



Heart Flow Worldwide Spiritual Forum

28 – 30 December 2017

A Spiritual Community on Earth¹

Participants' Handout

Although the information in this timetable is correct as at the date of publication, changes may be made before or during the event.

THURSDAY 28 December	FRIDAY 29 December	SATURDAY 30 December
Registration opens 9.15am	Registration opens 9.30am	Registration opens 9.30am
10.00-10.30am Meditation <i>(no late entry)</i> Con Xanthos	10.00-10.30am Meditation <i>(no late entry)</i> Aida De Murashkin	10.00-10.30am Meditation <i>(no late entry)</i> Dorte Moltsen
10.30-10.45am Welcome	10.45-11.35am The Inner Group Teachings of Helena P. Blavatsky (I) Charles Reither	10.45-11.35am Self-love: a building block to communities of love Namita Trenskey
11.00-12.05pm The Antahkarana – The Rainbow Bridge of Consciousness Con Xanthos	11.50am-12.40pm The Inner Group Teachings of Helena P. Blavatsky (II) Charles Reither	11.50am-12.40pm The Wisdom of a Sage Arjuna Govindamurti
Lunch break	Lunch break	Lunch break
2.30-3.30pm Meditation Service <i>(no late entry)</i> Dorte Moltsen	2.30-3.30pm Meditation Service <i>(no late entry)</i> Aida De Murashkin	2.30-3.30pm Meditation Service <i>(no late entry)</i> Annie Mai Hartley
3.30-4.00pm Refreshments	3.30-4.00pm Refreshments	3.30-4.00pm Refreshments
4.00-4.50 pm Teachings of Ananda: Maitreya Theosophy (I) Thomas Nielsen	4.00-4.50pm Teachings of Ananda: Maitreya Theosophy (II) Thomas Nielsen	4.00-4.50pm Teachings of Ananda: Maitreya Theosophy (III) Thomas Nielsen
		4.55-5.10pm Closing



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Meditation (*Aida De Murashkin, Annie Mai Hartley, Dorte Moltzen*)

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.

Meditation Service (*Aida De Murashkin, Annie Mai Hartley, Dorte Moltzen*)

The afternoon Meditation Service uses invocations, meditation, mantra singing and decrees to develop the heart through healing service.

Self-love: a building block to communities of love (*Namita Trenskey*)

To have the capacity to radiate love to the world around us we necessarily need to be able to seat ourselves in our own hearts, which is to love, care, be compassionate and forgiving of self. The sort of self-love I'm talking about is not self-aggrandisement, rather the capacity to surrender to this universal note that is intrinsic to all life. 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 also give examples that may assist you attune to the vibration of love.

Teachings of Ananda: Maitreya Theosophy (I, II, III) (*Thomas Nielsen*)

Maitreya Theosophy teaches how to apply Theosophy practically so that one's life demonstrates one's search for truth, honesty, and love in action. It is a teaching for people who wish to respond to the call of Maitreya and wish to live in His world, as Children of the Heart who walk the Way of the Heart to perfection of all human qualities and virtues. (Ananda Tara Shan. 1995. The Path of Theosophy. The Theosophical Fellowship.)

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.

The Antahkarana – The Rainbow Bridge of Consciousness (*Con Xanthos*)

What is the Antahkarana? What is its purpose? How is it built? We will address the above questions to help us towards a deeper understanding of how, by building our individual antahkarana consciously and scientifically, we are contributing to the building and strengthening the antahkarana of that group of humanity creating the Way of the Heart. This will eventually contribute to build and strengthen humanity's antahkarana, raising it to higher levels of consciousness.

The Inner Group Teachings of Helena P. Blavatsky (I & II) (*Charles Reither*)

HPB was and still is an inspiration to theosophical students around the world. She was the creator and head of the Esoteric section of the Theosophical Society of India. This lecture will consist of insights into the teachings she 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. Annie Besant was one of her students. The lecture will paraphrase the meaning of the terms HPB used, which she often accommodated as instructions given to her students, and which will be defined as 'statements in their own right' rather than be coordinated into a normal lecture format. Please note: whilst it is advantageous to attend both sessions it is not necessary to do so.

The Wisdom of a Sage (*Arjuna Govindamurti*)

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.



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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 placed at www.heartflow.org.

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.

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

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

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.

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