

A woman with dark hair, wearing a white lace-trimmed blouse and dark pants, is sitting cross-legged in a field of tall green grass. She has her eyes closed and her hands resting on her knees in a meditative gesture. The background is a soft-focus forest of green trees under bright, natural light.

Advaita
Buddhism
Children's Activities
Christianity
Healing
Interfaith
Meditation
Mysticism
Native Wisdom
Online Classes
Philosophy
Tai Chi/Qigong
Theosophy
Taoism
Yoga

2013 SPRING PROGRAMS

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the **THEOSOPHICAL**
SOCIETY

in America

Encouraging open-minded inquiry
Respecting the unity of all life
Exploring spiritual self-transformation

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TO REGISTER

For information or to register for workshops and classes, call 630-668-1571, ext. 315, e-mail: info@theosophical.org.

Refund Policy:

Cancellation requests made at least 24 hours in advance of a workshop or class qualify for a refund. However, a 10% processing charge may be applied.

Please note:

Cancellation of a program may be unavoidable especially in inclement weather. Please call or visit our Web site at www.theosophical.org for changes to the schedule.

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the **THEOSOPHICAL**
SOCIETY
in America

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www.theosophical.org

SPRING-SUMMER 2013

From The Program Committee:

In nature, the spring season always brings new growth and color. In the same spirit, we on the Program Committee are very happy to introduce our redesigned Program Brochure. We hope that you find this new format visually attractive as well as easy to explore. From the Table of Contents and Subject Directory, you can see that we are offering a wide range of diverse, interesting, and informative programs for you to enjoy.

A special highlight of our **Thursday Evening Programs** is the appearance of internationally recognized speaker and author Eboo Patel who will introduce his new book and speak on "Standing Your Sacred Ground." Other noteworthy guest speakers include Santikaro, Ray Grasse, and Andrew Vidich. We also feature some of our regular leading speakers such as Tim Boyd and Pablo Sender. As a change from the lecture format, we have reserved two Thursdays for the very popular gong meditations. Under **Workshops and Retreats** we are very happy to offer the White Lotus Meditation Retreat in May and A Day of Meditation in June to help you deepen your meditation practice. The highly qualified Stephen Watson will lead two graduated workshops on Tai Chi that will allow you to experience the full potential of this ancient art. Note that in **Special Events** we are again hosting World Tai Chi Day and Interfaith Prayers for Peace, and we have Venerable Olande Ananda speaking on "The Buddha's Way to a Trouble-free Mind." In **Classes and Groups**, our new and ongoing classes and meetings offer something for everyone!

Enjoy exploring our new program brochure; we hope you discover many appealing programs that will inspire you to join us on many occasions during this Spring-Summer season. Please share your ideas and suggestions about this brochure, the programs, and the schedule so that we may better serve our mission to help you explore the spiritual path. Contact the Program Committee at programs@theosophical.org or 630.668.1571, ext. 318.



John Cianciosi

If you would like to receive this program in electronic form only, please send an e-mail to TSAPublicity@theosophical.org with your name and address, or telephone 630-668-1571 ext. 329.

THURSDAY EVENING PROGRAMS



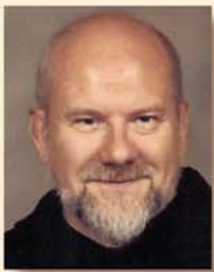
You are invited to join us on Thursday evenings for informative and diverse presentations on a wide range of topics. All programs are open to the public and begin at 7 p.m.

Admission is \$10 for guests and \$5 for members (unless otherwise noted). Programs are wheelchair accessible.

Bridging the Religious Divide: A Dialogue between Buddhist and Christian Monastics

April 4, 7 p.m.

In 1996, at Gethsemani Abbey in Kentucky, home of the late Thomas Merton, a dialogue between the Dalai Lama, leading Buddhists of several traditions, and members of the Catholic Board of Monastic Interreligious Dialogue was held. The purpose was to learn from each other's tradition in order to deepen understanding, find common ground, and explore any differences. Their discussions on spirituality, including interreligious services, have been called "the most substantive Buddhist-Catholic dialogue" on spirituality and practice to date. Father Julian, one of the participants, will share his experience and insights from the event.



Reverend Julian von Duerbeck, O.S.B., KCHS, is a Benedictine priest-monk of St. Procopius Abbey, Lisle, IL. He received a Masters in Liturgy from St. John's University and has studied the history of religions at the Institute of Buddhist Studies, Berkley, CA and Harvard Divinity School, Cambridge, MA. On the Board of Monastic Interreligious Dialogue and Marshal for the Chicago Parliament of World Religions, Father Julian has conducted nearly

200 interreligious events. The Vatican has appointed him a Knight Commander of the Holy Sepulchre. Liturgist at the Abbey, he teaches at Benet Academy and Benedictine University.

New Moon in Spring Gong Bath™

April 11, 7 p.m.

The Gong Bath™ experience frees up, boosts, or shifts your energy for spiritual and physical healing. Using a 38" gong tuned to vibrational frequency of the Earth, Richard creates dynamic overtones and harmonics which encourage and support emotional balance, cellular healing, and spiritual awareness. Participants are acoustically guided or "trance"-ported into realms of spiritual well-being. Bring a pillow and mat or blanket to lie on.



Richard Rudis (Sonam Dorje) is an American Tibetan Buddhist. The playing techniques he uses alter mundane consciousness and are an outgrowth of nearly 30 years of Buddhist study. He teaches Buddhist dharma and vibrational sound healing internationally. Visit www.sacredsoundgongbath.com.

\$20 per person (pre-registered) \$25 (after April 4)

Space is limited! Register in advance to assure a place. Call 630-668-1571, ext. 315.

Connecting to the Divine through Native American Wisdom

April 18, 7 p.m.

This evening you will introduce yourself to the Creator. You will discover insight and clarity into your Creation, your life purpose, and how to achieve your desires and dreams, while asking the questions: Who is the Creator? Do you know the Creator? When did you meet? Where does the Creator live? Do you love the Creator? Please bring a small mirror to use as you search the core of your being to find purpose and inner peace.

Marilyn Youngbird, a tribal member of the Arikara, Mandan, and Hidatsa Nations, is a renowned holistic health care practitioner, teacher, and lecturer. She has presented cultural sensitivity training seminars and traditional Native American holistic health care workshops in the United States, Bosnia Herzegovina, Japan, Croatia, Canada, Sweden, and Russia.



Join Marilyn Youngbird, Martha Libster, and Marilyn Johnston for **Creating a Personal Medicine Bag**, an all-day workshop on Saturday, April 20. See **Workshops and Retreats!**

The Whispering of the Tao

April 25, 7 p.m.

Today's Taoist, though perhaps having traded a robe and bowl for a suit and iPhone, still walks among us. It is the person unmotivated by fear, breaking into smile and song at any new wonder. If you look carefully you can know the Taoist as one who does not "duel" with "duality." There is no opposition, no rigidity to the world. A Taoist has his ear bent to the eternal winds of "How it is," while dancing, through what appears to the non-Taoist to be ordinary everyday life, with insight and delight in place of fright and fight. Come have a listen to the whispering of the Tao.



Stephen Watson has immersed himself in Eastern philosophy for over 20 years. Stephen's martial arts training (the how) began in concert with his interest in philosophy (the why). His motto is: When you have enough "Whys," you have "Wise." He is regularly featured in *Inside Kung-Fu* magazine for both his jovial personality and world-class skill. An international, U.S., and now, world champion in Tai Chi push hands, he operates a small martial arts school in Connecticut where he hosts masters and students.



Please join Stephen for **World Tai Chi and Qigong Day**, Saturday April 27. See **Special Events!** He is also offering two workshops, Saturday and Sunday, April 27, 28. See **Workshops and Retreats!**

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Hours: Monday–Friday 10–8,
Saturday 10–5, Sunday 1–5

Visit our Web site: www.QuestBookShop.org

The Power of Stillness: Cultivating Inner Silence through Meditation

May 2, 7 p.m.

Explore the nature of our mind, the power of thought, and the means of liberating our consciousness from reactive, conditioned, and habituated thinking patterns. Discover the relationship between our thoughts, words, and deeds; the effect of our thoughts on our body, emotions, and inner self as well as the power of thought to affect others. What is the relationship between karma and thought? Focus on identifying negative “tape loops” and destructive habits of thinking while learning to create more positive ways of seeing the world and ourselves.



Andrew Vidich is an author, educator, and international speaker with a Ph.D. in Comparative Religion and a specialization in Sufi studies. He has taught religion at Manhattan College and Iona College and is the CEO of the Leadership Institute Inc., a consulting firm engaging in teaching leadership skills for the 21st century as well as a founding member of the Interfaith Council of New York. He is the author of *Love is a Secret: The Mystic Quest for Divine Love* and *Light Upon Light: Five Master Paths to Awaken the Mindful Self*.

Aristotle, Facebook, and Friendship

May 9, 7 p.m.

Friendship in the twenty-first century has been radically redefined by social media platforms such as Facebook and Twitter. Or has it? Over two thousand years ago, Aristotle wrote a definitive treatise on the nature of friendship. Find out what he and other philosophers have said on the subject, and whether today’s “virtual friend” bears any resemblance to what they had in mind.



David P. Bruce is the National Secretary of the Theosophical Society in America. He is a third-generation Theosophist and has served at the national center since 2003.

Standing Your Sacred Ground

May 16, 7 p.m.

There is no better time to stand up for your values than when they are under attack. In the decade following the attacks of 9/11, suspicion and animosity toward American Muslims and alarmist, hateful rhetoric invoking the specter of Islam as a menacing, deeply anti-American force have become commonplace rather than being relegated to the fringes of political discourse. This prejudice is a challenge to the ideals of American life. This evening, renowned interfaith leader Eboo Patel will discuss the art and science of interfaith work, showing us that Americans from George Washington to Martin Luther King Jr. have been “interfaith leaders.” Sharing stories from the frontlines of interfaith activism, he’ll bring to life the growing body of research on how faith can be a bridge of cooperation rather than a barrier.



Eboo Patel is a Rhodes Scholar and holds a doctorate in the sociology of religion from Oxford University. *US News & World Report* named him one of America’s Best Leaders of 2009. He is recognized both nationally and internationally as a leader striving for inter-religious understanding and peace. Eboo is founder and president of the Interfaith Youth Core, a Chicago-based organization building the interfaith movement on college campuses and also serves on the Religious Advisory Committee of the Council on Foreign Relations and the Department of Homeland Security’s Faith-based Advisory Council. Author of *Acts of Faith: The Story of an American Muslim*, *the Struggle for the Soul of a Generation* and *Sacred Ground: Pluralism,*

Prejudice, and the Promise of America, he is also a regular contributor to the *Washington Post*, *USA Today*, *Huffington Post*, NPR, and CNN.

Free admission! Donations are accepted.

Sacred Ground: Pluralism, Prejudice, and the Promise of America book sale and signing after the program!

The Power of Awareness

May 23, 7 p.m.

Most human beings deal with the challenges of daily living by means of physical actions, emotional responses, and intellectual endeavors. Although these may be appropriate coping skills on a practical level, they rarely address the root cause of the difficulties we encounter, and we tend to repeat mistakes or create new problems in solving the old ones. Fortunately, we all possess a higher faculty—one that can bring about a fundamental change in ourselves and in society. This faculty, variously called awareness, mindfulness, or witnessing, becomes an active power when we discover how to tap into it.



Pablo Sender, Ph.D., became a member of the Theosophical Society in his native Argentina and has presented Theosophical lectures, seminars, and classes in India, Spain, England, and the three Americas. His articles, in Spanish and English, have been published in several Theosophical journals. Join Pablo for the **Living Theosophy Series**. See **Classes and Groups!**

The Dynamic Core of Buddhist Meditation

May 30, 7 p.m.

The meditation teachings of early Buddhism emphasize a dynamic interaction of tranquility and seeing clearly. Along with mindfulness, we cultivate an awareness that is clean, clear, undistracted, steady, bright, malleable, and agile. Too much of one factor can mean too little of another. We will consider the harmonious integration of these key factors.



Santikaro is the founder of Liberation Park, a modern expression of Buddhist practice, study, and social responsibility, located in rural Wisconsin. There he teaches Buddhism and meditation with an emphasis on the early Pali sources. Seminal life experiences include 19 years as a Theravada Buddhist monk, 9 years studying in Thailand with renowned master Buddhadasa Bhikkhu, and, more recently, an aggressive lymphoma and successful chemotherapy.



Join Santikaro for **Entryways into Mindfulness with Breathing**, a day of meditation on Saturday, June 1. See **Workshops and Retreats!**

Emerging Mythologies for the Aquarian Age

June 6, 7 p.m.

We live in a changing time when the mythologies that have guided us for millennia appear to be losing their grip or morphing into extremism. As a result, many are now searching for new stories that can help us better understand our world or provide guidance. In fact, there are already intriguing signs of a new set of mythologies emerging into global consciousness, which are dramatically different from those of our past. Explore some of those possibilities and discover how their precursors may already be showing themselves in cinema, literature, science, and even television.



Ray Grasse is a Chicago based astrologer, musician, and writer. On the editorial staffs of Quest Books and Quest magazine for ten years, he is currently associate editor of *The Mountain Astrologer* magazine. Author of *The Waking Dream* (Quest Books, 1996) and *Signs of the Times: Unlocking the Symbolic Language of World Events* (Hampton Roads, 2002), Ray has lectured internationally on the topics of astrology, synchronicity, meditation, and hypnosis. He has

written often on mythology and studied during the early 1980s with mythologist Joseph Campbell. Contact Ray at jupiter.enteract@rcn.com or through his website: www.raygrasse.com.



Learn about the **Secrets of the Esoteric Tradition** with Ray. See **Classes and Groups!**

Gong Sound Meditation

June 13, 7 p.m.

The goal in all healing, meditative, and spiritual pursuits is to raise an individual's vibratory frequency which will only change through the principle of vibration. As a student and practitioner of metaphysics for over thirty years, Marian presents sound excursions by incorporating dynamic rhythms and harmonic compositions. Performing on three large gongs, he generates a broad and fascinating spectrum of vibratory frequencies, which have the power to transform one's nature of being. While taking listeners into otherworldly realms, his gong sound meditations provide spaces for healing.



Marian Kraus, born in Europe, has a love and fascination with nature and the inherent order of the Universe, which consistently fuels his growing desire to express beauty and harmony through light and sound. After two decades in the corporate world, he began his new career as a professional architectural and fine art photographer in the Chicago area in 1999. A long-time hand drummer, he expanded his creative repertoire by expressing images through the sound of gongs. To find out more please visit www.GongSoundHealing.com.

\$20 per person (pre-registered) \$25 at the door

Space is limited! Please register in advance to assure a place. Call 630-668-1571, ext. 315. Please bring a blanket or mat to lie on.

Steps to Transcendence

June 20, 7 p.m.

For many of us, a great deal of our personal energy goes into maintaining our network of relationships and responsibilities. Just making it through the day without anger, conflict, irritation, or sadness can often feel like a major accomplishment. In our quiet moments, we become aware of the deeper potentials—a greater life for us to live. Transcendence is one of our deepest resources, not only the experience of saints and sages. What is the nature of this hidden life, and what do the wisdom teachings of the ages have to say about how we might realize it?



Tim Boyd, president of the Theosophical Society in America (TSA), is a founding member of a spiritual community that was active in Chicago's inner city for more than 25 years. His involvement with the Theosophical Order of Service and the Chushul orphanage in Tibet led to an audience with the Dalai Lama. This meeting resulted in the TSA sponsoring His Holiness' visit to Chicago in July of 2011 for a two-day event which was attended by ten thousand people.

Theosophical programs are supported by the Kern Foundation.

WORKSHOPS AND RETREATS



Pre-register
by phone 6
30-668-1571,
ext. 315 or
by e-mail.

Creating a Personal Medicine Bag

Saturday, April 20

10:30 a.m.–4:30 p.m.

Many challenges can impact our everyday lives impairing our ability to create or maintain homes and communities that are healthy, caring, and loving. Our bodies, minds, and spirits become fatigued and sometimes even ill facing those challenges. Today, three healing practitioners will open their Medicine Bags to share with you healing techniques indigenous to each of them: the energy of simple herbs, touch, and love. By the end of the day they hope to have taught, inspired, and supported your personal journey toward healing body, mind, and spirit!

Marilyn Youngbird, a tribal member of the Arikara, Mandan, and Hidatsa Nations, is a renowned holistic health care practitioner, teacher, and lecturer. She has presented cultural sensitivity training seminars and traditional Native American holistic health care workshops nationally and internationally.



Martha Mathews Libster, PhD, RN, is recognized internationally as an authority on the relationship between healing traditions and nursing practice. Author of numerous articles and books, including *The Nurse-Herbalist: Integrative Insights for Holistic Practice*, Dr. Libster is the

founding director of The Bamboo Bridge International and the Creative Director of Golden Apple Healing Arts, LLC.



Marilyn Johnston-Svoboda is professor emeritus of nursing at College of DuPage. Taught and mentored by many: Dora Kunz, Dr. Delores Krieger, Marilyn Youngbird, and Momfeather Erickson, Dr. Johnston has integrated the holistic value system of her Native American heritage and her Christian beliefs into her long-term practice of holistic healthcare, leading workshops, conferences, and teaching the healing modality Therapeutic Touch (TT). She is also co-author of *Therapeutic Touch: A Healing Modality of Heart and Hands* (Book/DVD).

\$40 guests \$35 members \$15 current students of nursing (with ID)
(Lunch on your own.)



Hear Marilyn Youngbird's talk **"Connecting to the Divine through Native American Wisdom"** on Thursday, April 18. See **Thursday Evening Programs!**

Tai Chi Introduction: Nonviolence and Interrelational Engagement

Saturday, April 27
1:00–4:00 p.m.

Every moment of our lives we are in relationship. Tai Chi is the study of yin and yang, the primordial relationship. We need not know it, we need not pay it any mind. We may not be awake to it, in fact, we need not even be awake at all to be in relationship. We are always in both fleeting and lasting connection to our bodies, our neighbors, and our surroundings. Let us recommit to enter each relationship with the intention to do no harm and share what truth we can. This special engagement touches on insights gleaned from the Vedas, Taoist, and Buddhist understandings and is presented with an understanding of the physical body borne of a long-standing immersion in the gentle waters of Tai Chi.

The Finger and the Moon

Sunday, April 28

1:00–4:00 p.m.

A famous Taoist story tells of a shaman showing the villagers the beautiful full moon by pointing to it with his finger. Unfortunately, the villagers only gaze at the pointing finger and thereby miss the moon.

This intermediate Tai Chi workshop is based on the necessity of both the finger and the moon. The canon of Eastern thought is but the finger, and as such, can only point the way. Students will be taught ways to ground and expand the practice of Tai Chi through the use of ancient knowledge and the purposeful engagement of one's own being as a compass rose for course-charting deep knowing.



Stephen Watson has immersed himself in Eastern philosophy for over 20 years. Stephen's martial arts training (the how) began in concert with his interest in philosophy (the why). His motto is: When you have enough "Whys," you have "Wise." He is regularly featured in *Inside Kung-Fu* magazine for both his jovial personality and world-class skill. An international, U.S., and now, world champion in Tai Chi push hands, he operates a small martial arts school in Connecticut where he hosts masters and students.

Register for either or both days.

Saturday only—\$40 guest \$30 member

Sunday only—\$40 guest \$30 member

Saturday and Sunday—\$70 guest \$50 member



Don't miss Stephen's talk "**The Whispering of the Tao**" on April 25!

See **Thursday Evening Programs**.

White Lotus Meditation Retreat

Friday, May 3, 6:00 p.m.–Sunday, May 5, 4:00 p.m.

Take a pause from your busy life and allow yourself to sit, relax, and establish a deeper relationship with your inner nature. Join us for this weekend meditation retreat at the national center of the Theosophical Society in America. Introductory talks and guidance in the practice



of different methods including gentle Yoga and Tai Chi, sitting sessions, and walking meditation will be given in an especially conducive environment.

Facilitators and speakers for the weekend include:



Tim Boyd



Pablo Sender



John Cianciosi



Jim Bosco



Juliana Cesano

Space is limited. Please register by April 28.

\$175—Retreat sessions, meals, lodging

\$110—Retreat sessions, meals

\$20— Per retreat session (does not include meals)

Entryways into Mindfulness with Breathing

Saturday, June 1, 2013

9:00 a.m.—4:00 p.m.

The primary meditation system of beginning Buddhism is composed of stepwise mindful investigations of the breathing and associated realities. This system of mindfulness practice and spiritual cultivation can be entered in fairly simple and straightforward ways. We will sample the basic entries from which deeper exploration and inquiry are possible.

Santikaro is the founder of Liberation Park, a modern expression



of Buddhist practice, study, and social responsibility, located in rural Wisconsin. There he teaches Buddhism and meditation with an emphasis on the early Pali sources. Seminal life experiences include 19 years as a Theravada Buddhist monk, 9 years studying in Thailand with renowned master Buddhadasa Bhikkhu, and, more recently, an aggressive lymphoma and successful chemotherapy.

\$50 guests \$40 members

\$60 at the door (Lunch on your own.)



Don't miss Santikaro's Thursday talk **"The Dynamic Core of Buddhist Meditation"** on May 30.

SPECIAL EVENTS

Pre-register by phone 630-668-1571, ext. 315 or by e-mail.

One World . . . One Breath . . . World Tai Chi and Qigong Day

Saturday, April 27
9:00 a.m.– noon

The Theosophical Society will host Tai Chi and Qigong teachers, Renee Ryan, Stephen Watson, Ben Furman, and John Robertson

as they lead participants in their respective styles, creating a continuous wave of human movement focused on healing the planet as we heal ourselves. All are welcome! No experience required! Gather outside at 9 a.m. (indoors, if inclement weather) for this FREE EVENT!



9 a.m. Instructors demonstrate forms

10 a.m. World Event Silent Group Tai Chi Practice

11 a.m. Enjoy the campus grounds, Labyrinth, and Quest Book Shop



To learn more about World Tai Chi and Qigong Day events, visit:

www.worldtaichiday.org

www.thelighthousecenter.org

www.facebook.com/WTCD.Chicago



Join Stephen Watson on Saturday or Sunday for **Tai Chi Introduction: Nonviolence and Interrelational Engagement** and **The Finger and the Moon** workshops. See **Workshops and Retreats!** See **Thursday Evening Programs** for **"The Whispering of the Tao."**

Interfaith Prayers for Peace

Saturday, June 15, 11:30 a.m.

Please join this ecumenical group as they offer prayers of peace from many faiths. One significant benefit derived from this gathering is that it draws attention to the shared aspirations of religious traditions and the goal of resolving differences through dialogue. Lively conversation follows when we enjoy a homemade meal, compliments of Mazher.

If you plan to attend or would like to represent your tradition by speaking, please R.S.V.P. to Mazher at hmahmed@hotmail.com.



Mazher F. Ahmed was born and educated in India. Believing that interreligious work is essentially about breaking down barriers and building bridges, she is involved in a number of interfaith endeavors. Mazher has worked with the Council for a Parliament of the World's Religions since 1990 and is an emeritus trustee for the Council.

Donations are appreciated.

The Buddha's Way to a Trouble-Free Mind

Sunday, June 16, 4:00–5:00 p.m.

The ultimate purpose of the Buddha's teaching is to guide us towards the realization of enlightenment, the highest peace, or living with a completely trouble-free mind. Yet, the Buddha was well aware of the nature of ordinary life with the concerns, challenges, and problems that we all face. In addition to encouraging us to strive for the lofty goal of Nirvana, he offers very pragmatic advice on how to live in a way that allows us to maintain a trouble-free mind while dealing with those various experiences and problems.



Venerable Olande Ananda, the vice-patron of the Theosophical Society in Sri Lanka, is of Dutch origin. In 1975 he was ordained as a monk in Theravada tradition and has since traveled worldwide delivering lectures on Dharma, teaching Vipassana meditation, and inspiring many seekers of truth. He is presently the resident teacher of the Pagoda Meditation Centre in Sri Lanka.

\$10 guests \$5 members

127th Summer
National Convention
**Be the Change: Service
and Transformational
Practices**

July 19-23



Join us for an exceptional summer convention at TSA headquarters in Wheaton, Illinois. For many of us, the high ideals we encounter in Theosophy may seem difficult to put into practice. You are invited to listen and share with those who have found ways to serve others and have discovered meaningful and powerful methods for inner transformation. Featured speakers include:



Vic Hao Chin Jr. conducts Self-Transformation Seminars worldwide and has been instrumental in establishing schools throughout Philippines where Theosophy is included in the curriculum.



Sister Gabriele Uhlein, OSF, Ph.D., internationally renowned author and retreat facilitator, will share her extensive knowledge of Christian mysticism and eco-spiritual thought.



Fernando de Torrijos, Director of Mindfulness Programs in Psychiatry at University of Massachusetts Medical School, worked for years with Jon Kabat-Zinn in his Center for Mindfulness in Medicine and has developed a series of initiatives integrating self-awareness practices in psychiatry.



Dorothy Bell, M.S. Ed, of Australia, focuses on the practical application of Theosophy—especially the process of transformation and liberation from social conditioning.

Please visit www.theosophical.org or contact us at registrar@theosophical.org or 800-669-1571, ext. 328 for more information, registration forms, and program schedule.

An added bonus for the SNC will be the presence of a number of international TS members who will be attending the 3rd International Theosophical Order of Service Conference immediately following ours. See **Special Events** page 17!

2013 TOS International Conference

July 23–26



The Theosophical Order of Service (TOS) is happy to announce that the TOS in the USA and the Theosophical Society in America will be hosting this international TOS conference which will take place Tuesday evening, July 23 to Friday, July 26, 2013, at National Headquarters of the TSA (the Olcott campus) in Wheaton, Illinois, immediately following the TSA's Summer National Convention. All TOS office bearers, liaisons, and workers at the international, national, or local level are welcome to attend both events.

There will be a variety of programs and workshops offered, such as “Deep Listening” and “Social Action as Spiritual Practice.” Keynote addresses, “Creative Meditation: Balancing Inner and Outer Action” and “The TOS One Hundred Years from Now,” will be given by **Maria Parisen** and **Vic Hao Chin, Jr.**, respectively. We will review the current international plan of action and ensure that it takes into account the needs of each country for 2014–18. Be prepared to be actively involved!

A limited number of rooms will be available on the Olcott campus. Most attendees will stay at the nearby Holiday Inn (150 South Gary Avenue, Carol Stream, IL 60188). Call 800-315-2621 or 630-665-3000, or visit <http://hicarolstream.com/index.cfm>. Please mention that you are part of the TS or TOS Conference. A shuttle van will run between the hotel and the Olcott campus. To register or for more information, contact Nancy Secrest, president of the TOS in America, at nsecrest123@gmail.com, or visit the TOS Web site at www.theoservice.org.

Art Gallery



© Juanita Donahoo

The Art Gallery will continue exhibiting the distinctive art of Portuguese artist Joma Sipe through June. A collection of his work, influenced by sacred geometry and esoteric and spiritual traditions, is contained in *Soul of Light: Works of Illumination*, a recent publication of Quest Books.

Beginning in July, the Art Gallery will display the aura paintings of Juanita Donahoo as described to her by Dora van Gelder Kunz. These watercolors are the original art used to illustrate Dora's book *The Personal Aura* published by Quest Books and featured in the Spring 2013 Quest magazine.

CLASSES AND GROUPS



Pre-register
by phone 6
30-668-1571,
ext. 315 or
by e-mail.

SUNDAY

Meditation Group

Sundays, ongoing, 11:00 a.m.–12:00 p.m.

Each week, a topic related to meditation will be presented and discussed, followed by a brief guided meditation and longer silent meditation. Instruction will be provided for beginners, but practitioners of all levels are encouraged to share their path of meditation.



Jim Bosco, a student of Theosophy and meditation for over 35 years, has studied at the Himalayan Institute of Yoga Science and Philosophy and the Temple of Kriya Yoga.

Donations are appreciated.

Reiki Share

Sundays, ongoing, 12:30–1:30 p.m.

Join a gathering of Reiki practitioners who congregate for an energy-sharing or healing session. Group energies are often very strong, and the experience may range from simply refreshing to profound. New or non-Reiki practitioners are welcome.



James LeFevour is on staff at the Theosophical Society in America. He regularly practices several energy healing modalities.

Donations are appreciated.

Advaita Study Group

Sundays, ongoing, 6:30–8:00 p.m.

We read and discuss chapters from an Advaita book (currently *I Am That* by Nisargadatta) and listen to or view Advaita-oriented materials from various online sources. You are welcome to visit, join, or rejoin the group at any time.



Jon Knebel, a student of Theosophy and Advaita Vedanta, facilitates this group.

\$5 suggested donation.

MONDAY

Be Still as a Mountain, Move Like a Great River Tai Chi Chuan and Qigong

Mondays, 7:00–8:00 p.m.

April 1–June 24 (12 sessions) No class May 27.

This program will focus on the foundational aspects of Tai Chi Chuan. Students will learn principles that allow for a type of movement, the feeling of which is exquisite and hard to describe. Imagine the experience of being blown about by a gentle breeze coming from **inside you**, yet still being firmly rooted in the ground and cradled in the moment. Stillness, silence, and their union will also be cultivated.



Ben Furman has studied Tai Chi Chuan with several first and second generation students of Professor Cheng Man-Ching and is certified to teach Level I Spring Forest Qigong by its founder Master Chunyi Lin.

Donations requested. Practice required.

Please consider others: Do not wear any perfume, cologne, or scented lotions.

Spiritual Roundtable Discussion

Mondays, ongoing, 7:00–8:30 p.m.

All are welcome to participate in this topic-based discussion group exploring teachings common to all religions and spiritual traditions.



Jim Bosco, a student of Theosophy and meditation for over 35 years, has studied at the Himalayan Institute of Yoga Science and Philosophy and the Temple of Kriya Yoga.

Donations are appreciated.

TUESDAY

Conversations with the President

First Tuesday of the month

7:00 p.m., April 2, May 7, June 4, 2013

In today's world, attempting to live a spiritual life can be demanding and confusing. Gone are the days when one can retreat to the cave or forest. In the midst of job, family, finance, politics, and a host of other obligations is where we must develop our spiritual practice. Join Tim Boyd for these monthly open conversations on the spiritual life.



Tim Boyd, president of the Theosophical Society in America, is a founding member of a spiritual community that was active in Chicago's inner city for more than 25 years. His involvement with the Theosophical Order of Service and the Chushul orphanage in Tibet led to an audience with the Dalai Lama. This meeting resulted in the TSA sponsoring His Holiness' visit to Chicago in July of 2011 for a two-day event which was attended by ten thousand people.

Secrets of the Esoteric Tradition

Tuesdays, 7:00-8:30 p.m.

April 16, 23, 30, May 7 (4 sessions)

Mystics long have alluded to an underground stream of esoteric knowledge largely hidden from public view, and generally unavailable in written texts. This four-week course will explore key insights from the great mystery traditions, drawing on Ray's experience with the oral teachings of Kriya Yoga, Zen, and Tibetan Mysticism. Topics include: Mysteries of the Subtle Body, Methodologies of Transformation, What is Samadhi?, and The Mystical Cosmos.



Ray Grasse studied for 15 years with teachers in the Kriya Yoga tradition and John Daido Looi at Zen Mountain Monastery in upstate New York. In addition, he's also studied with such well-known teachers in the spiritual and mythological fields as Joseph Campbell, Jean Houston, Chogyam Trungpa, Manly Palmer Hall, Namkai Norbu, and John Anthony West. He worked on the editorial staffs of Quest Books and *Quest Magazine* for 10 years, and is author of *The Waking Dream* and *Signs of the Times*. His website is www.raygrasse.com.

\$120 guests \$105 members

Registration for all 4 sessions is encouraged.



Hear Ray speak about Mythologies for the Aquarian Age on June 6.
See **Thursday Evening Programs!**

Online Classes

Participate in interactive online classes from the convenience of your home computer or laptop. Go to www.theosophical.org/webclass for a schedule of classes and more information.



Meditative Yoga

Tuesdays, 7:00–8:15 p.m.

April 2–June 25 (13 sessions)

This yoga class, open to all ages and levels, will have its primary focus on present moment awareness in each of the postures. Beginning with a short meditation to set an intention, the class will transition into a conscious and gentle movement that will take us to different *asanas* (postures). Relaxation, flexibility, and strength will develop as we establish a deeper connection with our inner nature.



Juliana Cesano began practicing Hatha yoga in 1999 in her native Argentina, where she received her training. A dancer from childhood, she transitioned into a yoga practice as part of her spiritual path. A deep interest in meditation and the observation of life and nature has helped her develop a contemplative yoga practice. Juliana spent two years in Chennai, India working at the international headquarters of the TS and currently lives and works at the TSA national center in Wheaton, IL.

\$130 guests \$102 members \$12 per session

Special Tuesday/Friday discount (23 sessions) See Friday listing.

\$205 guests \$165 members

Dharma Study Group

Tuesdays, ongoing, 7:00–8:00 p.m.

Come and explore the ancient and contemporary views on the fundamental aspects of life and spiritual self-transformation. On the first Tuesday of the month, we will be joining “Conversations with the President,” while the other meetings will be devoted to study and meditation.

Once a month, we will put our ideals into practice by engaging in a service project or group activity. All are warmly welcomed.



For more information, e-mail: dvalcarcel@theosophical.org.

WEDNESDAY

Qigong & Tai Ji for Health & Vitality

Wednesdays, 11:45 a.m.–1:00 p.m.

April 3–June 26 (12 sessions) No class May 29



Qigong and Tai Ji are ancient forms of meditative movement based on Chinese traditional medicine using the mind and body to harmonize energy. These movements aid your immune system, improve mental clarity and mood, boost physical energy, and relieve stress.

Reneé Ryan, codirector of the Lighthouse Center, has practiced the healing arts for 30 years and has studied Qigong and Tai Ji in the United States, China, and Korea.

\$96 guests \$84 members \$9 per class

This class continues informally (outdoors, weather permitting) during July and August. There is no charge, however non-perishable or cash donations are appreciated.

Healing Circle

Wednesdays, ongoing, 5:00–5:30 p.m.

Meditation Room

This ceremony, initiated by Geoffrey Hodson and sponsored by the Theosophical Order of Service, offers healing meditation in the service of those in need.

Everyone is welcome to participate or to have loved ones placed on the list.

Contact Diane Eisenberg, Healing Network Director, at tos2healing@gmail.com or visit theoservice.org and click on **Healing Network** for more information.

Donations are appreciated.



Wheaton Theosophical Members Study Group

Wednesdays, 7:00–8:30 p.m.

(Alternates with Living Theosophy)

For members only, this study group meets to study from selected Theosophical works encouraging discussion and interaction with Theosophical ideals. For more information, contact Michele Shields at info@wheatonolcottbranch.org, call Pablo Sender at 630.668.1571, ext 303, or visit our new Web site: wheatonolcottbranch.org.

There is no charge—monetary donations or vegetarian and alcohol-free snacks to share are appreciated.

Living Theosophy—The Secret Path

Wednesdays, 7:00–8:00 p.m.

May 8, 15, 22, 29

Everything in the cosmos is subject to a process of evolution that takes eons to unfold. Most kingdoms of nature spontaneously follow this gradual growth but human beings, by virtue of being endowed with a mind and free will, have the ability to influence the pace of this journey. The Theosophical teachings point to the existence of a path that can greatly accelerate the evolutionary process in those who are able to tread it. Living Theosophy lectures are webcast (see schedule below) and also made available online at the Media Library.

May 8 The Masters of the Wisdom

May 15 The Occult Path

May 22 Discipleship

May 29 Self-Transformation



Pablo Sender, Ph.D., became a member of the Theosophical Society in his native Argentina and has presented Theosophical lectures, seminars, and classes in India, Spain, England, and the three Americas. His articles, in Spanish and English, have been published in several Theosophical journals.

\$5 suggested donation.

Hear Pablo's talk "**The Power of Awareness**" on May 23. See **Thursday Evening Programs!**

Therapeutic Touch Practice Circle

Now weekly! Wednesdays, 7:00 p.m.

April 4 - June 27

7:00 – 7:30 p.m. TT for beginners (instruction)

7:30 – 9:00 p.m. (practice and treatment)



A Therapeutic Touch (TT) group for healing meets for instruction, practice, and experience under the guidance of **Sue Wright, RN, DNSc** (3rd Wednesday) and **Marilyn Johnston, EdD, RN** (1st Wednesday). Both learned TT from Dora Kunz and Dolores Krieger, the founders of this healing practice, and they each have been teaching and practicing TT for over 30 years. The group will meet weekly with the assistance of **Meredith Bosco**, who has been practicing TT for 3 years under the guidance of Sue and Marilyn, her mentor. She will share her experience for the benefit of friends and family at each practice session. If you need healing or wish to practice this technique, come and join us!

Drop-ins welcome! \$5 suggested donation per session



Henry S. Olcott Memorial Library

Library Hours:

Tuesday–Friday, 10 a.m.–12 p.m.
and 1 p.m.–5 p.m.

Saturday, 10 a.m.–5 p.m.

Tuesday–Thursday, 5 p.m.–7 p.m.
(September–June)

Sunday and Monday–Closed

FRIDAY

Meditative Yoga

Fridays, 6:00–7:15 p.m.

April 5–June 28 (10 sessions)

No class April 12, May 3, June 7



Juliana Cesano continues with yoga class on Fridays. See Tuesday listing for a full class description.

\$100 guests \$80 members \$12 per session

Special Tuesday/Friday discount (23 sessions)

\$205 guests - \$165 members

SATURDAY

Yoga for the Spirit

Saturdays, 11:00 a.m.–12:15 p.m.

April 7–June 30 (12 sessions) No class May 26

From the yogic perspective, we experience the spiritual by cultivating awareness and taking it deep into the subtle dimensions of our being. Through asana practice, students begin the inner journey toward self-realization and are empowered to find their own way. After forging a conscious relationship with that which is beyond the “little” self, students may apply that connection to bring understanding, depth, and meaning into everyday life, becoming more aware and confident with their own feelings and intuitions.



Ellen Duff trained at the White Lotus Foundation in Santa Barbara, CA and has taught at Yoga Among Friends since its inception in 1998. She is certified as a Relax and Renew Trainer® from Judith Hanson Lasater, specializing in using yoga poses to help us learn to relax and rest deeply.

\$110 guests \$90 members (or \$12 per class)

Order of the Round Table

Third Saturday of the month, 2:00–4:00 p.m.
For children and young people

Through ceremony, games, story-telling, and creative activities, the **Order of the Round Table** helps youth grow as useful and happy members of society. It promotes awareness of unity, stimulates love of nature and animals, and encourages a life of harmony and compassion. For more information, e-mail: mroemmich@theosophical.org.



Sustainability, Permaculture, and Rudolf Steiner's Biodynamic Method

Saturdays, April 13, 20, 27, May 11, 18 (5 sessions)
3:00–4:30 p.m.

Rudolf Steiner was one of the leading philosophers, scientists, and educators of the late nineteenth and early twentieth centuries. Plato and Goethe number among his influences, and after parting ways with Theosophy and founding anthroposophy, Steiner developed a biodynamic method in agriculture, one of the bases for the modern approach to agricultural sustainability known as "permaculture." Explore Steiner's biodynamic method and its ultimate roots in Plato. This course will discuss the eight lectures contained in Steiner's work *Agricultural Course: The Birth of the Biodynamic Method*.



Donna Adler, Ph.D., a lawyer trained in philosophical theology, made an in-depth study of the Platonic tradition in the process of writing her dissertation on St. Augustine's thought. Dr. Adler has continued her exploration of ancient philosophy and has written a book on Plato's *Timaeus* that she is preparing for publication. It is one of several manuscripts and articles that she hopes will one day see the light of day.

\$60 guests \$48 members \$12 per session
Enrollment for the series is encouraged!

The Theosophical Society is an international organization dedicated to the promotion of harmony among all peoples and an understanding of the Wisdom Tradition through the comparative study of religion, philosophy, science, and the arts, so that we may better understand ourselves and our place in the universe.

Central to the concerns of Theosophy is the desire to foster understanding and unity among people of all races, nationalities, philosophies, and religions. Therefore, all people, whatever their race, creed, gender, nationality, or color, are invited to participate equally in the life and work of the Society. The Theosophical Society imposes no dogmas, but points toward the source of unity beyond all differences. Devotion to truth, love for all living beings, and commitment to a life of active altruism are characteristics of the true Theosophist.

