

Theosophy is a way of being for me. It is a constant demand to take responsibility for the knowledge that has been imparted to me through the teachings. For me at the core of how I practice Theosophy is the heart doctrine, which is the practical application in daily life. It is crucial to cultivate compassion in oneself so to give to others what we would want done upon oneself, to all those one meets, as well as to oneself. One can not truly be compassionate towards others, if one isn't compassionate towards oneself. So for me Theosophy is a practice, a discipline of self-cultivation, taking full responsibility for my actions, thoughts, feelings, speech, and in that process of "purification" becoming ever more Loving.

*5. What is your favourite Theosophical book and why?*

My favourite Theosophical book is *Concentration and Meditation* by Christmas Humphreys. It is a constant guide. It is a part of my "tool kit". I love it because it has deep wisdom of the Ancient Wisdom Traditions, and I can use the practices/meditations in my daily disciplines. It gives you the tools one needs for our evolution as Beings. In using what this book offers regularly I have the power to more adeptly discipline myself in a productive and sensitive way. Aiding me to focus in greater intensity on the task at hand, working towards a one-pointedness, I can manifest my dreams, my Destiny.

*6. What in your opinion is the biggest challenge the TS Adyar is facing at the moment?*

There is too great a focus on learning the texts, and not enough taking action. We as a Theosophical Entity need to do the "Yoga" of the teachings we believe in. There must be a stronger practice that is a part of how we learn, of how we are students. This is why I believe we aren't in a Renaissance, and there isn't much of an influx of new joiners, young theosophists, and why some old Theosophists have left their lodge, or other organized house of practice. More youth would be interested if we paid more attention to the times, and had a section of our institution dedicated to the "Great Practices".

*7. Is there anything you would wish for the future of the Theosophical Movement?*

A future that I would love to see manifest for the Theosophical Movement is a great growth, a transformation, a Renaissance. A face that is in