

Institutions of excellence are teaching *stress management with meditation*. Some examples involve Full Awareness (Thich Nhat Hanh) and Mindfulness (Mark Williams). This is used in various nations including in a psychiatry clinical context (Christophe André). There is a genuine influence of Yoga practice with expanding the consciousness to be “fraternal” to those one loves, then to those with whom one has difficulties, finally to all. It also uses concentration on the breath to bring calm the mind. Theosophy has a special warning to this approach. The breath control is only mildly mentioned in the end of Book 2 in the Patanjali’s *Yoga Aphorisms*. No concentration on breath is recommended because of its inherent dangers that may stimulate centers of forces that may cause trouble.

*A true Brotherhood* requires a metaphysical comprehension of the *Dharma*. The way is *spirituality, ethics, and idealism*. Then only the exchange can be on the level of *truth* only.

There is no Religion higher than Truth.

Sayat nasti paro Dharmah.

A compromise results in a partial application only. This is better than total failure but the aim is a total success. The encouragement given by *The Voice of the Silence*, each apparent failure is a partial success as well as:

“The enemies he slew in the last battle will not return to life in the next birth that will be his.” And “Gain *siddhis* for thy future birth.”

*Reason* can demonstrate the truth by method of philosophy, in an intellectual sense, while *intuition* gives the direct cognition for the ultimate *realization of Truth*. Reason and Intuition have to be trained in a progressive and continuous process. The *hearing* and *seeing* are used in the Indian philosophy. Fine hearing enables a *Yogi* to hear mystic sounds (*The Voice of the Silence*). A higher seeing capacity leads to *Seer-ship*, a spiritual clairvoyance (*Rishis* are examples through a *Raja Yoga* training).

In the *Study of the Light on the Path* (B.P. Wadia) there is a section on *Listening and Speaking*.

The *Listening* with three stages:

- 1) Listen to the teaching of Theosophy as recorded in the Message.
- 2) Learn to listen to the Inner Ego by training the ears.