Programs for mind, body, and spirit

Buddhism
Christianity
Healing
Hinduism
Interfaith
Meditation
Mysticism
Native Wisdom
Philosophy
Tai Chi/Qigong
Taoism
Theosophy
Yoga
# Table of Contents

## Presentation Formats
- Thursday Lecture Series .......................... 6
- Programs and Events ............................... 7
- Classes .............................................. 28
- Groups .............................................. 30

## Subject Directory

### Ancient Wisdom
- The Law of Karma Simplified ..................... 12

### Astrology
- Stargazing: Astrology Discussion Group ........ 30

### Buddhism
- The Process of Meditation: Exploring the Refined States of Consciousness .......... 10
- Mindfulness, Bliss, and Beyond: Renowned Buddhist Monk Shares Wit and Wisdom .......... 22
- A Day of Meditation with Ajahn Brahm ........ 23

### Death and Dying
- Spiritual Tools for End-of-Life Support ........ 10

### Drumming
- Spirit Circle Drumming ............................ 26

### Healing
- Stress and Your Body Type: Using Ayurvedic Medicine for Healing ............ 7
- The Inner Process of Therapeutic Touch: Advanced Workshop ............... 13
- Treating Pain through the Mind-Body-Heart Connection ......................... 16
- Choosing Joyful Living ............................ 18
- Claiming Joy ....................................... 18
- Energy, Color, Sound, and Vibration: A Healing Tool Box ............... 19
- Cultivating Happy and Peaceful Relationships ..................... 25
- Mindfulness for Peaceful Relationships .................. 25

### Hinduism
- Advaita Study Group ............................... 30

### Interfaith
- Interfaith Prayers for Peace .................... 20

### Labyrinth
- World Labyrinth Day ............................... 13

### Meditation
- The Process of Meditation: Exploring the Refined States of Consciousness .......... 10
- Awaken to the Power of Love through Meditation ..................... 11
- A Day of Meditation with Ajahn Brahm .................. 23
- Meditation Group ................................. 30

### Native American
- The Medicine Wheel: Finding Peace and Balance ..................... 15
- Indigenous Guidance for Today’s World .................. 15
- Sacred Ceremonies ............................... 15

### Psychology
- Choosing Joyful Living ........................... 18
- Claiming Joy ....................................... 18
- Energy, Color, Sound, and Vibration: A Healing Tool Box ............... 19
- Cultivating Happy and Peaceful Relationships ..................... 25
- Mindfulness for Peaceful Relationships .................. 25

### Seasonal Celebrations
- Inviting the Light: Renew & Rejuvenate for the Spring Equinox ............. 7
- Filled with Light: Summer Solstice Meditation ..................... 24

### Science
- The Search for Planet Nine in Our Solar System ............. 17

### Sound Meditation
- Triple Gong Experience ........................... 7
- Flower of Life Gong Bath™ ....................... 12
To register for programs and classes, visit theosophical.org/programs or call 630-668-1571, ext. 362.

Programs are located at:
The Theosophical Society in America
1926 N. Main Street
Wheaton, IL 60187
630-668-1571
events@theosophical.org
www.theosophical.org

Refund Policy: Cancellation requests made at least 24 hours in advance will be refunded. A 10% processing fee may apply.

Please note: Cancellation of a program may be unavoidable. Please call or visit our website for changes to the schedule.
Our mission is to encourage 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.
From the Program Committee

Joy... It’s a simple concept that can be quite difficult to achieve. Throughout this season, you’ll notice a collection of programs designed to bring more joy to your life, your relationships, and out to the world.

Leslie Sann is back to help us **choose joyful living** (page 18), Andrew Vidich will teach us about the **power of love** (page 11), Kathleen Rude will discuss how to **maintain active hope** (page 21), and Dr. Jadish P. Davé will help us **cultivate happy and peaceful relationships** (page 25).

We’re also very excited to present a special event with the world-renowned Buddhist meditation master **Ajahn Brahm**! Known for marrying wit with deep wisdom, his lecture **Mindfulness, Bliss, and Beyond** will be held at College of DuPage in Glen Ellyn and will include time for discussion and a book signing (page 22).

Our Thursday Lecture Series lineup can be found on page 6. We also have a wide variety of workshops and retreats this season, and don’t forget to browse our classes and groups! Our newest class, **Mindfulness Meditation** with Bill Epperly, begins in April and runs for six weeks (page 29).

Take a look inside for our full schedule. May your spring and summer be joyful!

John Cianciosi
Director of Public Programs

Visit Us!

Our campus is located on 40 acres of beautiful parkland in the heart of Wheaton. The grounds are open to the public every day from dawn until dusk. Walk the labyrinth, picnic by the pond, or meditate at the Buddha Meditation Garden or by our Mother Mary statue at your leisure.

Built in 1926, our main building contains a world-class spiritual library in addition to housing our state-of-the-art program auditorium. The Quest Book Shop is also located on our campus and is Chicagoland’s premier destination for crystals, meditation supplies, jewelry and more.

**The Theosophical Society in America**
1926 N. Main St., Wheaton, IL 60187
Thursday Lecture Series

You are invited to join us each Thursday at 7 p.m. for informative lectures on a wide range of spiritual topics. Admission is $10 for nonmembers and $5 for Theosophical Society members. These programs are also livestreamed on our website, YouTube channel, and Facebook page.

March
See website for more information.

14 Healing Headaches and Reducing Stress with Ancient Ayurvedic Medicine with Dr. Trupti Gokani
21 In the Footprints of Rumi with Pouria Montazeri
28 Living without Fear with Barbara B. Hebert

April

4 Answering the Spiritual Call with William Meader
11 The Process of Meditation: Exploring the Refined States of Consciousness with John Cianciosi
18 Awaken to the Power of Love through Meditation with Andrew Vidich, PhD.
25 The Law of Karma Simplified with Barbara B. Hebert

May

2 The Mystery and Power of the Heart Center with Juliana Cesano
16 Treating Pain through the Mind-Body-Heart Connection with Peter Harvey
23 The Search for Planet Nine in Our Solar System with William Wester, PhD.
30 Choosing Joyful Living with Leslie Sann

June

6 Energy, Color, Sound, and Vibration: A Healing Tool Box with Brent Baum
13 Hope in Action: How to Face the Mess We’re in Without Going Crazy with Kathleen Rude
27 Cultivating Happy and Peaceful Relationships with Dr. Jagdish P. Davé
Triple Gong Experience
Friday March 15, 7:00 p.m.

Become immersed in the rich tonal vibrations of three harmonious gongs as you detach from the pressure and content of the mind. Evoking physical, emotional, and spiritual responses, the vibrations of the gongs work on multiple levels to stimulate, heal and transform. After a gentle, seated yogic warm-up and meditation to prepare the mind and body, relax and be embraced by sound.

With Jenny Bergold, Maureen Milliken and Sonja Herington.

Wear loose, comfortable clothing and bring a mat and/or blanket. In the communal spirit, we'll share a cup of homemade Yogi Tea afterward.

$25 in advance, $30 at the door

Stress and Your Body Type: Using Ayurvedic Medicine for Healing
Saturday, March 16, 1:00 – 4:00 p.m.

When you become stressed, are you restless, irritable, withdrawn – or maybe a combination of all three? How does your stress type present itself with illness? Discover your Ayurvedic mind-body stress type and learn how to mend your unique imbalances for a healthy, happy life. Dr. Gokani will share the food, herbs, teas, and essential oils that will help you achieve balance in your system. She will also reveal how the chakra energy system is linked to imbalanced brain patterns that perpetuate your imbalanced stress type. You will leave this workshop with practical tools to create a harmonious mind and body using ancient principles of healing and health.

With Dr. Trupti Gokani.

$30 nonmembers, $25 members, $35 at the door

Inviting the Light: Renew & Rejuvenate for the Spring Equinox
Friday, March 22, 7:00 – 8:30 p.m.

Join us for a special evening to renew and rejuvenate yourself for spring following the vernal equinox! Contemplate the rhythms of nature and consciousness, and your relationship to Light in mind, body, and spirit as you refocus, find clarity, and begin to emerge from winter.

With Samadhi Banks.

$15 nonmembers, $10 members, $20 at the door
The Sufi Heart: Embodying Rumi's Teachings

Saturday, March 23, 10:30 a.m. – 4:30 p.m.

Learn about the spiritual and cultural contexts embedded in the poetry of the best-selling poet in the U.S. Pouria will go beyond the written words and introduce you to the depth of Rumi’s teachings through his use of symbols, metaphors, analogies, stories from sacred texts, and most importantly, Rumi’s own life and longings.

Explore embodiment practices to turn Rumi's sacred poetry and teachings into portals for spiritual awakening and transformation, including:

• Sacred remembrance practices (singing and movement)
• Guided heart-centered meditations and movements
• Sacred reading practices, journaling, and offerings
• Explorations of the spiritual and cultural context and idioms in Rumi’s work through selected poems

With Pouria Montazeri.

$60 nonmembers, $50 members, $70 at the door

Love In Action

Saturday, March 30, 1:00 p.m. – 4:00 p.m.

Join author Scott Stabile for an afternoon designed to reconnect you with the transcendent power of love. Stabile believes love serves as the base note for all that is good in our world, including kindness, compassion, forgiveness, vulnerability, and authenticity. Through discussion and writing exercises, we’ll spend time with those themes and reconnect with tools that return us to love when we act out of conditioning or fear.

Come with a ready heart, an open mind, and the desire to go beyond your comfort zone. There will be writing, so please bring a journal or notebook, and above all, a willingness to be honest with yourself.

Scott Stabile is the author of Big Love: The Power of Living with a Wide-Open Heart, Just Love, Iris, and the Li’l Pet Hospital series.

$40 nonmembers, $35 members
Answering the Spiritual Call

Thursday, April 4, 7:00 p.m.

People who are guided by their souls are destined to bring spiritual light to humanity. Around the world, spiritually-minded people are responding to The Call to transform the human condition. Such people are change agents in support of the Soul of Humanity and its evolution. Yet, at times, various internal obstacles hinder them from truly rising to their soul’s calling. William Meader will examine the nature of The Call as it manifests within human consciousness and will discuss how the personality (lower-self) tends to block the soul’s intention and what can be done to overcome this tendency.

$10 nonmembers, $5 members

The Master’s Footsteps:
Initiation and the Ladder to Enlightenment

Saturday, April 6, 10:30 a.m. – 4:30 p.m.

Spiritual initiations are known and proven markers of spiritual attainment on the evolutionary ladder, and each can be viewed as a portal leading to enlightenment. In this workshop, William Meader will deeply examine each of the five initiations on the Path of Initiation and the changes in consciousness each entails. The goal is to deepen your understanding of the ladder of evolution, and to become more aware of which rung you’re on. Additional topics include:

- Applying the Rod of Initiation upon the human causal body (soul vehicle)
- Zodiacal and planetary forces related to each of the initiations
- Methods designed to transform the personality in preparation for initiation

$60 nonmembers, $50 members, $70 at the door

William Meader is one of the most influential and respected international teachers of esoteric philosophy. With his gentle humor, sensitivity, and deep understanding of the spiritual path, he provides a diverse array of workshops and lectures. Author of Shine Forth: The Soul’s Magical Destiny, William has also published numerous articles on all aspects of spirituality. Visit www.meader.org for more.

William will be available for hour-long astrological consultations on Friday, April 5. Please call 630-668-1571 for information.
The Process of Meditation: Exploring the Refined States of Consciousness

Thursday, April 11, 7:00 p.m.

Meditation has now become popular and mainstream. There are many teachers and teachings expounding on how it can help us experience various states of consciousness. There are also numerous explanations about the nature of the mind, psychic phenomena, and mystical experiences. However, very few have presented a clearer road map than the living Buddhist master Ajahn Brahm. Join John Cianciosi for a talk on how this meditation master’s direct and profound teachings on the experience of deep meditation bring to life ancient Buddhist teachings in a bold and powerful way.

John Cianciosi, a student of the late Venerable Ajahn Chah, was ordained a Buddhist monk in 1972 and served as spiritual director of monasteries in Thailand and Australia. He is author of The Meditative Path and is currently the director of public programs at the Theosophical Society in Wheaton.

$10 nonmembers, $5 members

Spiritual Tools for End-of-Life Support

Saturday, April 13, 1:00 – 4:00 p.m.

Supporting a loved one through end-of-life care means creating a healing journey filled with loving-kindness, compassion, and friendship with the ultimate destination. This jointly-conducted workshop will begin with a talk on fostering compassionate presence and a guided meditation on gratitude and loving-kindness. From there, we will explore and experience how Therapeutic Touch (TT) can be used to relieve emotional distress, followed by a TT demonstration session. Finally, Janet Dean will describe real-life stories she experienced during her hospice practice. The workshop will end with a circle discussion and Q&A. Participants will leave equipped with compassionate spiritual resources to provide care to those on an end-of-life journey as well as their families.

Anagarika Jyotipala (Dhananjay Joshi) has used his vast experience in traditional Hindu and Buddhist meditation practice to provide guided meditations and readings. Marilyn Johnston-Svoboda, RN, EdD, QTTT, is a retired professor of nursing, and a member and educational trustee of the Therapeutic Touch International Association. Janet Dean, RN, QTTP, a registered nurse and a Qualified Therapeutic Touch Practitioner, has devoted nearly 20 years of her career to hospice care.

$30 nonmembers, $25 members $35 at the door
Awaken to the Power of Love through Meditation

Thursday, April 18, 7:00 p.m.

Meditation can be the key that unlocks the inner doorway to a life of deep inner peace, unconditional love, and perpetual joy. It has been practiced for thousands of years and is the core practice of all great spiritual and religious traditions. By learning how to "tap inside," as Emerson put it, each of us can mine the unlimited spiritual love and wisdom lying dormant inside us.

*A book signing will follow the program.*

$10 nonmembers, $5 members

Awaken to the Power of Love through Meditation Mini Retreat

Saturday, April 20, 10:30 a.m. – 5:00 p.m.

In this two-part retreat, participants will first learn several simple yet highly effective methods to help still the restless mind. From there, we will learn how to experience true love as we awaken the dormant energy of love and live with gratitude in the moment. Real love cannot be bought, it cannot even be taught, but through the grace of one who is a living embodiment of love, it can be caught. By awakening this love within us, we can break through the illusion of separation to see the inherent unity of all life.

$60 nonmembers, $50 members, $70 at the door

Andrew Vidich, PhD, is an author, educator, and international presenter speaking on topics ranging from comparative mysticism, Islamic and Sufi studies, meditation, and non-violent communication. Andrew has studied and practiced meditation for over 40 years. His latest book *Let There Be Light: A Practical Guide to the Experience of Light and Enlightenment Across the World’s Sacred Traditions* is soon to be released.
Flower of Life Gong Bath™
Friday, April 19, 7:00 p.m.

The Flower of Life Chakra Empowerment Tour comes to Wheaton! Experience a dynamic meditative gong bath with the rising and falling rhythms, tonalities, and vibrations of an Earth Gong tuned to the sound of the primordial AUM – the vibrational signature of our Mother Earth. Richard Rudis will use the ancient sacred geometry of the Flower of Life to empower each chakra point with healing chi.

**Richard Rudis (Sonam Dorje)** is a published writer, musician, and lecturer on the subject of vibrational sound healing as it is reflected within Tibetan Buddhism. An American practitioner of the Vajrayana path and a sound pioneer, he has studied sacred instruments and their playing techniques across Asia, conducting transformational sound mandala concerts internationally. For more, visit www.sacredsoundgongbath.com.

*Bring a pillow and mat or blanket to lie on.*

$30 per person in advance, $35 at the door.
Registration is limited to 60 people.

The Law of Karma Simplified
Thursday, April 25, 7:00 p.m.

As you sow, so shall you reap! The Laws of Karma may sound simple, but they’re actually very complex and can be difficult to understand. Without having a deep appreciation for the principals of karma, much of what happens in our lives may seem confusing and at times unfair. An inquiry into our understanding of the Law of Karma may shed some light on the inequities inherent in our world.

**Barbara B. Hebert, PhD**, currently serves as president of the Theosophical Society in America. A third-generation Theosophist, Barbara has been involved in local, regional, and national offices throughout her years of membership. In addition to her years of service with the Theosophical Society, she has been a mental health practitioner and educator for many years.

$10 nonmembers, $5 members
The Inner Process of Therapeutic Touch: Advanced Workshop

Friday, April 26 – Sunday, April 28

In this Therapeutic Touch course we will use in-depth reflection, sustained dialogue, and activities to explore the evolution of the inner processes of TT and its applications, deepen our understanding of self-transformation as a healer, explore shifts in consciousness that occur during the TT process, and more.

Prerequisites: Foundations of TT (Basic), The Transpersonal Nature of TT (Intermediate), and a minimum of 6–9 months of regular practice after the Transpersonal class (or at the discretion of the instructor).

Sue Conlin, BA, QTTT, has been practicing TT since 1990. She is operations manager of the Therapeutic Touch International Association (TTIA). Mary Anne Hanley, PhD, RN, QTTT, has been practicing and teaching TT since 1984 and is the Education Trustee of TTIA. Marilyn Johnston-Svoboda, EdD, RN, QTTT, has been practicing TT since the early 80’s and is the Credentialing Trustee of TTIA.

This Program is an approved CNE activity. For more information please contact tttrainer@verizon.net.

$150 per person

World Tai Chi and Qigong Day

World Labyrinth Day

Saturday, April 27, 9:00 a.m. – 12:00 p.m.

Come together to be a healing part of history as we change the world! Qigong teachers Reneé Ryan, John Robertson, and Mark Weaver will lead participants in their respective styles, creating a continuous global wave of qi, or life energy. In over 80 nations, people will come together, breathe together, and focus on healing and hope for our world. Gather outside (indoors, if inclement weather) at 9:00 a.m. for instruction, 10:00 a.m. for silent group practice, and 11:00 a.m. for an instructor meet-and-greet.

All are welcome to attend this free event! No experience is required.

Join us at our beautiful labyrinth and participate in a global event for peace. Over 5,000 people in 35 countries around the world will participate in a wave of healing and peace by “Walking as One at 1:00 p.m.” John Robertson and Neal Harris, who helped create our labyrinth, will lead this event. After walking the labyrinth, there will be discussion about bringing more peace, love, and healing to the world through the use of the labyrinth. In case of rain we will walk indoors on a temporary labyrinth.

This event is free and open to all!
The Mystery and Power of the Heart Center

Thursday, May 2, 7:00 p.m.

Among the many valuable esoteric teachings offered to humanity by occultist and philosopher H. P. Blavatsky was one that spoke of the heart as the seat of spiritual consciousness. Mystics from traditions around the world, both past and present, regarded this center, and the practices associated with it, as a major key to true spiritual unfoldment. During this talk we will reflect on their shared wisdom and direct experience of this reality.

$10 nonmembers, $5 members

White Lotus Retreat

Heart-Centered Meditation

Saturday, May 4, 10:30 a.m. – 4:30 p.m.

Beginning or recommitting to a daily meditation practice can significantly change the quality of your life. Inviting a Divine presence to guide your day and actions has an impact not only on yourself, but also on your environment and relationships. Learn the foundations of a heart-centered meditation that you will be able to take with you and practice at home. During the course of the day there will be four sessions of instruction followed by 30-minute sessions of practice. Beginners who may not be able to meditate continuously for 30 minutes will be encouraged to relax in a more comfortable position. This retreat is open to both those who have no meditation experience as well as those with experience in other types of meditation.

Please bring your own vegetarian lunch.

Juliana Cesano is a second-generation Theosophist and has been actively involved with the Society’s work for over 20 years. She spent two years volunteering at the international headquarters in Chennai, India, before becoming a staff member at the Theosophical Society in America. She is a certified yoga teacher, 200 CYT, and is currently the manager of the Quest Book Shop.

$35 nonmembers, $25 members, $45 at the door
The Medicine Wheel: Finding Peace and Balance
Thursday, May 9, 7:00 p.m.

The Medicine Wheel has been used for centuries by indigenous peoples for health and healing. Movement in the Medicine Wheel and in Native American indigenous ceremonies is circular, typically moving in a clockwise, or “sun-wise” direction. This helps to align with the rising and setting of the sun. Discover how the cyclical and spherical dimensions of the Medicine Wheel provide guidance and hope, and learn how to create and apply the Medicine Wheel to your own life. You will also learn the Medicine Wheel’s history and how it is used across various tribes and indigenous communities.

$10 nonmembers, $5 members

Indigenous Guidance for Today’s World
Saturday, May 11, 10:30 a.m. – 12:30 p.m.

Indigenous communities hold powerful wisdom that can help guide us in today’s challenging world. Learn about ancient prophecies; the wisdom Nature teaches; principles, laws, and values of the indigenous peoples; and how to identify Truth over your personal truth through a combination of lectures and group activities. You will be provided with the knowledge and practical tools to move toward becoming a Warrior.

$25 nonmembers, $20 members, $30 at the door

Sacred Ceremonies
Saturday, May 11, 2:00 p.m. – 4:30 p.m.

Join us for three indigenous ceremonies performed by the stone circle (weather permitting); including smudging and fire ceremony. Ceremonies include forgiveness, wiping of the tears, and talking circle. There is no charge for participation in these ceremonies, but donations are appreciated. No photos or videos allowed.

Rev. Cynthia Jo (C.J.) Wright is the director of the Rainbow Spiritual Education Center, a member organization of the Kentucky Indigenous Peoples organization. She has Cherokee roots and has explored the Cherokee traditions and indigenous ways by being mentored by tribal leaders and educators from the Cherokee, Creek, Lakota, Dakota Sioux, and other tribes over the past 17 years.
Treating Pain through the Mind-Body-Heart Connection

Thursday, May 16, 7:00 p.m.

While pain of any kind can be debilitating and life altering if left untreated, it can also be used to indicate root health problems. Treating these root issues can lead to deep healing beyond simply erasing the immediate pain. Acupuncturist Peter Harvey will offer practical insight as to how pain is viewed and treated using traditional Chinese medical techniques and will discuss some of the modern-day parallels in treatments available without the use of drugs or surgery. Through Chinese medicine teachings, Peter will demonstrate how the mind, body, and spirit are one and how disturbances in shen, the spirit of the heart, can affect your health. By learning to treat the root cause of your pain rather than the pain itself, you can experience deep healing of the body, mind, and spirit.

Peter Harvey LAc, MSOM, FABORM, MBA, is the owner of Eastern Healing Inc. Peter has extensive experience in treating pain of all types. He began apprenticing in the Midwest and later spent time in Tian Jin, China at a teaching hospital. Peter graduated from Midwest College of Oriental Medicine and is a Fellow with the American Board of Oriental Reproductive Medicine.

$10 nonmembers, $5 members

A Guided Gong Meditation

Friday, May 17, 7:00 p.m.

Immerse yourself in a healing and transformational gong meditation featuring a guided visualization, followed by an hour-long sound immersion with gongs and Himalayan singing bowls. The experience is a psycho-acoustic gateway to raise one's vibratory frequency, reach higher states of awareness, and recognize endless possibilities within.

Marian and Gabriela Kraus have studied gongs with renowned master teachers and bring a colorful life history with their European and Latin American origins. Their inherent musical abilities, years of studies in psychology, metaphysics, and life-coaching as reflected in health and wellness-related programs, work together to facilitate a powerfully illuminating and inspiring experience. For more: www.delamora.life.

$25 per person in advance, $30 at the door
Introduction to Taoist Yoga

Saturday, May 18, 1:00 – 5:00 p.m.

A complete approach to health and wellness, Taoist Yoga is based on the principles of Traditional Chinese Medicine and can be used to correct imbalances and heal the body. Learn the principles of Traditional Chinese Medicine and how to apply asanas (postures), breathing, visualization, and relaxation exercises to adjust the flow of energy through the meridians (energy pathways) of your body for optimal health and wellness.

John Votaw, a personal disciple of Grandmasters in Taoist Yoga, Traditional Chinese Medicine, and meditation, will teach the origins and philosophy of Taoist yoga and how it is applied as a complete approach to health and wellness appropriate for people of all ages and abilities. Head Life Yoga Instructor Tasmin Walker will then instruct practices within the Life Yoga system including releasing, strengthening, and longevity practices.

$30 nonmembers, $25 members, $35 at the door

The Search for Planet Nine in Our Solar System

Thursday, May 23, 7:00 p.m.

There is scientific evidence that a new planet – one that may be over 10 times more massive than the earth! – might exist in our solar system. Fermilab scientist Dr. William Wester will share this evidence and describe several efforts underway to try to detect and capture images of this new celestial body. He will also discuss why Pluto is no longer considered a planet, what we know about the outer reaches of our solar system, and what other planets and stars can tell us about our own space environment.

William Wester, PhD, is a senior scientist at the Fermilab National Accelerator Laboratory, where he has conducted research on particle collisions and searched for possible new particles that make up the dark matter of the universe. He is also a member of the Dark Energy Survey Collaboration, where he studies the particle nature of the cosmos and the expanding universe using a special telescope and scientific camera in Chile.

$10 nonmembers, $5 members
Choosing Joyful Living

Thursday, May 30, 7:00 p.m.

Joy is a sign of optimal health and wellbeing. Joyful people think differently. They are more inventive, resilient, patient, generous, optimistic, and kind. They focus more on what IS working rather than what is not, fostering gratitude and even more joy. In joy there is ease. In ease there is power. Where there is power, there is an ability to make a positive difference in your life. Learn how to shift the way you’re relating to your life so you can find joy in life regardless of circumstance.

$10 nonmembers, $5 members

Claiming Joy

Saturday, June 1, 1:00 p.m. – 4:00 p.m.

JOY isn’t about the absence of disturbance. Painful experiences, as with pleasurable experiences, come and go. JOY is about the presence of something deeper than the ebb and flow of the human experience and is as available as your next breath. Breathwork has been a life enhancing practice for thousands of years. Consistent practice will change the neural pathways in your brain so you can more easily calm down and open to the joy that is always present.

Learn vital tools to achieve more peace and joy in your life in the form of explorative inquiry followed by 30 minutes of focused breathwork.

$35 nonmembers, $30 members, $40 at the door

Leslie Sann, MA, LCPC, is the author of the award-winning book, Life Happens: What Are YOU Going to Do About It? She is the founder of the Living by Design School. For over 30 years Leslie has been helping people create a joyful life personally and professionally, guiding them to live by design rather than by default while learning to live in joy regardless of circumstances. Visit www.lesliesann.com for more.
Energy, Color, Sound, and Vibration: A Healing Tool Box

Thursday, June 6, 7:00 p.m.

When we address and heal the origins of our pain, we discover remarkable resources for healing. In working with over 30,000 trauma survivors, Brent Baum has valuable insights into how we can release the “stuck moments” and feelings of the past, and return to living optimally in the present moment. Through discourses in energy and somatic and color psychology, we have learned to target and address the specific moments where consciousness is frozen and speak the language of love and safety necessary to release us from the binds of these pain states. Learn how the emotional reframing of our past experiences stops our fight-flight-freeze stress response and gives us the best chance of strengthening our immune systems and healing memory-based pain.

Brent Baum, STB, SSL, CADC, CCH, is an internationally recognized author, instructor, trauma resolution specialist, and psychotherapist. The developer of Holographic Memory Resolution (HMR), he has been involved in crisis intervention since the 1990s. He is cofounder of the nonprofit charity Michael’s Gift (www.michaelsgift.org), and author of The Healing Dimensions, Living as Light, and Surviving Trauma School Earth.

$10 nonmembers, $5 members

Crystal Bowl Sound Healing

Friday, June 7, 7:00 p.m.

Celebrate the vitality of summer! As the frequency and vibrations of the bowls bring harmony to the etheric, emotional, and physical bodies, the brain shifts into higher states of consciousness, thoughts are slowed down, and the heart opens to healing. Deeksha, or the Oneness Blessing, creates balance in the hemispheres of the brain, releases fear, and invites the higher frequency of love to enter, allowing us to reconnect with our spiritual essence.

Yolanda Lozano has over 20 years of extensive bicultural training in the healing arts from master teachers in India, China, and the United States. She integrates breathing techniques, toning and chanting, meditation, movement, vibrational energy healing, and self-care while listening to the True Self within. For more, visit www.yolandahealinghearts.com.

$25 per person in advance, $30 at the door
Interfaith Prayers for Peace

Saturday, June 8, 11:30 a.m.

Join us for an event devoted to strengthening the ideals of peace, both within and among all nations and peoples. Our speakers come from the ecumenical community to offer prayers and blessings of peace. With an open heart and mind, reach out and share your expertise and ideas in this global effort.

Discussion over a light lunch follows. If you plan to attend or would like to represent your tradition by speaking, please RSVP to hmahmed@hotmail.com.

Mazher Ahmed, born and educated in India, is involved in a number of interfaith endeavors. She is vice president of the Batavia Islamic Center in Illinois, an emeritus trustee for the Council for the Parliament of World’s Religions, and founder of Interfaith Prayers for Peace.

Donations are appreciated.

Henry S. Olcott Memorial Library

The Henry S. Olcott Memorial Library is a unique library with more than 30,000 titles and other media offerings that bring together the religious, philosophical, and spiritual traditions of the East and West, emphasizing the Ancient Wisdom tradition, Theosophy.

The library is open to the public and everyone is welcome to visit and make use of this great resource of knowledge. Library patrons and members of the Theosophical Society have borrowing privileges.

Library Hours (Central time)

Mondays:
10:00 a.m. – 5:00 p.m.

Tuesdays through Thursdays:
10:00 a.m. – 7:00 p.m.

Fridays and Saturdays:
10:00 a.m. – 5:00 p.m.

Closed Sunday.

The library is closed from noon – 1 p.m. each day.

www.theosophical.org/library
Hope in Action: How to Face the Mess We’re in Without Going Crazy

Thursday, June 13, 7:00 p.m.

We are living in challenging and unprecedented times. How do we navigate all this without burning out, numbing out, or losing heart? The practice of Active Hope, based on an innovative process developed by internationally acclaimed author and activist Joanna Macy, inspires us to strengthen our resiliency and creative power. Learn how shifts in consciousness, innovations, and direct actions act as pathways for Active Hope, and how they can help us usher in a world that brings out the best in all of us.

A book signing will follow the program.

$10 nonmembers, $5 members

Active Hope Workshop

Saturday, June 15, 10:00 a.m. – 5:00 p.m.

Active Hope is about what we would love to see happen in the world. It’s about becoming a participant in bringing those things about. This groundbreaking workshop is designed for those who want and need a deeper sense of inspiration, hope, and renewal to support their healing work.

This interactive experience is based on The Work that Reconnects, an innovative process developed by Joanna Macy, internationally-acclaimed author, eco-philosopher, and activist. Experience the healing power of gratitude, find compassion in honoring your pain for the world, embrace your connections with each other and with the web of life, and realize your potential to make a difference.

The Active Hope workshop includes experiential practices, movement, inspirational readings and teachings, and simple rituals.

$65 nonmembers $55 members $75 at the door

Kathleen Rude holds a BS in Wildlife Ecology and an MS in Natural Resources. She began her career as an environmental writer. Her studies of indigenous spiritual practice led her to become a shamanic practitioner and ceremonial leader. She has been mentored by Joanna Macy and is a senior facilitator of The Work That Reconnects. She also runs workshops on environmental awareness and Earth-based spirituality. Kathleen is the author of The Redemption of Red Fire Woman.
Mindfulness, Bliss, and Beyond: Renowned Buddhist Monk Shares Wit and Wisdom

Wednesday, June 19, 7:00 – 9:30 p.m.

At College of DuPage in Glen Ellyn (see website for details)

Join us for a unique opportunity to meet and hear the internationally acclaimed Buddhist teacher and meditation master Ajahn Brahm. Known for his wit and wisdom, Ajahn Brahm is the bestselling author of *Mindfulness, Bliss, and Beyond; Don’t Worry, Be Grumpy; Who Ordered this Truckload of Dung?*; and *Kindfulness*. A self-described meditation junkie, Ajahn Brahm will share his knowledge and experience of the jhanas and insight, which constitute the heart of the Buddha’s original teachings. Never before has this material been approached in such an empowering way by a teacher of such authority and popularity.

The event will include time for questions and discussion and will conclude with a book signing.

$20 per person.
Pre-registration is required for this event.
A Day of Meditation with Ajahn Brahm

Thursday, June 20, 9:00 a.m. – 5:00 p.m.

At the Theosophical Society

Take advantage of this rare opportunity to receive teachings and practice meditation under the guidance of the highly respected meditation master Venerable Ajahn Brahm. Set your worldly concerns aside for the day and be inspired by the joyful presence of Ajahn Brahm as he shares his profound knowledge of Buddhism and meditation. With his usual wit and wisdom, he will provide guidance that will help refine your meditation practice so that you may experience serenity and transformative insights.

The schedule for the day will include lectures, Q&A, and sitting and walking meditation sessions.

A vegetarian lunch will be provided.

$120 nonmembers, $100 members. Pre-registration is required for this event.

Ajahn Brahm, born Peter Betts in London in 1951, graduated from Cambridge University with a degree in theoretical physics. Disillusioned with the life of academia, he headed off to the jungles of Thailand, where he trained under famed meditation master Ajahn Chah for nine years. A Theravada monk for over thirty-five years, Ajahn Brahm is a revered spiritual guide and the abbot of Bodhinyana Monastery in Western Australia. He is also the Spiritual Director of the Buddhist Society of Western Australia, and spiritual adviser and inspiration for Buddhist centers throughout Asia and Australia. He is known for his support for the revival of women's full ordination in Buddhism in traditions where it has been lost. His books are bestsellers in many languages and he regularly tours internationally.

www.theosophical.org/ajahnbrahm
FILLED WITH LIGHT: SUMMER SOLSTICE MEDITATION

Friday, June 21, 7:00 – 8:30 p.m.

Embrace the light within and around you in this unique meditation event! Radiate your truth with sun-inspired, energetic meditations that allow you to feel your inner strength, gather your potential, and honor your highest Self. *Mudras* (meditation gestures), mantra (chanting), and accessible movement will enhance your experience, helping you feel positively charged and alive at every level. Instruction and handouts will be provided to continue your journey during the Solstice period.

**Samadhi Banks** has been dedicated to holistic wellness, yoga and meditation for nearly 20 years. She brings her breadth of experience and dynamic teaching style to in-depth studies and teacher training programs in the philosophy and practices of Kundalini, classical yoga and meditation, Reiki, and crystal and gemstone therapy.

$15 nonmembers, $10 members, $20 at the door

ANAYURVEDIC APPROACH TO GUT HEALTH

Saturday, June 22, 2:00 – 4:00 p.m.

Ayurvedic medicine is a 5,000-year-old mind/body healing system. It concentrates on prevention and understanding one’s own makeup, and focuses on how the outer world and environment affect one’s daily life. The concept of *agni*, or digestive fire, is seen by Ayurveda as the very source of life and is the primary indicator of gut health. Ayurveda teaches us that impaired *agni* is at the root of every imbalance and disease. During this workshop, you will gain a deeper understanding of:

- Ayurveda on gut health and diseases
- Prakriti (Individual Constitution) and digestion correlation
- Healthy recipes (includes handouts)
- Six tastes and gut health
- Remedies to poor gut health

**Swati Mhaske**, BA, M.S., MSc., Pharm, is an Ayurveda physician with a Bachelor degree in Ayurveda Medicine and Surgery and a Masters in Pharmaceutical Medicine from India. She also has extensive hands-on training in Panchakarma (detoxification and body cleanse procedures) and offers one-on-one Ayurvedic and Panchakarma consultations in treating lifestyle disorders, hormonal imbalances, fertility issues and other health imbalances in adults and children at her company HemaVeda in Crystal Lake, IL.

$25 nonmembers, $20 members, $30 at the door
Cultivating Happy and Peaceful Relationships

Thursday, June 27, 7:00 p.m.

We’re all familiar with the aphorism “You can’t live with ‘em, can’t live without ‘em,” and it certainly holds a grain of truth for many of us. Our lives thrive on initiating, cultivating, and sustaining wholesome relationships. It is a lifelong journey, and it’s not always an easy one. In this talk, we will explore ways of cultivating peaceful and happy relationships through the use of mindfulness and learn how to overcome the many challenges and obstacles that can arise when living in a relationship and in a community.

$10 nonmembers, $5 members

Mindfulness for Peaceful Relationships

Saturday, June 29, 10:30 a.m. – 12:30 p.m.

The practice of mindfulness can help us realize both inner peace and outer harmony with our world and those around us. Explore practical ways to cultivate peaceful and meaningful relationships using powerful mindfulness techniques. Through a combination of lectures and experiential exercises, we will discuss how the differences between people are a part of every relationship, and how our needs, thoughts, desires, and expectations motivate us to relate in certain ways. We will then learn how to build bridges instead of walls and develop the kind of relationships that are fulfilling for everyone involved. Imagine the peace and joy of having enriched, deeper relationships with all the people in your life!

Dr. Jagdish P. Davé, PhD, PsyD, has a rich educational, experiential, and professional background in Eastern and Western cultures. In recent years, his focus has been on holistic health, stress management, mindfulness parenting, and multicultural wellness conferences and workshops. He is an active consultant, counselor, and educator at Desert Garden Montessori School in Phoenix, AZ.

$30 nonmembers, $25 members, $35 at the door
Spirit Circle Drumming

Saturday, June 29, 3:00 – 4:30 p.m.

Nurture your spirit through rhythm and meditation. Based on a blend of traditions, this Spirit Circle draws on our most ancient roots to creatively raise group energy. Each round will begin with a chant or Native American flute song. Rhythm instruments will gradually come in until the drumming reaches its natural conclusion. A few moments of silent meditation will follow as we take in the energy that was raised and send it out in blessings. This is a safe place to connect with your deepest wisdom, honor your inner guidance, and create more love and light for yourself and the universe. You are welcome to bring your own drums, rattles, or rhythm instruments. A limited number of shared instruments will be available.

Karen Tlusty-Rissman is a musician, astrologer, artist, and celebrant of Spirit. She currently leads a variety of meditation classes in the western suburbs and has facilitated sacred circles for over 35 years. She weaves the common threads from many Earth-centered traditions as well as astrology, aromatherapy, and energy work to provide participants with a direct connection to their inner Source. Karen plays the Native American flute, concert flute, bass guitar, Tibetan singing bowls, and gong. She is available for private consultation, meditation classes, musical performances, and lessons. Visit her at www.facebook.com/SpiritScent.

$10 per person

Quest Book Shop

Books and Gifts for Mind, Body, and Spirit

The Quest Book Shop offers a wide range of books in all areas of spirituality and an exceptional selection of jewelry, incense, music, crystals, yoga supplies, meditation benches, and many other gifts. We also have intuitive and psychic readers available for private consultation by appointment or drop-in.

Hours:
Monday – Friday 10:00 a.m. – 8:00 p.m.
Saturday 10:00 a.m. – 5:00 p.m.
Sunday 1:00 – 5:00 p.m.

Quest Book Shop
306 W. Geneva Road
Wheaton, IL 60187
630-665-0123
questbookshop@theosophical.org

Visit our website: www.QuestBookShop.org
Seeking Eternal Truth
Inspirations from The Secret Doctrine

133rd Summer National Convention
July 19–23, 2019

“Secreted and hidden in the heart of the world and in the heart of the human is the light which can illuminate all life, the future and the past. Shall we not search for it?”
—Mabel Collins

Helena P. Blavatsky’s legendary book, The Secret Doctrine, traces the unifying thread running through humanity’s spiritual and intellectual heritage. This synthesis of science, religion, and philosophy invites us to embrace the highest Theosophical ideals found in the sanctuary of our innermost being.

Mitch Horowitz
is a writer-in-residence at the New York Public Library. He is the PEN Award-winning author of several books, including Occult America, One Simple Idea, and The Miracle Club.

Elena Dovalsantos, Ph.D.
is a third-generation Theosophist and a lecturer at the Krotona Institute’s School of Theosophy. She teaches classes on The Secret Doctrine internationally.

Pablo Sender, Ph.D.
is author of Evolution of the Higher Consciousness. He is on staff at the Krotona Institute of Theosophy and presents lectures, classes, and retreats around the world.

Maria Parisen
is director of the Krotona School of Theosophy. She has presented Theosophical programs internationally and is editor of Angels and Mortals: Their Co-Creative Power.
Taoist Qigong
Mondays, 6:30 – 8:00 p.m., June 10 – July 15 (6 classes)
No class May 2
Taoist mystics have practiced longevity exercises for millennia with the goal of prolonging life and ultimately achieving immortality. What are the philosophies and exercises that lead them to these practices? Part lecture and part practice, this class aims to demystify the Chinese philosophies of yin and yang, the Tao, the five elements and more; and to teach the basic qigong exercises that lead to health and longevity. An ideal class for those new to Chinese philosophy, qigong and t’ai chi.

John Robertson has nearly 20 years of experience practicing and teaching t’ai chi ch’uan and qigong and is a student of Taoist philosophy. He is a Level 7 Certified Qigong Instructor with the World Ki Gong Club and a Certified Advanced Instructor and professional member of the National Qigong Association. John owns Seven Stars Martial Arts in Winfield, IL. For more, visit www.7StarsMA.com.

$100 nonmembers, $80 members

Meditative Yoga
Spring Session: Tuesdays, 7:00 p.m. – 8:15 p.m., April 2 – June 25 (13 classes)
Summer Session: Tuesdays, 7:00 p.m. – 8:15 p.m., July 2 – August 27 (7 classes)
No class July 23 or August 6
This yoga class, open to all ages and levels, will focus on present moment awareness. Classes begin with a short meditation and transition into a conscious and gentle movement that takes us to different asanas (postures). As a deeper connection with our inner nature is established, relaxation, flexibility, and strength develop.

Juliana Cesano is a certified yoga teacher, 200 CYT. Meditation and the exploration of her spiritual path have helped her develop a contemplative yoga practice. She spent two years at the international headquarters of the Theosophical Society in Chennai, India and is currently the manager of the Quest Book Shop.

Spring Session: $155 nonmembers, $130 members, $14 per class
Summer Session: $85 nonmembers, $70 members, $14 per class
Mindfulness Meditation

**Wednesdays, 7:00 – 8:30 p.m., April 17 – May 22 (6 classes)**

Mindfulness meditation is a path to enhanced spiritual awareness and, ultimately, awakening to our interconnectedness to all life. In this six-week course, you will learn an integral form of mindfulness meditation that embraces four key aspects of life: Self, Body, Relationships, and Social Engagement. You will come away with an established practice of mindfulness meditation as well as tools for taking mindful awareness into all aspects of your life. Prior meditation experience is helpful but not necessary.

A detailed course outline is available online.

**Bill Epperly**, PhD, is a research biochemist who left the lab in pursuit of enlightenment. He has studied contemplative Christianity, Zen Buddhism, and Ken Wilber’s integral spirituality. He teaches mindfulness at DePaul University and serves individuals as a spiritual coach and teacher. His websites are billepperly.com and integralawakenings.com.

$70 nonmembers, $60 members

Life Yoga:
A Taoist Yoga Class

**Wednesdays, 7:00 – 8:15 p.m., Spring Session: April 3 – June 26 (13 classes)**
**Summer Session: July 3 – August 28 (7 classes)**

*No class July 24 or August 7*

This class uses a system of yogic study modeled around the practices of Zen Meditation, Traditional Chinese Medicine, and Traditional Chinese Longevity Practices. Each class includes meditation followed by releasing, strengthening, and energy circulation practices.

**Tasmin Walker** is certified in multiple styles of yoga and has spent several years in meditation centers around the world.

Spring Session: $155 nonmembers, $130 members, $14 per class

Summer Session: $85 nonmembers, $70 members, $14 per class

Introduction to Theosophy: A Spiritual Path

**Wednesdays, 7:00 – 8:00 p.m., April 17 – May 22 (6 sessions)**

We invite you to join with other seekers to learn about some essential Theosophical concepts in a friendly and informal atmosphere. Participants will engage with the content of each class through meditation, discussion, and practical application. Topics include Theosophy and the Ageless Wisdom, human energy fields, reincarnation, karma, and more.

Donations appreciated.
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.

Facilitated by Juliana Cesano

Advaita Study Group  
**Sundays, ongoing, 6:30 – 8:00 p.m.**

Advaita Vedanta is a school of Hindu philosophy and spiritual practice. Each week we read and discuss chapters from an Advaita book and listen to or view Advaita-oriented materials from various sources.

Dharma Study Group  
**Tuesdays, ongoing, 7:00 – 8:00 p.m.**

Join our exploration of the essential spiritual aspects of the Oneness of Life. Meetings are devoted to inquiry and meditation. We also engage in monthly service projects or group activities. All are warmly welcomed.

Healing Circle  
**Wednesdays, ongoing, 5:00 – 5:30 p.m.**

This ceremony, sponsored by the Theosophical Order of Service, offers healing meditation in the service of those in need. Everyone is welcome to participate.

Therapeutic Touch: A Healing Practice  
**First and third Wednesdays, 7:00 – 8:30 p.m.**

This healing circle and practice group’s purpose is to provide the opportunity to receive Therapeutic Touch (TT). Our circle has a short meditation, TT practice, and simple instruction for use with family and friends.

Wheaton-Olcott Lodge  
**Wednesdays, ongoing, 7:00 – 8:00 p.m.**

This group meets to explore core Theosophical teachings and their relationship to life as well as to various spiritual traditions, and to encourage participation in study, discussion, meditation and service.

Stargazing: Astrology Discussion Group  
**Third Tuesday of the month, 7:00 – 9:00 p.m.**

A person’s astrological birth chart speaks in an exciting symbolic language, guiding seekers along the path of self-knowledge. These monthly discussions on various astrological topics are led by Dave Gunning, guest speakers, or group members. They are not classes or individual readings, but a sharing of astrological knowledge. Familiarity with the basics of astrology is recommended, but these intriguing discussions are open to all.

$20 nonmembers, $15 members
Did you know we are a 501(c)3 nonprofit organization?

Your tax-deductible donation will help us provide our public programs and ensure that those seeking spiritual wisdom are offered the resources to find it. Now through December, donations will be met dollar-for-dollar by the Kern Foundation’s matching challenge grant, so please make your gift today! Visit us online at www.theosophical.org/donate for more information about ways to donate, or call (630) 668-1571, ext. 322.

Thank you for your support!
March - July 2019

Quest
Programs for mind, body, and spirit

Register at www.theosophical.org

Mindfulness, Bliss, and Beyond: Renowned Buddhist Monk Shares Wit and Wisdom!

Join us on Wednesday, June 19 to meet and hear the internationally-acclaimed Buddhist teacher and meditation master Ajahn Brahm!

Known for his wit and wisdom, Ajahn Brahm is the bestselling author of *Mindfulness, Bliss, and Beyond; Don’t Worry, Be Grumpy; and Who Ordered this Truckload of Dung*?

Ajahn Brahm will also lead a meditation retreat on June 20.

See page 22 for details!