

THE THEOSOPHICAL SOCIETY IN PORTLAND

A Branch of the Theosophical Society in America

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Sunday Afternoon Public Programs – October 2018 To January 2019

Online Classes available at theosophical.org

Fundamentals of Theosophy Group Study. A number of our Sunday programs will be devoted to fundamental concepts of Theosophy presented in an informal format led by a branch member. As a group, we will study and discuss some of these influential concepts. All levels of interest are welcome.

October 14 Fundamentals of Theosophy – Why Study Theosophy? And, The First Fundamental Proposition of Theosophy – Group Study

On this Sunday, The Portland Lodge of the Theosophical Society offers the first “Fundamentals of Theosophy” program of our 2018/2019 season. This presentation will provide the public with a unique chance to hear a panel of three Society members as they discuss why they find the ancient, divine wisdom of Theosophy to be a spiritual oasis in a world filled with tensions and divisiveness between many religions. The First Fundamental Proposition of Theosophy which declares the underlying unity of all existence (or, One Unified Absolute Reality) will be offered as a starting point. This will provide a way to discuss our world’s and society’s problems resulting from perceived divisions within the physical, mental and spiritual planes. Please join us!

Lee Haga will be our Moderator for this Panel Presentation.

October 28 Meditation Program – Part A.

Meditation is a well-tested practice towards inwardness. Over centuries, accomplished meditation practitioners verified that our true nature represents who we truly are revealed through meditative efforts. In other words, the journey towards self-disclosure and self-mastery begins at the moment meditation is taken up. Whether this means focusing on the breath, trying to control the mind and/or placing questions into the heart center, the road towards inwardness cannot be dismissed. In the process, the personal I-consciousness is facing two pathways. The first indicates embodying outwardly in daily life the inwardly experienced state of inner stillness and peace. The second indicates striving towards higher realms of consciousness freed from all attachments and distractions. By deepening ones’ connection towards the Wise Being within in this regard, the personality undergoes inner change and transformation. Signs of this come about by experiencing the influx of sublime life energy or prana into one’s auric field and subtle body and the elevation of one’s heart-essence receiving more and more truth-elements of higher wisdom, inspirations and creative insights. All of these shifts will lead the

personality to become more whole, awakened and peaceful. This will in turn help the Wise Being within evolve another step towards a greater wholeness and enlightened completion.

As all meditative practices have different aims, methods and intentions, we will explore how and why they differ in terms of direct experience and outcome. The first meditation will center on the breath, the second on observing and controlling the mind known as vipassana or mindful meditation, the third on the heart center, and the fourth on a guided visualization used in Tibetan Buddhist practice. All four meditation practices are meant to invite participants to try them out at home on their own. A Meditation Manual by the presenter will be available to help the meditation practitioner in the process.

Ursula Velonis, Ph.D. Speaker, writer, artist, psychotherapist, mentor, adjunct professor and Higher Self Yoga Practitioner.

November 4 Fundamentals of Theosophy – The Second Proposition of Theosophy/The Universal Law of Periodicity. – Group Study Hosted by Lee Haga

What do high and low tides, night and day, and life and death all have in common? They are manifestations of the Second Proposition, i.e. the Universal Law of Periodicity, This Law, which is discernible on all levels of Nature and life on this planet, exemplifies the concept of Abstract Space and constant Abstract Motion, or the Great Breath, in and out. It might be easy to take the influence of this Law for granted, since it is so closely interwoven into our daily lives on the physical plane. However, once acknowledged, its acceptance can enhance our understanding of the rhythm of our endeavors and its influence on our actions and "footprint." Please join us for this discussion!

Lee Haga Lee is a retired teacher from Mt. Hood Community College and is a practicing artist. She has been a member of the Theosophical Society since 1979. She enjoys sharing theosophical concepts in group settings and has been coordinating Basic Theosophy and Fundamentals of Theosophy discussions for the public for over 12 years.

November 18 Meditation Program – Part B.

We will provide space and time to share some of the meditation experiences with those present. We will also learn how meditation helps to purify, develop and refine the subtle bodies beyond the physical and etheric, including the mental and fiery.

Ursula Velonis, Ph.D. Speaker, writer, artist, psychotherapist, mentor, adjunct professor and Higher Self Yoga Practitioner.

December 2 Chakra System: Wise Use of Our Life's Energy.

In Theosophy, we talk about the physical body and etheric form (the energy body) as enabling experience on the physical plane. In the esoteric anatomy of yoga, chakras fire or block specific energies of the personality. As the personality becomes more integrated, access to spiritual wisdom can come more readily and steadily. Each lifetime gives us an opportunity to use our energy wisely, and the holistic chakra system helps provide explanations and inspire practices that lead us to a wiser life. The program will include experiential and interactive portions.

Judith Sugg, Ph.D. Judy has been a member of the Theosophical Society for over 30 years. Her doctorate in psychology focused on the philosophy and psychology of yoga. She is licensed as a professional counselor, and has taught yoga and mindfulness for over 30 years. Her personal practices include scanning energy on a daily basis.

December 9 Fundamentals of Theosophy – The Third Proposition of Theosophy/The Cyclic Law of the Universe. – Group Study Hosted by Lee Haga

The Cyclic Law also includes and Identity with the Oversoul: This Cyclic Law also includes the Identity with the Oversoul, which states that we are each connected as sparks of the Divine to the Universal Oversoul. As such, every spark, soul, or being must travel through its own specifically designated time span, or cycle, in this world until that spark is "extinguished" and returns to be absorbed into the Oversoul. How does this last Proposition affect our attitude to our own current purpose on this journey? How can our day-to-day thought patterns, emotions, actions, and attachments be impacted by a deeper understanding of these repetitions in regards to future patterns? Please join us to consider this proposition's impact and importance on our daily and future life cycles.

January 6, 2019 - Fundamentals of Theosophy - The Theosophical View of Man and His Seven Fields — Group Study Hosted by Lee Haga

Interpenetrating the dense matter of our physical world are other "higher" fields composed of frequencies. In the same way, man has "higher" fields composed of these finer grades of matter that permeate his dense physical body or "vehicle". Please join us today as we discuss man's seven fields and their conveyances, or "vehicles " of expression and importance. You will never think the same about your personal "vehicle"!