exist if there is no identification with suffering. Between the physical and the intellectual aspects of humans there is a zone where emotions dwell and sometimes command. Emotions need to be controlled because they prevent us from seeing clearly. We need to live more in the Higher Manas to perceive the real value of life. On a spiritual level, we find symbols and, above all, silence. Then we can understand life and thus be able to help others in their suffering.

Then we explored the three attributes and the three symbolic aspects of the Divine: SAT, CHIT, ANANDA, and also creation, preservation and destruction. In order to change it is necessary to destroy what is old and obsolete. For this, we need energy and sometimes our personal self doesn't like to change. But the only way to change the world is to change ourselves. It is a path towards realization of the Self. It's the Path of return. It starts when the equilibrium between matter and spirit lean towards Spirit. To live on the Path of return means living fully in the eternal and not allow oneself to live in the gross matter.

Finally, we explored the self-discipline and the ethics required to attain self-realization: the 5 buddhist precepts which are the basis of ethics and practice. If we are not capable of applying these five laws in our daily life it is not possible for us to enter the path of the Realization of the Self. We

need to understand that we are part of the whole and only by improving ourselves we can help accelerate the evolution globally.

Angels Torra Buron
General Secretary
Spain