

## Ananda Tara Shan

Ananda Tara Shan is the spiritual name of Reverend Jeanne Dara De Murashkin (1946-2002), the founder of The Theosophical Fellowship and Heart Flow Worldwide. Ananda Tara Shan was a teacher of the Living Word of the Hierarchy, teachings from Maitreya Theosophy which are being given to humanity in the New Age.

Teachings in Maitreya Theosophy are available at [www.maitreyatheosophy.org](http://www.maitreyatheosophy.org)



### Reception and Resource Area:

Reception and the Resource Area are open after most activities, providing an opportunity to make enquiries and to purchase tools for spiritual practice.

**Visitors:** Heart Flow Worldwide welcomes visitors to the Centre in Bentleigh. If you wish to visit the Centre outside the scheduled activities, please phone 03 9563 9400 to arrange an appointment.

**Mailing List:** If you wish to receive information on forthcoming activities, please advise your email or postal address, by emailing to: [melbourne@heartflow.org](mailto:melbourne@heartflow.org) or phone: 03 9563 9400

**Activities in Daylesford:** Earth Healing Services (including some Festivals) and Meditations are also held at the Sanctuary of the Heart in Daylesford. To access the program please visit [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, anti-depressants, 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 activities.

## Heart Flow Worldwide Centre

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PO Box 200, Bentleigh, VIC 3204

email: [melbourne@heartflow.org](mailto:melbourne@heartflow.org)

[www.heartflow.org](http://www.heartflow.org)

### Reference

1 Ananda Tara Shan 2003. "On Meditation. A compilation from lectures given by Ananda Tara Shan". The Theosophical Fellowship, Daylesford, Vic., p.1.

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The making of any audio or visual recording inside the Heart Flow Worldwide Centre or of any part of an activity in this program is not permitted.

Thoughts and commentaries of individual presenters of activities in this program 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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# Heart Flow Worldwide



## Melbourne Program of Activities

July ~ December 2019

## Meditations Earth Healing Services

[www.heartflow.org](http://www.heartflow.org)

# Earth Healing Services

Join us in uplifting and joyous Earth Healing Services. The Church of the Resurrected Life is dedicated to the work of the Spirit of Resurrection through Lord Jesus and is affiliated with the Associated Christian Spiritual Churches of Australia.

## July

Sun. 7th Violet Flame Earth Healing Service  
2.00 pm

## September

Sun. 15th Earth Healing Service 2.00 pm

## November

Sun. 17th Earth Healing Service 2.00 pm

## December

Sun. 22nd Earth Healing Service 2.00 pm

Please note:

There are no Earth Healing Services scheduled in August or October.

# Meditation Group

Regular meditations are offered as part of the program of activities at the Heart Flow Worldwide Centre.

The meditations are guided meditations 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.

The meditations are suitable for the beginner and experienced meditator alike. All are welcome.

If you are interested in attending the Meditation Group please contact us on ph 03 9563 9400 or email: [melbourne@heartflow.org](mailto:melbourne@heartflow.org)



*Meditation refers to an induced relaxed consciousness of the lower self, with the aim of attuning to a higher consciousness within the Higher Self. 1*



## Practical information

The minimum age for admission to any activity in this program is 16 years.

There is no charge for admission to activities listed in this program.

Activities start on time and there is no late admission to meditations or Services.

Please do not wear outdoor shoes, socks only or go barefoot inside the Centre. 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.

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

The duration of Earth Healing Services is approximately one and a half hours.

Refreshments will be available after Services.