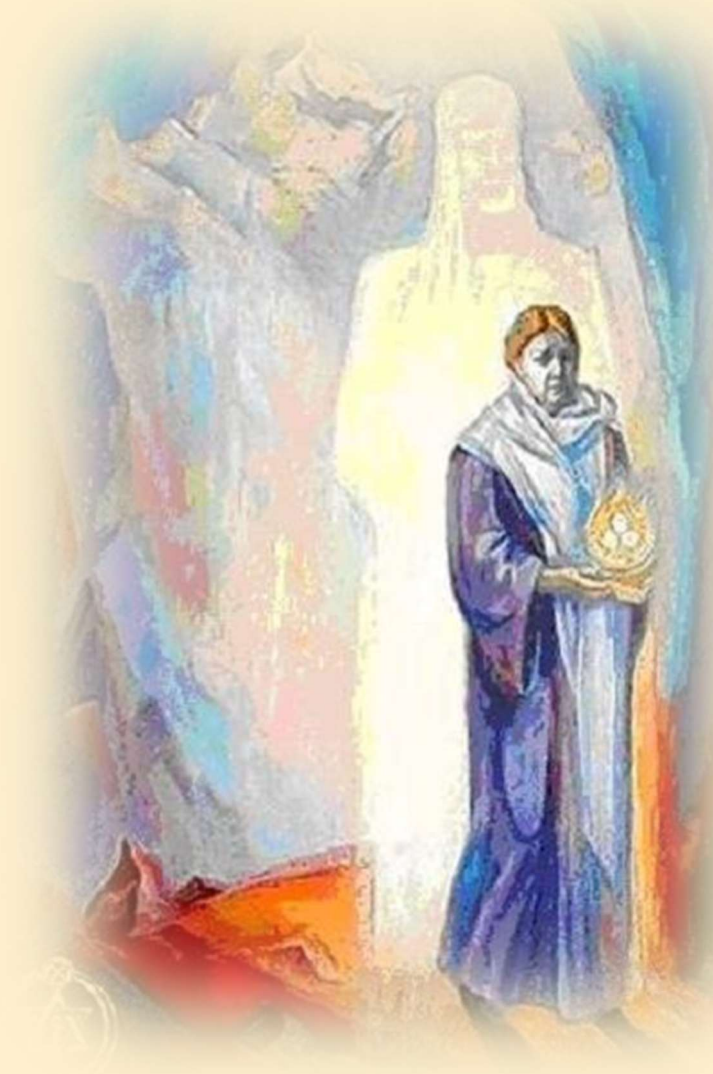




Meditation and Theo Sophia (Divine Wisdom)

*An Exposition on the Inner Spiritual Path as
per HPB's The Voice of the Silence*

March to September 2026

“Bestride the Bird of Life if Thou Would`st Know.” HPB

Course Dates and Time

The course will be presented monthly every second Sunday afternoon at **13h00** South African Standard Time (SAST), starting on 08 Mar, 12 Apr, 10 May, 14 Jun, 12 Jul, 09 Aug and ending 13 Sep 2026.

Venue and Registration

The course will be presented in-person at the Vryburger (Drosdy) Hall, Menlo Park, Pretoria as well as on-line.

For the monthly Zoom links and WhatsApp group please indicate your participation via email to: dirkschreuder9@gmail.com or WhatsApp +27824567599 so that invitations can be sent timeously.

Course Outline

- Opening Mantras, Prayers and Nada Meditation (20 min)
- Spiritual Philosophy and Discourse (25 min)
- Questions and Answers (15 min)
- Recommendations for Daily Spiritual Practice
- Transcripts and Audio Recordings
- Ongoing Questions and Answers via WhatsApp Correspondence

Key Terms and Concepts

- Yoga:** Union of the individual soul with the divine spirit, achieved through scientific meditation, as a path to eternal bliss and self-realization.
- Prayer:** The mode of addressing a divine or sacred power, in which there predominates the mood and intent of reverent entreaty. Prayer is an aspiration of the soul toward the divine.
- Japa:** Devotional mantra repetition of sacred prayers, words or names of God to keep the mind uplifted, such as the Pranava OM.
- Contemplation:** A mental process of having some spiritual ideal or thought ever present, and applicable to wakeful consciousness.
- Meditation:** True meditation, *Dhyāna*, is conscious realization of God through intuitive perception, referring to those practices that still, elevate and ultimately transcend the mind.

“Silence thy thoughts and fix thy whole attention on thy Master whom yet thou dost not see, but whom thou feelest.” HPB

First Discourse

Introduction to the Teachings and Philosophy contained in The Voice of the Silence

HPB's Preface – Timeless Teachings – Katha and Nada-Bindu Upanishads – The Bhagavad Gita – There is no Death – The Eternal Progression of the Soul – Introduction to Fragment I and the Key to the Secret Path – Nada and the Soundless Sound – The Secret Science and Secret Supreme of The Voice of the Silence and The Bhagavad Gita – What it is

Second Discourse

The Divine Emanating Power as Nada and The Soundless Sound

From The Secret Doctrine – The Word and the Logos or the Primordial Power - As the Voice of the Higher Self – The Three Halls and the Major Divisions – The Abyss and Akshara as per The Voice of the Silence – The Doctrine of the Heart and the Mystical Spiritual Path Within – Spiritual Philosophy Not Enough – A Higher Contact Necessary – Avatara and the Descent of Grace

Third Discourse

Yoga, Meditation and the Attainment of Theo Sophia

The Voice of the Silence and Yoga – The Upward Stream and the Laya of Dissolution and Absorption – Grace, Inspiration and Intuition – The Secret Celestial Route of Sankhya (philosophy) and Samyama (practical) Yoga – The Great Heresy of Separateness – Union with the Sat-guru (the Higher Self) and the Attainment of Theo Sophia – Leave All Things Behind (Jesus and Krishna) – What it means

Fourth Discourse

Mastery of the Lower Self and the Field of Battle

Kurukshetra and the Field of Battle – Desire, the Precipitation of Karma and Reincarnation – Mara, Maya, the Abyss, the Brothers of the Shadow and Anti-Evolutionary Forces – Narcotics, Alcohol and Psychism - Leading the Mystic Life, Lifting up the Lower Nature and the Path of Discipleship – The 11th Commandment – Life's Duties and Dharma

“O Disciple, in that birth when for the first the Soul begins to long for final liberation . . . not one recruit can ever be refused the right to enter on the Path that leads toward the field of Battle.” HPB

Fifth Discourse

Finding the Mystic Krishna-Christos, the Higher Self

The Creative Word – Finding the Mystic Krishna-Christos – Bestride the Bird of Life and the Higher Self – Concentration, Prayer, Mantra and Meditation – The Temple of Silence and Entering the Great Silence – The Great Vibration (Nada) and the Hum of the Cosmic Motor

Sixth Discourse

The One Divine Wisdom Religion as Yoga

The Samyama of The Voice of the Silence and Patanjali – Dharana, Dhyana, Samadhi – The One Divine Wisdom Religion as Yoga – To be found in Hinduism, Mystical Christianity, Sufism, Sikhism and others – Symbolism and Esoteric Interpretation – recognizing the Oneness of Truth Wherever Found

Seventh Discourse

Divine Purity and Liberation

Spiritual Transformation and Redemption through the Word or Voice – The Attainment of God Realisation – Living within the Krishna-Christos Consciousness – Becoming Exempt from Sin – The Fully Illumined Yogi and The Two Paths – A Higher Standard of Purity on All Planes – Happiness versus Bliss (Ananda) – Ahimsa, Thou Shalt Not Kill

www.thevoiceofthesilence.co.za

Om Tat Sat