



TheosophyPN
Wisdom works

Journal of The Theosophical Society's
Palmerston North Branch

Journey

June to August 2016



June 2016



TheosophyPN
Wisdom Works

www.theosophy.org.nz/pn

www.facebook.com/
pnswisdomworks

pn@theosophy.org.nz

Phone (06) 3532310

304 Church Street
Palmerston North 4410

Contact Anthea 353 6221
or 027 240 2069
or Julie 0272339277

MEDITATION
TUESDAYS 6 - 7 pm
Mindfulness Meditation -
Facilitator
Dr Douglas Osto Ph D
Entry \$5
Unwaged \$3 — koha

LIBRARY
Saturdays 10 am till noon

STUDY GROUP
most Tuesdays 7.15 pm
Dates and topics notified by
email. Enquiries welcome.

Dear Members and Friends,

TSNZ is providing wonderful avenues for our ongoing education – I hope you have all seen that in October TSNZ hosts the TS Indo Pacific Conference. There is a magnificent line up of guest speakers including Tim Boyd, the TS International and also the TS American President. Our TSNZ President, John Vorstermans, is currently also the TS Indo Pacific Region President. Their Conference is only held every three years. The last time TSNZ hosted it was in 1994. Hence it is an opportunity too good to miss but book early as the numbers are limited. The Theosophy and Science Seminar follows immediately from 19 to 21 October. The hosting alternates between NZ and Australia - another opportunity not to be missed.

Much has been happening here in Palmerston North. Late last year Helen Sussmilch was knocked over by a dog causing a serious break in her arm. This culminated in her deciding to go on a long 'self-mastery/meditation' course overseas. She has resigned her Presidency and left for Spain at the end of May. We wish her well and every success on her 'Journeying'.

Meanwhile winter arrived with the torrential rain. Our Hall foyer developed a major leak. This has resulted in the main roof having to have its nails replaced and new roofing on the foyer – all outgoing the Branch can little afford. The annual insurance premium was also due. Consequently the Committee have had to make the decision to "self-insure" and those of us who are willing are building a Building Protection Fund with regular small automatic payments. (Anyone who would also like to help protect our Hall by making funds available to repair any future unusual or unforeseen damage please make your donations to BNZ Palmerston North Theosophical Society Account number - 02 - 0727 - 0039088 - 097 All donations over \$5 are tax deductible – we will issue Tax Receipts of the annual accumulated amount. Julie Jeffrey is now our Treasurer.)

We are doing our best in the circumstances. Your Branch needs the support of its members. Please see the forthcoming programme. We look forward to seeing you.

Best wishes
Anthea
Secretary and Acting President

Insights

We see things not as they are but as we are. H M Tomlinson

Courage is not absence of fear, but rather the judgement that something else is more important than fear. Ambrose Redmon.

The greatest enemy of knowledge is not ignorance, it is the illusion of knowledge. Daniel J Boorstin

All knowledge is useful, and one day you will have all knowledge; but while you have only part, take care that it is the most useful part. — *At the Feet of the Master*

He who has a why to live, can bear almost any how. Friedrich Nietzsche.

What you do makes a difference, and you have to decide what kind of difference you want to make. Jane Goodall

If you light up a lamp for somebody else, it will also brighten your path. The Buddha.

Kindness is a language which the deaf can hear and the blind can see. Mark Twain

Radiance - Programme

Tuesday 12 July 7.30 pm The Wisdom Way — Exploring the Way of Wisdom which science is researching and verifying; and how it assists us in our permanent personal development improving our lives— with Anthea Clement Dip Tch

Much of what used to require faith to put into practice, science has now demystified. Living this knowledge will help the individual, resulting in clarity of thought, emotional composure, intuition, inspiration, insight and inner peace... *and much much more ...*

Anthea's background is in science and theosophy. She was a science and maths teacher – leading a very ordinary life - marrying and bringing up three children. Then, in the mid-nineties, at the age of about 48, she became aware of the "inner life" and her clairaudience, *and* subsequently the need for control over what is going on in her own mind and body. She was made aware of the sentience and power of the invisible world – in beautiful and helpful experiences and others of interferences and deceit, which led to looking for explanations. While she initially studied a number of different philosophies she believes she found the most comprehensive answers and the truth in Theosophy and Vipassana Meditation \$5 (Members \$2)

Tuesday 16 August 7.30 pm The Age of Aquarius "I know, let me help take you there" with Julie Jeffrey BA PGDipArts(Phil)

What impact will the coming Age of Aquarius have on your life? The Age of Aquarius will be a time of breaking down of prejudices on many levels; a time of radical change and great potential for individual growth and expansion. Where consciousness will evolve and expand from the self-consciousness of Leo to group awareness of Aquarius. From Me to We. An era of peace, of unity, of love, of friendship, of understanding, of collaboration and of fraternity; where we break free of centuries of false doctrines, destructive indoctrinations in education, medicine and religion.

We need to focus on what we can give to society rather than what we can take, on kindness, truth, spirituality and enlightenment, to create spiritual fitness. We need the ability to command our brain, mind and states of consciousness consciously through the filter of intuition and wisdom. \$5 (Members \$2)

27 August - Learning to Meditate — Two part workshop with Kavita Parshotam

Meditation helps reduce tension and stress and makes us happier and calmer.

Part One - 3 pm till approx. 5 pm and Part Two - 7.30 pm till approx. 9 pm.
(Optional - Potluck Vegetarian Dinner at 6.15 pm – please bring a vegetarian plate to share)

Part One:

- What is meditation?
- What are the benefits of meditation?
- How does meditation help with stress and anxiety?
- Take away techniques that you can begin to practise immediately
- Opportunity to talk to people who have been meditating regularly

Kavita aims to make her workshops like a heart to heart conversation among friends. You will learn a

simple technique that you can begin to practise immediately. There will be ample opportunities to ask questions and engage in discussion.

Part Two: The Path of Kriya Yoga — Kriya Yoga is a meditation technique that quickly accelerates one's spiritual growth. It was first made widely known by Paramhansa Yogananda in his Autobiography of a Yogi. According to Yogananda, Kriya is the most effective technique available to mankind today for reaching the goal of Yoga: union with the Divine.

Its effectiveness has been proven in the lives of people from all walks of life, religion, and nationality. In this seminar you will get an introduction to the Path of Kriya Yoga and learn what makes it effective. You will also go away with a simple technique that you can begin to practise immediately.

Kavita Parshotam is a serious meditator for more than twenty years, Kavita left her promising business career to devote herself full time to sharing the teachings of Self-realisation. She is the founder of the Narrows Retreat, New Zealand's first Ananda centre, where she teaches yoga, meditation, and other classes on the philosophy and practice of the journey towards Self-realisation.

<http://thenarrowsretreat.co.nz/meditation/2-free-seminars-introduction-to-meditation-and-the-path-of-kriya-yoga>

Coming Up—

September - date still to be set - presentation by **Diane Kynaston** from Australia, sponsored by TSNZ

October—tentatively 24 - **Tim Boyd, TS International President**, will speak at **Wellington TS**. There will be subsidies available towards travel and accommodation for any of our members attending - please contact Anthea or Julie.

Wisdom Works

Nothing is permanent except the one absolute existence which contains in itself the noumena of all realities. The existences ... are... of the nature of shadows cast by a magic lantern on a colourless screen; but all things are relatively real, for the cognizer is also a reflection, and all things cognized are therefore as real to him as him self. Whatever reality things possess must be looked for in them before or after they have passed like a flash through the material world; but we cannot cognize any such existence directly, so long as we have sense-instruments which bring only material existence into the field of our consciousness. ... As we rise in the scale of development we perceive that during the stages through which we have passed we mistook shadows for realities, and the upward progress of the Ego is a series of progressive awakenings... only when we shall have reached the absolute Consciousness, and blended our own with it, shall we be free from the delusions

Secret Doctrine Abridged by H P Blavatsky P22 Quest publication

THE GOLDEN STAIRS

- A clean life, an open mind,**
- A pure heart, an eager intellect,**
- An unveiled spiritual perception,**
- A brotherliness for all,**
- A readiness to give and receive advice and instruction,**
- A courageous endurance of personal injustice,**
- A brave declaration of principles,**
- A valiant defence of those who are unjustly attacked,**
- And a constant eye to the ideal of human progression,**
- And perfection which the sacred science depicts —**
- These are the golden stairs**
- Up the steps of which the learner may climb**
- To the Temple of Divine Wisdom.**

H P Blavatsky