



Dear Meditator,

It is natural for every meditator to wonder in their quiet moments “What more can I do to compensate for the ever increasing saturation of stress in the world’s atmosphere?”

After all avenues are explored, it turns out that the most effective course of action is to stabilise our own state of consciousness; to make our own capability, adaptability, creativity, and happiness non-variable.

A non-variable, high state of consciousness is the only basis on which your life and the lives of those surrounding you can consistently meet the demands of a stressed world with solutions rather than inadvertently becoming part of the problem.

You see, at the end of each day, one has either predominantly contributed to stress or to happiness through one’s responses to demands. As meditators, it is increasingly incumbent on us to ensure that, at least in our own lives, we are not creating stress in the atmosphere by unconsciously resisting the process of evolution. Evolution means progressive change. There is no progress in life without change.

All the laws of nature are designed to allow any one of them to take precedence, to become the priority at any given moment to serve the immediate need born of nature’s requirement for evolution.

As lovely as this sounds, it leaves the individual without a functioning and nonchanging rulebook for embarking upon a course of right action that is in perfect attunement with the actual needs of the moment. Consequently, even with the best of intentions one may become the cause of needless suffering to oneself and to others by not accurately perceiving what is actually needed in a given situation.

Fortunately, there is a delightful cure for all of this. The word “Rishi” comes from the ancient classical language of India. It has grown to mean much more, but its literal translation, “Seer”, says it all. A Seer is perspicacious, that is, “possessed of keen vision yielding wise judgment.” To become a Rishi is to become someone whose awareness is attuned, non-variably, with the ongoing and ever-changing restructuring of nature’s priorities.

Someone who has the ability to perfectly compute the right thought, the right response, at exactly the right moment. This is someone whose life is a window into the functioning of nature’s intelligence, and through whom evolution functions with no distortion.



The origin of this knowledge, which has also given us our beloved meditation technique, is known as “Veda.” Veda is said to be knowledge of whatever is nature’s broadest current theme. The word “Veda” is expressive of knowledge of the true conscious intent of the universe. In this light, Veda is Supreme Knowledge, acquisition of which gives one “Rishi” status.

To become a Rishi is the pinnacle of human aspiration. Where bravery and courage are laudable reactions in the face of fear, a Rishi alone is fearless. Fearlessness is the hallmark of a Rishi’s life, because all uncertainty over spontaneous right action has been removed. The life of a Rishi is the life of bliss born of fearlessness.

The course of Rishi Training being offered is entitled "Exploring the Veda" and comprises of 6 instalments. Each instalment consists of recorded lectures conducted over a weekend, in a non-residential setting.

Participation in this programme should be given your highest priority. Whatever events you think may be “too important” or “unchangeable” should be reassessed in favour of embarking on this training. The need of the time demands this; the fulfillment of the purpose of individual life awaits this.

Jai Guru Deva

Thom Knoles