

The Wellington Branch of the
THEOSOPHICAL SOCIETY
P R A N A

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19 Marion St, Wellington
Ph. (04)233 0406

WHEN YOU PRAY, MOVE YOUR FEET *African proverb*

Happy New Year and Welcome! The proverb above sets the tone of this years endeavours – in wanting to have a better world, we must act on our ideals. To create the Mahatmas wish of a new Society (of Divine Wisdom), a society based on the realization of the Unity of All Life, requires that each of us change. A transformation in consciousness must occur, where we no longer see ourselves as separate but as part of a Universal Whole.

May this year in the Theosophical Society inspire you to continue on with your inner transformation; to continue the search for *Your-Self* and express insights gained, in the lodge in implementing our first object and in your daily life.

Practical theosophy

Towards the end of last year, you were asked about what you wanted to see on this year's program. One major theme was to have more practical theosophy. Thus, we will be holding two **Healing Service** sessions this term, where we will conduct a healing service followed by discussion on the inner aspects of this type of healing service.

Additionally, we will also be starting each session with a 5-min **meditation**, using Geoffrey Hodson's **Yoga of Light**. This is a guide to meditation, for as G. Hodson says in this booklet, "*each has to find his own way*". We can take this meditation practice up more in-depth if you want to. Just let your committee know if that is the case.

Dr Aryan Tavakkoli
Environment and Diet
Hall, 19 Marion Street, Wellington
at 7.30pm on Tuesday 21st October 2008

Dr Aryan Tavakkoli practices as a physician, here in Wellington. She has written and spoken widely about the advantages of a plant-based diet and the benefits this has on the environment and of course, our own body. We are fortunate to have Dr Tavakkoli speak on this subject to us.

The New Zealand School of Theosophy is being held at the Tauhara Centre, Acacia Bay, Taupo (**April 1 – 7, 2010**). **Dr Ravi Ravindra** (Emeritus Professor, Religious Studies and Physics, Dalhousie University, Halifax, Canada) will be conducting sessions on **Science and Spirituality**. **\$200** assistance is available from National Headquarters for TS members who want to attend.

Study Course: Introduction to Theosophy. An introductory course on theosophy will be conducted, starting **Saturday, April 17, 2010 (2pm - 4.30pm)**. The course will cover core theosophical concepts, such as the planes of nature, the spiritual path and other key theosophical ideas, and their application to ones daily life.

Simon Webber, President