

Ways You can Help Yourself on your Spiritual Journey

Saturday 26th and Sunday 27th September, 2020

A Central Region Workshop
hosted by the New Plymouth Branch of the Theosophical Society

held at the Staffroom of Highlands Intermediate School,
260A Coronation Ave, New Plymouth



PROGRAMME

Saturday 26th September	
10.00am	Reception - signing in, issuing receipts
11.00am	Introduction and attunement
11.30am	<p><u>Patterns of thought</u> by Benjamin Upton, president of New Plymouth Branch</p> <p>Life seems to be full of patterns and our thoughts are no exception. Just how aware are we of the source of our actions? How can we take control of our reactions?</p> <p><i>Benjamin is a software developer from New Plymouth, who spends his spare time uncovering the connections between the scientific and the spiritual. A keen follower of scientific theories that have been swept under the carpet by the mainstream scientific dogma, he hopes one day we as a collective will experience a consciousness renaissance.</i></p>
12.30pm	Break for lunch preparation
1.00pm	Lunch - catered
2.00pm	<p><u>Mystic Maze Runner</u> by Kirsty Morton, Whanganui Branch</p> <p>You are your own character in the game challenge, finding clues, tools and companions through your choices. Where will you run to? and how? and why?</p> <p><i>Kirsty has been a member of the Theosophical Society since 2012. She is particularly drawn to Theosophy as 'being a practical application with the opportunity for true, open communication and enquiry in shared expansion, and not merely as an ideological discussion topic or debate'.</i></p>
3.00pm	Afternoon tea

Saturday 26th September Continued...	
3.30pm	<p><u>Sufism and how it can help for those on the spiritual path</u> by <u>Dr Arzoo Syeddah, Wellington Lodge</u></p> <p>A discussion about Arzoo's personal journey on awakening and embracing spirituality. Arzoo comes from a Sufi lineage and the path of Sufism has helped in understanding what is spirituality and where one fits in with it.</p> <p><i>Dr Arzoo Syeddah is originally from Pakistan and grew up in Switzerland. She comes from a long line of sufi healers and has only recently fully stepped into her mystic lineage as part of her journey. She moved to New Zealand in 2017 and considers it her home. Her day job is being Business Sustainability lead and Alumni Relations manager for the PopUp Business School Aotearoa based in Wellington. The company provides business capability workshops to kiwi entrepreneurs all over Aotearoa. She has been a member of THS Wellington Branch since 2019.</i></p>
4.30pm	<p><u>Strengthening Our Immune Systems</u> by <u>Anthea Clement, president of Palmerston North Lodge</u></p> <p>The world we live in is very different from that of our forebears. Conditions harmful to our health and future are all around us. Stress is acknowledged as the killer. Knowledge of the reality, including what we are and our purpose in life, can help us to put our energies in the right direction. Strengthening our energy bodies to help with adapting to today's conditions gives us the best chance of survival to continue on with life's purpose, evolution. Includes practical.</p> <p><i>Anthea Clement was a science and a maths teacher, a farmer, horse rider and breeder and is a mother of three children, now all adults. She still enjoys teaching. She was made aware in the mid-nineties of the invisible world and has since studied theosophy in its various forms.</i></p>
5.30pm	Break for dinner preparation
6.00pm	Dinner - pot luck, partly catered
7.00pm	<p><u>Theosophy and the Theosophical Society - Application to spiritual practice and service</u> by <u>Dr Simon Webber, Wellington Lodge</u></p> <p>The work of the Theosophical Society will be explored in relation to a theosophical framework and how this applies to our spiritual practice.</p> <p><i>Simon Webber is a qualified Social Scientist, with a PhD in experimental psychology. His interests include yoga and mysticism, and he is currently serving on the Governance Board of the Theosophical Society in New Zealand.</i></p>
7.45pm	<p><u>Intelligence and the Ultimate</u> by <u>Helen Sussmilch, Palmerston North Lodge</u></p> <p><i>Helen has spent the past 74 years of her life walking towards realization of Truth. Every time she finds she understands another glimmer there is more to discover. For her the key to all knowledge of the inner worlds is meditation ...</i></p> <p><i>Many challenges are easily overcome. To assist our lives she will talk about one aspect of today which affects or has affected most, if not all of us or those close to us, at various times.</i></p> <p><i>She will then share a guided meditation with you.</i></p>
8.30pm	close

Sunday 27th September	
8.45am	Arrivals
9.00am	Attunement
9.30am	<p><u>Science or Spirituality? The Great Divide</u> <u>by John Carver, president of Hawke's Bay Branch</u></p> <p>Snakes and ladders on the path to the self.</p> <p><i>John has been a chartered electrical and electronic engineer in the UK in companies and the RAF. At the age of 8 he learnt to dowse and this sparked an interest in spirituality. He joined the TS in Glasgow in 1996. Now he combines electronics, dowsing and spirituality, and for the last 15 years has run a quantum physics complementary health practice.</i></p>
10.30am	Morning tea
11.00am	<p><u>The Golden Stairs to the Temple of Divine Wisdom</u> <u>by Sushma Webber, president of the Wellington Lodge</u></p> <p>"The Golden Stairs" was originally published by H. P. Blavatsky in 1890, at a time when she was much concerned with injustice, loyalty, and altruism in her own life. It is a list of qualities that a spiritual aspirant might develop and is general advice that applies to a variety of situations, not a specific list of Thou-shalts and Thou-shalt-nots. It reflects a belief in natural ethics, rather than in revealed commandments.</p> <p><i>Sushma Webber currently serves as the President of the Wellington Lodge of the TS. She is originally from India and after graduating worked at the international headquarters in Adyar (1995-97 and 2005-8). She moved to NZ in 2008 and has continued to work at local and national levels. She was the TSNZ National Media Coordinator (2015-17). Sushma has facilitated workshops and presented at Far North, Orewa, Hamilton, Tauranga, Palmerston North and Dunedin Branches of the TSNZ. She has also written articles for Theosophical Journals and compiled an information booklet for new members.</i></p>
12.00pm	Closing, thanking of speakers
12.30pm	Lunch
1.30pm	Finish and Farewells