

Bradenton Theosophical Study Group

Meeting Place: Mitreya Center, 5318 34th St. E., Bradenton

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January and February 2014 Programs

January 3rd, 2:00-4:00 pm “Part 2 Training the Mind Through Meditation”

Meditation is a way of exploring subtle fields of consciousness and should be seen as a definite and scientific process. It is a means of mental participation in ever wider and deeper areas of consciousness and develops in us increased Self-awareness as well as our ability to serve in the world with greater creativity. Following a quick summary for those who missed the part one, the group will explore different stages of meditation as well as the various ways we receive spiritual impressions. Also we will consider the four view-points of seed-thought meditation based on the classic writings of Patanjali. Facilitated by Judith Snow

January 17th, 2:00-4:00 pm “Full Moon Meditations”

The Ageless Wisdom tells us that for the spiritual student, the full moons are the most sacred time of the month. This talk will explore why that is so. Also there are three particular full moons that are the most important and powerful ones of the year. We will also look at those. Spiritual teacher, Caroline Bremer, will be leading us in studies and discussions to discover this material. She will also provide handouts with the meditation seed thoughts for each full moon.

February 7th, 2:00-4:00 pm “Meditation and Visualization”

According to a great sage, the secret of all true meditation work in the earlier stages is the power to visualize, because good visualization skills demonstrate the spiritual law that “energy follows thought.” As we practice and perfect the ability to visualize we become better able to build forms in mental matter and direct them purposefully to effect positive change. Also we are awakening the third eye and building the “rainbow” or “antahkarana” bridge between the lower and higher mind thus admitting us to higher realms of consciousness. The group will study hand-outs on this subject and will practice visualization. Some people have trouble visualizing and this class will help to develop the skill. Facilitator Judith Snow is a speech-language therapist and a long time student and teacher of the ageless wisdom.

February 21st, 2:00-4:00 pm “Heart”

We are told that our Hearts (not the physical one) are a gift to us from the Higher Worlds. Using the book "Heart" dictated to Helena Roerich by Master Morya, Alice Bailey's material, and Torkom Saraydarian's work we will study and explore "Heart". This phenomena is so complex and so completely beautiful, a mystery to us beyond belief. Spiritual teacher, Caroline Bremer will present this work and it will be a synthesis of these Teachings. Her goal is to inspire in each and every student a blending of Heart and mind, so we might become the best Spiritual student that we can be. From her Heart to your Heart, to the Hearts of Great Ones, let us be connected.

Refreshments/Donation