

Quest

December 2019 - March 2020

Programs for mind, body, and spirit

Buddhism

Christianity

Healing

Hinduism

Interfaith

Meditation

Mysticism

Native Wisdom

Philosophy

Tai Chi

Taoism

Theosophy

Yoga



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Program Category Key

M = Mindfulness and Meditation
HW = Health and Wellness
SC = Science and Consciousness
I = Interfaith

ECD = Ethics/Character Development
RF = Relationships and Family
F = Female Empowerment
NE = Native and Earth Wisdom

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Registration

To register for programs
and classes, visit
theosophical.org/programs
or call 630-668-1571, ext. 362.

The Theosophical Society in America

1926 N. Main Street

Wheaton, IL 60187

630-668-1571

events@theosophical.org

www.theosophical.org

the THEOSOPHICAL
SOCIETY
in America

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.



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the THEOSOPHICAL
SOCIETY

in America



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

As winter settles in and the days grow short, we reflect on the beauty found in the shadows and celebrate the opportunity for deep inner reflection. Throughout this season you'll find programs that will help you develop your sense of purpose, heal your body and mind, and transform yourself and the world around you.

Last season's membership incentive of **free admission to our Thursday Lecture Series** was a resounding success, so we are continuing this promotion indefinitely. If you are interested in learning more about membership, please visit **www.theosophical.org/membership**.

We are excited to introduce some new programs including a **Thai Bodywork** workshop with Jessica Amarosa, a scientific talk on the **Mysteries of our Universe's First Seconds** with Dan Hooper, a **T'ai Chi Qigong Shibashi workshop** with John Robertson, an **Experiential Dream workshop** with Susan Pannier-Cass, a talk and workshop on the **Vedas and Upanishads** with Janani Cleary, and more!

Billie Topa Tate', Santikaro, Lama Glenn Mullin, Dr. Trupti Gokani, Christina Pateros and other favorites are back this season as well. We are also happy to offer new **astrology, beekeeping, and tarot classes** in addition to the regular offerings. And, finally, please stop by on Sunday mornings for our free weekly meditation group with Juliana Cesano!

Take a look inside for our full schedule. May we see you often throughout the season!



John Cianciosi
Director of Public Programs

Visit Us!

Our campus is located on the 40-acre Olcott Arboretum 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 free for Theosophical Society in America members. Nonmembers can register in advance for \$10 or pay \$15 at the door. These programs are also livestreamed on our website, YouTube channel, and Facebook page.



December

- 5** The Journey of Self-Transformation with Tim Boyd
(see website for details)
- 12** The Soul's Awakening with Danelys Valcarcel Cuellar
(see website for details)

January

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- 20** At the Edge of Time: Exploring the Mysteries of
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- 12** The Yoga of St. John of the Cross with Juliana Cesano Page 21
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- 26** Seeing Beyond Forms: Cultivating Spiritual Maturity
with Pouria Montazeri Page 24

Join us for our winter classes!

See pages 26-29 for full descriptions and registration information.

Meditative Yoga

Tuesdays, 7:00 – 8:15 p.m.,
January 14 – March 31

Introduction to Theosophy: A Spiritual Path

Wednesdays, 7:00 – 8:00 p.m.,
January 15 – February 19 (6 classes)

Life Yoga: A Taoist Yoga Class

Wednesdays, 7:00 – 8:15 p.m.,
January 15 – March 25 (11 sessions)

Astrology for Beginners

Mondays, 7:00 – 9:00 p.m.,
January 27 – February 17

How to Use Tarot Cards to Reveal the Future

Tuesdays, 7:00 – 8:00 p.m.,
January 28 – March 3

Yang Style Simplified T'ai Chi Ch'uan

Mondays, 6:30 – 8:00 p.m.,
February 10 – May 4

Infinite Possibilities: The Art of Changing Your Life

Wednesdays, 7:00 – 8:30 p.m.,
February 26 – April 15

Beekeeping 101

Mondays, 7:00 – 8:45 p.m.,
March 2 – April 6



A Doctor's Guide to Energy Healing **HW**

Saturday, December 7, 1:00 – 3:00 p.m.

As long as our vital energy is available, our bodies know how to keep us vibrant and healthy. When the energy flow is blocked or limited, however, we feel "off," have symptoms, or even develop serious illness. Dr. Marilyn Mitchell will share some reliable practices that will allow you to experience a rich communication between body and vital energy that can improve health and well-being, and even be accessed to reverse illness and serious disease.



Dr. Marilyn Mitchell received her medical degree from Rush Medical College and completed her residency at the University of Chicago. She is certified by the American Board of Obstetrics and Gynecology, the American Board of Integrative and Holistic Medicine, the Barbara Brennan School of Healing, and the EnergyTouch School of Advanced Healing. She is an educator, speaker, and health visionary and is a leader in the field of integrative medicine. Dr. Mitchell is also the founder of HealingSpace, an integrative medical and healing practice. She is the author of *The True Nature of Healing: A Surgeon's Soul Journey*.

TS members: \$30 • Nonmembers: \$35 • \$40 at the door

Triple Gong Experience M HW

Friday, December 13, 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.



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.

Jenny Bergold (Jagatjeet Kaur) received her Kundalini Yoga instructor and gong training through the Kundalini Research Institute and Spirit Rising Yoga. **Maureen Milliken (Haripal Kaur)** is a yoga instructor, sound practitioner, Reiki Master Teacher, and shamanic facilitator. **Ela Geske** received her Kundalini Yoga instructor and gong training through the 3HO Foundation (KRI). They are all honored to help you become more bountiful, blissful, and beautiful through Kundalini Yoga and this triple gong event.

\$30 in advance • \$35 at the door

Free events!

Celebrate the Season

Thursday, December 19, 7:00 p.m.



Celebrate and welcome in the season with kindred spirits by sharing stories, ceremonies, songs, or poems from your faith tradition, family customs, or

cultural heritage, followed by drumming! Please bring vegetarian, non-alcoholic holiday goodies to share as we close the evening in conversation and camaraderie!

Paula Finnegan will facilitate this seasonal celebration with everyone's participation.

Donations are appreciated.

Meditation for World Peace M

Tuesday, December 31, 6:00 – 7:00 a.m.

This yearly event coincides with group meditations around the globe. Using the concentrated power of thought to generate energy for peace, we meet to help heal the sense of separation among human beings and to release light, love, and spiritual energy. Everyone is welcome!

If you would like to participate by reading a quote or bringing refreshments for community afterwards, please contact Kim McDuffee Dotson at kismcdot@gmail.com.

Donations are appreciated.

See website for more December events!

Family Celebrations M RF

Join us for this series of celebrations designed to provide parents a spiritual experience with their children and other families. During each event, we will connect to nature through art, take a mindful walk through the grounds, and observe how nature has changed since our last celebration. These changes remind us of the transformations within ourselves, and we celebrate them through singing, dancing, creating, sharing and music making.



Winter Solstice Family Celebration

Friday, December 13, 4:00 – 5:30 p.m.

Planting Intentions Family Celebration

Friday, January 17, 4:00 – 5:30 p.m.

Sharing Love Family Celebration

Friday, February 21, 4:00 – 5:30 p.m.

Spring Equinox Family Celebration

Saturday, March 21, 3:00 – 4:30 p.m.

Genis Schmidt has been leading seasonal celebrations for over seven years and has taught outdoor education and nature-based spirituality to children. She is mentored in the Dances of Universal Peace (DUP) and has been trained in teaching DUP to children. **Shantal Alonso** provides mindfulness education to youth and families to empower them with the tools to thrive in their personal, academic, and professional lives.

Donations appreciated.

An Astrological Outlook for 2020: The Economic, Political, and Geological Challenges for the US

Thursday, January 9, 7:00 p.m.

By January 2020, five planets will have entered the sign of Capricorn. Things have already been intensifying throughout 2019 and will continue to do so in 2020. Climate change, the economy, trade wars with China, immigration, and even the possibility of major Earth changes will come to the forefront. The stressful times ahead are being felt all over the planet. We will look at these issues through the lens of planetary movement over the natal planets in the Sibly chart of the U.S.



Dave Gunning is an astrological consultant, teacher, and lecturer. His readings, classroom teachings, and lectures have always emphasized the importance of the person's interconnectedness to the spiritual self. Dave is a contributor to *Dell Horoscope* and *The Mountain Astrologer* magazines.

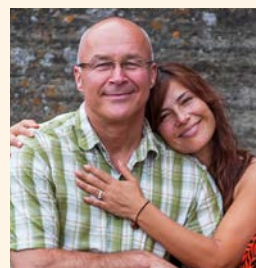
TS members: free • Nonmembers: \$10 in advance, \$15 at the door

Register for Dave's **Astrology for Beginners** class beginning January 27, and join his **Astrology Discussion Group** the third Tuesday of each month. See pages 26 and 30.

Tune Up with a Healing Sound Meditation M HW

Friday, January 10, 7:00 p.m.

At the core of all healing, meditative, and spiritual pursuits is the goal to expand an individual's awareness. Experience a uniquely layered, multi-dimensional tapestry of sounds designed to relax and invigorate you simultaneously. Permeate your mind and body in a colorful environment of ambient and ancestral sounds of five large gongs and other sound tools. This guided meditative and transformational musical journey will help you identify your limiting beliefs and transform them into limitless possibilities.



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 uniquely illuminating and inspiring experience. For more, visit www.delamora.life.

\$30 in advance, \$35 at the door

Ayurveda and Brain Health: How to Have a Balanced Mind in a Stressed Out World HW SC I

Saturday, January 11, 1:00 – 4:00 p.m.

Do you or someone you love suffer with low energy, feeling overwhelmed, episodes of anxiety, insomnia, and/or pain? Maybe you are seeking a way to avoid brain disease and to have a strong brain for years to come. If so, this lecture will help you get to the root of your challenges. Brain disease is on the rise, and we must take action to prevent it. In this lecture, Dr. Gokani, a board-certified neurologist trained in Ayurvedic and Functional Medicine, will share her 4-step process to optimizing brain health.



Her proprietary process, which has been developed over a decade, incorporates western medical approaches alongside ancient wisdom and philosophy. Learn novel approaches using lifestyle, diet, supplements, teas, and mind work to enhance your natural brain function. You will learn about brain typing and how to use actionable steps to balance your body type, thus reducing your symptoms.

Dr. Trupti Gokani is a regular guest on the Dr. Oz show and is the author of *The Mysterious Mind: How to Use Ancient Wisdom and Modern Science to Heal Your Headaches and Reclaim your Health*. She is a physician trainer and speaker.

TS Members: \$35 • Nonmembers: \$40 • \$45 at the door

Living a Limitless Life I ECD

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

Do you ever feel as if your life is limited in some way? What is it that stops you from living the life you want to live? We will explore various aspects of these questions, including conditioning and pre-conceived ideas. We will also look at ways in which a commitment to spiritual living can remove limits and provide the opportunity to live a limitless life.



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.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door



The Transpersonal Nature of Therapeutic Touch: Intermediate Course M HW

Saturday, January 18 and Sunday, January 19, 9:00 a.m. – 5:00 p.m.



This course builds on the knowledge, skills, and insights acquired through the Therapeutic Touch Foundations course and regular TT practice. This course supports and enhances the learners' evolving and deepening understanding of Therapeutic Touch practice. It includes more hands on practice, reflective inquiry, and self-inquiry exercises. We will explore in-depth approaches for assisting individuals with a variety of health challenges. And, as always, peace and healing is the nature of the class for all who come. This course satisfies the second class required for the credential of Qualified Therapeutic Touch Practitioner (QTPP).

Please bring a vegetarian sack lunch each day. Tea, water, and snacks are provided for breaks. Bring a shawl or throw to keep you warm.

Marilyn Johnston-Svoboda, RN, EdD, QTTT, is a retired professor of nursing and is a member and educational trustee of the Therapeutic Touch International Association. Janet Dean, RN, QTPP, a registered nurse and a Qualified Therapeutic Touch Practitioner, has devoted nearly 20 years of her career to hospice care. She is author of *Peaceful Passages: A Hospice Nurse's Stories of Dying Well*. **Lisa Leamy, RN, BSN, QTPP**, is a Therapeutic Touch Practitioner at Marianjoy Rehabilitation Hospital and presents for the National Alliance on Mental Illness (NAMI) of DuPage.

\$100 per person (includes a booklet and handouts)

The Art of Tarot Divination

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

The art of the Tarot is an intricate interplay between our knowledge of universal symbols and the intuitive understanding of each reader. To understand how to properly read Tarot cards, we must first understand how the Tarot works. Tarot teacher and reader Vincent Pitisci will reveal how advancements in cognitive science and modern concepts of thought can improve the methods of this ancient craft in ways never before thought possible. You will learn how to easily define and apply the cards for effective divination and to gain valuable insight into any question asked of them.



Vincent Pitisci is a life-long student of metaphysics and mysticism. A friend of the Theosophical Society since the 1950s, he teaches and lectures throughout Chicagoland. He is the author of *Genuis of the Tarot: A Guide to Divination with the Tarot* and *The Essential Tarot: Unlocking the Mystery*. As a professional psychic and Tarot advisor, Vince also conducts phone readings worldwide.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door

Register for Vince's **How to Use Tarot Cards to Predict the Future** class beginning January 28. See page 28.

Spirit Circle Drumming M NE

Saturday, January 25, 2:00 – 4:00 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. Astrological influences will be included as well as honoring Chinese New Year, which celebrates an end to the coldest days and prepares us for the upcoming planting season.



Each round will begin with a chant or Native American style flute song. Rhythm instruments will gradually come in until the drumming reaches its natural conclusion. There will be a few moments of silent meditation, taking in the energy that was raised and then sending it out as prayers and blessings. The energy will then be grounded. This is a safe place to connect with your deepest wisdom, honor your inner guidance and create more love and light for yourself and for the universe. You are welcome to bring your own drums, rattles, or rhythm instruments as 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. 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 songoftheplanets.com.

\$20 in advance, \$25 at the door

Introduction to Thai Bodywork for Self-Care MHWI

Saturday, January 25, 10:30 a.m. – 12:00 p.m.

Pain is not meant to be tolerated; it's a catalyst for change. Join us to explore the fundamentals of Thai bodywork developed over 2,500 years ago by Buddhist monks. Comprised of deep compressions and stretching, its focus is to balance circulation so the body may heal itself. This introduction will demonstrate basic principles and techniques that can be practiced on your own to alleviate your own chronic aches with ease. Please bring a yoga mat or blanket and a tennis (or similar size) ball.



Jessica Amorosa has studied Thai bodywork and Buddhist medicine in depth for over five years. Passionate about her work, she visits Thailand yearly to study with her teacher. She recently returned from her most recent trip, and has resumed offering Thai bodywork healing sessions at the Quest Book Shop.

TS members: \$15 • Nonmembers: \$20 • \$25 at the door

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



Buddhist Perspectives for Times of Anxiety and Conflict MI ECD HW

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

Discontent rumbles violently through our society. Many troublesome conflicts frighten and bedevil us, and forces around us and within us scheme to arouse negative emotions. We absorb much of that and recycle it within us. How may we cool our discontents and conflicts? This talk will explore possibilities for how Buddhist teachings can contribute to the reduction of our inner and outer anxieties and conflicts.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door



Weekend Meditation Retreat! MI HW

Resting in the Natural Process of Quieting

Friday, January 31, 7:00 p.m. – Sunday, February 2, 3:30 p.m.

Breathing is an opportunity to come home to our bodies and simple realities. This retreat will explore mindfulness centered in breathing as a meditative path. As we settle into moment-to-moment experience, the breath guides us into further sensitivity and quieting. As we rest in inner calmness and clarity, we gain insight into the sufferings we must let go of. This process need not be as hard as our habits make it. Benefits include an increase in comfort and joy, along with expanded curiosity and inquiry.

As space is limited, early registration is encouraged.

Retreat sessions, meals, private lodging—\$350

Retreat sessions, meals, shared lodging—\$250

Retreat sessions, meals—\$175



Santikaro has been practicing and teaching this path of meditation along with broader Buddhist teachings that inform it for more than three decades. He adapts his teacher's meditation guidance to the needs of Americans today, especially here in the Midwest. With his wife Jo Marie, he looks after Kevala Retreat, a refuge for silence and contemplation in southwest Wisconsin (www.kevalaretreat.org).

A Native Guide to the Spirit World ^{NE}

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

View a rare glimpse into the landscape and realm of the Spirit World. Billie Topa Tate' shares her Native American wisdom and beautiful personal stories about the ethereal world, often known as the place of light where our divine helpers, spirit guides, totems, angels, and teachers in spirit reside. Our inner plane helpers, or "energetic resources," have a great purpose to be of service and to guide our journey in powerful and virtuous ways. Learn why we are often provided assistance, as well as the various realms which are ever present in vibration and wisdom.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door

Full Moon Native American Drumming ^{NE}

Saturday, February 8, 1:00 – 3:00 p.m.

Experience Native American drumming with the power and intensity of the full moon, as Topa Tate, a Mescalero Apache teacher, leads you through beautiful Native American traditional native drumming and medicine songs. Tap into the powerful energies emitted by the full moon and its meaningfulness.



Increase your vibrations and feel the empowering effect of drumming with purpose and fortitude.

There will be a gentle breathing exercise and a wonderful creation story told about the ceremonial aspect of drumming. Open to the healing energy of a native song with drumming through the traditional aspects of the sacred circle. Please bring a drum or rattle if you have one.

TS Members: \$35 • Nonmembers: \$40 • \$45 at the door

Billie Topa Tate' is the founder of MSI Wellness Center. She is Mescalero Apache and is dedicated to "Creating a Sacred Place One Person at a Time" through the indigenous native teachings of her teachers. Topa Tate' has lectured and taught at Northwestern University, The Cancer Treatment Center of America, and more. Her work has been published by several magazines, and she is the author of several meditation recordings. She is dedicated to being of service to anyone who is seeking wellness, mindfulness training, and spiritual growth.

A Cosmic Perspective on Human Consciousness M SC ECD

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

Modern spirituality frequently regards spiritual practitioners as individuals, but the Theosophical tradition offers a cosmic account of the origin and essential nature of human consciousness. This approach regards the individual as a microcosmos – a limited reflection of a multidimensional cosmos that includes physical, intellectual, and spiritual aspects. Learn more about this concept, including the unique set of tools for meditation and daily practice it provides.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door



Cosmic Meditations M SC ECD

Saturday, February 15, 10:30 a.m. – 4:30 p.m.

Based on the concepts presented in his Thursday night lecture, "A Cosmic Perspective on Human Consciousness," Pablo Sender will lead a series of guided meditations geared toward attuning our individual consciousness with its universal roots. The retreat will consist of four short presentations explaining the different techniques to be used, followed by 30-minute practice sessions, which will start with guided meditations before passing into silent work.

TS members: \$60 • Nonmembers: \$70 • \$80 at the door



Pablo Sender, PhD, became a member of the Theosophical Society in his native Argentina and has presented Theosophical lectures, seminars, and classes around the world. He is the author of *Evolution of the Higher Consciousness*, and his articles have been published in several Theosophical journals. Learn more at his website: www.pablosender.com.

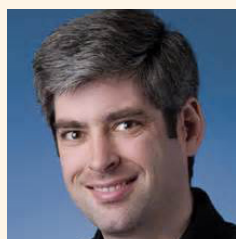
At the Edge of Time: Exploring the Mysteries of Our Universe's First Seconds sc

Thursday, February 20, 7:00 p.m.

Over the past few decades, we have made incredible discoveries about how our cosmos evolved over the past 13.8 billion years. But there remains a critical gap in our knowledge: we still know very little about what happened in the first seconds after the Big Bang. Dan Hooper, senior scientist and head of the Theoretical Astrophysics Group at the Fermi National Accelerator Laboratory, will examine how we are using the Large Hadron Collider and other experiments to re-create the conditions of the Big Bang and to address mysteries such as how our universe came to contain so much matter and so little antimatter.



Dan Hooper's book, *At the Edge of Time* (Princeton University Press), will be available for sale and signing.



Dan Hooper, PhD, is member of Fermilab's theoretical astrophysics group and an associate professor of Astronomy and Astrophysics at the University of Chicago. His research focuses on the interface between particle physics and astrophysics and in particular on the questions related to dark matter. He is the author many books including *Dark Cosmos*, *Nature's Blueprint*, and most recently *At the Edge of Time*.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door

Sound Healing with Tibetan and Crystal Bowls M HW

Friday, February 21, 7:00 p.m.

Relax and bathe in the sounds and frequency of crystal bowls. Their vibration brings harmony to the etheric, emotional, and physical bodies, shifting the brain into higher states of consciousness, slowing down thoughts, and opening the heart 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.

Wear loose, comfortable clothing and bring a mat and/or blanket to lie on.

\$30 in advance, \$35 at the door



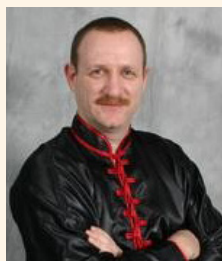
T'ai Chi Qigong Shibashi M HW

Saturday, February 22, 10:30 a.m. – 4:30 p.m.

T'ai Chi Qigong Shibashi is a gentle, beautiful, flowing exercise routine that is energizing and deeply relaxing, bringing health and vitality to all who practice it. The gentle rocking motions and stretching movements improve circulation and digestion and reduce physical tension. The controlled breathing reduces stress and anxiety, helping calm the mind. It also helps regulate heart rate and blood pressure, boosting energy. T'ai Chi Qigong Shibashi is a gentle, yet highly effective exercise routine that is suitable for adults of any age or fitness level. You will be guided through simple forms and exercises to improve balance and flexibility, enhance breathing and circulation, and relax both body and mind.



Please wear comfortable clothing and flat shoes.



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. (www.7StarsMA.com).

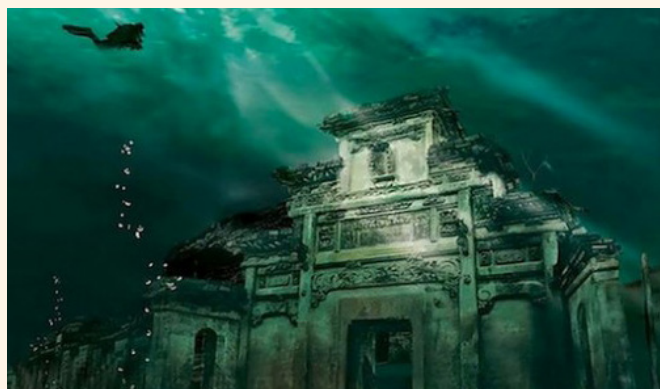
TS members: \$60 • Nonmembers: \$70 • \$80 at the door

Register for John's class **Yang Style Simplified T'ai Chi Ch'uan** (24 Postures) class beginning February 10. See page 26.

Atlantis Then and Now

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

The tale of Atlantis, the fabled prehistoric continent that sank into the Atlantic, remains fascinating to this day. Is there any truth to this legend? Do current concerns about rising ocean levels make it look more plausible than ever before? Richard Smoley explores the story of Atlantis from Plato's dialogues to visionary Edgar Cayce to the present.



Richard Smoley is editor of *Quest: Journal of the Theosophical Society in America* and the author of ten published books, the latest of which is *A Theology of Love: Reimagining Christianity through "A Course in Miracles."*

TS members: free • Nonmembers: \$10 in advance, \$15 at the door

Transformative Dreamwork: An Experiential Workshop HW

Saturday, February 29, 1:00 – 3:30 p.m.

Dreams arise from a larger field than our everyday consciousness inhabits, and often come to us in a language and landscape all their own. By engaging with our dreams, their meanings can reveal what we need to know for greater health and wholeness. Learn the unique symbolic language of dreams, why we should pay attention to them, and how to better recall dreams. We will also discuss willing participants' dreams in an engaging, interactive group process to help reveal their deeper meaning.



Susan Pannier-Cass is an ordained interfaith minister, kundalini yoga and meditation teacher, and is the spiritual director at the Claret Center in Hyde Park. She is a student of the Jungian Studies Program (JSP) at the Jung Institute in Chicago. For more information, visit www.sacredsoulfood.com.

TS members: \$30 • Nonmembers: \$35 • \$40 at the door

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

The Bodhisattva Ideal in Today's World M I ECD

Thursday, March 5, 7:00 p.m.

The Bodhisattva, the great hero of the Mahayana, strives to reduce the suffering and increase the happiness of all sentient beings. He or she clearly sees that all beings long to be free from hardship and to experience contentment and joy, and does whatever is necessary to help them toward these goals. Madame Blavatsky found great inspiration from the Tibetan tradition on this path of "samyaksambodhi." This lecture and slide show will explore the path of becoming a universal hero/heroine.



TS members: free • Nonmembers: \$10 in advance, \$15 at the door

Weekend Meditation Retreat!

The Ten Dharmas of Naropa M I

Friday, March 6, 7:00 p.m. – Sunday, March 8, 3:30 p.m.

Of all lineages of enlightenment training in Tibet, one of the most popular and powerful is that known as Naro Chodruk, "The Six Dharmas of Naropa," which was translated into English in the 1930s as "The Six Yogas of Naropa." In fact, the six are always taught in connection with four supplementary Dharmas, making ten in all. The most important of the ten is *tummo*, or "Inner Fire." In this retreat, Lama Glenn Mullin will provide teachings and guidance that will establish participants in the basics of this yogic training.

As space is limited, early registration is encouraged.

Retreat sessions, meals, private lodging—\$350

Retreat sessions, meals, shared lodging—\$250

Retreat sessions, meals—\$175



Lama Glenn Mullin trained in Tibetan Buddhism in the Himalayas for 15 years, and has published some 30 books on Tibetan Buddhism. He has taught Buddhist meditation for the past 30 years, often touring for six months of the year through North America, Asia, and Europe. He also leads pilgrimages through the sacred sites of Nepal, Tibet, and Bhutan each year. For more visit www.glennmullin.com.

The Yoga of St. John of the Cross IECD

Thursday, March 12, 7:00 p.m.

Mysticism transcends the boundaries of traditions, fusing them in the experience of the Divine, beyond all knowledge. Spanish mystic and poet Saint John of the Cross, famous for timeless writings like *Dark Night of the Soul*, shares a wealth of insights on the soul's unfoldment. This humble Carmelite friar, who played a major role in the Catholic Reformation of the 16th century, teaches us the secrets of a love that can transform even our most painful experiences into a blissful union with Oneness.



Juliana Cesano is a second generation Theosophist and has been actively involved with the Society's work for over twenty years. She volunteered for two years at the international headquarters in Chennai, India, and has been part of the staff at the headquarters of the Theosophical Society in America for the last ten years. She is a certified yoga teacher, 200 CYT, and is currently the manager of the Quest Book Shop.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door

Tune Up with a Healing Sound Meditation M HW

Friday, March 13, 7:00 p.m.

At the core of all healing, meditative, and spiritual pursuits is the goal to expand an individual's awareness. Experience a uniquely layered, multi-dimensional tapestry of sounds designed to relax and invigorate you simultaneously. Permeate your mind and body in a colorful environment of ambient and ancestral sounds of five large gongs and other sound tools. This guided meditative and transformational musical journey will help you identify your limiting beliefs and transform them into limitless possibilities.

Please bring a pillow and blanket and/or mat to lie on.



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 uniquely illuminating and inspiring experience. For more, visit www.delamora.life.

\$30 in advance, \$35 at the door



Know Thyself: Ancient Means for Self-Knowledge M I ECD

Thursday, March 19, 7:00 p.m.

The Vedas form the basis for Sanatana Dharma, which, outside of India, is known as Hinduism. Between their covers are found the Upanishads, which comprise the second part of the Vedas and are collectively called "Vedanta" which means "end of the Vedas." The subject matter of Vedanta is Self-Knowledge, and these texts follow a methodology of unfolding it which is at once simple, straightforward, and above all, effective! Who we really

are versus who we think we are will open the eyes of anyone who inquires into these texts. Utilizing selected verses from various Upanishads, this presentation will unfold this Self-vision.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door



Dharma in Daily Life: Practical Application of the Upanishads M HW I ECD

Saturday, March 21, 10:30 a.m. – 4:30 p.m.

Upanishads are knowledge-based texts that unfold the true nature of ourselves, and in so defining this nature, also analyze and present the nature of the world as well as the ultimate source of it all. This knowledge is not ordinary in that these texts not only tell you that you are free from all limitations; they also prove it. We will discuss various verses in the tradition of first listening (sravana), then reflecting through questions and discussions (manana), and finally contemplating (nididhyasana). The workshop will also include some meditation practices (upasanās) that serve to sharpen and steady the mind.

TS members: \$60 • Nonmembers: \$70 • \$80 at the door



Janani Cleary began her pursuit in Vedanta as a yoga teacher in New York City. She then completed an intensive course in India to obtain her teaching certification and has shared knowledge and insights with students for several decades. She has been engaged with various Vedic cultural centers and other venues across the country, including participation in a White House conference. She also served as an advisor to the movie Gurukulam (2016), a documentary on what it is like to be a student in an ashram. Learn more at her website: www.optimummeditation.org.

Shamanism and Inner Guidance: An Experiential Workshop M HW ECD NE

Saturday, March 14, 10:30 a.m. – 4:30 p.m.

Immerse and deepen your connection to yourself, your essence, and spirit through shamanic practices that can become a part of your daily living. Through special ceremonies, journeys, rites, and rituals, we will deepen and expand the notion that shamanic living is indeed a testament to animism and a practice of direct revelation. With practice, this way of life will help you access your own inner guidance. We will experience and practice together with partners as well as in the larger group setting.



Christina Pateros is a painter, spiritual guide, healer, teacher, and steward of spiritual journeys to sacred lands. She owns a healing practice and also creates fine collectible paintings available through galleries and by commission. Her shamanic practice offers cleansing and clearing of beings and spaces. For more information, visit christinapateros.com and whispering-stones.com.

TS Members: \$65 • Nonmembers: \$75 • \$85 at the door



Inviting the Light: Renew & Rejuvenate for the Spring Equinox M

Saturday, March 21, 7:00 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. Enliven and welcome the energy of Spring with a selection of cleaning, gently energizing movements to enliven your body and mind. Experience third-eye opening breathwork to activate your intuition, followed by gentle, accessible movements to activate the energies of your chakras and your body, as well as mantra meditation and deep relaxation.



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.

TS Members: \$15 • Nonmembers: \$20 • \$25 at the door



Seeing Beyond Forms: Cultivating Spiritual Maturity MI ECD

Thursday, March 26, 7:00 p.m.

True humility, an integral part of all authentic spiritual paths, is the awareness of the finite in the presence of the infinite. By putting teachings into practice, we cultivate an insight that enables us to see beyond forms. The eye of the heart sees things as they truly are. As we go further along the path, we find that ultimately the Doer is none other than the One Divine Source. We learn about true surrender and alignment and find our deepest calling – the most important thing in this life.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door

The Transformative Power of Remembrance Practices: An Experiential Workshop MI ECD

Saturday, March 28, 10:30 a.m. – 4:30 p.m.

On this daylong retreat, we will explore Remembrance (Zikr or Dhikr), the most significant practice in Sufism, in both theory and practice. The day will begin with an exploration into the spiritual and cultural contexts that are embedded in famed Sufi poet Rumi's work. We will then 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
- Exploring the spiritual and cultural context and idioms in Rumi's work



TS members: \$60 • Nonmembers: \$70 • \$80 at the door



Pouria Montazeri grew up with Rumi's poetry and teachings and is fluent in Persian. He draws from his 28 years of experience with Sufism, Advaita Vedanta, and other mystical and contemplative practices as well as his experiences as a teacher, spiritual director/coach, speaker, poet, mindfulness instructor, sangha guide, mentor, and filmmaker to support himself and others to live more creative, peaceful, and meaningful lives. He wrote, directed, and filmed *Shams & Rumi: The Fragrance of Axis Mundi*, which won many international film awards. For more, visit www.footprintsofrumi.com.

Triple Gong Experience M HW

Friday, March 27, 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.



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.

Jenny Bergold (Jagatjeet Kaur) received her Kundalini Yoga instructor and gong training through the Kundalini Research Institute and Spirit Rising Yoga. **Maureen Milliken** (Haripal Kaur) is a yoga instructor, sound practitioner, Reiki Master Teacher, and shamanic facilitator. **Ela Geske** received her Kundalini Yoga instructor and gong training through the 3HO Foundation (KRI).

\$30 in advance, \$35 at the door

Online Programs

Our online programs offer a unique way to participate with fellow seekers and deepen your spiritual knowledge from the comfort of your home, office, or local coffee shop! We also offer many ongoing study groups that meet regularly to discuss a variety of spiritual topics. Visit www.theosophical.org/webinars.



Featured Study Groups:

2020 Vision: Applying Spiritual Astrology to Understand the Coming Year with Gwynne Mayer

Option 1: Tuesdays, January 14 – February 4, 10:30 a.m. – 12:00 p.m. (4 classes)

Option 2: Wednesdays, January 15 – February 5, 7:00 – 8:30 p.m. (4 classes)

At Home with Theosophy: Unlocking the Mysteries of Human Nature with Pablo Sender

Mondays, January 6 – February 10, 7:00 – 8:30 p.m. (5 classes). No class January 20.

The Secret of Evolution: A Theosophical Approach with Pedro Oliveira

Mondays, March 2 – 23, 7:00 – 8:30 p.m. (4 classes)

Astrology for Beginners: Learning the Symbolic Language of the Heavens

Mondays, 7:00 – 9:00 p.m., January 27 – February 17 (4 sessions)

In this entertaining four-week class we learn to identify and understand the basic elements of a birth chart. Together, we will look at what each of the signs, houses, planets, and aspects mean, and by their symbols identify them on the horoscope wheel.

When students sign up for class they will need to provide their birth information. This includes first and last name, birth date, birth time (on the birth certificate), and birth place (just the city). Instructor Dave Gunning will prepare charts and have them for students by the first day of class. Participants can then study their natal chart as the class proceeds. Students will need to contact the Theosophical Society or email Dave to provide their birth information.



Dave Gunning has been an astrological consultant, teacher, and lecturer for the past 38 years. He has also written articles for *Dell Horoscope* magazine. For the past nine years he has been lecturing and teaching astrology through the Stargazers astrology group at the Theosophical Society. His consultations come from a spiritual and psychological point of view.

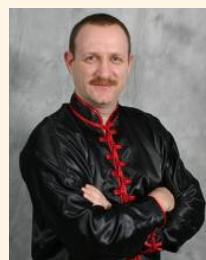
TS members: \$130 • Nonmembers: \$140

Yang Style Simplified T'ai Chi Ch'uan (24 Postures) HW

Mondays, 6:30 – 8:00 p.m., February 10 – May 4 (12 sessions) No class March 23

Through the practice of T'ai Chi Ch'uan, your mind can achieve a stillness and clarity rarely experienced with other forms of exercise, integrating your body and mind and allowing you to achieve inner peace. Practice strengthens the immune system; improves posture, balance, coordination, flexibility and strength; reduces blood pressure and stress; and releases tension, allowing a feeling of positive energy to flow through your body. Over the course of the class we will learn the complete 24-posture form.

Please wear comfortable clothing and flat shoes.



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. (www.7StarsMA.com).

TS members: \$175 • Nonmembers: \$195

Beekeeping 101: Essentials for Successful Beekeeping HW NE

Mondays, 7:00 – 8:45 p.m., March 2 – April 6 (6 sessions)

This class will cover the essentials of beekeeping and how to keep your bees healthy and alive. You will be taught to see the world through the honeybees' eyes and will learn everything you need to do to care for them throughout each season of the year. The class is taught by full-time beekeeper Bill Whitney of City Bee Savers, who has 27 years of successful beekeeping experience. There will be at least one weekend class to gain hands-on experience. This class is suitable for beginners as well as beekeepers with some experience. A full syllabus is available online.

TS Members: \$100 • Nonmembers: \$110



Meditative Yoga M HW

Tuesdays, 7:00 – 8:15 p.m., January 14 – March 31 (12 sessions)



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 take 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.

TS Members: \$120 • Nonmembers: \$145 • \$14 per session



How to Use Tarot Cards to Reveal the Future

Tuesdays, 7:00 – 8:00 p.m., January 28 – March 3 (6 Classes)

Learn how the uncanny ability to predict the future using Tarot cards can now be explained and confirmed with viable cognitive psychological facts. Today, the application of Tarot card reading can be seen as a form of artificial intelligence that allows us to find new answers and solutions to objectives not seen before sitting down with the cards. Understanding why the Tarot works helps us read with more accuracy. Novice and experienced Tarot readers alike will learn how to use Tarot cards to predict the future with more accuracy than ever before.



Vincent Pitisci is a life-long student of metaphysics and mysticism. A friend of the Theosophical Society since the 1950s, he teaches and lectures throughout Chicagoland. He is the author of *Genuis of the Tarot: A Guide to Divination with the Tarot* and *The Essential Tarot: Unlocking the Mystery*. As a professional psychic and Tarot advisor, Vince also conducts phone readings worldwide.

TS Members: \$70 • Nonmembers: \$80

Infinite Possibilities: The Art of Changing Your Life M HW

Wednesdays, 7:00 – 8.30 p.m., February 26 – April 15 (8 classes)

This 8-week program is based on the New York Times bestselling book *Notes from the Universe* by Mike Dooley. Based on the principle that "thoughts become things," the program encourages people to examine beliefs and thoughts that have been limiting and may be leading to struggles and negative choices, then helps them discover ways to redirect those beliefs and thoughts. This is an empowering program for people who find themselves in difficult situations, those beginning a new life journey, and everyone looking to bring more peace and joy into their lives.

Jessica Amorosa studied personally with Mike Dooley and has been a certified Ippie (Infinite Possibilities) trainer since 2014. She originally sought training because this book transformed her life and she wanted to help her struggling family members. She now shares this program all over the country, hoping to empower everyone she encounters.

TS members: \$80 • Nonmembers: \$90 • \$100 at the door

You can also join Jessica for her workshop **Introduction to Thai Bodywork for Self-Care** on Saturday, January 25.



Introduction to Theosophy: A Spiritual Path M ECD

Wednesdays, 7:00 – 8:00 p.m., January 15 – February 19 (6 classes)

We invite you to join with other seekers to learn about some essential Theosophical concepts in a friendly and informal atmosphere. Classes are not successive, so you can join at any point in the series. Participants will engage with the content of each class through meditation, discussion, and practical application.

Topics include:

- January 15: Theosophy and the Ageless Wisdom
- January 22: Human Energy Fields
- January 29: Reincarnation
- February 5: Karma
- February 12: Power of Thought
- February 19: Meditation

Donations appreciated.



Life Yoga: A Taoist Yoga Class HW

Wednesdays, 7:00 – 8:15 p.m., January 15– March 25 (11 sessions)



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 is tailored to address current mental stress and physical tension experienced by participants, then proceeds with a relaxation meditation followed by releasing, strengthening, and energy circulation practices. The goal of these practices is to ultimately teach the practitioner how to return to an original state of health and well-being.

Tasmin Walker began her physical training as a professional ballet dancer. She is certified in multiple styles of yoga and has spent several years in meditation centers around the world. She has committed her practice to the life study of health, wellness and preventative medicine. She is currently pursuing her doctorate in Traditional Chinese Medicine at Beijing Mebo Traditional Chinese Medicine Training Center, in Beijing, China.

TS Members: \$120 • Nonmembers: \$145 • \$14 per session

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.

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.

TS members: \$15 • Nonmembers: \$20

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.



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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!



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Programs for mind, body, and spirit



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Christina Pateros

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The Theosophical Society in America
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