

THE BLAVATSKY LODGE OF THE THEOSOPHICAL SOCIETY



ADDRESS Shop 8, 599 Pacific Highway, St Leonards, NSW 2065 **PHONE** 02 9267 6955

WEBSITE <https://sydney.theosophicalsociety.org.au> **ABN** 48 000 014 442

LIBRARY HOURS **Wed and Thurs** 10 am to 4 pm; **Fri** 10 am to 2 pm; **Sat** 12 pm to 4 pm

OFFICE HOURS **Wed and Thurs** 10 am to 4 pm; **Fri** 10 am to 2 pm

CALENDAR OF EVENTS – MAY 2024

WEDNESDAY 1 MAY		
10:00 am - 11:00 am	Study Group	Basic Theosophy by Geoffrey Hodson, led by Wendy Dixon
11.10 am - 12.10 pm	Study Group	The Voice of the Silence by HPB, led by Simon O'Rourke
1.00 pm - 2.00 pm	Talk	Compassion: One of the lost keys on the pathway to enlightenment Presented by Tony Petcopoulos
2:30 pm - 3.00 pm	Meditation	All welcome
7:30 pm - 8:30 pm	Online Course	Introduction to Theosophy Facilitated by Wendy Dixon
SATURDAY 4 MAY		
10:00 am – 4:30 pm	Workshop	The Heart: Doorway to our Soul and Higher Consciousness Facilitated by Nicky Bassett and Tony Petcopoulos
WEDNESDAY 8 MAY		
10:00 am - 11:00 am	Study Group	Basic Theosophy by Geoffrey Hodson, led by Wendy Dixon
11.10 am - 12.10 pm	Study Group	The Voice of the Silence by HPB, led by Simon O'Rourke
1.00 pm - 2.00 pm	Special Event	White Lotus Day
2:30 pm - 3.00 pm	Meditation	All welcome
7:30 pm - 8:30 pm	Online Course	Introduction to Theosophy Facilitated by Wendy Dixon
THURSDAY 9 MAY		
10:30 am - 12:30 pm	Course	Blue Zones - towards a Long and Healthy Life by Keith Howes
SATURDAY 11 MAY		
10:30 am - 12:00 pm	Online Course	Raja Yoga Facilitated by Wendy Dixon
2:00 pm - 4:00 pm	Members' Circle	Music - The Path to Spiritual Attainment by Mary Masselos
WEDNESDAY 15 MAY		
10:00 am - 11:00 am	Study Group	Basic Theosophy by Geoffrey Hodson
11.10 am - 12.10 pm	Study Group	The Voice of the Silence by HPB
1.00 pm - 2.00 pm	Talk	The First Object Revisited - A 21st Century Review of a 19th Century Statute Presented by Pamela Peterson
2:30 pm - 3.00 pm	Meditation	All welcome
7:30 pm - 8:30 pm	Online Course	Introduction to Theosophy Facilitated by Wendy Dixon
THURSDAY 16 MAY		
10:30 am - 12:30 pm	Course	Blue Zones - towards a Long and Healthy Life by Keith Howes
SATURDAY 18 MAY		
10:30 am – 12:30 pm	Drum Circle	Facilitated by Melanie Hofsteters
1:30 pm – 4:00 pm	Meetup Group	The Meaning of Life Facilitated by Leo Ta
WEDNESDAY 22 MAY		
10:00 am - 11:00 am	Study Group	Basic Theosophy by Geoffrey Hodson
11.10 am - 12.10 pm	Study Group	The Voice of the Silence by HPB
1.00 pm - 2.00 pm	Talk	Through the Gateway of Death - Geoffrey Hodson Presented by Leo Ta
2:30 pm - 3.00 pm	Meditation	All welcome

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THURSDAY 23 MAY

10:30 am - 12:30 pm	Course	Blue Zones - Towards a Long and Healthy Life by Keith Howes
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SATURDAY 25 MAY

No Raja Yoga Online Course

No TOS Open Circle

WEDNESDAY 29 MAY

10:00 am - 11:00 am	Study Group	Basic Theosophy by Geoffrey Hodson
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11.10 am - 12.10 pm	Study Group	The Voice of the Silence by HPB
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1.00 pm - 2.00 pm	Talk	Returning from the Other Side of Life: Exploring the Significance of Human Birth Presented by Pedro Oliveira
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2:30 pm - 3.00 pm	Meditation	All welcome
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THURSDAY 30 MAY

10:30 am - 12:30 pm	Course	Blue Zones - Towards a Long and Healthy Life by Keith Howes
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SUGGESTED DONATION FOR WEDNESDAY AFTERNOON TALKS: \$5.00

The Theosophical Society upholds the right of liberty of thought and expression thereof. The views and opinions expressed by speakers do not necessarily reflect the views or position of the Theosophical Society. Our events are for members and others interested in these subjects.

BLAVATSKY LODGE PROGRAM – MAY 2024

WEDNESDAY 1 MAY

10:00 am – 11:00 am

STUDY GROUP: **Basic Theosophy**

Facilitator: Dr Wendy Dixon

This classic text is drawn from lectures that Geoffrey Hodson gave at the School of the Wisdom in Adyar in 1955. The material is primarily drawn from Blavatsky's *The Secret Doctrine*, Arthur E. Powell's *Pentateuch* and the *Mahatma Letters* to A. P. Sinnett. Topics explored in this study group include the Human Monad; the Etheric, Astral, Mental, and Causal Bodies; Reincarnation; Karma; the 7 Rays; Health and Disease; Planetary and Solar Evolution; and the development of the Individual on the Path to Adepthood. Everyone is welcome!

This is an ongoing study group that visitors are welcome to join at any time.

11.10 am – 12.10 pm

STUDY GROUP: **The Voice of the Silence**

Facilitator: Simon O'Rourke

The Voice of the Silence by H.P. Blavatsky is a classic of Theosophical literature. It has many depths of meaning and is a never-ending source of study, meditation, and spiritual inspiration.

This is an ongoing study group that visitors are welcome to join at any time.

1.00 pm – 2.00 pm

TALK: **COMPASSION: One of the lost keys on the pathway to enlightenment**

Presented by: Tony Petcopoulous (TS Brisbane Lodge)

The esoteric qualities of compassion will be explained as a pathway to transcend the lower self, the ego, which allows the seeker to transcend duality to higher states of consciousness.

In this talk the role that compassion plays in the secret teachings of the Quest for the Holy Grail, the medical symbol, the caduceus and the activation of the dormant DNA codes will be revealed as they lead the seeker towards enlightenment.

The importance of opening the heart, the doorway to the soul, will also be explored as an important part that compassion plays in this process.

Tony Petcopoulous has travelled the world in search of self. He has studied with Buddhist Lamas in the Himalayas, Vipassana meditation with Goenka, and at Adyar in India. Tony has been a Theosophist and member of the Alice Bailey Arcane School for 40 years and is a retired social worker with 35 years of experience in community development.

WEDNESDAY 1 MAY Continued

2:30 pm – 3:00 pm **MEDITATION** All Welcome

7:30 pm – 8:30 pm

ONLINE COURSE: Introduction to Theosophy

Facilitator: Dr Wendy Dixon

The Ancient Wisdom is known by many names and is older than our known civilisations – passed on through generations of sages and wise students who seek to discover who they are and what the answers to the questions of life may be.

Join us as we continue this journey, as we explore and examine fundamental theosophical themes and principles in accessible language.

COURSE STRUCTURE

This is an ongoing group that you can join at any time.

Dates: The 1st, 2nd, and 3rd Wednesday of every month

Time: 7:30 pm to 8:30 pm

Zoom Link: Please click on the link below to join

<https://us02web.zoom.us/j/81069793328?pwd=bnVrbDlITlZ3OU13YjkrYTNpYVFlZz09>

Meeting ID: 810 6979 3328

Passcode: 767604

COURSE CONTENT

Core text:

Theosophy: An Introductory Study Course, John Algeo, Ph.D. The core text can be found at this link: <https://theosophy.world/portfolio/term/study-guides>

Topics

- The course consists of monthly modules, each focussing on a different topic:
- May 1, 8, 15: Life after Death (Chapter 5)
- June 5, 12, 19: Reincarnation (Chapter 6)
- July 3, 10, 17: Karma (Chapter 7)
- August 7, 14, 21: The Power of Thought (Chapter 8)
- September 4, 11, 18: The Question of Evil (Chapter 9)
- October 2, 9, 16: The Plan and Purpose of Life (Chapter 10)
- November 6, 13, 20: The Rise and Fall of Civilisations (Chapter 11)

SATURDAY 4 MAY

10:00 am – 4:30 pm

WORKSHOP: The Heart: Doorway to our Soul and Higher Consciousness

Facilitated by: by Nicky Bassett and Tony Petcopoulous

BOOKINGS ESSENTIAL

In this one-day workshop, we explore the power of our heart and its capacity to activate our souls to achieve higher states of consciousness.

We will discuss the convergence of ancient heart wisdom, recent heart-based scientific findings, and heart qualities that enable us to experience significant transformations and love as a pathway to a more joyful, authentic, and light-filled way of being.

You will have the opportunity to learn and practise specific techniques that can help you manifest enhanced intuition, clarity of vision, synchronicity, and a sense of Oneness, including:

- how to meditate through our heart
- heal our splits in consciousness
- deal with negative emotions from a spiritual perspective
- live harmoniously in the moment

At the conclusion of the workshop, you will receive the guidebook *The Heart: Doorway to our Soul and Higher Consciousness: A Guide to Heart-based Living for Spiritual Pilgrims* to assist you in further exploring and implementing what you have learned.

WHAT'S INCLUDED

- a one-day workshop
- light refreshments for morning and afternoon tea
- a guidebook for you to take home

FACILITATORS

Nicky Bassett began her spiritual journey at the age of 21 in the Himalayan foothills. She is a second-generation Theosophist who has studied many sacred traditions and practices. Nicky is an FAA-qualified astrologer and has degrees in psychology and business development. She has worked as an organisational change agent, workshop facilitator and lecturer for over 30 years.

Tony Petcopoulous has travelled the world in search of self. He has studied with Buddhist Lamas in the Himalayas, Vipassana meditation with Goenka, and at Adyar in India. Tony has been a Theosophist and member of the Alice Bailey Arcane School for 40 years and is a retired social worker with 35 years of experience in community development.

FOR MORE INFORMATION AND BOOKINGS

please visit <https://tinyurl.com/Heart-workshop>

or scan this QR code with your mobile device.



WEDNESDAY 8 MAY

10:00 am – 11:00 am

STUDY GROUP: Basic Theosophy

Facilitator: Dr Wendy Dixon

For more details, see Wednesday 1 May

11.10 am – 12.10 pm

STUDY GROUP: The Voice of the Silence

Facilitator: Simon O'Rourke

For more details, see Wednesday 1 May

1.00 pm – 2.00 pm

SPECIAL EVENT: White Lotus Day

White Lotus Day is celebrated each year on the 8th of May to honour the anniversary of the death of Helena Petrovna Blavatsky, founder of the Theosophical Society.

As requested by Madame Blavatsky, we will have a selection of readings from the Bhagavad Gita and Edwin Arnold's epic 1879 poem of the Buddha's life, The Light of Asia – her favourite books.

We will also have some readings from Madame Blavatsky's own work, and Lodge Acting President Walter Mason will give us a brief biographical insight into the life and times of Madame Blavatsky.

This will be a wonderful celebration of the life and thought of Madame Blavatsky, and members and guests are all cordially invited as we remember our most colourful and beloved spiritual ancestor.

2:30 pm – 3:00 pm **MEDITATION All Welcome**

7:30 pm – 8:30 pm

ONLINE COURSE: Introduction to Theosophy **Facilitator:** Dr Wendy Dixon

For more details, see Wednesday 1 May

THURSDAY 9 MAY

10:30 am – 12:30 pm

COURSE: Blue Zones - Towards a Long and Healthy Life

Facilitated by: Keith Howes

A quiet revolution is taking place. The colour is blue. Within these "zones" life is full and active; movement is purposeful; diet satisfying and enriching.

Blue zones are not only to be found in the Far East and the Mediterranean where people are enjoying active lives in their 90s and beyond. Blue zones can be created in any country, in a town or city, in a street or apartment building.

Join Keith Howes TS member - who is planning to live to at least one hundred - to consider how we might construct blue zones with diet, movement, conversation, and inner contentment.

Each of the four Thursdays will concentrate on one aspect of our zone - and one shade of blue: azure, aqua, sapphire, and cyan.

The aim will be to share ideas and experiences of living with positive energy and good practice, as well as explore the concept of the "Blue Zone" and its relevance to the three objects of Theosophy.

Keith Howes has been a TS Member for over 20 years. He has given many talks, run meditation groups, and facilitated over 30 courses on a variety of subjects at Blavatsky Lodge. He aims to bring an informal approach to his weekly discussion groups, encouraging interchange and interplay on all aspects of his chosen subject, always honouring the Theosophical Objects, especially of free thought and exploration of all belief systems and concepts realised or as yet inchoate. The input of each member of the group is welcomed but never demanded.

SATURDAY 11 MAY

10:30 am – 12:00 pm

ONLINE COURSE: Raja Yoga

Facilitator: Dr Wendy Dixon

This course explores Wallace Slater's book A Simplified Course of Raja Yoga, which follows the Yoga Sutras or Aphorisms of Patanjali.

There are eight steps, stages, or subdivisions: self-restraint (yama), self-discipline (niyama), posture (āsana), control of breath (prāṇayāma), control of the sense (pratyāhāra), concentration (dhāranā), meditation (dhyāna) and contemplation (samādhi).

We will thoroughly explore each step, with time for discussion and practice.

COURSE STRUCTURE

This is an ongoing course that you can join at any time.

PLEASE NOTE THAT THERE IS NO SESSION ON 25 MAY

Zoom Link: Please click on the link below to join

<https://us02web.zoom.us/j/82887183233?pwd=cFRoRTY3Um9lV3JoNTlKd3AyMzcxQT09>

Meeting ID: 828 8718 3233

Passcode: 349153

COURSE CONTENT

The course consists of 20 online sessions. Each month will be dedicated to one lesson from Slater's book, which is freely available online.

EXTRA SUPPORT FOR PARTICIPANTS – Online Meditations

The lessons will be supported by drop-in online meditations

Time: 8:30 am - 8:45 am

Dates: Every Sunday, Monday, Tuesday, Wednesday, Thursday, and Friday (none on Saturday).

The themes for each day are:

- **Sunday** - self-restraint
- **Monday** - self-discipline
- **Tuesday** - control of senses
- **Wednesday** - concentration
- **Thursday** - meditation
- **Friday** - contemplation

Online Meditations Zoom Link: Please click on the link below to join

<https://us02web.zoom.us/j/84168513485?pwd=em94M3RwUVp6V3FNR3FpdjREQUIMQT09>

Meeting ID: 841 6851 3485

Passcode: 003655

2:00 pm

MEMBERS' CIRCLE: Music - The Mystic Path to Spiritual Attainment

Presented by: Mary Masselos

There are steps available to the seeker in the process of transformative development, and the mystics considered that through 'Music' lies the most direct path to the Divine. Mary will demonstrate a method of music healing that has turned out to be transformative.

Mary Masselos has been working as a music therapist for over forty years, during which time she has developed a unique method of exploring the individual's relationship to the archetypal power within the seven tones.

WEDNESDAY 15 MAY

10:00 am – 11:00 am

STUDY GROUP: Basic Theosophy

Facilitator: Dr Wendy Dixon

For more details, see Wednesday 1 May

11.10 am – 12.10 pm

STUDY GROUP: The Voice of the Silence

Facilitator: Simon O'Rourke

For more details, see Wednesday 1 May

1.00 pm – 2.00 pm

TALK: The First Object Revisited - A 21st Century Review of a 19th Century Statute

Presented by: Pamela Peterson

From its humble beginning as last on The Theosophical Society's 1878 list of six unnumbered objectives, the concept of universal brotherhood rose to third place in 1879, to be elevated to the first of four objectives in 1881. Adaptations in 1886 led to its final formulation as the first of three objectives in the 1894 review.

Is the First Object of The Theosophical Society, unchanged for 130 years, still relevant in our current society? To-day we shall conduct our own unofficial review, a 'free and fearless investigation' which, according to Helena Petrovna Blavatsky, is 'the very root of the TS.' (The Theosophist, 1879)

Pamela Peterson, former secondary school teacher, chronic questioner, and seeker of answers, is the secretary of the Blavatsky Lodge Executive Committee.

2:30 pm – 3:00 pm MEDITATION All Welcome

7:30 pm – 8:30 pm

ONLINE COURSE: Introduction to Theosophy Facilitator: Dr Wendy Dixon

For more details, see Wednesday 1 May

THURSDAY 16 MAY

10:30 am – 12:30 pm

COURSE: Blue Zones - Towards a Long and Healthy Life WEEK 2

Facilitated by: Keith Howes

For more information, see Thursday 9 May

SATURDAY 18 MAY

10:30 am – 12:30 pm

DRUM CIRCLE

Facilitated by: Melanie Hofsteters

Join in a Drumming Circle led by Melanie Hofsteters - Reiki Master, and Shamanic Healer. You will experience the wonderful benefits of a healing circle and your spirits will be lifted with the rhythms, chants and movements, restoring you to harmony in body, mind and spirit.

Bookings not required – Suggested donation \$10

2:00 pm – 4:00 pm

THE MEANING OF LIFE MEETUP GROUP

Facilitated by: Leo Ta

An opportunity to explore deep questions about Life, Love, and Truth. Includes talks, panel discussions, yoga/meditation sessions, chanting, small group study, and discussions to enrich our understanding of Life from different and wider perspectives. All welcome.

For information about this month's meetup please visit:

<https://www.meetup.com/ts-meaning-of-life-meetup-group/>

WEDNESDAY 22 MAY	
10:00 am – 11:00 am	
STUDY GROUP: Basic Theosophy	Facilitator: Dr Wendy Dixon
For more details see Wednesday 1 May	
11.10 am – 12.10 pm	
STUDY GROUP: The Voice of the Silence	Facilitator: Simon O'Rourke
For more details see Wednesday 1 May	
1.00 pm – 2.00 pm	
TALK: Through the gateway of Death - Geoffrey Hodson	
Presented by: Leo Ta	
<p>This book unlocks the mysteries that lie beyond the gates of death. It goes beyond the merely academic to help the reader prepare for, and even welcome death. A twofold purpose is served, for while it eases the sorrow of a bereaved heart, it also answers the questions of the spiritual enquirer searching for illumination. Nearly half a century after its first appearance, it still carries a relevant message - death is the beginning, not the end</p> <p>Leo Ta is a young newcomer who joined the Theosophical Society in Feb 2022. She is a business owner specializing in educational and immigration services. She met Theosophy through Krishnamurti and found herself being guided from one step to another. And all the steps have led her to the journey to visit TS International HQ at Adyar (Chennai, India) and ITC Naarden (Netherlands) in the past few years which gave her eye-widening experience.</p> <p>Leo has been an active member of Blavatsky Lodge (Sydney) and currently is Convention Secretary and National Youth Coordinator at TS Australia National HQ.</p>	
2:30 pm – 3:00 pm	MEDITATION

THURSDAY 23 MAY	
10:30 am – 12:30 pm	
COURSE: Blue Zones - Towards a Long and Healthy Life WEEK 3	
Facilitated by: Keith Howes	
For more information, see Thursday 9 May	

SATURDAY 25 MAY	
NO RAJA YOGA TODAY	
NO TOS OPEN CIRCLE THIS MONTH – BACK IN JUNE	

WEDNESDAY 29 MAY	
10:00 am – 11:00 am	
STUDY GROUP: Basic Theosophy	Facilitator: Dr Wendy Dixon
For more details see Wednesday 1 May	
11.10 am – 12.10 pm	
STUDY GROUP: The Voice of the Silence	Facilitator: Simon O'Rourke
For more details see Wednesday 1 May	
WEDNESDAY 29 MAY continued	
1.00 pm – 2.00 pm	
TALK: Returning from the Other Side of Life: Exploring the Significance of Human Birth	
Presented by: Pedro Oliveira	
<p>Many traditions speak of the cycle of Birth, Death, and Rebirth, as they hold that the true human being - the Soul - is an immortal consciousness. Materialistic philosophy rejects the notion of the soul as it upholds the view that consciousness is just a by-product of brain chemistry. In this presentation, we will engage materialistic philosophy with cross-cultural evidence while dwelling on the Theosophical view of the Soul's return to incarnation.</p> <p>Pedro Oliveira joined the Theosophical Society in 1978. He served as the International Secretary at the Society's International Headquarters in Adyar, Chennai, India, from 1992 to 1996. A former Education Coordinator of the TS in Australia, he was also President of the Indo-Pacific Federation of the TS and the Officer-in-charge of the Editorial Office at Adyar.</p>	
2:30 pm – 3:00 pm	MEDITATION

THURSDAY 30 MAY	
10:30 am – 12:30 pm	
COURSE: Blue Zones - Towards a Long and Healthy Life WEEK 4	
Facilitated by: Keith Howes	For more information, see Thursday 9 May

SAVE THE DATE!

SATURDAY 29 JUNE	
ADYAR LIBRARY ANNUAL BOOK SALE	A huge variety of books at a range of prices, including rare books, First Editions, and Theosophical books.