

Quest

August - December 2019

Programs for mind, body, and spirit

Buddhism

Christianity

Drumming

Healing

Hinduism

Interfaith

Meditation

Mysticism

Native Wisdom

Philosophy

Shamanism

Tai Chi/Qigong

Taoism

Theosophy

Yoga



Table of Contents

Presentation Formats

Thursday Lecture Series	6
Programs and Events.....	7
Classes	27
Groups	30

Subject Directory

Astrology

Stargazing: Astrology Discussion Group.....	30
---	----

Buddhism

The Four Noble Truths and the Three Universal Signs	7
Classic Meditation Objects Taught by the Buddha	7
A Buddhist Approach to Loving Yourself as You Are	16
Finding Peace and Contentment in a Distracted World.....	16

Christianity

The Mystic Imagination of St. Francis of Assisi	14
---	----

Divination

Introduction to the Tarot: How to Use and Understand the Cards.....	27
--	----

Drumming

Women's Drumming Intensive.....	8
Spirit Circle Drumming	19

Enneagram

The Enneagram: Discover Your Personality Type for Spiritual Growth	17
---	----

Healing

Therapeutic Touch	13, 30
The Art of Spiritual Resilience.....	15
Cultivating Inner Resilience.....	15
A Doctor's Guide to Energy Healing.....	24
Healing Circle.....	30

Interfaith

Interfaith Prayers for Peace	18
A Theology of Love	22

Meditation

Classic Meditation Objects Taught by the Buddha	7
Finding Peace and Contentment in a Distracted World.....	16
Meditation for World Peace.....	26
Meditation: A Practical Introduction	28
Meditation Group.....	30

Metaphysics

Discover Your Past Life Karmic Lessons and Destiny.....	23
--	----

Music

Kirtan Music and Chanting	11
---------------------------------	----

Mysticism

Turned to Gold: the Divine Poetry of Kabir	12
Divine Love: Rumi and Kabir	12
The Mystic Imagination of St. Francis of Assisi	14

Parenting

Conscious Parenting: Tools to Help Your Whole Family Thrive	13
--	----

Psychology

Conscious Parenting	13
The Art of Spiritual Resilience.....	15
Cultivating Inner Resilience.....	15
The Enneagram: Discover Your Personality Type for Spiritual Growth	17

Science

Working with Creation Energy: From Microbiology to Cosmology	21
---	----

Seasonal Celebrations

All Hallows' Eve: The Descent of the Goddess.....	19
Celebrate the Season.....	26
Meditation for World Peace.....	26

Shamanism

Authentic Shamanic Initiations: The Rites and Rituals of the Nusta Karpay20

Sound Meditation

Richard Rudis Gong Bath™ 8, 22
Sound Healing with Tibetan and Crystal Bowls 18
Triple Gong Experience.....26

Tai Chi/Qigong

Yang Style Simplified T'ai Chi Ch'uan27

TheosoFEST: Mind, Body, Spirit Festival9

Theosophy

The Journey of Self-Transformation24
Soulful Living: A Path to a Meaningful Incarnation25
Dharma Study Group.....30
Wheaton-Olcott Lodge.....30

Wicca

Nature's Secret Magic and the Path to Enlightenment.....10

Yoga

Meditative Yoga.....28
Life Yoga: A Taoist Yoga Class29

Registration

To register for programs and classes, visit theosophical.org/programs or call 630-668-1571, ext. 362.

Programs are located at:

The Theosophical Society in America

1926 N. Main Street

Wheaton, IL 60187

630-668-1571

events@theosophical.org

www.theosophical.org

the THEOSOPHICAL SOCIETY

in America

Refund Policy: Cancellation requests made at least 24 hours in advance will be refunded. A 10% processing fee may apply.

Please note: Cancellation of a program may be unavoidable. Please call or visit our website for changes to the schedule.



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the THEOSOPHICAL
SOCIETY

in America



Our mission is to encourage **open-minded inquiry** into world religions, philosophy, science, and the arts in order to understand the wisdom of the ages, respect the **unity of all life**, and help people explore **spiritual self-transformation**.

From the Program Committee

Fall is upon us, and as we watch the beautiful transformation of the outside world, let's take a moment to reflect on our own inner beauty. Throughout this season you'll find programs that will help you develop your sense of purpose, heal your body and mind, and transform yourself and the world around you.

Those of you who are familiar with our programs will notice some differences in our pricing structure. One of the biggest changes is that **we are now offering TS members free admission to our Thursday Lecture Series!** If you are interested in learning more about membership, please visit www.theosophical.org/membership.

As always, we start the fall season with **TheosoFEST Mind Body Spirit Festival** on September 7. Please join us for a day of spiritual talks, a holistic marketplace, drumming, labyrinth walks, tai chi, yoga, and much more.

We are excited to introduce some new programs including a **Women's Drumming Intensive** with Billie Topa Tate, **Kirtan Music and Chanting**, an immersive workshop on how nature embodies spirit with **Phyllis Currott**, programs on Rumi and Kabir's poetry with **Andrew Harvey**, **The Enneagram Effect** with Rosemary Hurwitz, and **Working with Creation Energy** with Onani Carver!

Richard Rudis, Bhante Sujatha, Leslie Sann, Christina Pateros and other favorites are back this season as well. We are also happy to offer new **meditation and tarot classes** in addition to the regular offerings. And, finally, please stop by on Sunday mornings for our free weekly meditation group with **Juliana Cesano!**



Take a look inside for our full schedule. May we see you often throughout the season!

John Cianciosi
Director of Public Programs

Visit Us!

Our campus is located on 40 acres of beautiful parkland in the heart of Wheaton. The grounds are open to the public every day from dawn until dusk. Walk the labyrinth, picnic by the pond, or meditate at the Buddha Meditation Garden or by our Mother Mary statue at your leisure.

Built in 1926, our main building contains a world-class spiritual library in addition to housing our state-of-the-art program auditorium. The Quest Book Shop is also located on our campus and is Chicagoland's premier destination for crystals, meditation supplies, jewelry and more.

The Theosophical Society in America

1926 N. Main St., Wheaton, IL 60187



Thursday Lecture Series

You are invited to join us each Thursday at 7 p.m. for informative lectures on a wide range of spiritual topics. Admission is free for Theosophical Society in America members. Nonmembers can register in advance for \$10 or pay \$15 at the door. These programs are also livestreamed on our website, YouTube channel, and Facebook page.



September

- 12** Nature's Secret Magic with Phyllis Currott
- 19** Turned to Gold: The Divine Poetry of Rumi and Kabir with Andrew Harvey
- 26** Conscious Parenting: Tools to Help Your Whole Family Thrive with Barbara B. Hebert, PhD

October

- 3** The Mystic Imagination of St. Francis of Assisi with Sister Gabriele Uhlein, PhD
- 10** The Art of Spiritual Resilience with Leslie Sann
- 17** A Buddhist Approach to Loving Yourself as You Are with Bhante Sujatha
- 24** The Enneagram: Discover Your Personality Type for Spiritual Growth with Rosemary Hurwitz
- 31** All Hallows' Eve: The Descent of the Goddess with Hazel Archer-Ginsberg



November

- 7** Shamanic Rites, Rituals, and Initiations with Christina Pateros
- 14** Microbiology to Cosmology: The Phases of Creation and the Next Evolution with Onani Carver, ThD
- 21** A Theology of Love with Richard Smoley

December

- 5** The Journey of Self-Transformation with Tim Boyd
- 12** The Soul's Awakening with Danelys Valcarcel Cuellar



The Four Noble Truths and the Three Universal Signs

Friday, August 16, 7:00 p.m.

The Four Noble Truths are the very core of early Buddhism and the central concept around which all the teachings of the Buddha revolve. The Three Universal Signs of impermanence (*anicca*), suffering (*dukkha*), and no-self (*anatta*), which are all observable empirical facts, lead up to and underpin the Four Noble Truths. Both ideas are the main drivers in developing the insight (*vipassanā*) that results in enlightenment (*bodhi*). Bhante Samahita will elucidate their history, explanation, and implications in detail.



\$10 in advance • \$15 at the door

The Four Infinite and Divine Dwellings: Classic Meditation Objects Taught by the Buddha

Saturday, August 17, 9:00 a.m. – 5:00 p.m.

The Buddha often spoke about four states of mind as the *Brahma-viharas*—divine or god-like dwellings in which the mind reaches outward toward the immeasurable world of living beings, embracing them all in boundless emotions. These sublime states are loving-kindness, compassion, sympathetic joy, and equanimity. Learn their proximate causes, praxis, advantages, and long-term benefits. The day will include guided meditation sessions that will underscore the infinite nature of each quality. If the cause is infinite, so is the effect! May all beings thus become happy.

TS members: \$60 • Nonmembers: \$70 • \$80 at the door



Bhante Samahita was educated as a medical doctor at the Copenhagen University in Denmark, and became Associate Professor in Bioinformatics at the Technical University in Denmark, working with theoretical biology and artificial intelligence. He arrived in Sri Lanka in 2001, where he became fully ordained as a Bhikkhu in 2003. As a monk of the Theravada Araññavasin Forest Tradition, he has been living and meditating for the past 16 years alone in a remote mountain forest hermitage.

Richard Rudis Gong Bath™: Awakening Balance and Finding Center

Friday, August 23, 7:00 p.m.

Join us for an immersive healing experience! A Gong Bath is a powerful vibrational journey that positively affects emotional balance, cellular healing, and spiritual awareness. An alchemy of eastern philosophy, bio-energetics, and quantum science, it is a powerful healing modality. During the Gong Bath, participants are bathed with rhythms, tonalities, and multi-tonal octaves that are naturally revitalizing, stress reducing, and profoundly healing—physically, mentally, and spiritually.



Richard Rudis, (Karma Sonam Dorje), has studied Eastern philosophy, principally Tibetan Vajrayana Buddhist practice, for thirty years. He was granted refuge in the Buddha from His Holiness Gyalwa Karmapa while in Tibet in 1996 and has been teaching Buddhist Dharma via vibrational sound healing workshops since 1988. He is a published writer, musician, and lecturer. Richard conducts his Gong Baths nationally. Visit www.sacredsoundgongbath.com for more information.

\$30 in advance • \$35 at the door

You can also join Richard Rudis for a gong bath on Friday, November 15. See page 22.

Women's Drumming Intensive

Saturday, August 24, 1:00 – 3:00 p.m.

Experience a rare women’s drumming event in a traditional teaching circle guided by Billie Topa Tate’—Mescalero Apache and founder of MSI Wellness Center. The circle will focus on using drumming as a healing tool and spirit journey platform. Billie Topa Tate’ will explain and teach a spirit song using two variation drumbeats for a personal spirit journey experience. Each student will be provided the wisdom background of the drum and stories connected to sacred intentions for spirit meditation journeys. Learn the appropriate clearing of energy before, during, and after a drumming session.



Billie Topa Tate’ is the founder of MSI Wellness Center. She is Mescalero Apache and is dedicated to “Creating a Sacred Place One Person at a Time” through the indigenous native teachings of her teachers. Topa Tate’ has lectured and taught at Northwestern University, The Cancer Treatment Center of America, and more. Her work has been published by several magazines, and she is the author of several meditation recordings. She is dedicated to being of service to anyone who is seeking wellness, mindfulness training, and spiritual growth.

TS members: \$35 • Nonmembers: \$40 • \$45 at the door



TheosoFEST

Mind Body Spirit Festival

September 7, 2019

10 AM - 5 PM



**SPIRITUAL TALKS • HOLISTIC MARKETPLACE • HEALING
INTUITIVE READINGS • KIDS' ACTIVITIES • VEGETARIAN FOOD
MEDITATIONS • DRUM CIRCLE • AND MORE!**



End the day with a special **Gong Sound Meditation with Marian and Gabriela Krause** at 5:30 p.m. This healing experience is \$25 in advance or \$30 at the door. Register now or at the event.

Theosophical.org/theosofest

Nature's Secret Magic

Thursday, September 12, 7:00 p.m.

Discover how we are part of nature, how natural laws are also profound spiritual principles, and how there is a "secret magic" discovered by biologists and known to *wicces*, shamans, indigenous peoples, and mystics of all traditions that offers a divine template for humanity to live in harmony with one another and with Creation. Learn the Green Breathing meditation practice to experience how Mother Earth sustains our souls as well as our bodies. There is a reason we are here on Earth at this moment of environmental crisis and evolutionary possibility. Our future, and the future of life on Earth, depends upon us awakening and acting now.



TS members: free • Nonmembers: \$10 in advance, \$15 at the door

How Nature Embodies Spirit: An Immersive Workshop

Saturday, September 14, 10:30 a.m. – 4:30 p.m.

We are being called to awaken, to rediscover that we are part of Nature. Participants in this immersive workshop will work with shamanic Wiccan practices to revitalize our senses, including our sense of the sacred, and to heal the wounds of separation from the web of life and from essential parts of ourselves. To the extent that weather permits, we'll work outdoors.

Practices include:

- Elemental meditations, invocations and blessings
- Green Breathing with the assistance of plants
- Encountering and working with spirits of place and nature beings
- Observing and working with seasonal wisdom and cyclical energies

TS members: \$60 • Nonmembers: \$70 • \$80 at the door



Phyllis Curott is a pioneering spiritual teacher and one of America's first public Wiccan Priestesses, an attorney, and internationally bestselling author. She is Vice Chair Emerita of the 2015 Parliament of the World's Religions, creator of the historic Inaugural Women's Assembly, and drafter of the Declaration for the Dignity and Human Rights of Women. *Time* recently published her as one of "America's leading voices."

Kirtan Music and Chanting

Friday, September 13, 7:00 – 9:00 p.m.

Kirtan is a musical expression of love and spiritual devotion performed as a call-and-response chant set to music. When it comes to practicing their art, Kirtan group Devi 2000's mantra is *Sing louder*. That's all you really need to know to step into the world of Kirtan chanting. The call-and-response Sanskrit chants are so simple and strong, they can take anything your voice can throw at them. And while they reach back in time to the birth of the devotional Indian bhakti tradition, Devi 2000 has their own tradition of adding some rockin' grooves that make their chanting accessible to all.

If you're already among the initiated...*Namaste!* Come, and help us spread this joyful, open-hearted experience to the new chanters in your life. If you're new, welcome! And remember: SING LOUDER!

\$25 in advance • \$30 at the door



Henry S. Olcott Memorial Library

The **Henry S. Olcott Memorial Library** is a unique library with more than 30,000 titles and other media offerings that bring together the religious, philosophical, and spiritual traditions of the East and West, emphasizing the Ancient Wisdom tradition, Theosophy.

The library is open to the public and everyone is welcome to visit and make use of this great resource of knowledge. Library patrons and members of the Theosophical Society have borrowing privileges.



Library Hours (Central time)

Mondays:
10:00 a.m. – 5:00 p.m.

Tuesdays through Thursdays:
10:00 a.m. – 7:00 p.m.

Fridays and Saturdays:
10:00 a.m. – 5:00 p.m.

Closed Sunday.

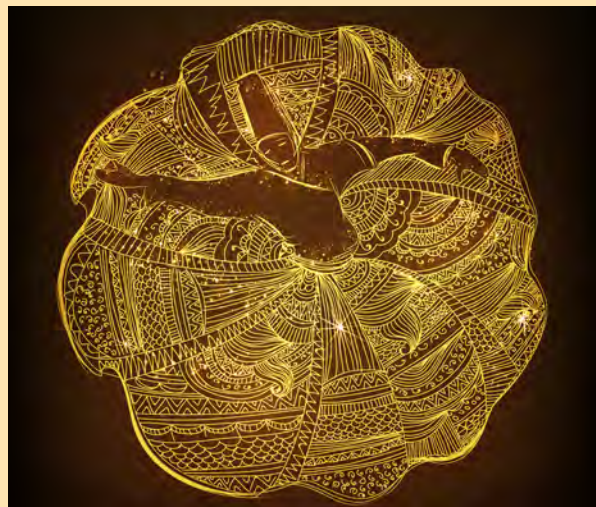
The library is closed from noon – 1 p.m. each day.

www.theosophical.org/library

Turned to Gold: The Divine Poetry of Kabir

Thursday, September 19, 7:00 p.m.

Kabir is India's most famous and beloved poet, eclipsing even Rumi. His fierce, clear, wild, ecstatic songs provide exquisite spiritual illumination coupled with a grounding relevance to our troubled times. *Turn Me to Gold*, the title of Andrew Harvey's newest book, is taken from a line by Kabir that just one drop of divine love can turn you to gold. To be "gold" is to be fully embodied—experiencing God not only in the mind, but also in the body, in the cells. Our planet is trying to birth a new consciousness of the Divine, insists Harvey, not only from those who are becoming conscious of it, but those who have integrated and embodied it as well. Kabir, then, is the supreme guide for allowing ourselves to be "turned to gold."



There will be a book signing after the lecture.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door

Divine Love: Rumi and Kabir

Saturday, September 21, 10.30 a.m. – 4:30 p.m.

If Rumi is the great prophet of love, Kabir is the fierce and sublime prophet of truth. Rumi can be fierce, but leads with refined ecstatic tenderness, while Kabir can be tender, but leads with a breathtaking ferocity that aims to murder the ego and incinerate injustice and illusion. Rumi is the supreme aristocrat of poetry; Kabir speaks in the raw stark realism of a peasant who knows the horror of poverty.

Our current time requires a simple, naked, unflinchingly fierce voice, and that voice is Kabir. The workshop will introduce you to Kabir's most important poems and three life-changing practices from the core of the Hindu and Sufi tradition.

TS members: \$60 • Nonmembers: \$70 • \$80 at the door



Andrew Harvey is a poet, novelist, translator, mystical scholar, and spiritual teacher who has taught at universities and spiritual centers around the world. He has written and edited more than 30 books, including the best-selling titles *The Hope* and *The Tibetan Book of Living and Dying*. He is the founder and director of the Institute of Sacred Activism. For more, visit www.andrewharvey.net.

Conscious Parenting: Tools to Help Your Whole Family Thrive

Thursday, September 26, 7:00 p.m.

Children are our future. All of us have some responsibility in raising children who can thrive in the coming years. This interactive program will focus on both the spiritual and practical aspects of interacting with children, whether they are your own children, children in your family, or children that you know and love. Discipline, parenting styles, conflict management, and encouragement are just a few of the topics we will address. We will go one step further and explore our own transformation as we interact with these special people in our lives.



Barbara B. Hebert, PhD, currently serves as president of the Theosophical Society in America. A third-generation Theosophist, Barbara has been involved in local, regional, and national offices throughout her years of membership. In addition to her years of service with the Theosophical Society, she has been a mental health practitioner and educator for many years.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door

Foundations of Therapeutic Touch: The First Course

Saturday, September 28 – Sunday, September 29, 10:00 a.m. – 5:00 p.m.

Therapeutic Touch is a gentle, healing practice using the hands, heart and mind that brings a sense of balance, peacefulness, and well-being to those who are ill, dying, or those with simple everyday stressors. It decreases pain and anxiety. It is a holistic, evidence-based healing modality that incorporates the intentional and compassionate use of universal energy. TT is well researched and has a significant presence in health care settings in the U.S. and all over the world. This course establishes a foundational knowledge base for beginning TT practice.



Please bring a vegetarian lunch for each day. Tea, water, and snacks are provided during breaks.

Marilyn Johnston-Svoboda, RN, EdD, QTTT, is a retired professor of nursing. She is a member and educational trustee of the Therapeutic Touch International Association. **Janet Dean**, RN, QTTP, a registered nurse and a Qualified Therapeutic Touch Practitioner, has devoted nearly 20 years of her career to hospice care. She is author of *Peaceful Passages: A Hospice Nurse's Stories of Dying Well* (Quest Books, Fall 2015). **Lisa Leamy**, RN, BSN, QTTP, is a Therapeutic Touch Practitioner at Marianjoy Rehabilitation Hospital and presents for the National Alliance on Mental Illness (NAMI) of DuPage.

\$100 per person (includes a booklet and handouts)

The Mystic Imagination of St. Francis of Assisi

Thursday, October 3, 7:00 p.m.

Join Sister Gabriele for an evening of Franciscan exploration into the profound mystery of dying as high soul-work for all beings. October 3 is the traditional celebration of the holy night when St. Francis of Assisi welcomed and embraced Sister Death in 1226. Franciscans everywhere celebrate this “Transitus” with candlelight, story-telling and a celebration of welcoming St. Francis to new life in God. Using images and original texts, we will celebrate the mystic imagination of St. Francis that allowed him to call all things Brother and Sister—even Sister Death.



Gabriele Uhlein, OSF, PhD, is a Wheaton Franciscan sister deeply influenced by Hildegard of Bingen, Francis of Assisi and Teilhard de Chardin. She lives and works at the Christine Center, a natural sanctuary for seekers of all faith traditions that is committed to spiritual deepening for global transformation. For more, visit www.christinecenter.org.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door

Quest Book Shop

Books and Gifts for Mind, Body, and Spirit

The Quest Book Shop offers a wide range of books in all areas of spirituality and an exceptional selection of jewelry, incense, music, crystals, yoga supplies, meditation benches, and many other gifts. We also have intuitive and psychic readers available for private consultation by appointment or drop-in.

Hours:

Monday – Friday 10:00 a.m. – 8:00 p.m.

Saturday 10:00 a.m. – 5:00 p.m.

Sunday 1:00 – 5:00 p.m.

Quest Book Shop
306 W. Geneva Road
Wheaton, IL 60187
630-665-0123

questbookshop@theosophical.org

Visit our website: www.QuestBookShop.org

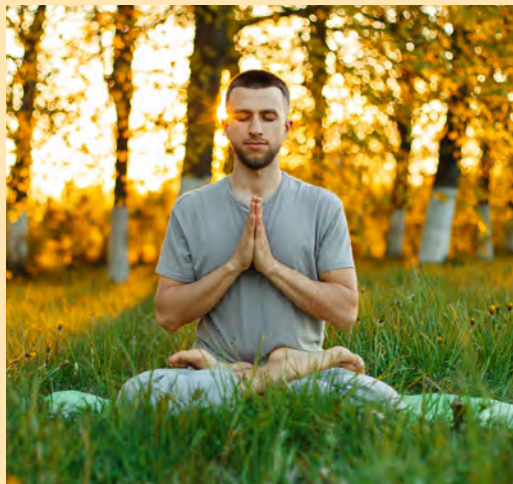


The Art of Spiritual Resilience

Thursday, October 10, 7:00 p.m.

Resilience—the capacity to cope with and rebound from adversity—is a skill that can be mastered regardless of age or circumstance. Like any skill, it takes knowledge and practice. Painful experiences, as with pleasurable ones, come and go, but if you master the art of resilience you can maintain a level head and a sense of equanimity every day of your life.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door



Cultivating Inner Resilience

Saturday, November 2, 1:00 – 4:00 p.m.

Resilience is the power that moves us forward each day, despite obstacles and adversity. The resilience of the human spirit is what makes us who we are. It is the presence of something deeper than the human experience, and it is as available as your next breath.

Discover what resilient people have in common. Learn simple power moves to help shift from resource-less states to the powerful states of resilience, possibility, and creativity.

Obtain the vital tools to gain greater access to the resilience of your own spirit in the form of explorative inquiry followed by 30 minutes of focused breath work.

TS members: \$30 • Nonmembers: \$35 • \$40 at the door



Leslie Sann, MA, LCPC, is the author of the award-winning book, *Life Happens: What Are YOU Going to Do About It?* She is the founder of the Living by Design School. For over 30 years Leslie has been helping people create a joyful life personally, professionally, and in their relationships, guiding them to live by design rather than by default while learning to live in joy regardless of circumstances. Visit www.lesliesann.com for more.

A Buddhist Approach to Loving Yourself as You Are

Thursday, October 17, 7:00 p.m.

Many of us spend a lot of time and energy trying to fix ourselves, our loved ones, and our world. We categorize things as good or bad and right or wrong, and try to make everything fall into the “good” and “right” categories. While this is very well intended, it can be tiring and overwhelming to try so hard to make everything “better.” Instead, let us focus on the middle path, the gentle road that reminds us that we are already good enough as we are.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door



Weekend Meditation Retreat

Finding Peace and Contentment in a Distracted World

Friday, October 18, 7:00 p.m. – Sunday, October 20, 3:30 p.m.

Most of us are living busy, distracted lives much of the time, overwhelmed with work, family, and other issues. We are so distracted, we have no time to think about how we feel or how we are doing in our inner lives. As a result, we have become robotic in many ways and are losing our health and mental well-being. We cannot focus or concentrate and we become sad, mad, and angry easily and often. Bhante Sujatha will help us find our inner Buddha nature for inner peace, happiness, contentment, and joy.

This retreat will include personal time with Bhante Sujatha, sitting meditation, walking meditation, group meditation and discussions, labyrinth walking meditation, mindful eating, sutra study, and more.

Bhante Sujatha, a Buddhist monk for over 35 years, is singularly focused on adding more love in the world. Bhante teaches loving-kindness meditation to people around the globe for all those seeking the art of happiness and contentment. His approach to meditation is deep and simple, bringing core Buddhist teachings to everyone in a way that is practical and easy to understand. A joyful, radiant, funny, and wildly energetic monk, Bhante will help you obtain the peace that can only be found in deep silence. Originally from Sri Lanka, he is the head monk/abbot of the Blue Lotus Buddhist Temple and Meditation Center in Woodstock.

As space is limited, early registration is encouraged.

Retreat sessions, meals, private lodging—\$350

Retreat sessions, meals, shared lodging—\$250

Retreat sessions, meals—\$175

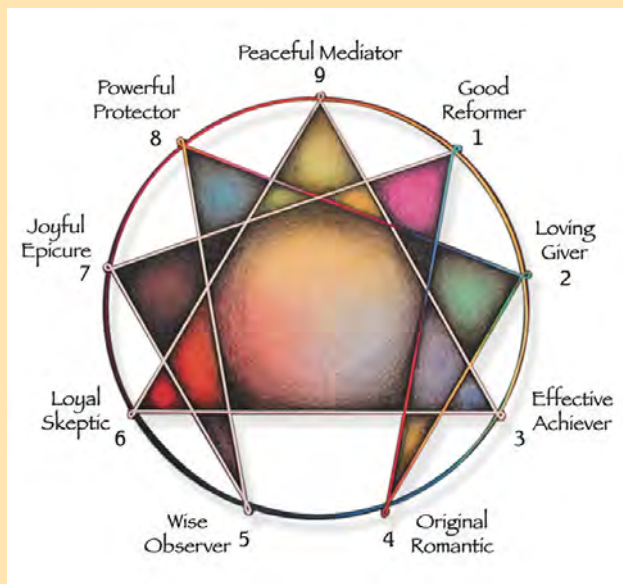
The Enneagram: Discover Your Personality Type for Spiritual Growth

Thursday, October 24, 7:00 p.m.

The Enneagram is a powerful tool for personal and collective transformation that represents nine distinct strategies for relating to the self, others, and the world. Rosemary Hurwitz will share an overview of the Seven Mainstays of the nine universal Enneagram personality types, including their resourceful and challenging characteristics, instinctual centers, wing styles, and more. She will also show you how to use the tools of the Enneagram to create your own emotional wellness map.

A book signing will follow the lecture.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door



The Enneagram Effect: Discover Who You Are Meant to Be

Saturday, October 26, 1:00 – 4:00 p.m.

Go deeper into the nine universal personality types and learn what the Enneagram can show you about your emotional health and spiritual connection. Rosemary Hurwitz will help you discern your own personality type through both the information shared and a short quiz. You will also learn what Rosemary calls the Seven Mainstays of the Enneagram as well as insights into the nine personality types, including their strengths and challenges, emotional passion, blind spots, wellness map, instinctual center, wing style, and ways to practice balance.

TS members: \$30 • Nonmembers \$35 • \$40 at the door



Rosemary Hurwitz, MA, PS, received her Enneagram Certification in a Pastoral Studies program at Loyola University in 2001. An accredited professional member of the International Enneagram Association, she is on the faculty at Common Ground in Chicago and has been published in five inspirational compilation books, including *No Mistakes: How You Can Change Adversity into Abundance*. Rosemary has certifications in intuitive counseling and angel card reading. She coaches with and teaches the Enneagram internationally.

Sound Healing with Tibetan and Crystal Bowls

Friday, October 25, 7:00 p.m.

Relax and bathe in the sounds and frequency of crystal bowls. Their vibration brings harmony to the etheric, emotional and physical bodies, shifting the brain into higher states of consciousness, slowing down thoughts, and opening the heart to healing. *Deeksha*, or the Oneness Blessing, creates balance in the hemispheres of the brain, releases fear, and invites the higher frequency of love to enter, allowing us to reconnect with our spiritual essence.



Wear loose, comfortable clothing and bring a mat and/or blanket to lie on.

Yolanda Lozano has over 20 years of extensive bicultural training in the healing arts from master teachers in India, China, and the United States. She integrates breathing techniques, toning and chanting, meditation, movement, vibrational energy healing, and self-care while listening to the True Self within. For more, visit www.yolandahealinghearts.com.

\$25 in advance • \$30 at the door

Free event!

Interfaith Prayers for Peace

Saturday, October 26, 11:30 a.m.

Join us for an event devoted to strengthening the ideals of peace, both within and among all nations and peoples. Our speakers come from the ecumenical community to offer prayers and blessings of peace. With an open heart and mind, reach out and share your expertise and ideas in this global effort.

Discussion over a light lunch follows. If you plan to attend or would like to represent your tradition by speaking, please RSVP to hmahmed@hotmail.com.



Mazher Ahmed, born and educated in India, is involved in a number of interfaith endeavors. She is vice president of the Batavia Islamic Center in Illinois, an emeritus trustee for the Council for the Parliament of World's Religions, and founder of Interfaith Prayers for Peace.

Donations are appreciated.

All Hallows' Eve: The Descent of the Goddess

Thursday, October 31, 7:00 p.m.

On this All Hallows' Eve, the veils between the worlds are thin and the spiritual realm beckons. Together, we will explore the origins and purpose of "Halloween," honor our beloved dead, and experience a ritual performance where we will journey to meet Inanna, Queen of Heaven and Earth, and her sister Ereshkigal, Goddess of the Underworld.



Hazel Archer-Ginsberg is a spiritual midwife and trans-denominational minister working in an eclectic style that inspires connections, initiating us into the magic waiting to be revealed in the cycle of the seasons. She is also the festivals coordinator of the Rudolf Steiner Branch of the Anthroposophical Society, a lecturer, promoter, blogger, poet, and performance artist. Learn more at www.ReverseRitual.com.

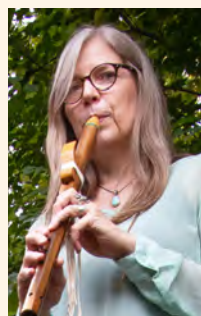


TS members: free • Nonmembers: \$10 in advance, \$15 at the door

Spirit Circle Drumming

Sunday, November 3, 3:00 – 4:30 p.m.

Nurture your spirit through rhythm and meditation. Based on a blend of traditions, this Spirit Circle draws on our most ancient roots to creatively raise group energy. Each round will begin with a chant or Native American flute song. Rhythm instruments will gradually come in until the drumming reaches its natural conclusion. A few moments of silent meditation will follow as we take in the energy that was raised and send it out in blessings. This is a safe place to connect with your deepest wisdom, honor your inner guidance, and create more love and light for yourself and the universe. You are welcome to bring your own drums, rattles, or rhythm instruments. A limited number of shared instruments will be available.



Karen Tlusty-Rissman is a musician, astrologer, artist, and celebrant of Spirit. She currently leads a variety of meditation classes in the western suburbs and has facilitated sacred circles for over 35 years. She weaves the common threads from many Earth-centered traditions as well as astrology, aromatherapy, and energy work to provide participants with a direct connection to their inner Source. Karen plays the Native American flute, concert flute, bass guitar, Tibetan singing bowls, and gong. Visit her at www.facebook.com/SpiritScent.

\$10 in advance • \$15 at the door

Shamanic Rites, Rituals, and Initiations

Thursday, November 7, 7:00 p.m.

In shamanism, everything is animated; everything is alive. By bridging the physical world with the mystery of the spirit world, shamans have historically worked in service to others by enhancing and supporting healthy and fulfilling living; expanding the experience of beauty, grace, and peace in life; and more. In this conversational, visual, and story-filled presentation, Christina Pateros will share rites, rituals, and initiations as practices for heart-centered living.



TS members: free • Nonmembers: \$10 in advance, \$15 at the door

Authentic Shamanic Initiations: The Rites and Rituals of the Nusta Karpay

Saturday, November 9, 9:00 a.m. – 5:00 p.m.

Immerse yourself in the heart-centered and nurturing divine feminine through the rites and ritual of the Nusta Karpay. These authentic sacred initiations of the Andean Earth Goddesses consist of a series of seven ancient Incan transmissions.

For men, awakening of the heart allows a deepening connection to your own inner knowing, tuning into your own feelings as well as the empathic feelings of others. For women, the same is experienced, coupled with an invitation to the wild untamed femininity that longs to be freed.

The magical energy of each Nusta connects to a corresponding chakra of the body's energetic system. A welcome note with guiding instructions will be sent to participants upon registration.

TS members: \$65 • Nonmembers: \$75 • \$85 at the door



Christina Pateros is a painter, spiritual guide, healer, teacher, and steward of spiritual journeys to sacred lands. She owns a healing practice and also creates fine collectible paintings available through galleries and by commission. Her shamanic practice offers cleansing and clearing of beings and spaces. For more information, visit christinapateros.com.

Microbiology to Cosmology: The Phases of Creation and the Next Evolution

Thursday, November 14, 7:00 p.m.

Journey through 4.5 billion years of biological evolution and discover the fractal pattern of the creation process! Onani Carver will share her groundbreaking research identifying the four phases of creation through the examination of bacteria, symbiosis, war, sex, and spiritual transformation. Based on historical evidence of biological and cultural evolution, all the elements are in place for a global paradigm shift. What will it take for humanity to survive?



TS members: free • Nonmembers: \$10 in advance, \$15 at the door

Working with Creation Energy: From Microbiology to Cosmology

Saturday, November 16, 1:00 – 4:00 p.m.

Onani Carver will present a scientific overview of how the evolution of life unfolds in a methodical, identifiable pattern, revealing an underlying expression of meaning and purpose within the blueprint of creation energy. This workshop includes guided meditation and discerning one's own internal creation energy, the most profound, yet most subtle, energy recognized by both physicists and mystics. This energy is also called *prana*, *chi*, life force, and others depending on culture and viewpoint. There will be time for discussion, examining, questioning, and realizing the paradigm shift that matter emerges from consciousness.

TS members: \$30 • Nonmembers: \$35 • \$40 at the door



Onani Carver, ThD, leads a certification program on the fundamentals of energy medicine for women devoted to personal and social change. She earned the gold medal for emerging scientists by the International Society of Energy Medicine for her research on consciousness and biological evolution. Onani is one of the many inter-disciplinary scientists contributing to the theory that matter emerges from consciousness, rather than the generally accepted tenet of materialist science stating that consciousness is a random side effect of brain activity. For more information, visit www.onanimentoring.com.

Richard Rudis Gong Bath™: Awakening Balance and Finding Center

Friday, November 15, 7:00 p.m.

Join us for an immersive healing experience! A Gong Bath is a powerful vibrational journey that positively affects emotional balance, cellular healing, and spiritual awareness. An alchemy of eastern philosophy, bio-energetics, and quantum science, it is a powerful healing modality. During the Gong Bath, participants are bathed with rhythms, tonalities, and multi-tonal octaves that are naturally revitalizing, stress reducing, and profoundly healing—physically, mentally, and spiritually.



Richard Rudis, (Karma Sonam Dorje), has studied Eastern philosophy, principally Tibetan Vajrayana Buddhist practice, for thirty years. He was granted refuge in the Buddha from His Holiness Gyalwa Karmapa while in Tibet in 1996 and has been teaching Buddhist Dharma via vibrational sound healing workshops since 1988. He is a published writer, musician, and lecturer. Richard conducts his Gong Baths nationally. Visit www.sacredsoundgongbath.com for more information.

\$30 in advance • \$35 at the door

You can also join Richard Rudis for a gong bath on Friday, August 23. See page 8.

A Theology of Love

Thursday, November 21, 7:00 p.m.

Many people shudder when they hear the word “theology.” Some think it is boring; others are horrified by many conventional theological teachings. Is it possible to transform the old and worn religious doctrines with something new and inspiring? Based on his just-released book *A Theology of Love*, Richard Smoley will share inspiring teachings from “*A Course in Miracles*” as well as Hinduism, Buddhism, Gnosticism, and the Kabbala to present a spirituality based on love, not fear.



Richard will be available to sign copies of his book *A Theology of Love: Reimagining Christianity through “A Course in Miracles”* after the lecture.



Richard Smoley is editor of *Quest: Journal of the Theosophical Society in America* and author of ten books on spirituality, including *Inner Christianity: A Guide to the Esoteric Tradition*.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door

Discover Your Past Life Karmic Lessons and Destiny

Saturday, November 23, 9:00 a.m. – 4:00 p.m.

It is helpful to think about karma as unconscious feelings, memories and lessons carried over from past incarnations. Our past life memories contain a record of both our Soul growth successes and our errors. The more conscious and aware we are of our past life patterns, the more we can heal them. Discover your personal astrological north node, which represents qualities you need to develop in this lifetime, and the south node—qualities you have overdeveloped in past lives.

A group-guided past life regression will assist you in learning about karmic patterns, relationships, and talents that you have carried into this lifetime. Learn about Soul age, types, missions, and challenges. Review autobiographical patterns in your romantic and work history in your current incarnation to reveal clues to your karma and destiny. Discover the past patterns of karma, destiny, and carryover facial/physical features of Barack Obama, Anne Frank, and Oprah Winfrey.



David Birr has facilitated weekly soul growth groups for 50 years. He has taught courses and presented lectures on many topics, including intuition, dreams, soul development, meditation, reincarnation, and karma. **Susan Wisehart**, MS, LMFT, CHT, has been in private practice for over 25 years as a holistic psychotherapist, licensed marriage and family therapist, certified hypnotherapist, and international author of *Soul Visioning: Clear the Past, Create Your Future*. She holds a master's degree in psychology and was trained by Dr. Brian Weiss and Dr. Michael Newton in past life regression.

TS members: \$60 • Nonmembers: \$70 • \$80 at the door



The Journey of Self-Transformation

Thursday, December 5, 7:00 p.m.

The journey of self-transformation is challenging under the best of circumstances. In the absence of credible guidance, the attempt can be frustrating, unproductive, even dangerous. The Ageless Wisdom is an ancient body of spiritual teachings that underlie all scientific, social, religious, and cultural achievements. Illuminated by our own awareness and personal experience, these teachings provide a detailed map toward the ultimate destination of an unfolded consciousness.



Tim Boyd is the international president of the Theosophical Society. A long-time student of the Ancient Wisdom, Tim lectures internationally, conducting workshops on Theosophy and spirituality.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door

A Doctor's Guide to Energy Healing

Saturday, December 7, 1:00 – 3:00 p.m.

As long as our vital energy is available, our bodies know how to keep us vibrant and healthy. When the energy flow is blocked or limited, however, we feel "off," have symptoms, or even develop serious illness. Dr. Marilyn Mitchell will share some reliable practices that will allow you to experience a rich communication between body and vital energy that can improve health and well-being, and even be accessed to reverse illness and serious disease.



Dr. Marilyn Mitchell received her medical degree from Rush Medical College and completed her residency at the University of Chicago. She is certified by the American Board of Obstetrics and Gynecology, the American Board



of Integrative and Holistic Medicine, the Barbara Brennan School of Healing, and the EnergyTouch School of Advanced Healing. She is an educator, speaker, and health visionary and is a leader in the field of integrative medicine. Dr. Mitchell is also the founder of HealingSpace, an integrative medical and healing practice. She is the author of *The True Nature of Healing: A Surgeon's Soul Journey*.

TS members: \$30 • Nonmembers: \$35 • \$40 at the door

The Soul's Awakening

Thursday, December 12, 7:00 p.m.

One of the foundations of the Theosophical Society, known as the Third Object, is to investigate the mysteries of our lawful universe as well as those of the human Soul. This knowledge is intended to help us awaken our *Soul Life*, the part of us that is able to perceive and experience the world of Spirit. Explore the nature of this inner vehicle of consciousness and learn practical ways to unfold and balance our own Divinity in everyday life.

TS members: free • Nonmembers: \$10 in advance, \$15 at the door



Soulful Living: A Path to a Meaningful Incarnation

Saturday, December 14, 10:30 a.m. – 4:30 p.m.

What would our daily lives be like if our consciousness shifted its center from its normal material and personal focus to a more soulful place within? Is it possible to come into deeper peace and understanding of our inevitable karmic challenges? What are those unwholesome obstacles in our personality that stop us from unfolding our Divine Powers in this earthly incarnation? What soul activities can help stimulate and strengthen this Inner Life and bring more balance between our mental, astral, and physical vehicles of experience? These are some of the fundamental questions we will explore in depth and practice in this dynamic and artistic daylong workshop.

An optional vegetarian potluck lunch will follow from 12:30 – 1:45 p.m.

Members: \$60 • Nonmembers: \$70 • \$80 at the door



Danelys Valcarcel Cuellar, a Cuban-born artist, is a student of Theosophy, Anthroposophy, and Hindu philosophy who has dedicated the past thirteen years of her life researching the field of spiritual education. Currently working at the headquarters of the Theosophical Society in America, Danelys is also a Montessori, Waldorf, and Krishnamurti teacher.

Triple Gong Experience

Friday, December 13, 7:00 p.m.

Become immersed in the rich tonal vibrations of three harmonious gongs as you detach from the pressure and content of the mind. Evoking physical, emotional, and spiritual responses, the vibrations of the gongs work on multiple levels to stimulate, heal and transform. After a gentle, seated yogic warm-up and meditation to prepare the mind and body, relax and be embraced by sound.



Wear loose, comfortable clothing and bring a mat and/or blanket. In the communal spirit, we'll share a cup of homemade Yogi Tea afterward.

Jenny Bergold (Jagatjeet Kaur) received her Kundalini Yoga instructor and gong training through the Kundalini Research Institute and Spirit Rising Yoga. **Maureen Milliken (Haripal Kaur)** is a yoga instructor, sound practitioner, Reiki Master Teacher, and shamanic facilitator. **Ela Geske** received her Kundalini Yoga instructor and gong training through the 3HO Foundation (KRI). They are all honored to help you become more bountiful, blissful, and beautiful through Kundalini Yoga and this triple gong event.

\$25 in advance • \$30 at the door

Free events!

Celebrate the Season

Thursday, December 19, 7:00 p.m.



Celebrate and welcome in the season with kindred spirits by sharing stories, ceremonies, songs, or poems from your faith tradition, family customs, or

cultural heritage, followed by drumming! Please bring vegetarian, non-alcoholic holiday goodies to share as we close the evening in conversation and camaraderie!

Paula Finnegan will facilitate this seasonal celebration with everyone's participation.

Donations are appreciated.

Meditation for World Peace

Tuesday, December 31, 6:00 – 7:00 a.m.

This yearly event coincides with group meditations around the globe. Using the concentrated power of thought to generate energy for peace, we meet to help heal the sense of separation among human beings and to release light, love, and spiritual energy. Everyone is welcome!

If you would like to participate by reading a quote or bringing refreshments for community afterwards, please contact Kim McDuffee Dotson at kismcdot@gmail.com.

Donations are appreciated.

Yang Style Simplified T'ai Chi Ch'uan (24 Postures)

Mondays, 6:30 – 8:00 p.m., September 9 – November 18 (11 sessions)

This class will help you develop harmony with the world on a physical, mental, emotional and, ultimately, spiritual level. Practice strengthens the immune system; improves posture, balance, coordination, flexibility and strength; reduces blood pressure and stress; and releases tension, allowing a feeling of positive energy to flow through your body. Over the course of the class we will learn the complete 24-posture form.



Please wear comfortable clothing and flat shoes.



John Robertson has nearly 20 years of experience practicing and teaching T'ai Chi Ch'uan and qigong and is a student of Taoist philosophy. He is a Level 7 Certified Qigong Instructor with the World Ki Gong Club and a Certified Advanced Instructor and professional member of the National Qigong Association. John owns Seven Stars Martial Arts in Winfield. (www.7StarsMA.com).

TS members: \$175 • Nonmembers: \$195
Pre-registration is required.

Introduction to the Tarot: How to Use and Understand the Cards

Mondays, 7:00 – 8:00 p.m., September 16 – October 21 (6 Classes)



It's been said a picture is worth a thousand words. If this is true, imagine for a moment how many words must be contained in the 78 cards of the Tarot. The divining capabilities of these symbolic illustrations are staggering. This course will teach you how to use the Tarot for divination, psychic awareness, and tapping into the full potential of the mind. Whether you are intrigued by its mystery, philosophy, or symbolism, you must first learn to "use" the Tarot before delving deeper into its meaning. Students will leave the very first class already able to read their Tarot cards. Get ready for a new way of "seeing" using the Tarot.

Topics include:

- History and background of the Tarot
- Starting point definitions of each card
- Basic intuitive interpretation techniques of the cards
- Breakdown of a card layout and how to apply it in a reading



Vincent Pitisci is a life-long student of metaphysics and mysticism. A friend of the Theosophical Society since the 1950s, he teaches and lectures throughout Chicagoland. He is the author of *Genius of the Tarot: A Guide to Divination with the Tarot* and *The Essential Tarot: Unlocking the Mystery*. As a professional psychic and Tarot advisor, Vince also conducts phone readings worldwide.

TS members: \$70 • Nonmembers: \$80
Pre-registration is required.

Meditative Yoga

Tuesdays, 7:00 – 8:15 p.m., September 10 – December 17 (15 sessions)

This yoga class, open to all ages and levels, will focus on present moment awareness. Classes begin with a short meditation and transition into a conscious and gentle movement that takes us to different *asanas* (postures). As a deeper connection with our inner nature is established, relaxation, flexibility, and strength develop.



Juliana Cesano is a certified yoga teacher, 200 CYT. Meditation and the exploration of her spiritual path have helped her develop a contemplative yoga practice. She spent two years at the international headquarters of the Theosophical Society in Chennai, India, and is currently the manager of the Quest Book Shop.

TS members: \$150 • Nonmembers: \$180 • \$14 per session

Meditation: A Practical Introduction

Tuesdays, 7:00 – 8:30 p.m., September 10 – October 29 (8 sessions)

This course will give participants a comprehensive overview of both the theory and practice of meditation in plain English. It offers a systematic exploration of meditation, beginning with relaxation of the body and mindfulness of breathing to cultivate greater awareness, concentration, and serenity. We continue by cultivating mindfulness in daily activities and investigating our inner world of emotions and mental states. It is a process that frees us from stress, worry, and other negative tendencies. Each week will include a period of guided meditation.

John Cianciosi, a student of the late Venerable Ajahn Chah, was ordained a Buddhist monk in 1972 and served as spiritual director of monasteries in Thailand and Australia. He is author of *The Meditative Path* and is currently the director of public programs at the Theosophical Society.

TS members: \$75 • Nonmembers: \$85 (includes copy of *The Meditative Path*. Pre-registration is required.)



Life Yoga: A Taoist Yoga Class

Wednesdays, 7:00 – 8:15 p.m., September 11 – December 18 (15 sessions)

Remove mental stress and release physical tension!

This class uses a system of yogic study modeled around the practices of Zen Meditation, Traditional Chinese Medicine, and Traditional Chinese Longevity Practices. Each class is tailored to address current mental stress and physical tension experienced by participants, then proceeds with a relaxation meditation followed by releasing, strengthening, and energy circulation practices. The goal of these practices is to ultimately teach the practitioner how to return to an original state of health and well-being.



Tasmin Walker began her physical training as a professional ballet dancer. She is certified in multiple styles of yoga and has spent several years in meditation centers around the world. She has committed her practice to the life study of health, wellness and preventative medicine. She is currently pursuing her doctorate in Traditional Chinese Medicine at Beijing Mebo Traditional Chinese Medicine Training Center, in Beijing, China.

TS members: \$150 • Nonmembers: \$180 • \$14 per session

Online Classes

Visit www.theosophical.org/webinars for upcoming online classes.

Featured Classes:

“At Home with Theosophy: The Key to Theosophy,” with **Pablo Sender**. Mondays, September 16 – October 14, 7:00–8:30 p.m. (5 classes)

“Cosmological Importance of the Asteroids,” with **Gwynne Mayer**. Wednesdays, September 25 – October 30, 7:00–8:30 p.m. (6 classes)

“Developing Intuition: Understanding the Akashic Records,” with **Gwynne Mayer**. Wednesdays, November 13 – December 11, 7:00–8:30 p.m. (6 classes)

“The Transformational Teachings of the Christ,” with **Ravi Ravindra**. Saturdays, November 23 – December 24, 10:00– 11:00 a.m. (4 classes)

Featured Study Groups:

“Theosophical Teachings of Sri Madhava Ashish: Man, The Measure of All Things,” with **Anand Jagota, Sujata**

Jagota, Elena Dovalsantos, Gwynne Mayer, and Sy Ginsburg. Mondays, 9:00–10:00 a.m.

“Mahatma Letters Reading and Discussion Group,” with **Pablo Sender** and associates. Mondays, 10:45–11:45 a.m.

“Non-Duality Dialogue,” with **Ed Moskowitz** and **Pablo Sender**. Mondays, 1:00 to 2:15 p.m.

“Fourth Way Masters Study Group,” with **Gwynne Mayer**. Wednesdays, 10:00–11:00 a.m.

“Walking the Theosophical Path,” with **Pablo Sender**. Tuesdays, 7:00 – 8:30 p.m.

“Dream Circle,” with **Gwynne Mayer, Weyler Greene, and Sy Ginsburg**. Wednesdays 12:30–1:30 p.m.



Meditation Group

Sundays, ongoing, 11:00 a.m. – 12:00 p.m.

Each week, a topic related to meditation will be presented and discussed, followed by a brief guided meditation and longer silent meditation. Instruction will be provided for beginners, but practitioners of all levels are encouraged to share their path of meditation.

Facilitated by Juliana Cesano

Advaita Study Group

Sundays, ongoing, 6:30 – 8:00 p.m.

Advaita Vedanta is a school of Hindu philosophy and spiritual practice. Each week we read and discuss chapters from an Advaita book and listen to or view Advaita-oriented materials from various sources.

Dharma Study Group

Tuesdays, ongoing, 7:00 – 8:00 p.m.

Join our exploration of the essential spiritual aspects of the Oneness of Life. Meetings are devoted to inquiry and meditation. We also engage in monthly service projects or group activities. All are warmly welcomed.

Stargazing: Astrology

Discussion Group

Third Tuesday of the month, 7:00 – 9:00 p.m.

A person's astrological birth chart speaks in an exciting symbolic language, guiding seekers along the path of self-knowledge. These monthly discussions on various astrological topics are led by Dave Gunning, guest speakers, or group members. They are not classes or individual readings, but a sharing of astrological knowledge. Familiarity with the basics of astrology is recommended, but these intriguing discussions are open to all.

TS members: \$15 • Nonmembers: \$20

Healing Circle

Wednesdays, ongoing, 5:00 – 5:30 p.m.

This ceremony, sponsored by the Theosophical Order of Service, offers healing meditation in the service of those in need. Everyone is welcome to participate.

Therapeutic Touch: A Healing Practice

First and third Wednesdays, 7:00 – 8:30 p.m.

This healing circle and practice group's purpose is to provide the opportunity to receive Therapeutic Touch (TT). Our circle has a short meditation, TT practice, and simple instruction for use with family and friends.

Wheaton-Olcott Lodge

Wednesdays, ongoing, 7:00 – 8:00 p.m.

This group meets to explore core Theosophical teachings and their relationship to life as well as to various spiritual traditions, and to encourage participation in study, discussion, meditation and service.



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Basic membership is \$60 annually – just \$5 per month! We also offer special discounts for families, seniors, and students.

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