



TURiYA

THE NATIONAL THEOSOPHICAL YOUTH MAGAZINE

Awaken
the Light
Within

Exploring wisdom.
Inspiring action.
Illuminating lives.

*Burn
Bright*

LET YOUR
CONSCIOUSNESS
BE THE LIGHT
THE WORLD NEEDS.



TIMELESS WISDOM
Rooted in the teachings
of Theosophy



YOUTHFUL PERSPECTIVES
Voices, ideas & reflections
from across India



SERVICE IN ACTION
Compassion in thought,
word and deed

A JOURNEY
INWARD.
A LIGHT
OUTWARD.





Universal Invocation

"O Hidden Life, vibrant in every atom;"
"O Hidden Light, shining in every creature;"
"O Hidden Love, embracing all in Oneness;"
"May each who feels himself as one with Thee,
Know he is therefore one with every other."

by Annie Besant



WHY TURIYA

The Fourth State of Consciousness



Turiya (तुरीया) is a Sanskrit word from the Upanishads meaning "the Fourth State of Consciousness." Beyond waking, dreaming, and deep sleep, it refers to the silent awareness that underlies all experience the inner light, the eternal witness.

We chose this name because Turiya represents the journey from noise to clarity, from information to wisdom, and from outer activity to inner understanding. In a world filled with distractions, it reminds us of the deeper Self within each of us.

This magazine is more than a collection of articles; it is an invitation to reflect, explore, and awaken. Inspired by the timeless ideals of Theosophy, Turiya seeks to nurture thoughtful minds, compassionate hearts, and a deeper awareness of life.

Welcome to Turiya — a journey inward, toward the light already within.

THE LIGHT WE CARRY

FROM THE EDITOR'S DESK

Igniting the Light Within

Dear Seekers,

Fire is a fascinating element. It consumes, it purifies, and it illuminates. As young Theosophists navigating a fast-paced world, we face a daily choice: do we let modern chaos extinguish our inner worth, or do we choose to burn bright?

Welcome to this edition of TURIYA. When we chose the theme "Burn Bright" for the National Theosophical Youth Magazine, we weren't just looking for a catchy slogan. We wanted a call to spiritual action.

To burn bright is to live with radical authenticity. It means letting the fire of Viveka (discrimination) consume our doubts, selfishness, and illusions. Turiya represents that ultimate, unshakeable state of pure awareness. But to mirror that stillness, our youth energy must first be channeled into a sacred flame. We cannot afford to be lukewarm seekers; our enthusiasm is our greatest spiritual asset.

In this issue, young voices from the Indian Section explore this very flame. From deep dives into ancient symbolism to grit-and-grace insights on maintaining mindfulness amidst college exams and career hustle, these pages are designed to fuel your inner journey.

"Behold the Truth before you: a clean life, an open mind, a pure heart, an eager intellect, an unveiled spiritual perception..."

— H.P. Blavatsky

That eager intellect and pure heart are the exact sparks we need today. You are not a passive observer of the future; your spiritual awakening is the catalyst the world needs right now. We are a global network of lights, and when we burn bright together, no darkness can stand against us.

Turn the page, stoke your inner fire, and let your light shine.

In Fraternal Light,
Editorial Team, **TURIYA**

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Clear Vision & Sane Living

Radha Burnier

Former International President, The Theosophical Society



"By self-understanding and clear seeing, an ever-new hitherto unknown world of joy and beauty, goodness and blessedness could open up."



Radha Burnier (1923-2013) served as the seventh International President of The Theosophical Society from 1980 to 2013. A scholar, educator, and lifelong seeker, she guided the Society with quiet strength and unwavering clarity for over three decades.

Originally published in The Theosophist, March 1989

TO BURN BRIGHT IN A RESTLESS WORLD

Inspired by the reflections of **Radha Burnier**

What does it truly mean to Burn Bright?

Today, brightness is often associated with success, recognition, or achievement. But Theosophy points us toward a different kind of light one that shines from within. Radha Burnier reminds us that the first step toward meaningful living is not doing more, but seeing more clearly.

We live surrounded by beauty and wonder, yet our minds are often occupied with ambition, comparison, and constant activity. We become so absorbed in the world we have created that we lose touch with the deeper reality of life. Nature, relationships, and even our own inner world remain unseen because our vision is clouded by fear, judgement, and self-centredness.

As young Theosophists, this reflection is especially relevant. We naturally wish to serve, contribute, and create positive change. But true service begins with understanding ourselves. Unless we become aware of the conflicts within our own minds, our actions may unknowingly add to the confusion we hope to remove. Clear vision must come before right action.

The Buddha placed Right Vision (Samyak Drishti) at the very beginning of the Path. When the mind becomes quiet, free from prejudice and unnecessary struggle, it reflects life as it truly is. From such clarity arise compassion, wisdom, and meaningful action not through force, but naturally.

To Burn Bright is therefore not to outshine others, but to remove what prevents our own light from shining. It is to cultivate awareness, humility, and self-knowledge. Like a steady flame, a clear mind quietly brings warmth and light wherever it goes.

In a world filled with noise and distraction, perhaps the brightest contribution we can make is to see clearly, live consciously, and allow our inner light to guide our actions. For when vision becomes clear, life itself begins to shine.

"Like a steady flame, a clear mind quietly brings warmth and light wherever it goes."

PAUSE & REFLECT

Where in my life am I seeking recognition rather than understanding?
How might clear seeing change the way I act today?
What would it mean for me to burn bright through awareness rather than achievement?



by Smitapragyan Patro



BURN BRIGHT

Rekindle the Light and Shine Bright

Welcome to this edition of our youth magazine! We're talking about what it means to "Burn Bright." At its heart, this theme is about realizing there is a powerful spark inside every single one of us, waiting to help us grow and find our place in the world.

Why "Burn Bright"?

Let's be honest: growing up today is tough. Between school, social pressure, and trying to figure out who you actually are, life can get pretty overwhelming.

When everything feels chaotic, the idea to "Burn Bright" is a gentle reminder of your own inner strength.

1. It's not about working until you burn out.
2. It's not about chasing likes on social media.
3. It's about looking within.

So many things in the world tell us to blend in, stay quiet, or hide who we really are just to make other people comfortable. Burning bright is a challenge to stop doing that. It asks one simple, brave question: What would happen if you finally stopped hiding your true self?



For young people today, burning bright simply means living with intention and heart. It's about caring about what you do, owning your story, and remembering that you already have the energy and power inside you to make a real difference.

"The path to enlightenment is within. Awaken the divine spark and illuminate your life."

- Jiddu Krishnamurti

You Are the Divine Spark

The Theosophical tradition offers a profound perspective on our nature as human beings. We are not just physical bodies with fleeting thoughts and emotions; we are sparks of the divine flame, expressions of the universal life force. This divine spark, often referred to as the "Atman" or the "Monad," is the core of our being, the source of our intuition, wisdom, and creativity.

The Challenges We Face

However, the challenges of life, the conditioning of society, and our own personal struggles can dim the light of this divine spark. We may feel lost, disconnected, and powerless. We might succumb to negativity, fear, and self-doubt. The flame within us may become a mere flicker, barely noticeable in the darkness.

"There is a log of wood, and in it is fire; but unless you strike it, the fire will not appear. In the same way, the Divine Light is within every human being, waiting to be brought forth." - Annie Besant

The Symbolism of the Phoenix

The mythic bird that rises from its own ashes is the ultimate emblem of what it means to Burn Bright. Rather than avoiding the fire, the Phoenix embraces it, sacrificing its old form to emerge stronger, wiser, and more radiant.

The Phoenix doesn't merely survive the flames; it is reinvented by them. When its cycle comes to an end, it builds a nest, surrenders to the consuming fire, and ascends from the ashes - transformed, vibrant, and immortal.

This process mirrors our own spiritual awakening. To ignite our true potential, we must first release the old patterns of thought and behaviour that hold us back. In this symbolic fire, the ashes represent our past self:

Old habits, fears, and limiting beliefs that restrict our growth.

Protective masks worn to conform or fit in.

Emotional baggage that keeps us small and guarded.

To "Burn Bright" is to claim your own Phoenix moment. It means letting the heat of life's trials such as failure, heartbreak, and intense self-discovery by burning away the superficial layers, leaving behind only what is pure, resilient, and true.

In the end, to "Burn Bright" is to own your story, trust your inner power, and live with purpose. You carry something special inside you, don't be afraid to let the world see it.

Rekindling the Flame

But the good news is that we have the power to rekindle the divine spark. It's not something we need to acquire; it's already within us, waiting to be awakened. Through self-reflection, meditation, and a commitment to personal growth, we can remove the layers of conditioning and connect with our true essence.

Embracing Your Light

Burning bright isn't just about feeling good yourself. When you let your true light shine, it naturally warms the people around you. Kindness, compassion, and real connection spread easily when one person chooses to be authentic.

"Find the courage to be yourself, to honour your truth, and to radiate your light."

- Annie Besant

"You are the flame of the universe, the light of the stars. Realize your potential and shine brightly."

- H.P. Blavatsky



Where Passion Meets Purpose

Distinct paths. Unique perspectives.
One shared flame.

Karmadīpti कर्मदीप्ति



SERVICE TO HUMANITY



ॐ सर्वे भवन्तु सुखिनः। सर्वे सन्तु निरामयाः। सर्वे भद्राणि पश्यन्तु।
मा कश्चिद् दुःखभाग्भवेत्।
ॐ शान्तिः शान्तिः शान्तिः॥

A phone call woke me up from deep sleep. 'Dr. Chinmayee, there is an emergency in casualty, please come quickly!' said an anxious voice. Before I could ask which case it was, the call got disconnected. I looked at the clock; it was 1:00 a.m. Gathering all the strength to drag my tired body out of bed, I grabbed my apron hanging on the wall and rushed to the emergency room.

The medical officer guided me to a quarantine ward at the far end of the corridor. A thin, frail man in his forties, lay restlessly on a stretcher in torn, dirty clothes. 'Ma'am, his relatives are not here. He has been brought by a passerby when found in a gutter under the influence of alcohol,' the intern sighed in despair. Donning a mask, I stepped into the foul-smelling room. As I approached the patient for examination, I found his eye teeming with wriggling worms, which were stripping away the flesh.

This is what hell looks like, if you have not seen one,' I reflected inwardly. I had to intervene soon to avoid further damage.



The next few hours were spent in meticulously removing the worms with forceps and initiating treatment for his disfigured eye.

Witnessing such incidents turns our everyday complaints into gratitude, reminding us how fortunate we truly are compared to others. Experiencing 'Gratitude' is a foundational step in service to humanity. Service need not be only physical. Not hurting a person verbally and not even thinking ill about others contributes to service to humanity.

This 'Non-violence' in the form of action, speech and thoughts creates ripples of harmony through the collective consciousness and builds momentum that leads to a bigger change globally.

'The Universe is worked and guided, from within outwards' stated H.P Blavatsky. Supporting this, Annie Besant added 'Better remain silent, better not even think, if you are not prepared to act.' We are interconnected through a vast, invisible web of life. When one thread suffers, the whole fabric vibrates with that pain. By shifting our focus from 'What can I get?' to 'How can I help?', we begin to dissolve ego – the greatest barrier to spiritual growth.

Here are some questions to assess if we possess the qualities for service :

1. Empathy and Compassion :

Can I recall a time when I saw someone being treated unfairly?

How did it make me feel? Did I do anything about it?

2. Action and Responsibility :

What is a skill or strength I have that I think could make life better for someone else?

3. Collaboration and Perspective :

When I work with a group of people who have very different opinions than mine, how do I handle it?

4. Long term commitment :

Since service work can be exhausting and results are not always immediate, what keeps me motivated to keep trying?

5. Discipline and Courage :

To what extent am I willing to change so that I can make a more effective contribution?

As the next generation of seekers, let us redefine success not by the height of our personal ambitions, but by the depth of our compassion. Let our lives be our message; that selfless service to humanity is the hallmark of the educated person and the highest form of worship. It is more blessed to give than to receive. So, are you ready to dive into a sea of service to humanity?



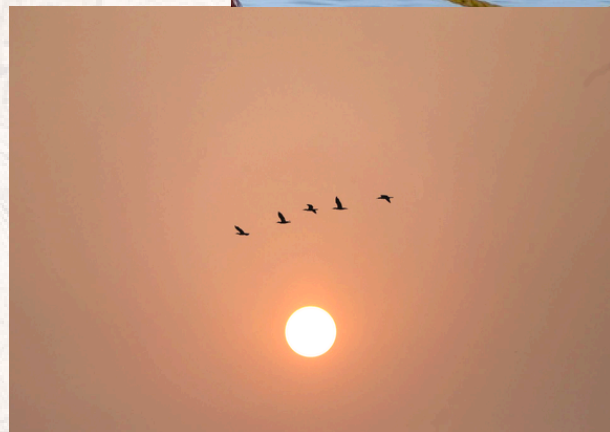
A scene depicting Harmony, Non-violence, Compassion, Peace and Universal Brotherhood. A cow and a lioness peacefully drinking water from the same source, while the cow is nursing cub and the lioness is nursing calf. This represents coexistence beyond natural differences in a world free from fear, violence and discrimination.

The Secret Fire in the Stars and in You

by Snehith

What does it mean to "burn bright"? You might think of a big campfire, a shooting star, or a bright lightbulb. But if we look at the world through theosophy, it is a simple word of wisdom that looks at the truth, burning bright means something much deeper. It means being full of life. It is the energy that keeps the stars shining and helps tiny seeds grow into big trees.

To understand this, we do not need big, fancy words. We just need to look up at the night sky and look out at the beautiful world of nature around us.



1. The Lesson from the Stars: As Above

Theosophy has a famous quote "As above, so below". This means the sky and the earth are like mirror images of each other. The universe is not a bunch of dead rocks floating in space. It is alive, just like you and me.



The Baby Stars (Nebulae)

When you look at pictures of space, you often see giant, colorful clouds of dust and gas. These are called nebulae. They look like beautiful paintings in the sky, glowing with red, blue, and gold light.

These clouds are actually the places where new stars are born. Gravity pulls the dust together, it gets very hot, and a new star lights up. These colorful clouds show us that even out of a messy cloud of dust, the universe can create something beautiful and bright.



Circle Trails of Stars



If you take a photo of the night sky and leave the camera open for hours, the stars look like perfect, glowing circles. These are called star trails.



The stars do not move in a messy way. They follow a perfect, neat path. This tells us that the universe has rules and order. There is a peaceful rhythm to life. Just like the stars move in a perfect circle, our lives have rhythms too like day and night, or sleeping and waking up.



2. The Lesson from Nature: So Below

The same energy that lights up a giant star is also hidden inside our own planet. Theosophy says that everything in the world is connected. There is no real division between a star in the sky and a leaf on a tree. They are made of the same life force.





Flora and Fauna



Think about green plants. Every leaf does something amazing. It catches the warm sunlight and turns it into food so the plant can grow.

- The Tiny Seed: A tiny, dark seed sits under the dirt. It looks dead, but it has a secret spark of life inside. When the time is right, it breaks open and grows up towards the sun.
- The Flower: When a flower opens up, it shows its beautiful colors and gives off a sweet smell. It burns bright by sharing its beauty with the world without holding anything back.

In animals, this secret life force becomes active and full of movement. We can see it in how animals live, feel, and protect each other.

Think about a bird building a neat nest for its babies, or a butterfly flying thousands of miles to find a warm home. They are all burning bright with life. They have an inner wisdom that tells them how to survive and care for one another. Every animal is an important part of our world.



The Fire Never Dies

Sometimes we worry that if we work too hard or get too old, our light will go out forever. But nature shows us that nothing ever truly disappears. When a giant star gets old, it explodes. This seems sad, but the explosion throws out tiny pieces of gold, iron, and dust into space. Later, that same dust comes together to make new planets and even our own bodies. We are actually made from old stardust believe me. The same thing happens in the forest. In autumn, the leaves turn brown and fall to the ground. They rot into the dirt, but that dirt becomes rich food that helps new seeds grow in the spring. Theosophy says our souls are the same. Our bodies are like the autumn leaves that get old and fall away, but our soul is like the deep roots of the tree. We come back in new ways, learning new things, and burning a little bit brighter every time.



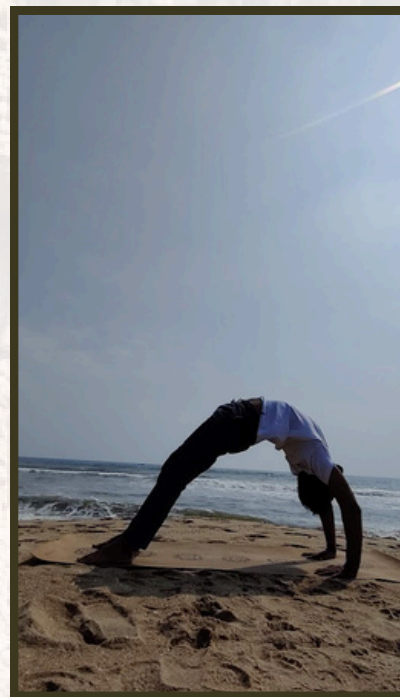
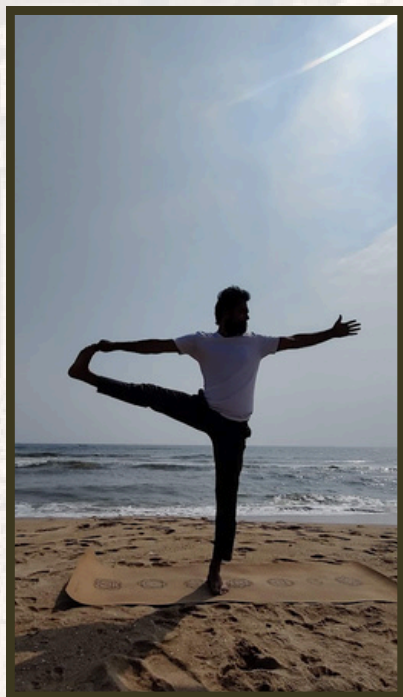
Conclusion: Let Your Light Shine

Theosophy is not a set of hard rules. It is just a reminder to open our eyes and see how beautiful the world is. The next time you see a picture of a space cloud (nebula), remember that you are looking at where we came from. When you see the round paths of the stars in the night sky, trust that your life has a peaceful plan too. And when you walk outside and see the birds and trees, remember that the same energy inside them is inside you right now.

You are a small piece of a giant, beautiful fire. Do not hide your light. Be kind, love nature, and burn bright

AWAKEN THE FLAME

by Sagar Agrawal



YOGA & INNER TRANSFORMATION

Before we really delve into the topic, let's ask ourselves, why do we need to awaken ourselves? And by asking that very question, do we then establish that we are living in ignorance? Are we in deep slumber? **The answer** to that needs to be discovered by us individually. This is where one needs to be brutally honest with oneself. One must acknowledge his/her desires, expectations, fears, jealousies, and ambitions. The first step towards a possible change is the acknowledgement of the need for change. That is the very first shift of mental energy towards our inner realities. Beginning to look within is the most important step towards the arduous journey of self-discovery.

Another question becomes important here. What is 'awakening' exactly? And what are we referring to when we mention the term 'inner transformation'? Then there are words like Peace, Truth, Liberation, Samadhi, Nirvana, and Enlightenment—pointing us in the same direction. These words might have a different effect on us depending on our backgrounds. It is also not difficult to meet people who tell us that they are looking for God. Many of us visit temples, mosques, and churches quite regularly. Many of us also claim that we believe in God. Yet, as we look around

ourselves and in the world over, we see immense conflict and suffering. Looking at the chaos, we often wish for peace in the world. But world peace doesn't really exist. It never existed. It is only an imaginary concept. Peace is only possible at the individual level. Individuals together then make a society or the world peaceful. The masters of the past never expected the world to be peaceful. They worked towards the upliftment of the individual consciousness. To walk towards individual peace, yoga offers not just the understanding of the human mind, but also a system of practice to help calm the mind.

"yogaḥ citta-vṛtti-nirodhah"

Yoga, as defined by Sage Patanjali, is a state of being when the mind is free of thought fluctuations.

But why is a thoughtless mind important? The very next shloka expounds its significance.

tadā draṣṭuḥ svarūpe-avasthānam

The seer is then established in its true nature. In other words, when the mind is thoughtless, the perception is clear. One can see reality as it is, without the distortion of the thought waves. Jiddu Krishnamurti called it choice-less awareness. One observes thoughts rising in the mind without identifying with them. Mahavira and Shankara called it viveka. What happens when the mind is filled with thoughts?

vṛtti-sārūpyam-itaratra

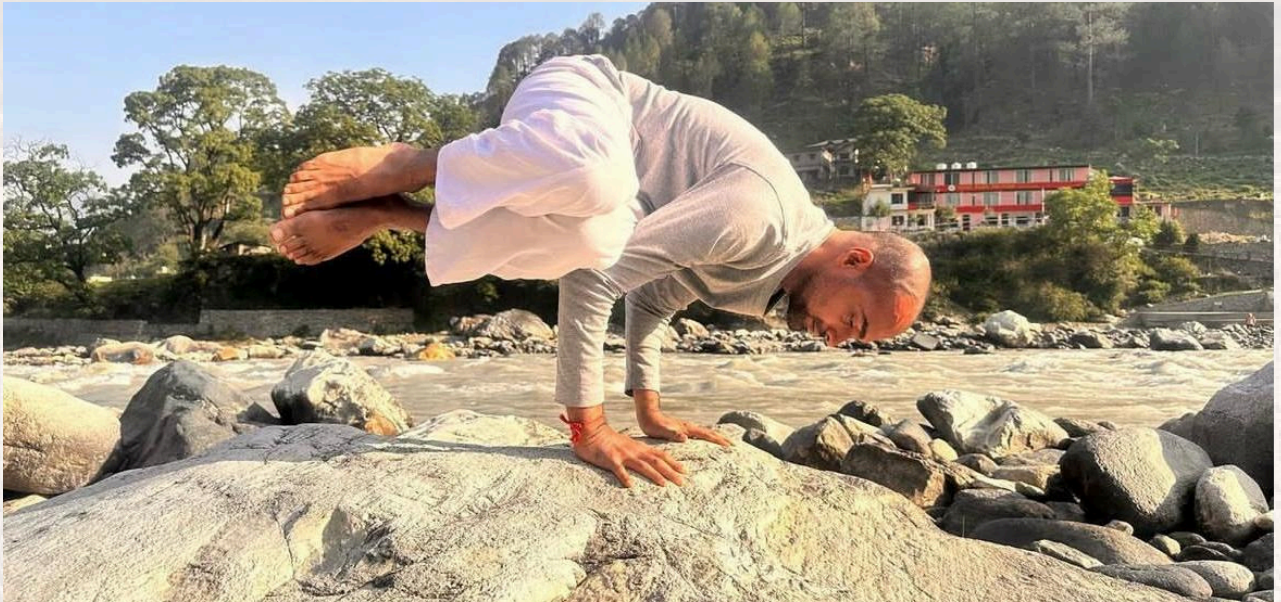
At other times, the self identifies with mental modifications. We carry many judgments, notions, conclusions, and ideas in our minds. Depending upon our environment, we accumulate deep-rooted belief systems. These belief systems are the root cause of all the conflicts we face individually and collectively.

In order to reach the state of thoughtlessness, Patanjali then offered a system of practice that helps the practitioner in self-discovery or samadhi. He expounded an eight-fold path well known as Ashtanga yoga which includes Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi. In essence, the first seven are the preparation to reach the final stage.



The eighth stage is not a preparation anymore. It's where one is established in yoga. So a practitioner is required to follow the seven steps simultaneously, not one after another, to remove the non-essentials from his/her body-mind to bring about a possibility of liberation. Yoga is for everyone. But not everyone is prepared to walk this path. One must also remember that yoga is not about touching the toes or standing upside down. The path of yoga demands something greater, and that is to see how one goes on living her life. That is where the first two limbs, Yama and Niyama, become the most significant for a seeker.

Yama points us to personal restraints such as Ahimsa (non-violence), Satya (truthfulness), Asteya (non-stealing), Brahmacharya (optimum use of one's vital energy), and Aparigraha (detachment from material possessions). Niyamas are the inner disciplines of Saucha (personal cleanliness), Santosha (contentment and gratitude in life as it is), Tapas (discipline towards the practice), Swadhyaya (self-study), and Ishwara Pranidhana (devotion towards God or a higher power).



Niyamas are the inner disciplines of Saucha (personal cleanliness), Santosha (contentment and gratitude in life as it is), Tapas (discipline towards the practice), Swadhyaya (self-study), and Ishwara Pranidhana (devotion towards God or a higher power). Only hereafter Patanjali mentions the third limb, asana. He emphasizes the need for sound physical health to help the body to be free of disease and tensions. Pranayama, the fourth limb, is a set of powerful breathing practices for cleansing the nadis, the energy channels in the body. It directly works towards calming the nervous system, paving the way towards more meditative practices like dharana and dhyana.

Gradually with regular practice, the mind begins to calm down and the practitioner can notice a shift in his/her perception. Awakening is in our hands. It starts with noticing and acknowledging our ignorance. One can begin with practicing the yama of satya (truthfulness) in daily life. It is the heart of any spiritual transformation. Can one be really truthful to oneself and others every single day? Can one live life without the help of lies? The world needs more truth, less pretensions. The world needs more love. Love exists where truth is.

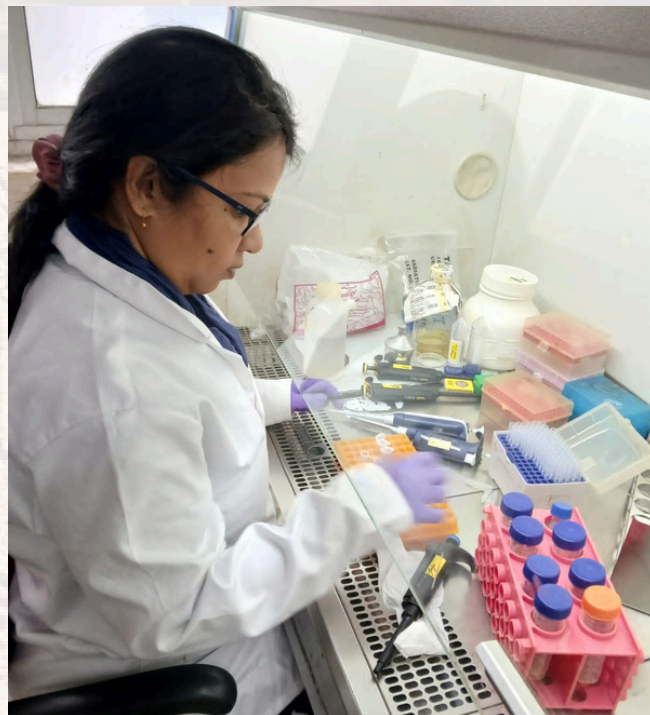


A yogi chooses to walk the path of truth, however difficult it may be. Only in difficulty, one can burn bright. "Appo deepo bhavah." Be a light unto yourself, told Gautama Buddha to his disciple Ananda. Once lit, the candle doesn't have to do anything to lighten a room. As it burns, the darkness around is lifted. Being the light unto ourselves, we can lighten up the world. Yoga is not somewhere far in the distant future. It is here right now.

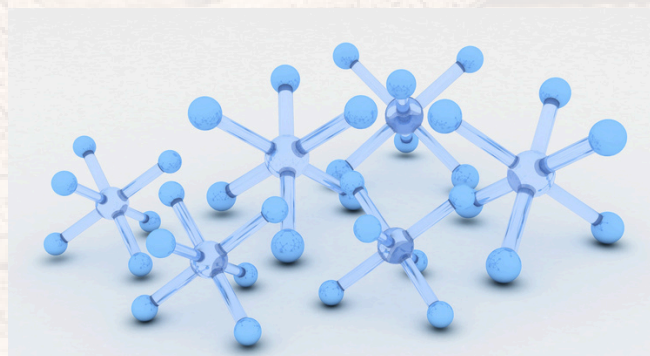
The Hidden Spark of Fire Behind Every Creation

Since ancient times, philosophers, mystics, and scientists have sought to understand the mysterious force that animates life. In Theosophy, this force is often described as the “divine fire”—the hidden spark that exists within every atom, every organism, and every living and non-living thing. Despite having its roots in factual science, modern microbiology presents a very similar picture: life arises through complex interactions between invisible entities, such as electrons, cells, microorganisms, and ecosystems. Together, these perspectives encourage us to examine a deep truth: the microcosm is a reflection of the macrocosm. A single electron appears insignificant when compared with the vastness of the universe. Yet every biological process depends upon the movement of electrons. In living cells, electrons travel through molecular pathways, generating energy through respiration and photosynthesis. Without this microscopic flow of energy i.e., electrons and ATP, no cell could survive. The heartbeat of life itself begins with these tiny particles.

Theosophy proposes that every level of existence is interconnected through a universal principle. The ancient axiom “As above, so below” expresses the idea that the same patterns repeat throughout creation. The microcosm mirrors the macrocosm. Just as galaxies consist of countless stars held together by invisible forces, living organisms consist of countless cells coordinated through equally invisible processes.



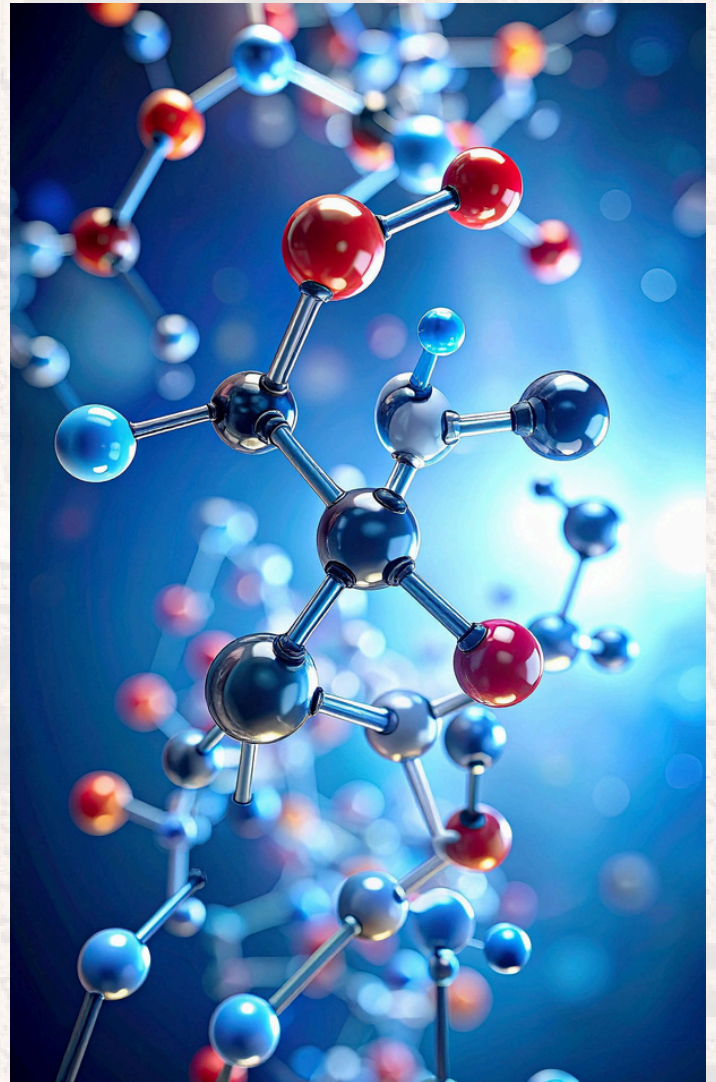
The same harmony that governs celestial bodies can be observed within biological systems. Microbiology teaches us that even the smallest microorganisms are remarkably complex. A bacterium, invisible to the naked eye, can sense its environment, communicate with neighbouring cells, exchange genetic information, and adapt to changing conditions. It is possible to infect bacteria and humans with a virus that is much smaller than bacteria. Think of the coronavirus, a tiny particle, which wreaked devastation all over the globe. Entire ecosystems depend upon microbial communities (bacteria, viruses, etc.) that recycle nutrients, sustain soil fertility, and regulate planetary biogeochemical cycles. What appears minute and insignificant is, in reality, a foundation of life on Earth. Consider the human body.



Trillions of cells cooperate to form tissues, organs, and complex physiological networks. No single cell possesses awareness of the entire organism, yet each contributes to the greater whole. Similarly, humanity may be viewed as a collective organism within the larger body of the Earth, while planets themselves participate in grander cosmic structures. The pattern repeats across scales, suggesting a universal architecture woven into existence. At the centre of this architecture lies the hidden spark of fire. In scientific terms, energy drives all biological activity. In spiritual language, fire symbolises consciousness, vitality, and creative power. The electron carries energy through molecules; the cell transforms that energy into life; organisms channel it into growth, thought, and action. On a cosmic scale, stars radiate energy that sustains planetary systems and enables the emergence of life. Whether viewed scientifically or spiritually, creation is inseparable from the movement of energy.

Microorganisms provide a striking example of unity within diversity. A microbial cell contains molecular machinery that resembles, in fundamental principles, processes operating throughout nature. Information is stored, transmitted, and expressed. Energy is absorbed, transformed, and distributed. Order emerges from apparent chaos. These same principles can be observed in ecological networks, social systems, and even cosmic evolution. The small reflects the large because both arise from the same underlying laws. From a theosophical perspective, evolution is not merely biological but also spiritual. Life unfolds through progressively complex forms while expressing an inner principle of consciousness. Microbiology reveals the physical mechanisms of adaptation and evolution, while Theosophy seeks to understand their deeper significance. Together, they suggest that existence is not a collection of isolated fragments but a continuous stream of becoming. The journey of life may therefore be imagined as a current flowing from one electron to the universe itself. The electron energises molecules. Molecules organise into cells.

Cells form organisms. Organisms create societies and ecosystems. Ecosystems shape planetary life. Planets revolve around stars, and stars gather into galaxies. Each level emerges from the previous one while contributing to a greater whole. The same creative fire pulses through every stage. The hidden spark behind every creation is neither confined to the microscopic nor limited to the cosmic. It exists simultaneously in both.



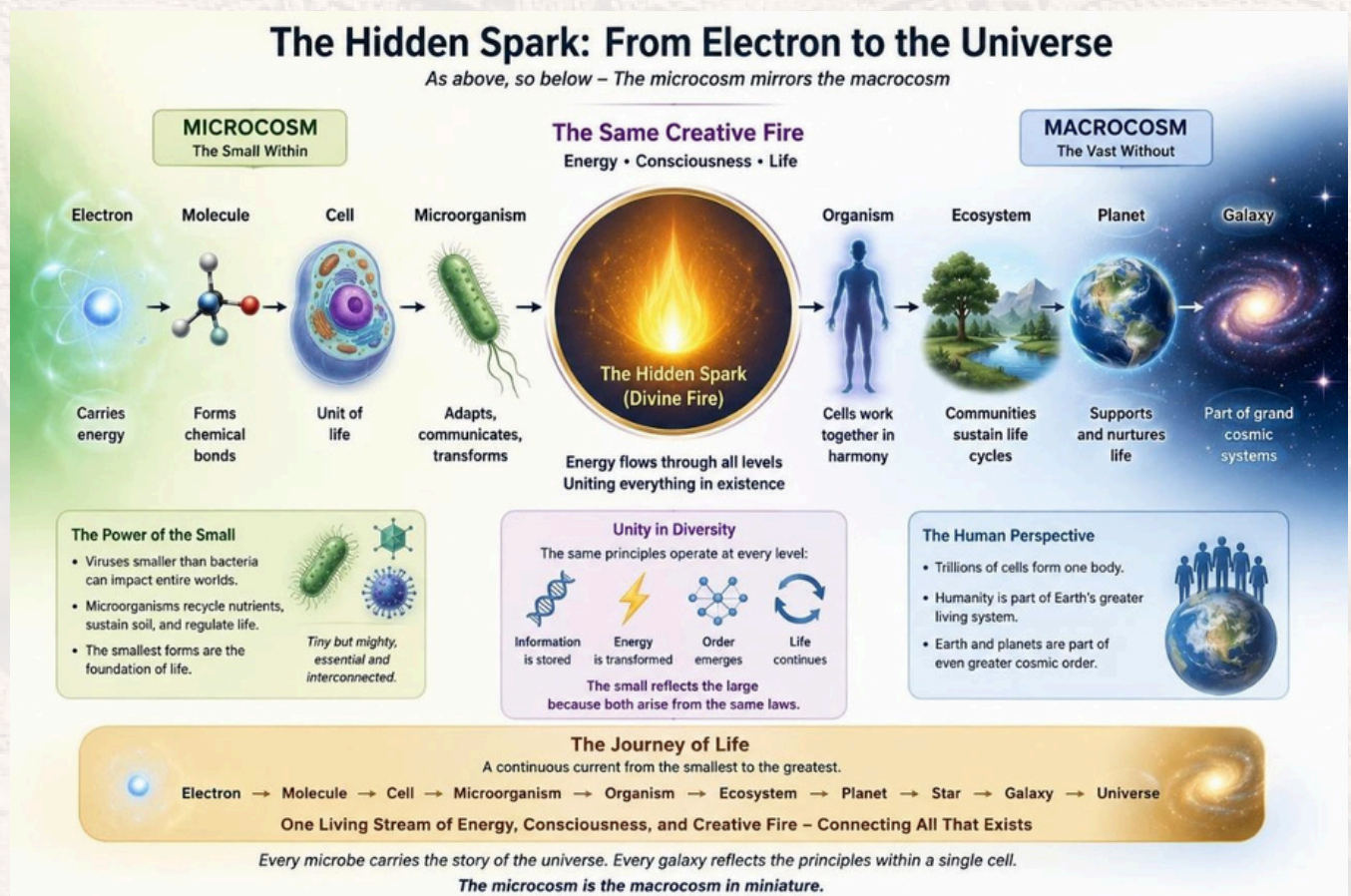
Every microbe carries within it the story of the universe, just as every galaxy reflects principles found within a single cell. The microcosm is indeed a macrocosm in miniature. By studying the smallest forms of life and contemplating the deepest spiritual teachings, we discover a unifying vision: all existence is interconnected through a living stream of energy, consciousness, and creative fire that flows endlessly from the electron to the universe.

The ancient Upanishads teach, "Tat Tvam Asi" ("You are That"), reminding us that the essence of the individual soul is one with the Supreme Reality. The Bible says, "The Kingdom of God is within you" (Luke 17:21), pointing to the divine presence in every person. Just as a tiny spark carries the same essence as a blazing fire, the spark of God lives in every human being. A spark is not separate from the fire—it possesses the same nature, only in a smaller form. Likewise, we are not separate from the Divine; we are expressions of it. This inner spark is our consciousness, love, wisdom, courage, and limitless potential. When we recognize and nurture it through faith, self-awareness, compassion, and purposeful action, it begins to grow into a radiant flame that can illuminate our own lives and the lives of others.

Do not underestimate the power of the spark within you. The sun itself is nothing more than an endless flame, and every flame begins with a spark. The ocean is made of countless drops, and every mountain is formed from grains of earth. Greatness has never depended on size—it has always depended on awakening.

Maybe God has been trying to tell us this the whole time:

"Do not search for Me only in temples built of stone. Find Me in the temple of your own heart. I placed a spark of My own eternal fire within you. Guard it with love, nourish it with faith, and let it become a light so bright that others remember the fire within themselves. For when one soul awakens, the darkness loses another place to hide."





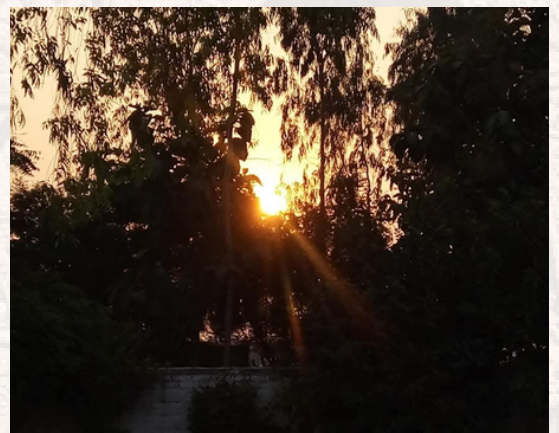
True stories. Inner journeys.

Svānubhūti

स्वानुभूति



Burn Bright.



To burn bright is not simply to shine, but to live with purpose, passion, and unwavering conviction. Like a flame or a sunset, its brilliance may be fleeting, yet it leaves behind warmth, light, and memories that endure far longer than the moment itself.

Photography by
Pranshee Mohanta
Member, Prayas Theosophical Lodge



A REFLECTION ON MY SERPENTINE PATH

by Abhinav Kadambi



It was August 2016. I was restless. I kept pacing up and down in my shared studio apartment in Taipei. I had arrived in Taipei full of hope of pursuing my passion - to be a neuroscientist. I looked back at my journey. After countless hours of combing through research literature, I had made up my mind to be a cognitive neuroscientist. One straight shot at bridging the gap between biology, psychology, linguistics, and philosophy. However, there was a catch. India didn't have any such labs which could take me in based on merit alone.

My head was too high in the sky with dreams. I had to take the risk of leaving the country so that I could return wiser and more worthy. Amongst the seventy five different positions I had applied for, only two came back positive. One was in South India and the other in Taiwan.



Despite the pain of physical separation from my family, I went ahead and landed in Taipei in August 2015. I was a tad confused and exhausted due to the time difference and the cultural differences. I slowly fell into a routine of cooking once a day, attending lectures everyday, and grocery shopping once a week. In a blink, a month had passed. That was when the fateful phone call happened. My father had spoken with difficulty. He had gone to the dentist and one thing had led to another. He was choking with fear. My mother had finally revealed the news - he had been diagnosed with

oral cancer. They were both devastated. I couldn't think any further. I was silent. They both reassured me that it was alright. He could be saved. The doctors had promised a high probability of survival with experimental treatments. I was still dazed. Over the forthcoming weeks, surgery, chemotherapy, and radiation had taken a toll on my father's health. His face was becoming unrecognizable. He no longer smiled as much as he used to. His face was perpetually frozen in an expression of pain and anguish. He couldn't speak much on calls. He was becoming a recluse. My mother became the sole rock that would support him through the ordeal. I continued with my work without telling

anyone anything. I hadn't noticed then but I had slowly stopped smiling too. Nothing excited me anymore. I focused on work. I was the smartest and the most vocal in my classes. I read research literature everyday. I had stopped reading fiction. I watched the news to distract myself. I had started eating a lot of chocolates and fried food everyday. I was becoming plump. I was slowly dying inside. I never suspected anything wrong. This was normal. A part of growing up.

The return flight to Taipei felt heavy, a chasm widening between my duty to ambition and my duty to blood. Every mile I gained in altitude felt like a mile I was losing of my father's precious remaining time. I was playing the role of the "promising student," but the script was failing. Returning to Taiwan, I plunged back into the same sterile routine, yet the silence in my apartment had become deafening—a relentless reminder that I was running away from the very grief I needed to hold.



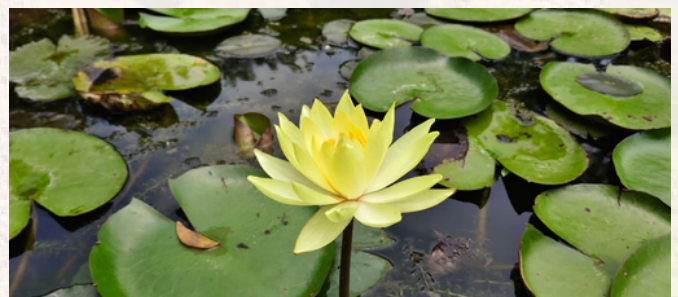
Then the lease on my first accommodation had expired. I had waved goodbye to my cohort and moved to the University lodgings. One month after moving, I was still anxious about the future. When I spoke to my PhD supervisor, she sensed the fraying edges of my focus. "Take a week," she advised. That week became a crucible. I realized that my pursuit of "knowing the mind" through neuroscience was a poor substitute for the visceral reality of "tending to the soul" in my father's final hours. The ambition that had propelled me from India to Taipei—the need to be the smartest, the most vocal—suddenly looked like a cage. I wasn't just choosing between a degree and a person; I was choosing

between the hollow satisfaction of a career and the raw, sacred obligation of love. I walked up the stairs to my supervisor's office and informed her of my decision. Within ten days, I was back in India by the end of August 2016. I slowly began settling down into a routine of helping my mother look after my father. Feeding and bathing him. Meanwhile, I had realized that philosophy or psychology was my thing in lieu of cognitive neurosciences.

I spoke to a mentor who had recommended I pursue Sanskrit instead. I took the cue. I began approaching institutions for a masters degree in Sanskrit. However, all four local institutions rejected my application as I was late by a week. I was satisfied that at least I had some time to help my father recover. Alas, life had other plans. On September 2nd, it happened. My father passed away on the eleventh day after I had arrived in India.

In a cruel twist of fate, our landlord had asked us to vacate our house as he was not confident that we would be able to pay our rent on time thenceforth. As I had chosen Sanskrit in India instead of neurosciences abroad as my future, my relatives slowly stopped talking to me.

We shifted to a neighborhood where my mother grew up. I began meditating. A teacher who had met me during my struggle for admissions offered to teach me Sanskrit for free. I took the offer. He motivated me to take up sandhyavandanam - the traditional sun worship done with the meditation on the gayatri mantra. Within three months, another teacher offered to teach me Indian logic for free.



I agreed. About nine months after my father had passed away, I was physically much healthier and making progress as a student of Sanskrit. I searched for peace in books and lectures.

Every tidbit of culturally relevant, emotionally soothing, and intellectually stimulating information I began discovering went into my notes. Some of the information would come out in conversations at home. My mother and I began healing. It was the time for the next academic intake. I made through the admissions in all four institutions offering a masters in Sanskrit in the city. I decided to go to the one that the first teacher suggested. In 2017, all five professors in the department of Sanskrit looked at me with strange awe. It was a mixture of support and curiosity. I didn't know why I was an object of their attention. I stayed committed to the study. Somehow, I began scoring high in philosophy and poetry subjects. My logic teacher shifted after about a year of teaching me. I was left puzzled with what to do with the spare time in the evenings. Another teacher guided me to study yoga traditionally. I pursued it. By August 2019,

I had finished my masters course. Time flew. I was pushed by my mother to enroll in a doctoral programme in Sanskrit, It was 2020. I hesitatingly enrolled for the same occasionally coming out during the COVID lockdown. My first Sanskrit teacher after I had returned had approved my application to pursue a PhD under his guidance. After a few weeks into the programme, we had chosen to work on a manuscript that detailed sacred rituals for healing. As I did not understand a majority of the contents of the manuscript, I began travelling to different parts of the country seeking clarity. From 2021 to 2025, I travelled extensively across the country to learn philosophy from ascetics, monks, and householders. This was the time when I had visited temples and ashrams to eventually land up in one "The School of The Wisdom" at the Theosophical Society, Adyar.



Friendships and heartbreaks made for interesting distractions during this journey. Travel, meditation, and study healed me and expanded my horizons. Today I pursue Sanskrit and philosophy not as a profession but as a source of joy and peace. Every time someone's face is sparked by an expression of clarity in my classes, I feel more motivated. Every day reminds me that there is a lot more left to grow. Everyday I feel less of a conscious desire to burn bright. It has gone on autopilot mode now. I burn more and more by default. Today, I study Sanskrit and philosophy not as an academic ladder to climb, but as a map to my own interiority—a synthesis of the intellect I once prized and the intuition I discovered in the shadow of loss. My journey brought me to "The School of The Wisdom" at the Theosophical Society, Adyar, where I learned that the "burning" I sought was not the frantic, ego-driven fire of academic validation, but a steady, inner glow—a natural state of being rather than a performance. This path of synthesis—between the head and the heart—is, I believe, the urgent call for the young seeker today. It is not about abandoning the world, but about engaging with it from a center of stillness. If you, too, find yourself pacing in your own version of a studio apartment, wondering if you are burning out or burning up, know this your path is your own, but you do not walk it alone. May you find your own flame, steady and unforced. May you burn bright.



Carrying the Flame

by Yogananda Kamaraj

Three years ago, if someone had asked me what Theosophy meant to me, I wouldn't have had an answer.

Today, after attending three International Youth Gatherings, three International Conventions and two YIT Gatherings, I still don't have a perfect definition. I only know how it makes me feel. My first International Convention at Adyar changed something in me. During one of the sessions, a video of Radha Burnier was played. She spoke about how, for some people, Theosophy can become just another place to visit, like tourists passing through. She also spoke about the Adyar campus in a way I had never imagined before, about places where very few human feet have walked, about rare birds and insects that quietly share the campus with us, and about the beauty that reveals itself only to those who take the

time to observe. I don't know why, but it felt as though she was speaking directly to me.

Since then, every visit has shown me something new. I've realised that everyone experiences Theosophy differently. For some, it is a place of study. For others, it is a spiritual home, an annual reunion, a festival, a peaceful retreat or simply a chance to reconnect with old friends. There is no single definition, and perhaps that is its greatest beauty. For me, it is all of these at once: a retreat, a journey, a classroom, a reunion and, above all, a place where I truly feel I belong. This year's gathering began before the gathering itself. A few of us reached Bhubaneswar a day early to explore the city.

The museum was closed, so we wandered through temples, searched for chaat and pani puri, got lost, laughed, shared fresh juice and ended the day with stories instead of a plan.

Looking back, I don't remember how many kilometres we walked. I remember the conversations. Maybe that's what surprises me every year. We come from different states, speak different languages and hardly meet more than once or twice a year, but it never feels distant. Somehow, it always feels like family. I don't know how to explain it better than that, but that's exactly how it feels.

The next day began before sunrise. We travelled from Chilika Lake to Puri and then Konark. At the Jagannath Temple we reached just before the final rush for darshan. In the middle of thousands of devotees, we instinctively held hands in a chain, making sure we all reached together. Looking back, that simple moment has become one of my favourite memories of the trip.

The gathering itself began with yoga and Bharath Samaj pooja, followed by classes and discussions. What stays with me most is not only what happens on stage, but also the months of planning and teamwork by young volunteers that make these gatherings possible.



One moment that meant a lot to me was seeing a small thought shared during last year's YIT become a reality this year. Watching YIT grow from a simple WhatsApp group into gatherings across cities, a website and now a youth magazine reminded me that meaningful things begin with one idea and people who keep showing up.

Another memorable part of this journey has been meeting senior members and third and fourth generation Theosophists. Listening to their memories made me realise that what lasts is never the comfort or the arrangements. It is always the people and the friendships. I also realised that many young people, even among third and fourth generation Theosophists, know very little about WFYT & YIT. I hope more young people in their twenties discover this space,



because it offers far more than a gathering. It offers belonging. Maybe that is what Burn Bright means to me. Not shining brighter than someone else, but quietly keeping alive a flame that can light another. A flame that grows through friendship, service, learning, shared journeys and honest conversations. For me, Theosophy is not just something I study or a gathering I attend. It is a way of learning, serving, connecting and growing. Every gathering sends me home carrying a little more light than I brought with me.

If that light helps even one more young person discover this journey, then the flame continues. And perhaps that is the simplest and most meaningful way to Burn Bright...



Throughout our lives, we search for a light that gives our existence purpose and meaning. Some seek it in achievements, others in relationships, wealth, recognition, or power. Yet the more desperately we search for it outside ourselves, the farther we drift from the flame that has always quietly burned within. We forget that the sun always shines brightly at the centre of the universe irrespective of day or night.

UNLEASHING THE LIGHT WITHIN



The sun's nature is to burn bright, give warmth and life to all. Similarly, the light that is the divinity within all of us is not a luxury to be achieved; rather, it is the very nature of the human being, waiting to be realised and unleashed. Fire is one of nature's greatest paradoxes. It illuminates without discrimination, transforms whatever it touches, and yet loses nothing of itself in the process. Ancient spiritual traditions across the world have therefore used fire as a symbol of purification, wisdom, and divine presence.

To "burn bright" is not merely to shine; it is to become a source of warmth, courage, and transformation for oneself and for others. Ironically, while humanity continues to make extraordinary technological progress, many young minds are struggling with unprecedented levels of anxiety, depression, loneliness, and emotional exhaustion. Today's youth is informed but not aware. There is a lot of information at our disposal without any censorship or discretion about what information is useful and is actually required for one's growth, not just in the physical world but also the spiritual world. This information overload and overindulgence with the media creates a distraction and mirage, keeping us stuck in a vicious cycle of brain rot and superficial living. Our minds and our hearts fail to find the peace and compassion that it bears as its very nature. Probably, the youth have mistaken shining and burning bright for the external image of human beings and equated it with visibility. Visibility in the sense of likes, comments, views on social media and validation and approval from other people. In the process, we lose ourselves and become a version that is appealing on the outside but dissociates completely from our true inner selves. This pushes us far away from accepting our true selves and towards becoming a version we hardly seem to recognise.

As a school counsellor, I often see young children indulging in activities only because of peer pressure, only to regret it later and to realise that they never wanted to do it in the first place. Children don't lack talent or intelligence; neither is any human innately good or bad; it is the maya that creates a mirage and drifts us away from our true selves and makes us an indulgent being. Theosophy and Indian philosophy talk about how the world itself is not unreal, but that our mistaken identification with temporary identities causes suffering. We begin to believe that our worth depends upon external success, popularity, or comparison, forgetting that these are only passing waves upon the ocean of consciousness. Humans are not designed to be perfect; they are designed to work with

mindfulness and consciousness to be the best versions of themselves. As a dancer also, I have often realised that the audience remembers not the perfection of every movement but the presence behind it. Technique creates movement; consciousness gives it life. Perhaps our lives are no different. It is not perfection that leaves a lasting impression upon the world, but authenticity. Turiya, the name of the magazine itself, means the ever-existing awareness, taken from the Mandukya Upanishad that talks about the 4 states of consciousness, with Turiya being the highest state of awareness. When we think of awareness, it feels like a far-fetched idea that only Sadhus and Yogis sitting and meditating on the mountaintop can achieve. This is far from the truth. In reality, awareness can be achieved by turning inwards and becoming mindful of one's actions and words to start with. Humans often tend to live in the past or future, ignoring the gifts the present moment has to offer to us. Thus, awareness also involves being present in the moment. The real question is what stops us from unleashing this light within us and unlocking that state of awareness? As mentioned earlier, the youth faces too many distractions in today's age – comparison, technology, information overload, materialistic pursuits, emotional



exhaustion, and the need to be visible to others but not to oneself. This takes us to our next question, which is: how do we remove these obstacles to realise and discover the light within? In my experience, one of the best ways to connect with oneself is to practice any form of art or something one is passionate about. Art, meditation, yoga, dance, etc are not just mere physical activities; they are ancient practices and scientifically and spiritually designed instruments that bring you closer to the divine. These practices ground you down, bringing you into the present moment, making you aware of not just your physical body and movement but also your breath and inner self. This ultimately brings you into a state of flow, a psychological state which is a merging of action and awareness.



These states and practices may bring you into a state of awareness temporarily, but teach you to live life more consciously. Activities such as meditation, art, music, dance, or selfless service can quiet the mind and reduce egoic distractions. In that sense, experiences of flow may cultivate qualities such as presence, concentration, and self-forgetfulness that support deeper self-inquiry.

The light of the Divine resides within each one of us, waiting to be expressed through our thoughts, words, and actions. Like a candle that loses nothing by lighting another, our own light only grows when we inspire and uplift others.

By helping one another discover our true selves, we strengthen the values of love, unity, and Universal Brotherhood that transcend caste, creed, gender, and religion. Young people need not wait to become spiritually evolved. Every conscious act of kindness, courage, and authenticity strengthens the flame within and helps illuminate the world around us.



Although all of this is easy to talk about and probably even understand, it is difficult to inculcate in daily life, especially when one is just starting on the journey to discover oneself. Like many young people, I too sometimes become indulgent and identify my worth by my achievements, success and how other people perceive me. It is only human to fall into this trap and even fail at times. But the real courage is to persist irrespective of the difficulties that the path has to offer. Every disappointment teaches resilience, every relationship teaches compassion, and every challenge offers an invitation to know ourselves more deeply.

So next time, instead of asking yourself "Why is this happening to me?", a better way to look at the situation would be "What is this experience inviting me to learn?" In the end, "burning bright" is not about becoming extraordinary; it is about allowing our true nature to shine and realising that each one of us is extraordinary in our own beautiful way.

Be a Light in the World

My self saisnigdha choudhury from siddharth lodge As a young member of the Theosophical Society, I believe that every individual has the power to make the world a better place. The theme "Burn Bright" is not about burning like a flame. Instead, it means shining with kindness, courage, wisdom, and hope. Every person has a unique light within them. When we use our talents to help others, stand up for what is right, and continue learning despite challenges, we begin to burn bright in the truest sense.

As young people, we have many opportunities to make a positive difference. A kind word can make someone's day better. Helping a friend in need, respecting our parents and teachers, being honest, and working hard in our studies are all ways of letting our inner light shine. We do not need to do extraordinary things to make an impact. Small acts of goodness, when done with sincerity, can inspire many people around us.

The theme Burn Bright also reminds us of the values of the Theosophical Society. It encourages us to see all human beings as one family, to respect different cultures and beliefs, and to seek truth with an open mind. When we live with compassion, self-discipline, and a willingness to serve others, we become a source of light in our homes, schools, and communities.

I have always admired people who remain kind, honest, and positive even during difficult times. Their strength and compassion inspire me to become a better person every day. They remind me that burning bright is not about being famous or perfect but about making a positive difference through our actions.



I hope to carry these values with me throughout my life.

Ever since I dreamed of becoming a pilot, I have understood that every great achievement begins with dedication and perseverance. There are days when studying feels difficult or progress seems slow, but I remind myself that every small step brings me closer to my goal. My dream inspires me to stay disciplined, keep learning, and never give up. To me, burning bright means chasing my dreams with determination while also using my knowledge and abilities to help others whenever I can.

In today's world, where many people face stress, fear, and uncertainty, even one bright light can make a difference. Each of us has the power to spread hope through our words, actions, and character. Let us choose to burn bright every day—not for recognition or praise, but to make the world a kinder, wiser, and more peaceful place for everyone. Every small act of kindness creates a ripple of goodness, inspiring others to do the same. If each of us keeps our inner light shining, together we can build a future filled with compassion, unity, and hope.

by Hari Verma

FINDING THE SPARK: MY JOURNEY WITH THE THEOSOPHICAL SOCIETY

My first exposure to the Theosophical Society was actually through the teachings of JK, and that deep curiosity ultimately led me to Adyar. Reading his words didn't feel like adopting a new set of dogmas, but rather like a sudden awakening to think for myself.



That initial spark of questioning led me to seek out the wider community, and I didn't expect it to completely reframe how I look at the world, my place in it, and my own inner life.

Like many young people searching for meaning, I was looking for a space that didn't demand blind belief, but instead encouraged genuine inquiry. The Theosophical Society became that sanctuary for me, a place where questioning is celebrated and the pursuit of truth is a shared, open-hearted journey.

The Power of Universal Brotherhood If there is one teaching that has truly stayed with me and anchors my daily life, it is the fundamental principle of Universal Brotherhood. Before I joined, brotherhood often sounded like a nice, albeit abstract, philosophical concept.

But through my involvement with the Society, interacting with diverse thinkers, attending youth programs, and listening to varied perspectives, it transformed into a lived reality. I realized that theosophy doesn't just ask us to tolerate one another; it invites us to recognize the literal and spiritual interconnectedness of all life. When life gets overwhelming or the news cycle feels particularly heavy, returning to this core idea acts as an anchor. It reminds me that isolation is an illusion, and that every act of kindness or empathy ripples outward through our shared consciousness.

Keeping the Inner Light Alive Keeping that inner light burning bright in today's fast-paced, digital world isn't always easy. Between career pressures, personal hurdles, and the constant noise of modern life, it is entirely normal to feel your spark dimming from time to time.

For me, maintaining that light requires intentional pauses:

Stepping back to reflect: giving myself permission to disconnect from the chaos and reconnect with nature or quiet meditation.

Engaging with community: reading the reflections of fellow young Theosophists or sharing struggles and insights with peers who understand this path

Embracing imperfection: reminding myself that spiritual growth isn't a linear climb, but a series of stumbles, lessons, and renewals. A Note to Fellow Seekers If you are a young person reading this and wondering whether your voice, your doubts, or your unique experiences matter within this tradition, they do. You don't need to be a scholar or have all the answers to contribute.

The beauty of Burn Bright and our community is that we are all figuring it out together, fueled by curiosity and a mutual desire to uplift one another. Don't overthink it; just share your truth, because your unique journey might just be the exact spark someone else needs to see.



Be a lamp onto yourself

*“A true light never seeks
attention; it simply
shows the way.”*

When I was younger, I thought a bright life meant doing something extraordinary standing on a stage, achieving success, or becoming someone people admired. As I grew older, and as Theosophy quietly became less of a place I visited and more of a way I tried to live, I discovered something very different.

The brightest flames are often the quietest ones. A lamp does not announce itself. It simply gives light.

That simple thought stays with me every time I attend a lodge meeting, sit in silence before meditation, volunteer during a youth programme, or even walk through the peaceful avenues of Adyar. The light I seek is not outside me; it is something I must protect within myself.

Perhaps that is what Burn Bright truly means.

We belong to a generation surrounded by constant noise. Every day we are told to become more successful, more productive, more popular, and somehow more **“enough”**. Social media has made comparison almost effortless. We celebrate achievements but rarely speak about loneliness, self-doubt, or the quiet fear of not knowing where life is leading us. There have been moments when I have questioned myself too.

What am I really working towards? Am I becoming a better human being, or simply becoming busier?

During such moments, I often remember the words of J. Krishnamurti. He never asked us to follow him, instead, he invited us to observe ourselves honestly. I have realised that some of the greatest discoveries do not happen while searching for answers outside they happen when we quietly watch our own thoughts, reactions, fears, and desires. *Sometimes that honest observation is uncomfortable. But it is also where transformation begins.*



Theosophy has never given me ready made answers. Instead, it has given me better questions. That, to me, is one of its greatest gifts.

One teaching that has deeply influenced me comes from At the Feet of the Master. Before speaking about wisdom or hidden knowledge, it speaks about qualities such as discrimination, desirelessness, good conduct, and love. When I first read it, I expected mystical teachings. Instead, I found reminders about everyday living. Be kind. Be truthful. Control your thoughts. Serve without expecting recognition. Those teachings sounded simple. Living them is a lifelong practice.

I remember helping during one of our youth activities. It was a long day arranging chairs, guiding participants, solving unexpected problems, and ensuring everything ran smoothly. Most of the work went unnoticed. Yet, while walking back that evening, I felt unexpectedly peaceful. No applause. No appreciation. Just quiet happiness.

That day taught me that service is not measured by visibility but by sincerity.

I think this is what Annie Besant tried to live. Her life reminds us that spirituality and service cannot be separated. The light we discover within naturally wishes to become useful to others. Another idea that often returns to me is The Golden Stairs. Whenever I read those words, I realise they are not an impossible ideal but a direction:

*A clean life.
An open mind.
A pure heart.*

A courageous endurance of personal injustice.

They feel less like rules and more like a mirror asking,
How are you living today?



N. Sri Ram once wrote that Truth is not possessed but continually discovered through awareness. This removes the pressure of perfection and invites us simply to remain awake to life and to others. As young Theosophists, our task is not only to preserve tradition but to keep its spirit alive. Books may fade and programs may end, but ideals like Universal Brotherhood and compassion live only when they are practiced. Perhaps people are not first drawn to Theosophy through lectures or books, but through lives that quietly reflect it through someone who listens deeply, serves joyfully, and remains kind without seeking attention. When life becomes difficult, I return to small practices that revive

the inner flame, a few pages of reading, quiet reflection, time in nature, helping where needed, and remembering that every person is also learning, just like me. The theme Burn Bright is not about becoming famous lights, but faithful ones.

A candle does not compare itself with another, it simply burns.

So we continue to learn, to serve, to question, to love, and to protect that inner flame through every stage of life.

Because in the end, Theosophy lives not only in what we study, but in how we live each day. And when we start living it like this, we are already burning bright quietly lighting the way for others to find the light within themselves.

As we walk this path, may we always remember the beautiful words of the Universal Invocation

*"O Hidden Life, vibrant in every atom;
O Hidden Light, shining in every creature;
O Hidden Love, embracing all in Oneness;
May each who feels himself as one with Thee,
Know he is therefore one with every other."*

May these words remain not only a prayer upon our lips, but a way of living so that, wherever life takes us, we may continue to burn bright, quietly illuminating the path for others, just as countless seekers have done before us.

The Spark Within

by Aditya Mathur

To me, Burn Bright is not about being constantly energetic, successful, or visible. It is about having something within you that refuses to go completely dark. I have always felt drawn towards movement - to explore, to travel, to learn, to build, to ask questions, and then to ask better questions when the answers do not satisfy me. There is a search within me that feels strong at times and quiet at others, but what feels certain is that something is always burning.

In my work, I spend much of my time around machines, robots, sensors and algorithms. There is something strangely beautiful about teaching a machine to find its way through an unfamiliar world. A robot can have maps, sensors and algorithms, but it still needs some sense of where it is and where it is going. I sometimes wonder if we are so different. More and more, I feel that perhaps my purpose is not to extinguish that restlessness, but to tend to it—to keep feeding the flame and allow it to grow brighter.

It means choosing the adventure when there is an opportunity to explore. It means allowing wonder to interrupt routine. It means being willing to stand beneath a night sky and feel small, to walk through an unfamiliar place and feel alive, to encounter another person and genuinely listen. It means finding meaning not only in great revelations, but in the ordinary moments when something within us becomes a little more awake.

And perhaps most importantly, a flame is not meant only to illuminate itself.

The spirit of Burn Bright feels deeply connected to what I understand of the Theosophical journey: seeking truth, not merely for ourselves, but so that our understanding can become service. Whatever light we discover within ourselves should eventually find its way into the lives of others.

I do not think burning brightly means having all the answers. Perhaps it means having the courage to keep seeking even when we don't.

To remain curious. To remain compassionate. To remain awake. And when the world inevitably becomes dark, to carry enough light within ourselves that we can see the next step—and perhaps, just for a moment, help someone else see theirs too.

There is a certain restlessness in me, but I have come to see it not merely as something to overcome. Perhaps it is also a kind of fire. It is what makes me want to look beyond what is immediately visible, to question what I think I know, and to wonder what lies underneath.



We collect experiences, knowledge and beliefs, building our own maps of reality. But perhaps Burn Bright asks us not to become too comfortable with our maps. To keep seeking. To remain curious enough to question what we think we know. For me, burning brightly also means not allowing life to become mechanical.

How do you keep your inner light alive, even when life gets difficult

by Kritika Goel

We all have those days when getting out of bed feels like a task, everything seems to be dull, nothing goes according to the plan and setbacks become relentless, we feel stuck as if there is no moving forward and everything seems to be faded. Almost instinctively, we begin searching for something that will lift us- a motivational video, an inspiring quote, a conversation with a friend, a book that promises to change our perspective or some energetic music. We look everywhere for the spark that will help us move forward. But, what if we're searching in the wrong place? What if the spark, the push we're looking for was never really lost? And what if it has quietly been waiting within us all along?

Within each of us burns an inner flame- silent, steady and ever-present. It quietly illuminates our path, offering strength even when we fail to recognize it. Yet we say that we need to "Keep our inner flame alive", as though it is fragile and dependent on life's circumstances. But is it really? The sun never stops shining.



Yet, on a cloudy day we may say, 'The sun has disappeared.' In reality, it hasn't. The clouds have simply come between us and its light. Our inner flame is very much like that. It doesn't flicker with every setback or vanish with every blunder. It remains constant. What changes is our ability to perceive it. Layers of fear, anger, attachment, comparison, ambition and distraction gradually gather around us like clouds covering the sun,

Making us forget the light that has always been within us. Now, if these impurities or clouds are what obscure our inner light, then how do we clear them? The answer is perhaps simpler than we imagine, yet it requires the greatest sincerity. We begin by noticing them. Think of the last time someone criticized you. Did you get angry? Did you feel the need to defend yourself? Or perhaps, you compared yourself with someone else's achievements and felt inadequate.

These moments may seem ordinary, but they reveal the very veils that stand between us and our inner light, the criticism, the comparison or disappointment is not the cloud itself, but our reaction to it is. Or perhaps we have worked tirelessly for an examination or an interview, only to face failure, not once, but repeatedly. The disappointment is real, and so is the pain.

But slowly, another cloud begins to form. We stop seeing failure as an experience and start seeing it as our identity. Thoughts like, “Maybe I’m not good enough,” or “Perhaps I’ll never succeed,” begin to settle in our minds. It is not the failure itself that obscures our inner light, but the fear, self-doubt, and hopelessness that we allow to grow around it. Theosophy encourages us to become observers of our own minds.

Theosophy encourages us to become observers of our own minds. Instead of immediately reacting to every thought and emotion, we learn to pause and watch them. As we observe without judgement, we begin to recognize our fears, attachments and expectations for what they are: temporary visitors and not our true identity. This awareness itself is transformative. The moment we recognize a cloud, we stop mistaking it for the sky. Anger softens when we understand it. Fear weakens when we stop feeding it. Comparison fades when we realize that every soul unfolds at its own pace. Gradually, without force or struggle, the clouds begin to part, allowing the light that was always present to shine through once again.

This is not a one time process but a lifelong practice. Just as dust settles on a mirror every day, our minds too gather new layers through our experiences, interactions, and reactions. We cannot prevent the dust from settling, but we can choose not to let it accumulate. Every day offers us another opportunity to look within, to understand ourselves a little better, and to gently clear away what no longer serves us. Perhaps, this is why moments of silence are so important. In the stillness, away from the constant noise of the world, we begin to hear ourselves more clearly. We become aware of the thoughts we have been carrying, the fears we have been feeding, and the expectations we have placed upon ourselves and others.

Awareness does not judge; it simply illuminates. And in that illumination, transformation begins. To burn bright, then, is not to shine more brilliantly than those around us. It is not about being endlessly motivated, endlessly positive, or untouched by life’s difficulties. It is about remaining connected to the light that has always existed within us, even when clouds gather across our sky.



Life will continue to bring challenges. There will still be moments of doubt, disappointment, and uncertainty. Clouds will come and go, as they always have. But if we remember that they are only passing visitors and not the sky itself, we need not fear them.

So possibly the question is not, “How do we keep our inner light alive, even when life gets difficult?” Perhaps the real question is, “How do we remember the light that has never stopped shining?”

The Fire That Illuminates, Not Consumes

by Kishore Teja

There are two kinds of fire in human life.

One blazes outward restless, ambitious, always seeking more. It fuels achievement, innovation, and progress, yet if left unchecked, it often leaves behind exhaustion and emptiness.

The other burns quietly within. It does not demand attention, nor does it seek applause. It is the steady flame of awareness, purpose, and compassion. This is the fire that truly burns bright.

In a world driven by speed and constant stimulation, brightness is often mistaken for visibility. We measure ourselves through productivity, recognition, and the endless race to become someone. But the brightest stars in the night sky do not compete with one another, they simply shine because it is their nature. Human beings are no different. Our greatest light emerges not from comparison, but from discovering what is authentic within us.



The Science of an Inner Flame

Every visible flame needs three things, fuel, oxygen, and a spark. Remove any one of them, and the fire disappears. Our inner life follows a surprisingly similar principle.

The spark is curiosity the willingness to ask sincere questions rather than accept convenient answers. The fuel is disciplined effort, the quiet choices we make every day that shape our character. And the oxygen is awareness, giving space for reflection so that action does not become mechanical.

Without curiosity, life becomes routine. Without discipline, inspiration fades. Without awareness, success loses meaning.

Burning brightly is therefore not a mystical accident; it is the result of consciously nurturing these essential elements of life.

The Wisdom of the Lamp

An ancient lamp offers a beautiful lesson. It does not illuminate the entire road at once. It simply lights the next few steps, and yet that is enough for a traveler to reach the destination.

We often wait for complete certainty before moving forward, wanting every answer, every guarantee, every outcome to be visible. But life rarely works that way. Growth comes through observation, experience, and thoughtful action. Understanding is not opposed to spirituality in fact, genuine spirituality invites inquiry. Truth does not fear examination. Theosophy has long encouraged this spirit of independent investigation, there is no higher authority than Truth itself. To seek truth requires both an open mind and a discerning intellect. Faith without reflection becomes blind, logic without compassion becomes cold. The brighter path unites both.

When Fire Becomes Warmth

The purpose of light is not merely to shine it is to illuminate others.

A candle loses nothing by lighting another candle. In the same way, kindness does not reduce our strength, it expands it. A patient conversation, an honest decision, a helping hand, or the courage to forgive may appear ordinary, yet these quiet acts often transform lives more deeply than dramatic achievements.

Perhaps burning bright is less about becoming extraordinary and more about becoming fully present, bringing clarity where there is confusion, hope where there is discouragement, and integrity where compromise seems easier.

The world remembers remarkable accomplishments, but hearts remember warmth.

Keeping the Flame Alive

There will be seasons when the flame feels small. Days of failure, uncertainty, or silence may tempt us to believe that our light has diminished. Yet a flame is not measured by its size, but by its ability to endure.

Instead of asking, *"How can I shine brighter than others?"* perhaps we should ask:

- *Am I becoming clearer in thought?*
- *Kinder in action?*
- *Stronger in purpose?*
- *More truthful with myself?*

These questions do not promise instant answers, but they lead us toward a life that is deeply illuminated from within.

To burn bright is not to burn out. It is to cultivate a steady fire that enlightens the mind, strengthens the heart, and quietly becomes a source of light for the world around us.



"Light is not something we possess, it is something we allow to shine through the way we live."

May our lives become that quiet, unwavering flame.



Questions that illuminate.
Answers that endure.

Samvāda संवाद



Illuminated by the insights of
Prof. C. A. Shinde

Turiya represents the underlying pure consciousness, while 'Burn Bright' suggests dynamic, radiant energy. How do we keep our outer actions and passions vibrant without losing connection to that quiet, steady spiritual core within?

Turiya is the pure state of consciousness.

Man is conscious at physical level called Waking consciousness. Emotional level – Dreaming consciousness and at Mental level – Deep Sleep Consciousness and beyond that state is the fourth state called Turiya, Pure consciousness which is spiritual core within.

The question is how do we keep our outer actions to be the reflection of that spiritual core within.

A very simple answer H. P. B. gave – Keep the Link unbroken. J. K. said have choice less awareness and all religions teach selflessness.

One needs passion to burn bright or to be dynamic in our outer action but at the same time there has to be perfect balance between outer action and inner quietness.

Outer action is a reflection of inner state of consciousness. You know a passionate man is very eager to put others right but the compassionate man keeps himself right so one needs to be careful about his speech. tone, motive etc. Theosophical teaching speaks about law of karma or law of harmony. “A harsh word uttered in the past lives, is not destroyed but ever comes back again. One can keep outer action without losing connection to the steady spiritual core within by being aware of the fact that I am connected to the Universe. I am aware of my peace within. I am pure consciousness beyond the roles I play in this life time. Turiya is our anchor and not our escape. Turiya is the “observer” that never gets tired. So act with full passion but then come back 3 breaths of silence. That is how you recharge.

Check your motive – let your heart be with motiveless desire Key – the brightest lamp has the steady wick. Your outer force is only sustainable if it's lit from the inner stillness.

Youth culture today often glorifies fast-burning hustle, which frequently leads to burnout. From a holistic or Theosophical perspective, what is the difference between burning out and burning bright—and how can young people cultivate sustainable inner enthusiasm?

Youth today needs theosophical perspective to cultivate sustainable inner enthusiasm

a. Purpose – pressure balance is to attach effort to service and not status

b. Rhythm involves rest and reflection – Beauty is goodness in behavior. Beauty is goodness in conduct. Beauty is goodness in action.

That which is abstract is always covered by veils:

Veil of ignorance

Veil of selfishness

Veil of self-importance

Veil of self-projection and so on... Awareness creates a way out of these veils.

Theosophy preaches not only Brotherhood of humans but also brotherhood of all religions. All faiths are respected and studied in Theosophy in depth. Those youths visit Adyar the International Headquarters of the Theosophical Society. They may visit the shrines of all faiths and understand the Truth symbolically represented, behind all faith is One. One Life, One God, and One Consciousness.

Dr. Annie Besant the second Internal President not only started educational institutes for youth but also constructed shrines of all faiths at Adyar, the spiritual center – Bharat Samaj Hindu Temple of Light, Buddhist Temple, Co-Masonic Temple, Zoroastrian Temple, Sikh Temple, mosque and church.

The very Second Object of the T. S. encourages study of comparative religion, science and philosophy as a form of spiritual service and the Theosophical Order of Service to the Youth. Youth must be aware of what Madame Blavatsky, Co-founder of the Theosophical Society said, "Through joy and sorrow, pain and pleasure, the soul comes to a knowledge of itself and then begins the task of learning. Only learners may climb to the Temple of Divine Wisdom." and sustain able inner enthusiasm burns bright.

Theosophy places a high emphasis on universal brotherhood and altruistic service. How does directing our creative fire toward the upliftment of others transform us personally while lighting up the world around us?

Theosophy places a high emphasis on Universal Brotherhood, Theosophical Ethics and Altruistic Service. One of the Mahatma letters says, brotherhood is the foundation for universal morality. Theosophical ideals of true knowledge, brotherhood of all religions, service to humanity and believing in Perfected Beings lead to altruistic service.

Altruism is key to Theosophy that is the fire of spirit within, as pure Aspirations and not the free will but Divine Will in action. Brotherhood is a fact in nature and Theosophy asks to learn from Nature, be with the Nature and in tune with Nature. Rivers don't drink their waters, trees don't eat their fruits, the Sun does not shine for itself, flowers don't spread their fragrance for themselves. Living for others is the law of Nature. Life is good when you are balanced. Life is better when others are happy because of you. Life is best when you become totally silent from within. Stay calm is chaos.

Your choices shape your path and your actions create your destiny. Destiny is not given, it is Activated.

Every little struggle is a step forward. When a bird is alive, it eats ants and when the bird dies, ants eat the birds. Everyone gets a chance to grow.

Service is not new to our inner core soul because it served as mineral kingdom, and evolved into the plant kingdom, evolved into the animal kingdom. Served as animal and evolved in the human kingdom. In the human kingdom, he has the choice to serve with awareness because in him, intuition has taken the place of instinct. With intuitive awareness he can take a quantum jump in to super human kingdom, which is the kingdom of Happiness.

A fire shines brightest in the dark. When facing personal doubt, societal turmoil, or uncertainty about the future, what practical tools or mindsets help young seekers protect and reignite their inner light?

A fire shines brightest in the dark means the darkness involves ignorance, doubts which show way to kindle the spark within. It is the world of Maya delusion but this is the world in which we can gain wisdom.

If you live your life facing personal doubts and delusions, you begin to shine in true sense. Shine means every day for you then special every moment is unique and also everyone is unique. Practical tool or mindset is to observe the functioning of mind. It is not my mind or your mind but it is the common human mind which is conditioned by the influences of family, education and nationality.

But when one learns to observe the functioning of mind in general, it is common: What it sees – so it feels. What it feels – so it thinks. What it thinks – so it wills. What it wills—so it acts.

To observe this sequence of functioning mind, one can break the chain with attention. Attentiveness is the only key to check our all negativity. When negativity ends, inner fire begins to shine in the outer darkness. The shining in darkness is not to become a higher version of you. It is to remove the fear, doubt and ego that have been hiding the inner light. Fire shines brightest in the dark when one begins to show tolerance towards faiths, encouraging individual freedom in search of Truth and rendering loving service for others. H.P.B. said, “You cannot do good to yourself without doing good to others.” We are reflection of humanity and humanity is what we are. Change your thoughts to change your mind. Such new mind is the key to learn from pain and pleasure, past and present, to protect and re-ignite the inner light.

If you could pass on a single key principle or meditation to the youth of today to help them step fearlessly into their higher potential and 'burn bright,' what would it be?

Single key to burn-bright is to follow the way of Service and Sacrifice and to realize oneness of life.

All life is unity as we are sharing one earth physically, one pattern chemically, one life biologically, one humanity socially and one intelligence spiritually.

So to serve humanity by humanizing oneself, intelligence in man helps to see false as false. That is the ability to observe without evaluation and such ability is the highest form of Intelligence that helps one to cross fence of words with New Mind that Loves but does not depend; wants but does not need; feels but does not cling; gives but does not expect. Such as mind is the powerful tool we have been gifted and therefore, what we think – we create; what we feel—we attract; what we attract – we believe; and what we believe – we become. This is the single key principle to know. One Key Principle/Meditation for You to “Burn Bright”.

The Principle: Let your fire be for others not yourself.

“Burn-Bright” Meditation involves steps of inhale and exhale.

Close eye. Hands on heart.

Inhale: “I am light. I am steady.”

Exhale: “May this light serve all.”

Repeat 3 times before starting your day or before any big choice and resolve not to think or feel evil of any being.

This turns personal ambition into sacred aspiration. It makes your fire fearless because it is no longer about protecting “me”, rather me becomes we, with love that embraces all in one.



YOUTH GATHERING 2026

Seeking, Serving, Becoming

"The greatest journey is the one that leads you back to yourself"

Organized by Youth Indian Theosophists, Indian Section
25 - 28 June 2026

Camp Facilitator: Bro. Shikhar Agnihotri
International Vice President

Official Opening Dignitaries
Bro. Pradeep Mahapatra, UTF President
Sis. Mitalini Mahapatra, UTF Secretary
Bro. Shikhar Agnihotri, Intl VP



MOMENTS FROM THE GATHERING



GATHERING HIGHLIGHTS

Youth Gathering 2026 — Seeking, Serving, Becoming

EXECUTIVE SUMMARY

The YIT Youth Gathering 2026 was a four-day residential spiritual and service-oriented retreat for young individuals, organized by the Youth Indian Theosophists, at Utkal Theosophical Federation, **from 25-28 June 2026.**

Based on the three progressive pillars -

Seeking, Serving, and Becoming

and the theme "The greatest journey is the one that leads you back to yourself," the gathering combined physical well-being, meditation, philosophical symposiums, community service, and interactive psychological activities to encourage self-transformation.

DAILY PROGRAM

Day 1 — Thursday, 25 June: "Seeking"

Objective: Awakening internal inquiry, identifying personal barriers, and preparing for self-transformation.

Morning Discipline: Yoga with **Bro. Sagar**, followed by Bharat Samaj Pooja conducted by **Bro. Shikhar Agnihotri**.

Official Opening: Addresses by UTF President Bro. Pradeep Mahapatra and Secretary Sis. Mitalini Mahapatra.



Core Sessions:

- The Fire of Seeking: Awakening the Real Question- **Bro. Shikhar Agnihotri**

- The Process of Self-Transformation- **Bro. Shikhar Agnihotri**

Symposium 1 - "Seek Out the Way":

- What Are We Seeking? — **Sis. Kritika Goel**
- Is the Mind Ever Free to See What Is True as Long as It Is Seeking Security? — **Bro. Aditya Mathur**
- Is the Seeker Different from What He/She Seeks? — **Sis. Smitapragyan Patro**

Interactive Activity:

Mask vs. Self — Experiential games exploring the ego and building trust.

Day 2 — Friday, 26 June: "Serving"

Objective: Turning inner seeking into compassionate action and community unity.

Morning Discipline: Yoga with **Bro. Sagar**, followed by an intensive meditation session led by **Bro. Shikhar Agnihotri**.



GATHERING HIGHLIGHTS

Youth Gathering 2026 — Seeking, Serving, Becoming

Day 3 — Saturday, 27 June: "Becoming"

Objective: Integrating the lessons of seeking and serving to embody the path of a true Theosophist.

Morning Discipline: Yoga with **Bro. Sagar** and Bharat Samaj Pooja with **Bro. Shikhar Agnihotri**.

Symposium 2 — "Becoming":

- Who Is the "I" That Becomes? — **Sis. Tanmayee Melvanki**
- Surrender to What Is — **Bro. Snehith**
- Is "Being the Change" a Willpower Act or a Natural Flowering? — **Sis. Ananya Pati**

Afternoon Session: Session 6 —

The Conclusion, delivered by Bro. Shikhar Agnihotri.

Day 4 — Sunday, 28 June: "Closing"

Objective: Integration, clarity, and preparing participants to carry the retreat's spiritual spark into daily life.

Dialogue & Feedback: Interactive Q&A with Bro. Shikhar Agnihotri, facilitated by Bro. Aditya Mathur and Sis. Kritika Goel.

Official Closing: Reflections, expressions of gratitude, and farewells, followed by a Vote of Thanks by Sis. Smitapragyan Patro.

Key Takeaways

Blended Curriculum: The gathering balanced high-level metaphysical philosophy with practical psychology and physical wellness.

Altruism in Action: The Day 2 Old Age Home Health Camp demonstrated that Theosophical concepts are meant to be lived through service, reflecting the **Theosophical Order of Service (TOS)**.

Peer Engagement: Youth-led symposiums encouraged high engagement, open dialogue, and peer-to-peer learning.



Thankyou!

Turiya Comic

Burn Bright

The Fourth Flame

Vedika

Ved

Rishi Agnivesh



Ved and Vedika arrive beneath an ancient banyan tree where Rishi Agnivesh waits beside three lamps.



Rishi: Every soul carries a flame. But tell me... which one truly burns bright?



Ved points to the brightest blaze.

Ved: The strongest fire must be the greatest.

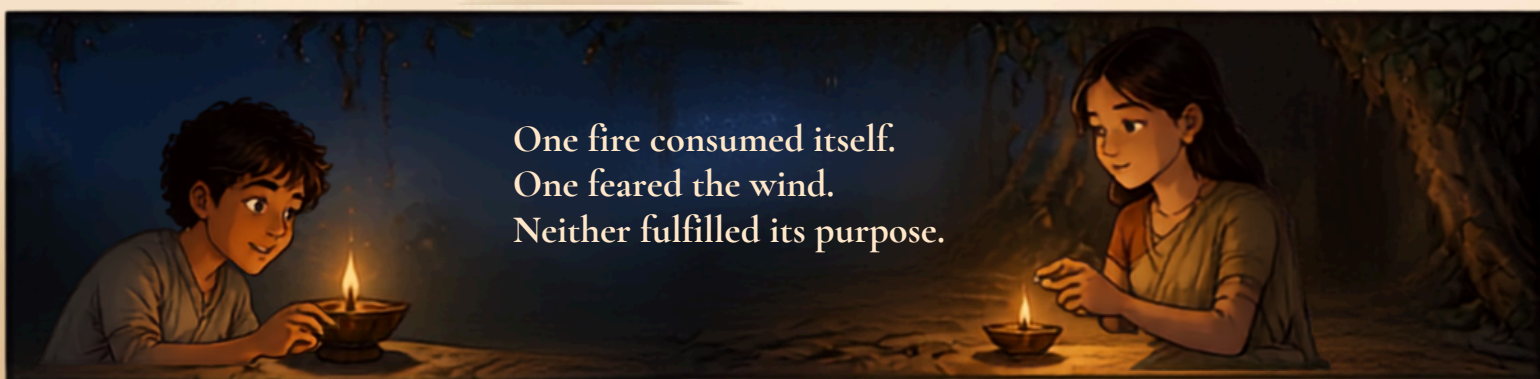
The lamp suddenly flares wildly... and burns out.



Vedika shields a tiny flickering lamp with her hands.

Vedika: Even the weakest light deserves protection.

It survives but barely illuminates anything.

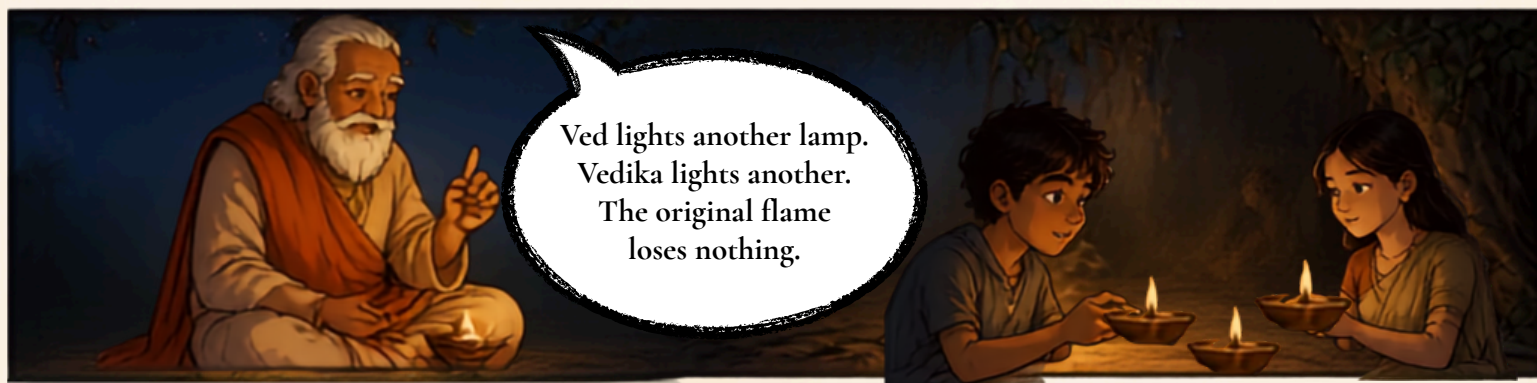


One fire consumed itself.
One feared the wind.
Neither fulfilled its purpose.



The third lamp glows quietly neither loud nor weak.

Rishi: Brightness is not intensity. It is constancy.



Ved lights another lamp.
Vedika lights another.
The original flame
loses nothing.

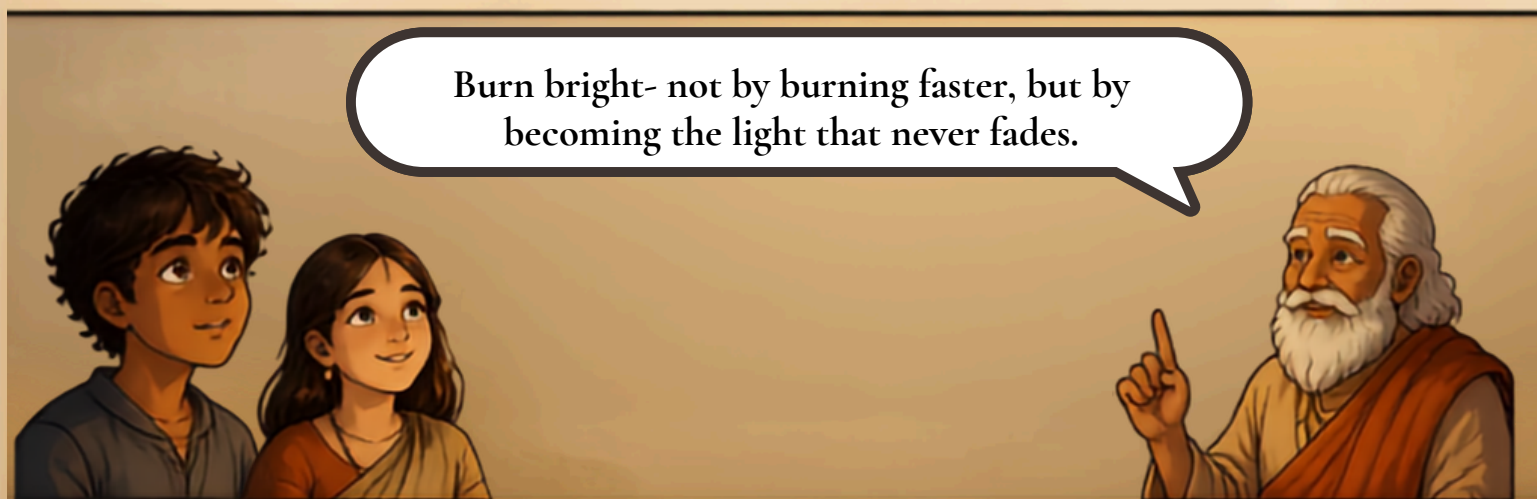


Ved: A flame exists not to be admired... but to awaken other flames.
The darkness disappears not because one light became larger, but
because many began to shine.



Ved: What is the
name of this flame?

Rishi smiles.
“When the mind becomes still...
when knowledge and compassion
become one... when the light is
no longer outside but within that
state is called
TURIYA.”
The Fourth. The Ever-Awake.



Burn bright- not by burning faster, but by
becoming the light that never fades.



THE GOLDEN STAIRS

A clean life, an open mind,
A pure heart, an eager intellect,
An unveiled spiritual perception,
A brotherliness for all,
A readiness to give and receive advice and
instruction,
A loyal sense of duty to the Teacher,
A willing obedience to the behests of TRUTH,
Once we have placed our confidence in,
And believe that Teacher to be in possession of it;
A courageous endurance of personal injustice,
A brave declaration of principles,
A valiant defense of those who are unjustly
attacked,
And a constant eye to the ideal of human
progression,
And perfection which the secret science depicts—
These are the golden stairs
Up the steps of which the learner may climb
To the Temple of Divine Wisdom

by H. P. Blavatsky



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Three Objectives of TS



1. To form a nucleus of the Universal Brotherhood of Humanity, without distinction of race, creed, sex, caste or color



2. To encourage the study of comparative religion, philosophy, and science



3. To investigate the unexplained laws of nature and the powers latent in man.

Three Eternal truths



1. The soul of man is immortal, and its future is the future of a thing whose growth and splendor has no limit.



2. The principle which gives life dwells in us, and without us, is undying and eternally beneficent, is not heard or seen or smelt, but is perceived by the man who desires perception.



3. Each man is his own absolute lawgiver, the dispenser of glory or gloom to himself; the decreer of his life, his reward, his punishment.

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