

## winter

www.theosophical.org

### 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.

**Refund Policy:** Payments are non-refundable. Cancellation requests made at least seven (7) days prior to workshop or class qualify for a full refund.

**Please note:** Cancellation of a program may be unavoidable especially in inclement weather. Please call or visit our Web site at [www.theosophical.org](http://www.theosophical.org) for changes to the schedule.

## January

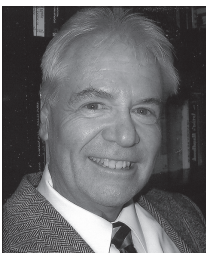
### THE URANUS-PLUTO SQUARE: A GLOBAL CHALLENGE FOR 2012 AND BEYOND

January 5, 2012

The influence of this aspect is already being felt in many parts of the globe, but it won't peak until June 2012 and will continue to affect us until March 2015. The demonstrations protesting corporate greed here in the U.S. and world-wide are manifestations of this aspect's energy. Though symbolically the Uranus-Pluto square is most challenging, it also raises social, economic, and political awareness that is needed for change.

**DAVE GUNNING** is an astrological consultant, teacher, and lecturer. His readings, classroom teachings, and talks have always emphasized the importance of a person's interconnectedness to the Spiritual Self. Dave has written articles for *Dell Horoscope* magazine and *Mountain Astrologer*. He lives in the western suburbs of Chicago with his wife Donna.

Dave will also teach Beginning Astrology I & II this winter. See COURSES!



### POST-HOLIDAY GONG MEDITATION

January 12, 2012

Relax and recover after a busy holiday season by enveloping yourself in the soothing vibrations of an extended gong meditation. Documented for its effects in allowing participants to detach from internal and external pressures, the gong works on multiple levels to heal and transform. After a gentle yogic warm-up and breath meditation to prepare the mind and body, be embraced by the sound of a symphonic gong, rich in tonality. Bring a blanket, floor mat, or towel to lie on.

Please call 630-668-1571 ext. 300 to register in advance.  
\$30 guests \$25 members \$35 at the door

**SUSAN TAUSTER** has practiced and taught Hatha and Kundalini yoga and meditation for over 20 years, receiving her Kundalini instructor training, including gong training, through the 3HO Foundation (based in Espanola, NM). The former publisher of *Vegetarian Times* magazine, Susan understands the connection between yoga practice, natural products and remedies, and a balanced diet.

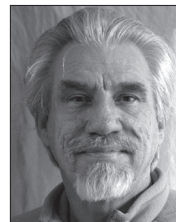


### BUDDHA'S VIEWS ON SEXUALITY AND MARRIAGE

January 19, 2012

Most of the views that people hold regarding human sexual conduct come from cultural norms of the society they live in and the religious tradition they belong to. So it is only natural that we find diverse and often opposing positions taken on matters such as polygamy, homosexuality, and chastity. Today we are also engaged in a very highly charged debate about what constitutes "real" marriage. The Buddha's teachings on these issues reveal a clarity and directness that offers universal guidelines for living a human life with choice and integrity.

**JOHN CIANCIOSI** is author of *The Meditative Path* (Quest Books, 2001) and a student of the late Venerable Ajahn Chah. Ordained a Buddhist monk in 1972, he served as spiritual director of monasteries in Thailand and Australia. John also is adjunct professor at the College of DuPage in Glen Ellyn.



### UNDERSTANDING AND EMBRACING CHANGE

January 26, 2012

As we start another year the question of change seems to come up with more frequency and vitality. Change the nature of life, but in our human interaction, we see so much resistance to it. This presentation will explore universal aspects and degrees of change and a trans-theoretical model by examining old scripts that block growth, discovering how to reduce resistance to change on personal and social levels, and developing patience and compassion for others.

**FRANK MORALES**, M.S. Ed CHT, has been a therapist, educator, and mentor in the field of mental health for thirty-five years. He has taught at four universities. He offers competencies in psycho-spiritual techniques including heart-centered biofeedback, trauma trance reduction, and meditative awareness opening or balancing processes.

Learn more about surviving during changing times at Frank's workshop **Discovering Guidance and Meaning during Life Transitions** on Saturday, January 28. See WEEKEND WORKSHOPS!

# February

## MASTER YOUR ENERGY, MASTER YOUR LIFE! BRINGING HEAVEN DOWN TO EARTH

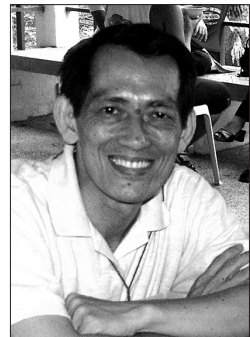
February 2, 2012



When awakened, the pineal gland is considered the most powerful and highest source of ethereal energy available to humans. The pituitary gland is the master gland governing all bodily functions. Building a bridge between these two glands brings accelerated cosmic awareness into the physical as the process of life leads you on your own individual path of Awakening.

**LYDIA VAN DEN BROECK**, Ph.D., brings a lifetime of dedication, education, and experience to her work as a skilled and intuitive spiritual teacher and compassionate healer. Lydia developed the Energy Mastery™ process to guide individuals in transforming old patterns of negativity into creative power and unlimited possibilities.

Learn to transform yourself at Lydia's workshop **Master Your Energy, Master Your Life! Bringing Heaven Down to Earth: Pineal and Pituitary Gland Activations** on Saturday, February 4. See WEEKEND WORKSHOPS!



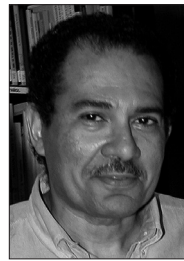
## MAINSTREAMING THEOSOPHY

Thursday, February 9, 2012

Although the Theosophical Society has been around for 136 years, it is not yet in the mainstream of human thought. Tonight's speaker will discuss the public work of Theosophy in connection with religions and what the Society can do to integrate its worldview with the mainstream social and cultural views.

**VICENTE HAO CHIN, Jr.** is past president of the Theosophical Society in the Philippines and founder and chairman of the Golden Link School. He is author of *The Process of Self-Transformation, Why Meditate?*, and he compiled, edited, and published the chronological edition of *The Mahatma Letters to A. P. Sinnett*.

Vic will be a guest speaker for Living Theosophy. See COURSES! You can also learn more about public Theosophical work at his **Mainstreaming Theosophy** workshop on Saturday, February 11. See WEEKEND WORKSHOPS!



## DAWNING OF THE THEOSOPHICAL AGE

Thursday, February 16, 2012

Twenty-five years ago Michael Gomes' defining history,

*The Dawning of the Theosophical Movement*, was published. Celebrating the book's quarter-century in print, Michael Gomes joins us tonight to talk about the function of esoteric history, the use of tradition and lineage, and additional discoveries he's made about the subject since 1987.

Historian and author **MICHAEL GOMES** is the director of the Emily Sellon Memorial Library in New York City. He is one of today's most respected writers on esoteric movements, as well known to readers of occult and esoteric literature as to students and scholars of modern religion.

Book signing after the program! Michael will also be a guest speaker for Living Theosophy. See COURSES!



## THE WRITING OF THE MAHATMA LETTERS

Thursday, February 23, 2012

Who were the Mahatmas, and what is the physical evidence that they were real people who left a remarkable record of their involvement with the Theosophical Society? Explore the literature concerning the original writers of these letters and the physical manifestation of the letters. The original letters, preserved by museum methods and now in the British Museum in London, have existed for 130 years, but surprisingly show no expected evidence of degradation.

**ADAM WARCUP**, a life-long student of Theosophy, has focused on the teachings found in *The Secret Doctrine* and also carried out an in-depth study of *The Mahatma Letters*. He has served as general secretary (president) of the Theosophical Society in England, been the scholar-in-residence at the Krotona School of Theosophy, and continues to teach and lecture internationally.

Please join Adam and Rosemary on Saturday, February 25, for a workshop **Reflections on The Secret Doctrine and Healing**. See WEEKEND WORKSHOPS!

They will also be guest speakers for Living Theosophy. See COURSES!



## SYNCHRONICITY, TAROT, AND THE JOY OF WONDERMENT

Thursday, March 1, 2012

Most of us have experienced events that are pleasantly mysterious, defying rational or scientific explanation. Sometimes these occurrences seem rich with personal meaning while at other times curiously pointless. Yet, no matter what conclusion we come to about such events, they invite us to enjoy—if only for a moment—a humbling sense of wonder, a delight in the mystery. Drawing from his experience as a teacher and student of the Tarot and his lifelong love of the mysterious, Paul Quinn will explore wonder and imagination as necessary “soul food” nourishing a sense of connectedness.

**PAUL QUINN** began teaching the Tarot as an intuitive tool for guidance and self-knowledge in 2000. He is the author of *Tarot for Life: Reading the Cards for Everyday Guidance and Growth* (Quest Books 2009), called a “must-read” by the American Tarot Association. A featured speaker at the Institute for Noetic Sciences, Swedenborg Library, Chicago Cultural Center, and Unity churches, Paul has been interviewed on radio programs internationally.

Join Paul at his workshop **Tarot for Insight and Growth: An Adventure through the Major Arcana** on Saturday, March 3. See WEEKEND WORKSHOPS!



## THE SECRET OF WHO YOU REALLY ARE

Thursday, March 8, 2012

Who are we? What are our potentialities? What is our destiny? These important questions form the basis of any spiritual search, and yet, the answers given by different traditions vary widely. Is humanity inherently limited, needing a savior to deliver us from suffering and spiritual ignorance, or are we already enlightened and all we have to do is be what we really are. Which view is right? Can they both be correct? Finding answers to these questions can reveal the deep-seated secret of who we truly are and how to fulfill the purpose of our existence.

**PABLO SENDER**, PhD, became a member of the Theosophical Society in his native Argentina, in 1996. He has presented Theosophical lectures, workshops, and classes in India, Europe, and the three Americas. He has published articles in Spanish and English in several Theosophical journals. Pablo also facilitates **Living Theosophy** and the **Theosophical Study Group**.

## EMBRACING THE TIGER: DANCING IN THE FOOTSTEPS OF TAI JI MASTER CHUNGLIANG AL HUANG

Thursday, March 15, 2012

Tonight will focus on the Five Element Form from Master Chungliang Al Huang. The 5 Elements: Fire, Water, Wood, Metal, and Earth are intrinsic to Asian medicine and cosmology corresponding to the changing seasons, emotions, organs, color, and life cycle. Our affinity toward certain elements can greatly influence our health and emotions. By exploring this Tai Ji form we learn more about ourselves as it offers a way of balancing our physical, emotional, and spiritual well-being.

**RENEÉ SOMER RYAN**, cofounder of the Lighthouse Center in Winfield, Illinois, has practiced the healing arts for over 30 years and is a National Diplomat in Asian Bodywork. Studying Qigong and Tai Ji in the United States, China, and Korea, Reneé recently became certified to teach the Supreme Science Qigong Level I Form.

Join Reneé for **Embracing the Tiger: Dancing in the Footsteps of Tai Ji Master Chungliang Al Huang**, a weekend intensive on Saturday and Sunday, March 17 and 18. See WEEKEND WORKSHOPS!



## SACRED MEDITATION CAVES OF TIBET: THE WOMB OF ENLIGHTENMENT

Thursday, March 22, 2012

Journey to the many Tibetan sacred sites connected to the lives and enlightenment of the early Dalai Lamas. These stunning photos from Glenn's new book, *Sacred Sites of the Dalai Lama*, explore the caves where the early Buddhist masters meditated, enter the monasteries where the Dalai Lamas and others taught, and look down from an altitude of over 16,000 feet into the famous oracle lake of Lhamo Lhatso (where every Dalai Lama has had prophetic visions).

Book signing after the program.

**GLENN H. MULLIN** (Ngakpa Maitri Zopa) studied Tibetan language, literature, meditation, and yoga under the great masters, including the two late great gurus of the present Dalai Lama. Author of over thirty books on Central Asian Buddhism, Glenn lives part of the year in Mongolia where he has worked to restore the home of the Russian-born New York artist, Nicholas Roerich, and transform it into the Shambhala Museum and Art Institute.

Please join Glenn for a one-day workshop **Meditations on the Five Buddha Natures** on Saturday, March 24. See WEEKEND WORKSHOPS!



## THE MECHANISM FOR KNOWING

Thursday March 29, 2012

Manly Hall, when asked about the source of his profound insight was, commented that, “often it is easier to know, than to know how you know.” Remarkable examples exist of people who seem to be in touch with a superior knowledge. Is it possible that we have access to that same potential? The teachings of the Ageless Wisdom tradition not only affirm it, but also describe both the mechanism for knowing and methods for its cultivation.

**TIM BOYD**, president of the Theosophical Society, has been a student of the Ageless Wisdom since his encounter with Bill Lawrence in 1973, which led to the founding of a spiritual community that was active in Chicago for twenty-five years. Through his involvement with the Theosophical Order of Service and the Chushul orphanage in Tibet, Tim's connections led to an audience with the Dalai Lama resulting in the Society's sponsoring his visit to Chicago in 2011.

Tim will also be a **Living Theosophy** speaker in February. See COURSES!



## Olcott Art Gallery

Pamela Lowrie, Curator

During January, February, and March, the Olcott Gallery will be exhibiting the art of **Gale Tolf**. Her work is in the linear style of Gothic manuscripts and Persian miniatures and reveals our human heritage as found in myths, fairy tales, folklore, and literature.

# WEEKEND WORKSHOPS

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

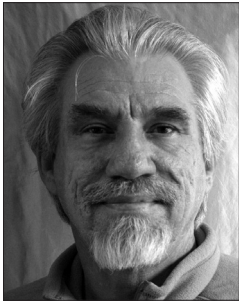
## DISCOVERING GUIDANCE AND MEANING DURING LIFE TRANSITIONS

January 28, 2012, 10 a.m. - 5 p.m.

This 6-hour interactive workshop will explore the practical meaning of transitions in our lives by applying approaches that deal more effectively with change and clarify the underlying purpose of these transitions. Drawing from Abraham Maslow's hierarchy of needs and Pema Chodron's emphasis on principles of integrative spirituality, we will journey through reflective learning processes using meditative heart centered techniques influenced by teachings of A. H. Almaas and transformational methods by Steven Wolinsky.

**FRANK MORALES**, M.S. Ed CHT, has been a therapist, educator, and mentor in the field of mental health for thirty-five years. Working with transformational learning processes including Heart Math, Diamond Heart, Psycho-synthesis, Dialectical Behavior Therapy, Holographic Memory Resolution, and Quantum Consciousness, his guidance helps create inspiring shifts in awareness and unleashes a renewed sense of perspective. Contact Frank at remember108@att.net for clarification of the format and direction of this workshop.

\$70 guests \$56 members



## MASTER YOUR ENERGY, MASTER YOUR LIFE! BRINGING HEAVEN DOWN TO EARTH: PINEAL AND PITUITARY GLAND ACTIVATIONS

Saturday, February 4, 2012, 10:30 a.m. - 4 p.m.

When awakened, the pineal gland is considered the most powerful and highest source of ethereal energy available to humans. The pituitary gland is the master gland governing all bodily functions. Building a bridge between these two glands brings accelerated cosmic awareness into the physical as the process of life leads you on your own individual path of Awakening. Come prepared for a group experience.

**LYDIA VAN DEN BROECK** holds a doctorate degree in Holistic Health Sciences and Psychotherapy. She is dedicated to the transformation of consciousness and creative manifestation, and through her Energy Mastery™ process, offers guidance to help master spiritual consciousness in everyday living.

This workshop can stand alone or be used as a springboard for a subsequent Pineal and Pituitary Activation webinar.

\$50 guests \$40 members \$60 at the door

Bring a vegetarian lunch—we'll eat together on campus!



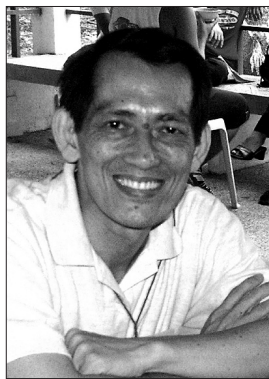
## MAINSTREAMING THEOSOPHY

Saturday, February 11, 2012, 1:30 - 4:30 p.m.

What does the Theosophical Society represent and what does it teach? This workshop will explore the long-term goals of the Theosophical Movement, including theosophical programs being offered in public schools and other institutions, and the training of future workers in order to bring the Theosophical Worldview into the mainstream.

**VICENTE HAO CHIN, Jr.** is past president of the Theosophical Society in the Philippines and founder and chairman of the Golden Link School. He is author of *The Process of Self-Transformation, Why Meditate?*, and he compiled, edited, and published the chronological edition of *The Mahatma Letters* to A. P. Sinnett.

\$20 suggested donation



## REFLECTIONS ON THE SECRET DOCTRINE AND HEALING

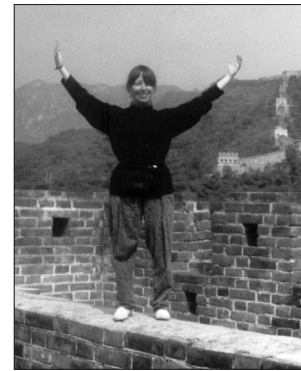
Saturday, February 25, 2012, 10:30 a.m. - 4:30 p.m.

This interactive workshop begins with Adam reviewing key teachings of Helena Blavatsky's master work, *The Secret Doctrine*. With the fundamental principles of esoteric science as background, Rosemary will explore the inner side of healing, including the importance of discovering one's purpose and direction in life. The metaphysical forces involved in such phenomena as "precipitation," as demonstrated by the appearance of *The Mahatma Letters* and the recent manifestation of crop circles and orbs will also be discussed. Students are encouraged to share their thoughts and experiences.

**ROSEMARY WARCUP** has investigated many aspects of the inner life. With Theosophy central to her philosophy as a healer, she applies the knowledge she has gained to help people regain their health and a greater understanding of themselves. She is also a long-term member of the National Federation of Spiritual Healers.

**ADAM WARCUP**, a life-long student of Theosophy, has focused on the teachings found in *The Secret Doctrine* and also carried out an in-depth study of *The Mahatma Letters*. He has served as general secretary (president) of the Theosophical Society in England, been the scholar-in-residence at the Krotona School of Theosophy, and continues to teach and lecture internationally.

\$25 guests \$20 members  
(lunch on your own)



## EMBRACING THE TIGER: DANCING IN THE FOOT STEPS OF TAI JI MASTER CHUNGLIANG AL HUANG

Saturday & Sunday March 17-18, 2012, 10 a.m. - 4 p.m.

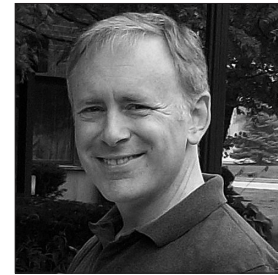
The study of Tai Ji and Qigong as taught by Master Chungliang Al Huang is an immersion into Chinese culture. We will explore poetry and the Five Elements (or Moving Forces) along with their archetypes and how they can be utilized in everyday life. The Five Elements: Fire, Water, Wood, Metal, and Earth are intrinsic to Asian medicine, acupuncture, and acupressure. An appreciation of their correspondence to the changing seasons, emotions, organs, colors, and life cycle helps us understand our spiritual, mental, and emotional health as well as our relationships to others. Practicing the Tai Ji of Living Tao Foundation & Supreme Science Qigong Level I Form is great for feeling and cultivating your qi (energy).

Beginners welcome. Chairs will be provided for those who find it preferable.

**RENEÉ SOMER RYAN**, cofounder of the LightHeart Center in Winfield, Illinois, has practiced the healing arts for 30 years and is a National Diplomat in Asian Bodywork. As a student of Master Chungliang Al Huang since 1989, she studied at the Lan Ting Institute in China where participants studied Tai Ji, Chinese poetry, calligraphy, and culture.

\$110 single day \$220 for both days (lunch on your own)

Limited on-campus accommodations are available—inquire when registering.



## TAROT FOR INSIGHT AND GROWTH: AN ADVENTURE THROUGH THE MAJOR ARCANA

Saturday, March 3, 2012, 10:00 a.m. - 5:00 p.m.

Explore rich opportunities for personal growth and spiritual insight through the 22 Tarot cards known as the Major Arcana. Discover your relationship to these archetypes as well as the hidden wisdom and shadow aspects contained in each. This inspiring workshop is suitable for Tarot beginners or those who wish to enhance their understanding of the cards within a creative environment that incorporates discussion, storytelling, movement, and a variety of solo and group activities.

Bring a deck of Tarot cards (Rider-Waite deck recommended, but not required), a notebook and pen, and a sense of adventure.

**PAUL QUINN** began teaching the Tarot as an intuitive tool for guidance and self-knowledge in 2000. He is the author of *Tarot for Life: Reading the Cards for Everyday Guidance and Growth* (Quest Books 2009), called a "must-read" by the American Tarot Association. A featured speaker at the Institute for Noetic Sciences, Swedenborg Library, Chicago Cultural Center, and Unity churches, Paul has been interviewed on radio programs internationally.

\$65 guests \$55 members \$70 at the door

Bring a vegetarian lunch—we'll eat together on campus!



## AN AFTERNOON MEDITATION RETREAT

Saturday, March 31, 2012, 1 - 5 p.m.

The goal of meditation is peace and the path to it is peaceful. However, it does require a skill that can only be developed through regular and constant practice. This mini-retreat will offer participants the opportunity to practice alternating periods of sitting with walking meditation in a relaxed, quiet, and peaceful environment. It will help generate continuity and momentum in your practice. The retreat is suitable for people with meditation experience who can sit for at least a 30-minute session.

**JOHN CIANCIOSI** is author of *The Meditative Path* (Quest Books, 2001) and a student of the late Venerable Ajahn Chah. Ordained a Buddhist monk in 1972, he served as spiritual director of monasteries in Thailand and Australia. John also is adjunct professor at the College of DuPage in Glen Ellyn.

\$30 guests \$25 members (mini-retreat only) Also see COURSES!



## MEDITATIONS ON THE FIVE BUDDHA NATURES

Saturday, March 24, 2012, 10:30 a.m. - 4:30 p.m.

Tantric Buddhism asserts that each of us bubble and boil with five basic buddha natures, or enlightenment energies. Some Buddhist teachers refer to these as "psychological types" in that most people are more closely attuned to one over the others. During this workshop we will learn the basic principles of how to work with our five inner radiances and determine the one that is most dynamic for us as individuals.

**GLENN H. MULLIN** (Ngakpa Maitri Zopa) studied Tibetan language, literature, meditation, and yoga under the great masters, including the two late great gurus of the present Dalai Lama. Author of over thirty books on Central Asian Buddhism, Glenn lives part of the year in Mongolia where he has worked to restore the home of the Russian-born New York artist, Nicholas Roerich, and transform it into the Shambhala Museum and Art Institute.

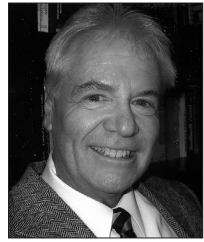
\$50 guests \$40 members \$60 at the door  
(lunch on your own)

# COURSES

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

## TUESDAY

**BEGINNING ASTROLOGY: LEARN THE LANGUAGE OF ASTROLOGY**  
Tuesdays, January 10 - 31, 7 - 9 p.m. (4 sessions)



Have fun identifying and understanding the basic elements of a birth chart. Together we will look at the signs, houses, planets, and aspects (the relationship between planets on the wheel). This is not a class on how to interpret a birth chart—at least not yet! All you need is a notebook and pen. Students may record the classes but this service will not be provided by the teacher or the Theosophical Society.

When registering, please provide your birth information (birth date, birth time, and birth place). Dave will prepare charts and give them to students the first evening of class. He strongly recommends reading *Sun Signs* by Linda Goodman available at the Quest Book Shop.

\$120 guests \$105 members

**BEGINNING ASTROLOGY II:  
COMBINING THE COMPONENTS OF THE BIRTH CHART**  
Tuesdays, February 7 - 28, 7 - 9 p.m. (4 sessions)

Many students of astrology understand the meaning of the symbols for the signs, houses, planets, and aspects when viewed alone. When they see them in relationship to one another in the birth chart however, they have a difficult time interpreting what it all means. During the next 4 weeks, we will work with the combination of the basic components of the birth chart, namely: signs on the house cusps, planets in the signs, and planets in the houses.

\$120 guests \$105 members

**DAVE GUNNING** is an astrological consultant, teacher, and lecturer. His readings, classroom teachings, and talks have always emphasized the importance of a person's interconnectedness to the Spiritual Self. Dave has written articles for *Dell Horoscope* magazine and *Mountain Astrologer*. He lives in the western suburbs of Chicago with his wife Donna.

**RESTORATIVE HATHA YOGA**  
Tuesdays, February 21 - March 27, 7 - 8:15 p.m. (6 sessions)



According to the Yoga Sutras, sadness, negative thinking, physical aches and pains, and uneven breathing can be signs that our mind is agitated. In this six-week series, explore tools that yoga provides, such as movement and breath work, as well as guided imagery to help reduce anxiety and agitation and improve clarity at the levels of body, breath, and mind. Empower and give new life to every cell of your body, heart, and spirit!

**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.

\$60 guests \$50 members Registration is for the entire course. No drop-ins.

## WEDNESDAY

**LIVING THEOSOPHY**  
Wednesdays, 7 p.m. February 1, 8, 15, 22, 29

Join **Vic Hao Chin, Adam and Rosemary Warcup, Michael Gomes, Pablo Sender, and Tim Boyd** as they explore *The Transforming Power of Theosophy*. These 40-minute lectures investigating Theosophical subjects and their relevance to daily life and spiritual practice are webcast and also made available online at the Media Library.

See **Thursday Evening Programs February 9, 16, 23, March 8 and 29** for speakers' biographies. \$5 suggested donation



## SATURDAY

**CLASSICS OF CHRISTIAN MYSTICISM**  
Saturdays, January 28 - February 25,  
3:00 - 4:30 p.m. (5 sessions)

Join **Dr. Adler** for the second series of 5 classes that explores select classic texts in the Christian mystical tradition from ancient times to the present day. Dr. Adler will contextualize each of the reading selections historically, relate it to other works of the same era, and discuss the nature, content, and significance of the writing. Attendees will have ample opportunity to participate in discussion.

**DONNA ADLER**, PhD. is a lawyer and philosopher, writing her thesis on the Christian mystics and earning her doctorate in Philosophical Theology. She is especially interested in Christian mystical tradition, but has studied Plato and the *Timaeus* as well as NeoPythagorean thought and St. Augustine's taking it to the next level.



\$50 guests \$40 members (\$12 per class)  
**Enrollment for the entire series is encouraged!**

**MEDITATION FOR THOSE WHO BREATHE**  
Saturdays, March 3 - 24, 2:30 - 4:00 p.m.  
(4 sessions plus retreat)

In all types of mysticism and many spiritual traditions, meditation is the path to the blissful experience of a pure and empowered mind. This four-week course will focus on using the practice of Mindfulness of Breathing for developing the beautiful silence, stillness, and clarity of mind that facilitates the arising of deep insight. The course is suitable for people who have some experience in meditation and want to deepen their practice.

**JOHN CIANCIOSI** is author of *The Meditative Path* (Quest Books, 2001) and a student of the late Venerable Ajahn Chah. Ordained a Buddhist monk in 1972, he served as spiritual director of monasteries in Thailand and Australia. John also is adjunct professor at the College of DuPage in Glen Ellyn.

Registration for this course includes the **Afternoon Meditation Retreat** on March 31, but is not a prerequisite. See **WEEKEND WORKSHOPS!**  
\$50 guests \$40 members

# ONGOING CLASSES

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

## MONDAY

**EARLY MORNING HATHA YOGA**  
Mondays, 7:30 - 8:15 a.m.  
January 9 - March 26 (12 sessions)

Relax your body, mind, and spirit while you enjoy the extraordinary health benefits of yoga designed to help the body rejuvenate and strengthen itself.

**ELLEN DUFF** is a graduate of the White Lotus Foundation teacher training.

\$60 guests \$50 members (or \$8 per class)

**TAI CHI CHUAN AND QIGONG**  
Mondays, 7 - 8:30 p.m. January 9 -  
March 26 (12 sessions)

This class will focus on the meditative and health aspects of Tai Chi Chuan. The Yang style short form of Professor Cheng Man-Ching will be taught and practiced as well as the Spring Forest Qigong of Master Chunyi Lin. Beginners are welcome at any time. Ask about a Guest Pass for first-timers who would like to see if the class is a good fit.

**BEN FURMAN** has studied Tai Chi Chuan with several first and second generation students of Professor Cheng Man-Ching and is a certified Level 1 Spring Forest Qigong Instructor.

\$120 guests \$100 members (or \$15 per class)

## TUESDAY

**CONVERSATIONS WITH THE  
PRESIDENT**  
March 6, 2012, 6:30 - 7:30 p.m.

In today's world our attempt at living 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 the host of other obligations is where we must develop our spiritual practice. Join **Tim Boyd**, president of the Theosophical Society in America, for this open conversation on the spiritual life.

**TIM BOYD**, president of the Theosophical Society, has been a student of the Ageless Wisdom since his encounter with Bill Lawrence in 1973 which led to the founding of a spiritual community that was active in Chicago for twenty-five years. Through his involvement with the Theosophical Order of Service and the Chushul orphanage in Tibet, Tim's connections led to an audience with the Dalai Lama resulting in the Society's sponsoring his visit to Chicago in 2011.

Donations are appreciated.



## WEDNESDAY

**QIGONG & TAI JI  
FOR HEALTH & VITALITY**  
Wednesdays, noon - 1 p.m.  
January 4 - March 28 (13 sessions)

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.

\$100 guests \$85 members (or \$9 per class). See **Thursday Programs** and **WEEKEND WORKSHOPS!**

**THERAPEUTIC TOUCH  
PRACTICE CIRCLE**  
First and third Wednesdays, 7:30 p.m.  
January 4 and 18, February 1 and 15,  
March 7 and 21

A Therapeutic Touch (TT) group for healing meets for practice and experience under the guidance of **Sue Wright, RN, DNSc** and **Marilyn Johnston, EdD, RN**. Both learned TT from **Dora Kunz** and **Delores Krieger**, the founders of this healing practice, and they each have been teaching and practicing TT for over 30 years. If you need healing or wish to practice this technique, come and join us!

\$5 suggested donation

## SATURDAY

**HATHA YOGA**  
Saturdays, 11 a.m. - 12:15 p.m.  
January 7 - March 31 (13 sessions)

Relax your body, mind, and spirit while you enjoy the extraordinary health benefits of yoga designed to help the body rejuvenate and strengthen itself.

**ELLEN DUFF** is a graduate of the White Lotus Foundation teacher training.

\$130 guests \$110 members (or \$12 per class)

# GROUPS

## SUNDAY

**MEDITATION GROUP**  
Sundays, 11 a.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.



## MONDAY

**SPIRITUAL ROUNDTABLE DISCUSSION**  
Mondays, 7 - 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.

## WEDNESDAY

**HEALING CIRCLE**  
Wednesdays, 5 - 5:30 p.m.

Sponsored by the Theosophical Order of Service, this ceremony offers healing meditation in the service of those in need.

Donations appreciated.

**THEOSOPHICAL STUDY GROUP FOR MEMBERS**  
Wednesdays, 7 - 8:30 p.m.

This Theosophical Study Group meets to read from selected Theosophical works in a format designed to encourage discussion (alternates with Living Theosophy). Call 630-668-1571 ext. 304 for more information or visit [www.theosophical.weebly.com](http://www.theosophical.weebly.com).

\$5 suggested donation

## SATURDAY

**ORDER OF THE ROUND TABLE**  
Third Saturday of the month, 2 - 4 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. Contact: [olcottroundtable@yahoo.com](mailto:olcottroundtable@yahoo.com).



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# winter programs 2012

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OUR MISSION:  
THE THEOSOPHICAL SOCIETY IN AMERICA  
ENCOURAGES OPEN-MINDED INQUIRY  
INTO WORLD RELIGIONS, PHILOSOPHY,  
SCIENCE, AND THE ARTS IN ORDER TO  
UNDERSTAND THE WISDOM OF THE AGES,  
RESPECT THE UNITY OF ALL LIFE,  
AND HELP PEOPLE EXPLORE  
SPIRITUAL SELF-TRANSFORMATION.

