
THE
❖ **THEOSOPHICAL SOCIETY** ❖

PALMERSTON NORTH BRANCH

www.theosophy.org.nz/branches/PalmerstonNorth/
Phone: (06) 353 2310. Email: pn@theosophy.org.nz

Nov/Dec 2011 & into 2012

304 Church Street, Palmerston

- Study
- Meditation
- Service
- The Three Arms of the Theosophical Society

The Three Declared Objects:

- To form a nucleus of the Universal Brotherhood of Humanity, without distinction of race, creed, sex, caste and colour.
- To encourage the study of Comparative Religion, Philosophy and Science.
- To investigate unexplained laws of Nature and the powers latent in man.

VISION/MISSION/ETHIC:

The Vision of The Theosophical Society in New Zealand is to inspire and serve the spiritual evolution of humanity and all life.

Our **Mission** is to encourage enquiry with open hearts and minds into world religions, philosophy, science and the arts; and to support the individual's endeavours to

understand and apply the ageless wisdom, respect and honour all life, and pursue spiritual self-realisation.

Our **Ethic**:- The Society holds that our every action, feeling, and thought affects all other beings and each of us is capable of and responsible for contributing to the benefit of the whole.

Not only does the Society have a Vision of union with one another, and a mission of exploration, but also an ethic of putting these high ideals into action.

PROGRAMME SUMMARY

FOR DETAILS SEE OVER

Members \$2 (Non-members \$5) unless otherwise specified.

Saturday NOV 12th, 1.30 pm Annual General Meeting;

WEDNESDAY Nov 16th 6.30 pm —
AgniHotRa Workshop with Frits and Lee Ringma (Aust);

Saturday Nov 26th 7.30 pm, Saving Voiceless Animals — with Dr Mary Murray;

Saturday Dec 3rd 2pm & 7.30 pm -
Awakening the Soul,

TSNZ Regional Experiential Workshop
with Julia Tarnawsky

—\$4 or \$3 for one part [Non-members \$10, \$7 for one] -

6.15 pm Potluck Vegetarian Dinner;

Saturday Dec 10th 10 am —

End-of-the-Year-Christmas Celebration;

2012 February, Saturday 25th, 7.30 pm — Is there a role for religious faith in environmental sustainability? with Dr Rick Fisher.

MEDITATION - every Tuesday 6 pm —
with Dr Douglas Osto - non-sectarian Buddhist.



LIBRARY OPEN - every Saturday, 10 am till noon.

STUDY GROUP—the first Tuesday of every month—
7.30 pm for members and prospective members.
(No Study group in January)

2012 Jan 13th Friday CENTRAL REGION ;
At Wellington TS — The Theosophical Society in America National President Tim Boyd. (Subsidy available for group travel.)

UPDATES: What is on should be in the 'WhatsOn' sections of the *Guardian* and *Tribune*. If you wish to receive email updates please give your email address to the secretary, antheaclement@gmail.com To be notified of any changes to the programme by telephone please

contact the secretary— 353 6221 or 027 240 206

DISCLAIMER: Please note that the views expressed in both newsletter and presentations are those of the individual authors and not necessarily those of the P Nth Theosophical Society. The use of word "man" or "brotherhood" is to be understood in the generic or traditional sense, not as gender related.

Philosophy and science, mysticism and the arts, all reach in time by divers routes the entrance to a Way which is itself the Goal. 'I am the Way, the Truth, and the Life,' said the Christ, who embodied the Christ or Buddhic principle in everyman, and again, as it is written in *The Voice of the Silence*, 'Thou canst not travel on the Path before thou hast become that Path itself.

Studies in the Middle Way by Christmas Humphreys

The theme suggested for some presentations on how we as individuals can help our environment/world continues. PNTS has asked speakers to provide facts with some positive answers and a variety of choices for our audience, as practical mystics and as everyday people, to bring about positive evolutionary change! If you know of any individuals who would volunteer as speakers please inform us. PNTS will of course continue with the wide variety of other Theosophically related subjects that you are accustomed to in our presentations

PROGRAMME DETAILS:

ANNUAL GENERAL MEETING Saturday 12th November 1.30 pm

Followed by afternoon tea — Contributions to the afternoon tea (vegetarian) are welcome.

From the Constitution—

11 [a] Nominations for the committee shall be made in writing by any two financial members. All nominations, with the approval signed by the nominee, shall be received by the Secretary at least ten days before the A.G.M. and then posted on the notice board where circumstances permit seven days before the A.G.M. Any financial member may be nominated for office as long as they fulfill the requirements of Rule 12(a & b) - committee members must have been in good standing for not less than three consecutive years immediately prior to election to office. National Council shall have the power to waive the requirements of this rule in special circumstances.

WEDNESDAY November 16th 6.30 pm -

AgniHotra Workshop -

Homa Therapy -

Organic farming , healing body and mind, helping the Earth and all Life recover from pollution. Workshop conducted by Homa Therapy teachers, Lee and Frits Ringma, from Australia.



Homa Therapy is a simple technique from Ayurveda that is not only healing the bodies and minds of people all over the world, including so-called incurable diseases, it is also a tremendous aid to organic farming by restoring the environment back to its vital, balanced state.

Agnihotra is a small fire (Homa) performed in an inverted copper pyramid at the exact time of sunrise and sunset. It works by resonance, attracting a flood of life-force and nutrition into the area. This flood of life-force creates a protective vital biosphere that has a neutralizing effect on pollution including radioactivity.



Lee and Frits Ringma are directors of non-profit association Homa Therapy Association of Australia which is dedicated to teaching Homa Therapy for healing the environment and all that lives therein. For the past 20 years they have been operating a Teaching Centre in the Hunter Valley, NSW, Australia. This is both an organic Farm and healing Retreat utilizing ancient Vedic Fires (Hommas) as the pivotal method. As well as living this practice on a daily basis, Frits and Lee regularly travel throughout Australasia teaching Homa Therapy, free of charge, through Talks, Workshops and Courses. **Learn this simple technique to make the changes we all long for. Agnihotra supplies & healing tools for sale.**

Donation to Frits and Lee PLUS PNTS —\$2

(non-members—\$5).

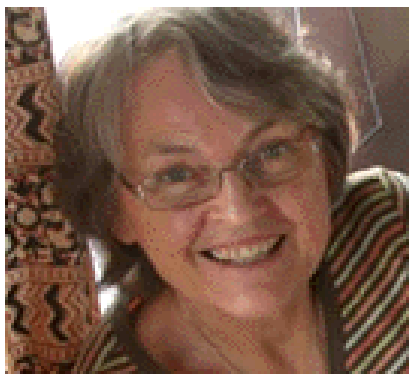
**Saturday November 26th 7.30 pm—
Saving VOICELESS Animals
Why we should, and how we can, treat animals
with compassion and respect.
With Dr Mary Murray**



In this presentation Dr Murray provides an overview of the myriad of ways in which non human animals suffer in modern societies including factory farming, the use of animals in research, sport and entertainment, and the pet industry. She considers numerous ways in which people can and do speak up for animals and how we can work towards a world in which animals are treated with compassion and respect. Mary is a long time animal advocate, She is also an academic — Mary is a senior lecturer in Sociology with the School of People, Environment and Planning at Massey University - and one of her major areas of research and teaching is the relationship between humans and animals in different societies. Members \$2 (Non-members—\$5)

**Saturday December 3rd In two sessions— 2pm & 7.30 pm * — Awakening the Soul —
TSNZ Central Region Experiential Workshop —**

The Facilitator is **Julia Tarnawsky**, a teacher and psychologist. Julia taught in the Adelaide Lodge and has studied and applied teachings on the soul for many years.



In the face of radical change, some people are inspired and re-orientate their lives. Others struggle with stress, anxiety and grief. How can touching the energies of the Soul help to ride the waves of life?

This experiential workshop will introduce—

- The soul's work and influence
- The location and anatomy of the soul vehicle
- The soul, in relation to personality
- The soul in relation to spirit
- Soul contact
- Soulful living
- The soul, the fifth kingdom & the Aquarian Age
- What are the soul influences in your life?
- The solar angel
- Your group soul
- The soul through life and death
- The soul and initiation
- The life cycle of the soul vehicle
- The laws of the soul
- The soul ray questionnaire
- Soul rulers in the astro-chart
- Mantrams and meditations for the soul.

\$4, or \$3 if only attending one session
(Non-members \$10, or \$7 for one session)

*** Between the two presentations (beginning at 6.15 pm) we will host our TSNZ guest to a Pot-luck Vegetarian Dinner. You are welcome to join us and spend some time with Julia. Please bring a vegetarian contribution to share.**

**Saturday
December 10th 10 am**

**End-of-the-Year-
Christmas Celebration/Party**

**Please bring a vegetarian
plate to share.**



2012 Friday January 13th
Central Region hosted by Wellington T.S Marion
Street. With The Theosophical Society in America
National President Tim Boyd.

If you would like to go please contact the secretary
to car pool - we can apply for subsidies for the
cost of petrol for those who take their cars.

2012 PNTS Programme coming up
Saturday February 25th 7.30 pm—Is there a role
for religious faith in environmental sustainability?
with Dr Rick Fisher. In this open discussion, Rick
 Fisher canvasses a variety of religions to see what
 they have to say about faith and environmental stew-
 ardship. Many aspects of sustainable development lend
 themselves to such a discussion, touching on broad is-
 sues of intergenerational equity, fairness, and respect
 for other living things.

Dr. Fisher is an environmental lawyer and senior lec-
 turer at the Open Polytechnic of New Zealand.

There is a road steep and thorny beset with perils of every
 kind, but yet a road, and it leads to the very heart of the
 universe. There is no danger that dauntless courage cannot
 conquer, There is no trial that spotless purity cannot pass
 through. There is no difficulty that strong intellect cannot
 surmount. For those who win onwards, there is a reward
 past all telling - the power to bless and save humanity. For
 those who fail, there are other lives in which success may
 come.

H.P. Blavatsky

STUDY GROUP

First TUESDAY of each month—

This is an opportunity for friendly, interactive, sin-
 cere study of what at a basic level concerns all of us,
 i.e. ourselves, mankind, our world, the cosmos, life, our
 place in these, and the purpose of it all.

Each evening's study material is chosen in advance.
 We have fun as we read, ponder and add the wisdom of
 our own life experiences to those of the experts
 whose ideas we study. The ideas we explore are wide
 and varied and although some are grounded in ancient
 wisdom and some are on the extreme edge of modern
 science and thought, we attempt to keep an open mind;
 to not force what we hear and read into our own fa-
 vorite concepts or on to each other, and by all of this
 we add to our own and to the others' knowledge and
 experience.

Our surroundings are comfortable and pleasing; the
 atmosphere welcoming and we adhere to the
 Theosophical Society's ethics such as Freedom of
 Thought, non prejudice and non dogma. We honour the
 contributions each of us offer, knowing that there are
 many paths and many interpretations of truth and most
 of us leave with a sense of good fellowship, of answers
 given and received and with more avenues for further
 exploration opening out.

Wisdom Overheard (from the Theosophical Digest)

The happiness in your life depends upon the quality of your
 thoughts: therefore, guard accordingly, and take care that
 you entertain no notions unsuitable to virtue and reasonable
 nature.

- Marcus Aurelius

The shortest and surest way to live with honour in the
 world is to be in reality what we would appear to be; and if
 we observe, we shall find that all human virtues increase
 and strengthen themselves by the practice of them.

- Socrates

The man who makes everything that leads to happiness
 depends upon himself, and not upon other men, has adopted
 the very best plan for living happily.

— Plato

MEDITATION and SERVICE -

TUESDAY'S MEDITATION

with Dr Douglas Osto.

We delighted to be able to host Dr Osto's
 non-sectarian Buddhist Meditation each Tuesday from
 6pm to 7pm. All welcome. Koha.

Group participation, whether in person or consciously
participating from wherever you are, increases the
power and effectiveness exponentially.

T.S.N.Z. GROUP MEDITATION FOR N.Z.

Optimum time 6.30 am.

Details are at [http://www.theosophy.org.nz/
 Meditation/TSGroupMeditation.html](http://www.theosophy.org.nz/Meditation/TSGroupMeditation.html)

P.N. THEOSOPHICAL ORDER OF SERVICE

The P.N.T.O.S. provides a service arm to our centre.
 Donations accepted. Details on the T.O.S. at
<http://www.theoservice.org>

LIBRARY—Tapes and CDs -
BOOKS TO BORROW and FOR SALE
Saturday 10 a.m.- 12 noon. Public welcome.

Please browse and/or join in discussion.

A full T.S. membership @ \$30 annual subscription includes full library borrowing rights.

A 'Library only' subscription @ \$20 per year has borrowing rights to the library only.

New Book—*Light Emerging: The Journey of Personal Healing*— by Barbara Brennan, author of *Healing Hands*

Library Books: Books must be **returned or renewed** before three weeks or a fine of \$1 per week overdue is charged. Use the door slot to return books after hours.

MAINTAINING and OPERATING OUR CENTRE -



The Hall is available for hire to like minded groups :
Hall charge out rate is \$28 minimum for up to two hours, \$12 per hour thereafter.

Use of the data projector is an additional charge.
(The Hall is alcohol and tobacco free, and all food is to be vegetarian)

Inquiries to 353 2310, or pn@theosophy.org.nz,
or to Anthea on 353 6221 or 027 240 2069.

FINANCIAL - Managing your branch

Funding — The T.S. offers wisdom to the world with a "no-charge-for-spiritual-knowledge" philosophy however, it **needs donations to exist!**

(Donations over \$5 are tax deductible. Please see the treasurer if you would like a receipt).

If you are **buying a new spiritual book** ask the sec-

retary if she can get it for you at a **discounted price.**

WISH LIST :- Donations towards towards new books listed as T.S. recommended reading.

THANK YOU

**to all who help with the running of
the Palmerston North Lodge of
The Theosophical Society.
VOLUNTEERS ARE ALWAYS WELCOME**

MEMBERSHIP INFORMATION:

WELCOME to new members —

Pete Watson and Mark Russell.

We welcome prospective new members and encourage them to attend several meetings before joining. The membership fee entitles a member to attend Study Group, receive the Palmerston North branch's newsletter, and the official quarterly magazine of The Theosophical Society in New Zealand "TheoSophia"; to attend organised workshops, study groups; to borrow books from the library and make use of the national postal library, obtain videos, cassettes, CDs, DVDs and attend presentations.

See the **pamphlet on Membership** available in the foyer.

* * *

It is great to have somewhere in the community where we have a sense of belonging. The Theosophical Society is a place where new and old ideas and revelations can be explored and initiated. Where we can make a positive contribution towards the world's and mankind's evolution. Where we can freely claim and express both our brotherhood and our individuality. Where healthy argument and discussion is encouraged as part of the T.S.'s investigative nature. Where Truth is not merely sought but also acted from and expressed.

The subscription, at this time i.e. before the AGM when it may increase, is \$30 per year, with a special Family Membership for the spouse and/or children of a full member (living at the same address), who may have full membership at a reduced annual sub of \$20. **Prospective members please note, having beliefs in alignment with the declared three objects**

(see Page 1) is the requirement.

Membership application forms are available on request.

1st September 2011 to 31st August 2012 Subscription is now due.

Please remember the subscription is deliberately low to enable you donate at a level you are personally happy with.

Please send yours now to—

The Treasurer, PNTS, 304 Church St. PN 4410.

Because PNTS is a registered Charitable Trust donations of \$5 or more are tax deductible.

ADJACENT CARPARK

The parking area next door to the T.S. hall is a private car park belonging to gsadesign.

Outside the gsadesign working hours, (i.e. most evenings and weekends) and exclusive of long term parking, Grant Smith, a gsadesign Director, allows T.S. members and their visitors, to use his parking area.

Neuroscience and Buddhism

At a Conference designed to bring scientists and Buddhists together to devise experiments that explore the unusual ability of Buddhist monks and others trained in meditation, the goal was to better understand what the brain can accomplish when carefully focused.

Top scientists say they have come to view meditation as an increasingly important area of research and are thrilled at the Dalai Lama's promise to send substantial numbers of Buddhist monks to Western laboratories, where their brains can be studied with the latest scanning equipment...

Prominent Western scientists have already begun to find that meditation can have a profound effect on the brain and the body. The University of Wisconsin professor, R J Davidson, recently published a paper showing that people who meditated were able to mount a stronger fight against the flu - suggesting that teaching the technique could boost their immune systems. Meditation, his study showed, appeared to moderate the activity of a part of the brain, the right prefrontal cortex, associated with negative emotions like anger and fear. The meditators who experienced the greatest reduction of activity in this area, the study showed, created the most antibodies to fight the flu.

The weekend conference called *Investigating the Mind*, was not primarily focused on the health effects of meditation. It was organized around three broad topics - attention, emotion, and mental imagery - these are the active areas of research in brain science which might benefit from the participation of highly trained Buddhists.

By Gareth Cook, condensed from *Insight*



Palmerston North branch TS COMMITTEE:

President : Lorraine Alston;

Vice-president: Richard Downes

Secretary: Anthea Clement Cooper;

Treasurer: Helen Sussmilch;

Minutes Secretary: Greg Turner;

Committee members: Phillipa (Pip) Rhodes,

Jane Fraser , John Beach, and Sally Tennent-Brown.

To the Treasurer, P.Nth. Theosophical Society
304 Church St. , PALMERSTON NORTH , 4410

Date / / 2011

From (Name and Address):

Subscription for Sept 2011 to Aug 2012 — \$30

Arrears _____ \$

Donation (Donations over \$5 are tax deductible) \$

Total \$