



Theosophy in Wanganui

The Newsletter of the Wanganui Branch of The Theosophical Society in New Zealand

Gifford House, 22 Dublin Street, Wanganui, New Zealand

Programme June - December 2008

June 8th 2.00pm Tarot Reading presented by Sandra Singleton. Come and get a glimpse of the Major Arcana. This presentation will be a personal perspective from a consultant's point of view.

June 22nd 2.00pm –3.30pm Meditation as a Practice for Wellbeing Murray Stentiford (NVP)
– as a 75 minute mini-workshop. Wellbeing is being healthy in all our aspects, and having them in good relationship to each other and to life. There is more to meditation than we may think, but it doesn't have to be difficult. It is easy to begin, and can help you achieve true wellbeing and have a life that you love.

In this workshop, we shall (according to the time made available):

- * experience some simple meditation techniques,
- * explore how inner wellbeing flows into outer wellbeing,
- * look at the deep interconnections between mind, body and spirit,
- discover how to clear the clutter from our minds and gain freedom from old patterns of the past.
-

July 6th 2.00pm - 3.30pm “Fields of Joy” by Charlottemarie, is a body of works that integrate knowledge and information with the transforming experience of how sound effects our physical, energetic, mental, emotional, and consciousness bodies through the human voice.

It has been proven that classical music has a positive effect on improving intelligence and learning capabilities.

The Ancient Spiritual practices of Sound, Chant, Music and Mantra are highly effective means of healing, elevating consciousness and activating spiritual awareness and they have been forgotten in this modern world.

*Every atom has a frequency, every spirit has a song, awaiting the season of the illuminated heart”
charlottemarie*

July 27th 2.00pm Introduction to Reflexology with Rita King. This session will include audience participation.

August 10th 2.00pm “Bowen Technique” Wanganui practitioner Megan Allan will share with us her knowledge about this rapidly growing field of relaxation and muscle release therapy. This gentle non-invasive technique can be used to assist with many physical problems. A practical demonstration will

August 24th 2.00pm “Winter Remedies Old and New” Join Anita Madden and Janine Sullenberger for a session outlining *natural* and *old wives lore remedies* to beat those coughs and colds and other non-serious problems that the cooler weather bring about.

September 14th 2.00pm “Getting Started, Vegetable Garden Basics” Doug and Linda Campbell are veggie and herb garden enthusiasts with applied knowledge in both areas. If you would like to learn the basic how to's, this session will be a great starting place.

September 20th 10.00am – 3.00pm “Awareness Day” This is a great opportunity to experience multiple healing and alternative modalities. Colour therapy, Numerology, Tarot, Reiki, Homeopathy, Iridology and other forms of healing. Every ½ hour a practicing practitioner will give a talk on their particular modality. Entry – gold coin donation.

September 28th 2.00pm “Creative Cooking” Are you tired of the same old flavours and meals? Marina McKenzie has a depth of knowledge grown out of a great deal of practice both professionally and personally. Marina will share with us how to make delicious quick meals by following a few simple guidelines she has learned in her years of practice. Please bring pen and paper for notes.

October 12th 2.00pm “Simple Acupressure” with Anita Madden and Janine Sullenberger this will be a session that involves audience participation. We will be looking at some of the acupressure points in the face, hands, and feet, how to activate them and what to use them for.

October 26th 2.00pm “Favourite Sufi Stories”

November 9th 2.00pm “ Art Symbolism and Spirituality” Deirdra McMenamin

November 23rd “Body and Soul” Josh Campbell is a personal Trainer living in Tauranga. He will talk on how physical exercise can enhance the spiritual journey. Please note there will be gentle exercises involved in this session so please wear comfortable clothing.

December 7th “Christmas Break-up” Shared lunch with a movie to follow. Please phone Janine for movie details :)

Every Wednesday

Meditation 10.30am – 11.00am

Discussion 11.00am – 12.00pm

Shared lunch (soup) 12.00pm onwards

Library open

Every Wednesday 12.30pm –2.30pm

Contacts:

Janine Sullenberger 346-6141
(President)

Jim Sharpe 343-2449
(Vice-president, Librarian)

Linda Campbell 344-3382
(Treasurer)