



Heart Flow Worldwide

## Spiritual Forum

28 – 30 December 2017

Sanctuary of the Heart, Daylesford

### *A Spiritual Community on Earth*<sup>1</sup>

#### Presentations

**Self-love: a building block to communities of love.** Listening and responding to what is true via the path of love can transform the brain, the personality, our chemistry, our self-esteem, our identity and so on. I'll speak on some research findings about these changes and give examples that may assist you attune to the vibration of love. *(Namita Trenskey)*

**Teachings of Ananda: Maitreya Theosophy (I, II, III).** In these modules, we will listen to an audio recording of Ananda Tara Shan speaking about a topic in Maitreya Theosophy, and then together ponder and discuss the content in a study group setting. Whilst it is advantageous to attend all three sessions it is not necessary to do so. *(Thomas Nielsen)*

**The Antahkarana – The Rainbow Bridge of Consciousness.** What is the Antahkarana? What is its purpose? How is it built? We will address these questions for a deeper understanding of how, by building our individual antahkarana consciously and

scientifically, we are contributing to the building and strengthening of the antahkarana of that group of humanity creating the Way of the Heart. *(Con Xanthos)*

**The Inner Group Teachings of Helena P. Blavatsky.** HPB was and still is an inspiration to theosophical students around the world. This lecture will consist of insights into the teachings HPB provided to a select, committed, and pledged group of her personal students whom she felt were ready to accommodate the spiritual knowledge she was able to provide. *(Charles Reither)*

**The Wisdom of a Sage.** A selection of teachings from Paramahansa Yogananda (1893-1952). Ideas to assist and inspire the seeker of Self-realisation. Contemplations on the human condition and spiritual Path. Life and death, worldly challenges and higher purpose for incarnation. A brief look at some of Yogananda's timeless wisdom. *(Arjuna Govindamurti)*

#### Meditation

The morning Meditation is a guided meditation, using a technique from the Shan Theosophical Meditation System such as the Flame Meditation, The 17 Steps to Perfection, the Divine Heart Meditation or the Puja. *(Aida De Murashkin, Annie Mai Hartley, Con Xanthos, Dorte Moltsen)*

#### Meditation service

The afternoon Meditation Service uses invocations, meditation, mantra singing and decrees to develop the heart through healing service. *(Aida De Murashkin, Annie Mai Hartley, Dorte Moltsen)*

## Practical Information

**Venue:** The Spiritual Forum is held at the Sanctuary of the Heart, 3 South Ajax Road (corner Ballan Road) Daylesford.

**Registration and attendance:** Advance registration is not required – register on arrival. The program begins at 10am on 28 December and ends around 5pm on 30 December. You are welcome to attend one presentation, several or all.

**Cost:** The cost is \$15 for the entire Spiritual Forum or \$5 to attend a single session, and there is no charge if attending only meditations or meditation services.

**Minimum age:** The minimum age for admission to any activity in this flier is 16 years.

**Shoes:** Please do not wear outdoor shoes, socks only or go barefoot inside the Sanctuary. If possible please bring your own indoor shoes or slippers. If you do not have your own indoor shoes, disposable shoe covers will be provided.

**Mobile phones:** Upon entering the Sanctuary, please ensure all sound features on your mobile phone are turned off (except vibration alerts if you need to receive emergency calls or messages).

**Further information:** A time-table and full session descriptions will be posted at [www.heartflow.org](http://www.heartflow.org).

**Changes to program:** Although the information in this flyer is correct as at the date of publication, changes may be made before or during the event.

**Notice about possible cancellation of activities:** Please note that activities may be cancelled when there are extreme weather warnings affecting the Central Highlands area or the threat of bushfires in the area. If an activity is cancelled, a notice will be posted at [www.heartflow.org](http://www.heartflow.org).

*A Summer School should be a place of learning and experience  
as well as a place for relaxation and togetherness.  
Through all four activities we come close to God and to the Masters<sup>2</sup>.*

## New Year's Eve Service

The New Year's Eve Service is an Earth Healing Service held after the Spiritual Forum concludes. The Service uses invocation, prayer, music, ceremony and meditation. It is held in the Sanctuary of the Heart and starts at 9.00 pm on 31 December. Please note that there is no late entry.

## Concerning participation in spiritual activities

If you have a serious physical or psychological condition, you are advised against taking part in activities that call upon spiritual energies without prior consultation with an experienced meditation teacher. Where serious illness or imbalance is present, it is recommended that the body and mind focus on healing and regaining balance. In these cases it is better to work on healing, in cooperation with health care practitioners through, for example, relaxation, positive thinking and stress reduction. Also, if you use or have used illegal drugs, psychoactive medications (for example, antidepressants, mood stabilisers, tranquillisers, hypnotics and so forth), or alcohol (more than the occasional social drink), a minimum of 3-7 years free of using such substances is recommended before it is advisable to participate in spiritual work.

<sup>1</sup> Cosmic Dance the Embrace of Divinity. Wisdom School Summer Retreat Brochure. 1998 The Theosophical Fellowship.

<sup>2</sup> Ananda Tara Shan 1996. 'Summer Wisdom School-Retreat: The Glory of Buddha in Daily Life, the Power of God in Planetary Healing.' The Theosophical Fellowship, Daylesford Vic, page 3.

The quotes in italics are from the teachings of Ananda Tara Shan and are subject to copyright.

The photograph in this flier is used with the permission of the copyright owner.

The making of any audio or visual recording (including taking photos) inside the Sanctuary of the Heart or of any part of an activity is not permitted.

Thoughts and commentaries of the individual presenters of activities in the Spiritual Forum are solely those of the individual presenter and should not be taken to represent Heart Flow Worldwide or The Theosophical Fellowship.

The Spiritual Forum is offered by Heart Flow Worldwide. Heart Flow Worldwide is a registered name and Heart Flow is a registered trade mark of The Theosophical Fellowship ACN 057 459 604.

Tel: 03 5348 1278 Email: [info@heartflow.org](mailto:info@heartflow.org) Web: [www.heartflow.org](http://www.heartflow.org) Mail: P.O. Box 300 Daylesford Vic 3460