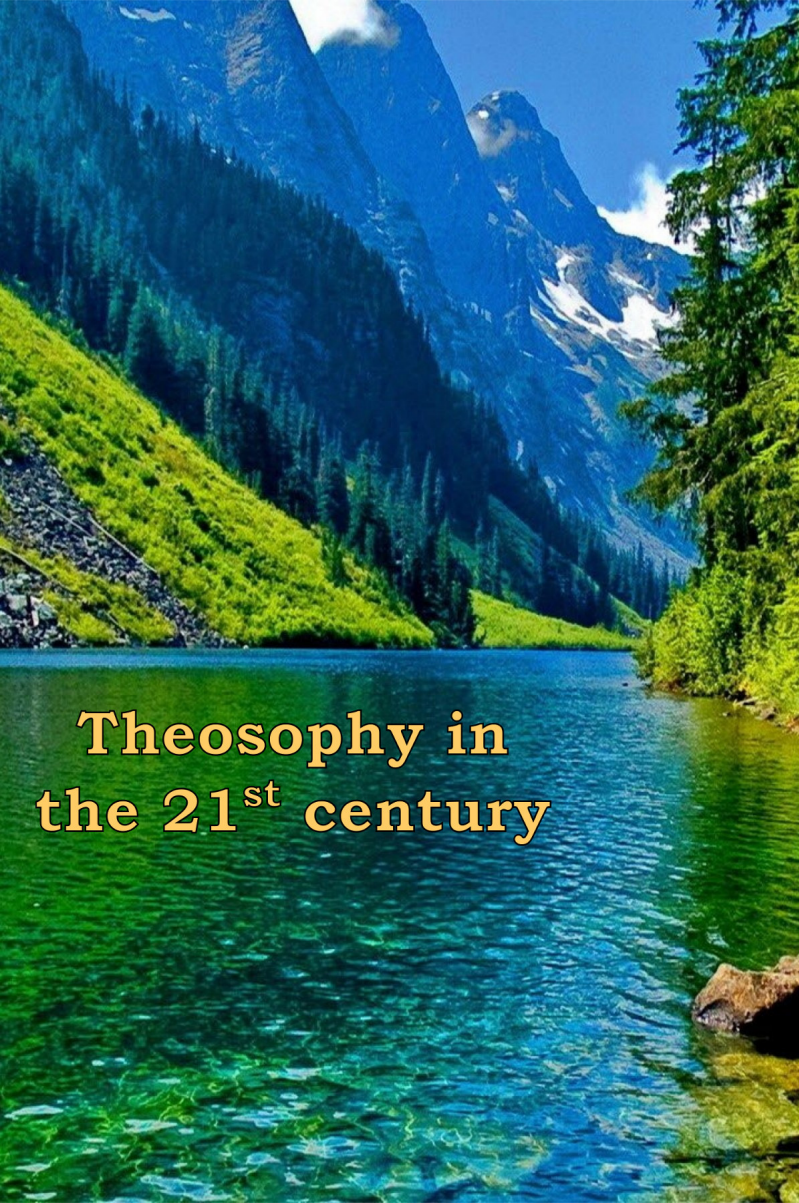




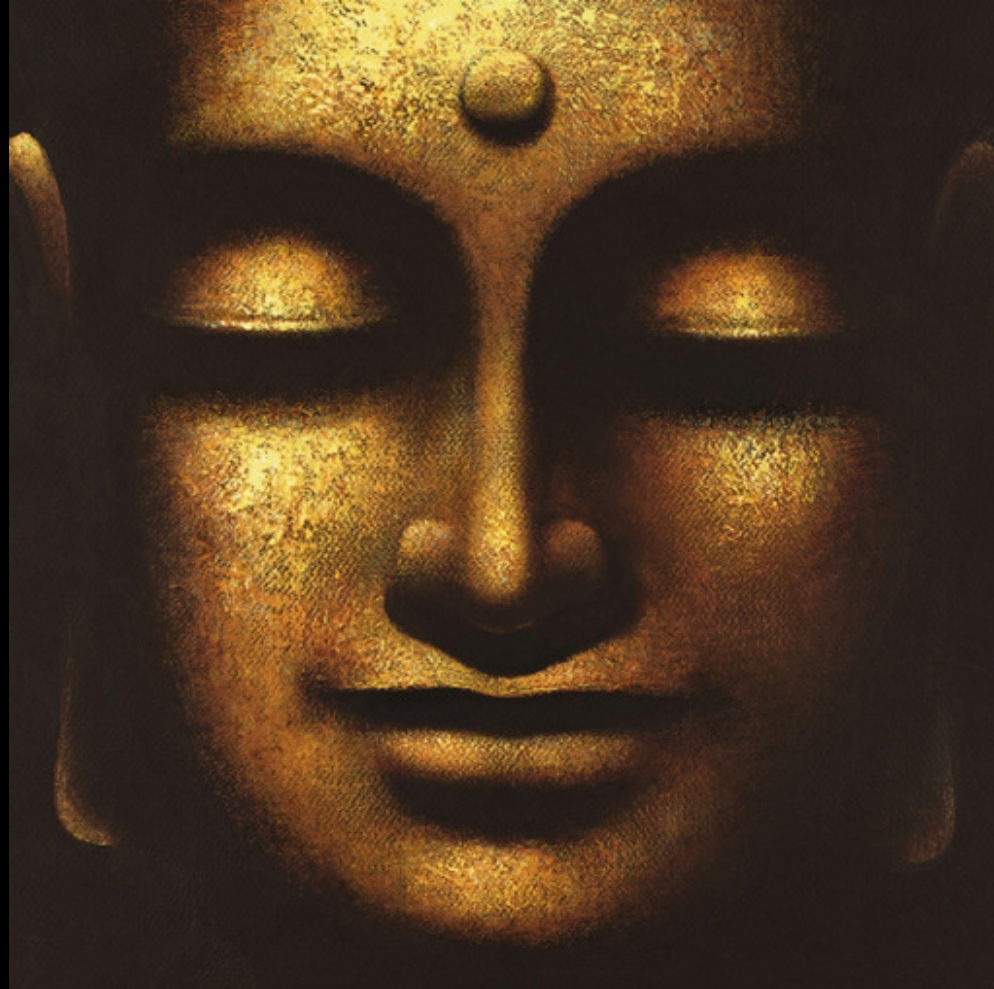
Theosophy in
the 21st century

12 The awakening of consciousness

Course created by
Carlos Pérez Menéndez
SOCIEDAD TEOSÓFICA ESPAÑOLA

Las flores de la evolución humana

- Not all beings evolve with the same speed.
- The natural result of human evolution are beings that have reached a great state of consciousness.
- They are called **Mahatmas** or **Adepts**.
- They have appeared as Instructors of humanity on many occasions.
- According to HPB, two of them inspired the founding of the Theosophical Society.



The nature of a Mahatma

- His conscience acts from the higher principles.
- He is much more aware of the essential Reality and the One Life and in him Atma-Buddhi-Manas shine.
- His life is dedicated to helping evolution.
- A proverb says:

When the disciple is ready,
the Master appears.
- How does the Master appear?



Evolving

- Evolution exists in all aspects of the Manifestation.
- We evolve by learning and loving, being more aware of Life as a whole.
- It is a work of many incarnations.
- Suffering and "evil" in the world are caused by ignorance and immaturity.
- Is there any way to evolve more consciously?



Can we improve?

- Is it possible to boost our evolution?
- Do we have the power to do it?
- Do we have the necessary time?
- Will it work?
- Is it a procedure or is it a transformation? Is it possible to follow a recipe?
- What has to be done?



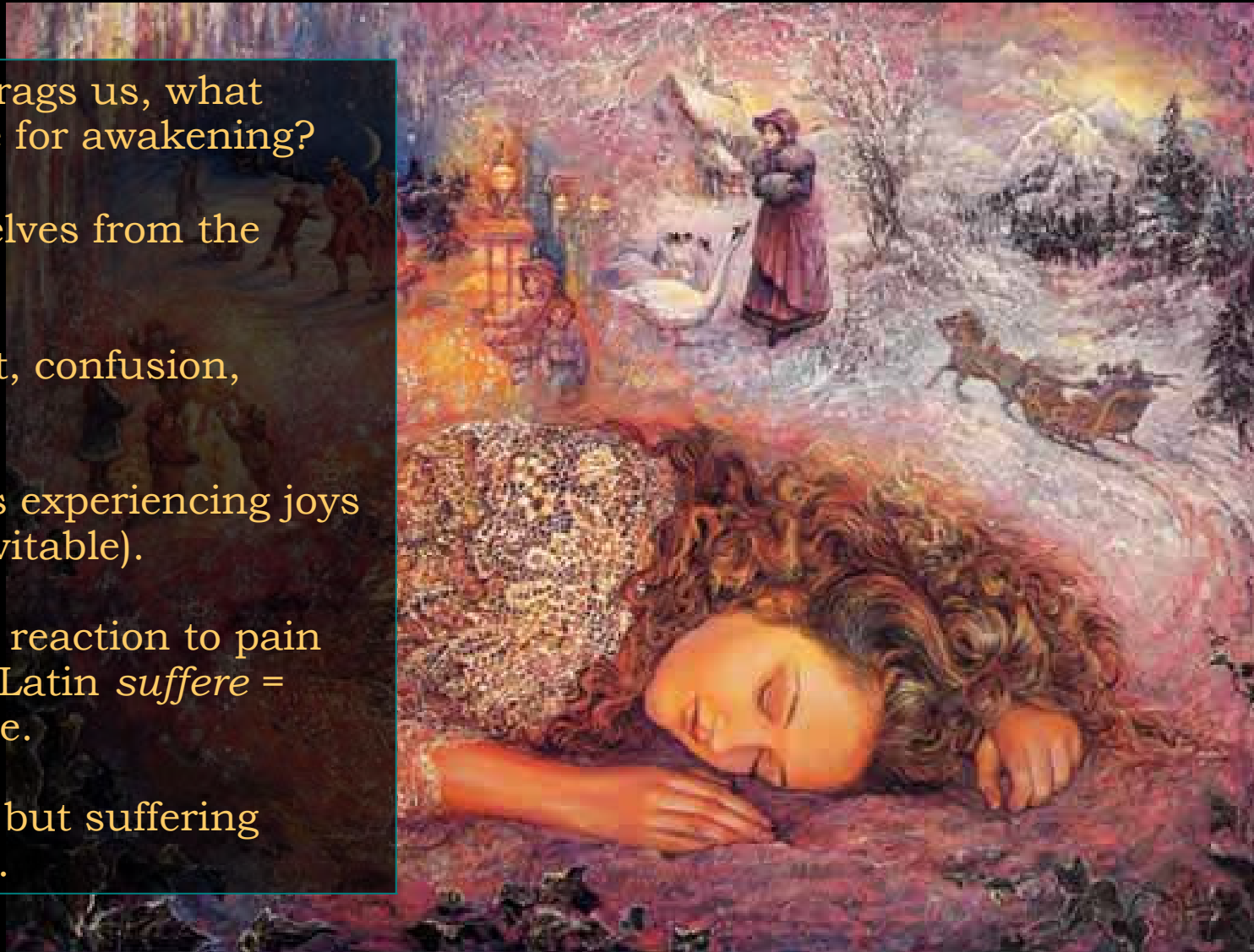
The awakening

- Consciousness is identified with the outside world.
- The mind generates illusion.
- Illusion leads to ignorance.
- Ignorance produces suffering.
- The resulting state is one of confusion and conflict.
- Can Theosophy help us to get out of this state of confusion, to **wake up**?



Why wake up?

- If evolution drags us, what reason is there for awakening?
- Freeing ourselves from the illusion.
- Cease conflict, confusion, suffering.
- Living implies experiencing joys and pains (inevitable).
- Suffering is a reaction to pain (avoidable). In Latin *suffere* = sustain, endure.
- Pain is a fact but suffering depends on us.



What can we do?

- We need a radical change of focus in our life.
- Holistic vision: be aware of the unity of Life.
- Understand the fundamental laws of Life in action.
- Live in the present. The opportunity is here and now.
- Dissolve our prejudices, beliefs, fears ...
- Undertake the adventure of discovering the Truth of Life.



Some travel guides

- Classical works regarding human development:

- At the feet of the Master
- Viveka Chudamani
- The voice of the Silence
- Light on the Path
- Raja Yoga

...

- There are many presentations of the "path" of internal development.

- They are not instructions. We ourselves must discover and understand.



The finger that points to the moon
is not the moon.

Gautama Buddha

What is needed?

- What is needed to undertake this transformation?
- Give up our habit of thinking centered in our self.
- We need to regenerate our mind and emotions.
- Do we transform when we wake up or wake up if we transform?
- Awakening and transformation are two sides of the same coin.



The transformation

- It is initiated from the inside.
- Favorable outside circumstances can stimulate but can not force.
- We do not need to change circumstances. We can undertake the adventure **here and now**.
- Full attention.
- We can prepare.

Man carving his own destiny [*Albin Polasek*]



The preparation

- Our life must be aligned with our intention.
- Discernment and detachment.
- Behavior based on love and compassion:
 - Respect for life, not to injure
 - Absence of cruelty
 - Vegetarian or vegan diet
 - Veracity
 - Confidence in ourselves
 - Devotion to Being in everything
 - Peace of the mind
- Study, research, meditation, good relations, inspiration.



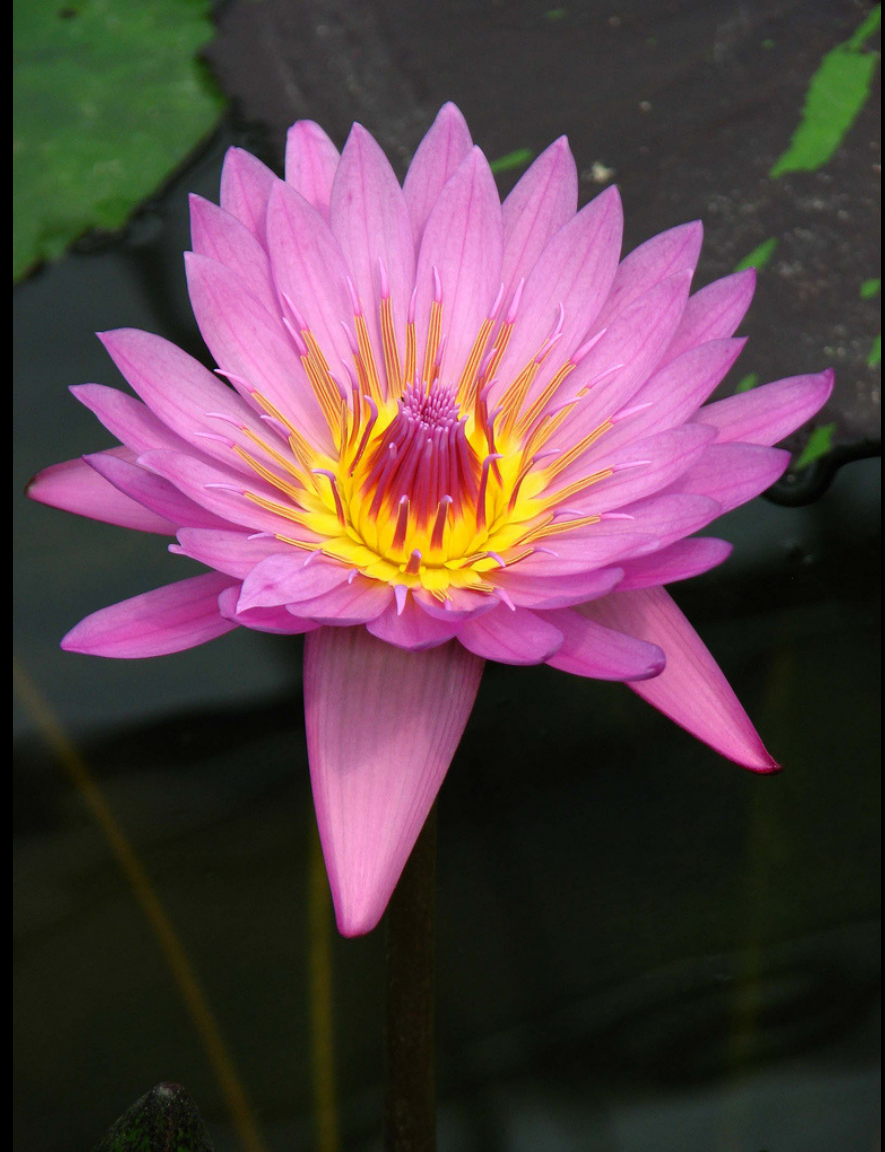
Can we do it?

- Why not?
- Fervent desire to discover the Truth.
 - Do not settle for less
 - Zen story: how can I know the Truth?
 - It should not be another dream
- The power is in us.
- Experience does not consist in accumulating but in developing, flourishing.
- Do we have time to do it?



The action must be now

- Attention
- To be fresh
- To live on
- To take part
- To love
- Learning from joy and pain
- To aspire



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Thank you!

