



# Heart Flow Worldwide Spiritual Forum

28 – 30 December 2018

*Love is not seen in movement or action but is the stillness that directs the spirit in the heart of all<sup>1</sup>*

## Timetable and session descriptions

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

<b>FRIDAY</b> <b>28 December</b>	<b>SATURDAY</b> <b>29 December</b>	<b>SUNDAY</b> <b>30 December</b>
<b>Registration opens 9.15am</b>	<b>Registration opens 9.30am</b>	<b>Registration opens 9.30am</b>
<b>10.00-10.30am</b> <b>Meditation</b> <i>(no late entry)</i> Con Xanthos	<b>10.00-10.30am</b> <b>Meditation</b> <i>(no late entry)</i> Annie Mai Hartley	<b>10.00-10.30am</b> <b>Meditation</b> <i>(no late entry)</i> Dorte Moltsen
<b>10.30-10.45am</b> <b>Welcome</b>		
<b>11.00-11.50am</b> <b>The White Tara – The Way of the Heart I</b> Con Xanthos	<b>10.45-11.35am</b> <b>Edgar Cayce “Psychic” Extraordinaire I</b> Charles Reither	<b>10.45-11.35am</b> <b>From Limitation to Liberation: life, death and immortality</b> Arjuna Govindamurti
<b>12.05-12.55pm</b> <b>The White Tara – The Way of the Heart II</b> Con Xanthos	<b>11.50am-12.40 pm</b> <b>Edgar Cayce “Psychic” Extraordinaire II</b> Charles Reither	<b>11.50am-12.40pm</b> <b>Lord Jesus – Man, Messiah &amp; Master</b> David Mandara
<b>Lunch break</b>	<b>Lunch break</b>	<b>Lunch break</b>
<b>2.30-3.30pm</b> <b>Meditation Service</b> <i>(no late entry)</i> Dorte Moltsen	<b>2.30-3.30pm</b> <b>Meditation Service</b> <i>(no late entry)</i> Annie Mai Hartley	<b>2.30-3.30pm</b> <b>Meditation Service</b> <i>(no late entry)</i> Aida De Murashkin
<b>3.30-4.00pm</b> <b>Refreshments</b>	<b>3.30-4.00pm</b> <b>Refreshments</b>	<b>3.30-4.00pm</b> <b>Refreshments</b>
<b>4.00-4.50 pm</b> <b>Teachings of Ananda: Maitreya Theosophy (I)</b> Thomas Nielsen	<b>4.00-4.50pm</b> <b>Teachings of Ananda: Maitreya Theosophy (II)</b> Thomas Nielsen	<b>4.00-4.50pm</b> <b>Teachings of Ananda: Maitreya Theosophy (III)</b> Thomas Nielsen
		<b>4.55-5.10pm</b> <b>Closing</b>



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## Session descriptions

### **Meditation** (*Annie Mai Hartley, Con Xanthos, 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.

### **Edgar Cayce “Psychic” Extraordinaire (I & II)** (*Charles Reither*)

As a psychic he was able to access Astral planes far beyond those which are accessible to the ordinary psychic. While all extraordinary people are subject to criticism from one source or another, for one reason or another, including the Blavatsky's and Bailey's of this world, the fact remains that Cayce helped very many ordinary people come to terms with their problems in life. And, he exposed us to the world of the Atlanteans, in a manner not previously described to the best of my knowledge.

### **From Limitation to Liberation: life, death and immortality** (*Arjuna Govindamurti*)

A contemplation on the subject of death. "The eternal questioning of the human heart - whence, why, whither and where?" Life in transition – a divine adventure.

### **Lord Jesus – Man, Messiah & Master** (*David Mandara*)

We can learn much about the qualities of a Living Master from the extraordinary life of Jesus of Nazareth. This talk retraces the story of the life of Jesus, drawing from the words of those apostles who witnessed his life first hand, accompanied by a selection of history's most beautiful paintings that capture the essential moments in the life of Jesus.

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

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.

### **The White Tara – The Way of the Heart I & II** (*Con Xanthos*)

In these two sessions, we will explore extracts from a talk given by Ananda Tara Shan, called The White Tara – The Way of the Heart. Some of the extracts we will explore include: Who and what is The White Tara – The Mother, The White Tara as the doorway to the Heart of the Lord Maitreya – The three powers which will bring about Earth's rebirth – The Doctrine of the Heart, the new world religion – The White Tara's role in the evolution of the Earth – The importance of the heart centre.



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## Practical information

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

**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 program is 16 years.

**Start times:** Activities start on time and there is no late admission to Meditations or Meditation Services.

**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, please keep your shoes on and use the disposable shoe covers 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).

**Food and drink:** Please do not take food or drink into the hall of the Sanctuary except bottled water or mineral water.

**Altars and objects of art:** Please keep a distance of at least one metre from altars and objects of art.

**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](http://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.

<sup>1</sup> Ananda Tara Shan 2017. Heart Flow Worldwide Brochure. 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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