

possession on earth, this love, when manifested in terms of infallible solidarity, becomes an invincible armour against any attack of darkness. Since the fault through which darkness might break is embedded in the sense of ego, forming a nucleus of universal brotherhood is no different from surpassing and transcending one's own ego.

Inner growth is the other experiment. To oppose obscurantism and to serve humanity are the two main pillars of our action in the outer world. In parallel, to grow inwardly is the motivation of our inner action. Indeed, this limitless growth will lead the student towards higher doors of Nature and will expand his or her consciousness towards refined regions located beyond the human kingdom. The access to these crystal-clear regions cannot be forced by magic, nor can they be reached by the mere wishes of lukewarm hearts. Rather, it unfolds as an inevitable consequence of the natural growth of that soul which burns with constant ardor for the loftiest ideal.

1This growth can be realized by an active preparation made of self-transformation, which is purification and which sooner or later will amount to the dissolution of the sense of ego. Through self-purification, understanding grows and matures with studies, reflection and meditation.

Studies let students examine fundamental ideas of the Theosophical doctrine. Reflection helps observe one's own behavior, actions and reactions, as well as one's deep motivations. Naturally, this necessitates a certain practice in order to see as far as possible the movements of mood, emotions and thoughts taking place, developing, and finally disappearing into the background of consciousness.

A quiet inner attitude of the mind generates a pre-disposition to attention prior to meditation. Meditation is not only the practice of some techniques by the body or the mind. It is not either the self-suggestive process of imagination, which is merely an expression of thwarted desires, nor is it the mere absence of images, emotions and words resulting from a dull mind. But, in a mind cleansed of all these phenomena emerges a state which is at the same time dynamic and refined; this state is watchfulness.

The testimony is important. These altruistic actions achieved in service of humanity to oppose obscurantism with studies, reflection, as well as self-purification and a meditative disposition of the mind are not sufficient for a