

7th Silent Retreat in Spain

Report

The 7th edition of the Silent Retreat held in Arbucies (Girona, Spain) gave, this year, the participants the opportunity to have a deeper understanding of Annie Besant's Mantram of Unity "Oh Hidden Life ..."

40 attendants explored the meaning of the words, guided again by the Chairperson of the European Federation of the Theosophical Society, Ms. Trân-Thi-Kim-Diêu.

The meaning of a Mantram and also the power of its words were discussed, as well as the convenience of reciting this particular one during our daily activities, whenever our thoughts get distracted or out of focus

Each of the verses is approached in such a way as to arrive at the most essential meaning of the word. Thus, when it resounds inside ourselves, it awakes something we already have but which is dormant: our Divine essence. When we awake we will be aware of the hidden Life, the hidden Light and the hidden Love which make the unity of all beings and also of ourselves as a part of that Unity.

The fact that Life, Light and Love are hidden means that we must discover them in everything, from the tiniest to the most infinite, from the closest to the most far away. Hidden means that it is always there but we are unable to see it. The life, the light and the love which are perceived by our senses belong to the world of matter; however, we have to evoke and perceive the Life, the Light and the Love which are beyond the senses and which belong to the field of the sublime and spiritual.

When we start the Invocation, we are accepting that the star which stands for our inner Light guides us.

We realize that real Love implies equity, generosity, compassion and discernment. Krishnamurti's words from "At the Feet of the Master" are very clear: without Love, discernment, detachment and good conduct are worthless. Real Love is Buddhi. As in a process of alchemy, Love acts as a universal solvent, because through it everything is transcended. It is a Light in itself, integrated in all the process of Life.

When you get to the deepest part of Love, you understand and you achieve the dissolution of the ego and the inner motivation stops. Then we are free and we can cooperate with the Universe and the Divine Plan which has always existed and which includes us. It is the state of Primordial Unity, of pure bliss.

The mantram does not invoke God and you do not need any religion to invoke it. Hidden Life is the conscience which has always existed and who gives Life. The last verse implies two movements, one of unification with the highest and the hidden and another one of unification with everything which is not I.

It is important to be aware that man becomes what he thinks. When we recite the mantram of unity we are conditioning the stages of the future. It is a way to control the mind and to open the doors to the mysteries of life. That is the aim of a real mantram.

Angels Torra Buron