



The Theosophical Society in Seattle

717 Broadway East, Seattle, WA 98102
(206) 323-4281 | www.SeattleTheosophy.org

Invites you to enjoy its Public Programs this spring, April - May 2024, including Sunday talks, weekly meditations, and monthly workshops.

THIS SEASON OFFERS A MIX OF ONLINE AND IN-PERSON PROGRAMS
WE MEET **IN PERSON AT THE THEOSOPHICAL SOCIETY LIBRARY**, NEXT TO QUEST BOOKSHOP
FOR ONLINE PROGRAMS ZOOM LINKS, PLEASE SEE WEBSITE www.SeattleTheosophy.org

All of our public programs are free of charge. If you would like to support our programs, you can make a donation in any amount. A suggested donation is \$5-20 for any program. We appreciate your support and thank you for your donation.

SATURDAY MEDITATIONS

Meditation with Linda Shields

First, Second, Fourth and Fifth Saturdays
10:00 am - 11:00 am
In person

Guided Meditation for Healing the Earth and the Beings Who Inhabit It. Once the meditation begins, the door will be locked so as not to interrupt the work. Linda Shields is a long-time meditator and manager of the Quest Bookshop.

Soul Saturdays with Nichole DeMent

Third Saturday of Every Month
10:00 am - 11:30 am
In person

Nichole DeMent, a quantum healer certified in sound healing and hypnotherapy, will perform a healing sound experience and guided journey. She will use a mixed array of sound including Tibetan bowls, gong, crystal pyramid, voice and bells among other musical instruments. With these, alongside her work with astrological energies, she will bring us back into balance with the Earth and in deep gratitude for our unique soul's path. As room allows, participants may lie down or be seated in chairs and meditation cushions provided. Feel free to bring your own mat, blanket or pillow as desired.

SUNDAY MEDITATIONS

Discovering the Inner Listener

Meditation with Andrew Barker & Friends
Every Sunday | 10:00 am - 11:30 am
In person & on Zoom

Please join us for a peaceful and reflective Sunday morning gathering of both beginning and experienced meditators. We gather at the Theosophical Society Library (behind Quest Bookshop) and on Zoom (request link). We will settle in with a short guided meditation followed by a period of silent sitting. Then we share experiences and insights on the spiritual path that support and inspire.

There will be various leaders, coordinated by Andrew Barker. Each leader will be a long-time meditator who has experience in guiding groups to higher levels of consciousness.



Spring Program Calendar

April 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|-------------|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| SJ | | | | | M - Linda | M - Andrew |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| SJ | | | | | M - Linda | M - Andrew P - Khepra Ptah |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| SJ | | | | | M - Nichole | M - Andrew W - Corey Minatani P - Cesar Love |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| SJ | WESAK | | | | M - Linda | M - Andrew W - Nico / Tarot P - Liz Silzer |
| 29 | 30 | | | | | |
| SJ | | | | | | |

May 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|---|---|
| | | 1 | 2 | 3 | 4 | 5 |
| | | | | | M - Linda WHITE LOTUS DAY | M - Andrew W - Lisa Capa |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| SJ | | | | | M - Linda | M - Andrew P - Mertiss & Anna |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| SJ | | | | | M - Nichole | M - Andrew W - Lisa Capa P - Andrew |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| SJ | | | | | M - Linda | M - Andrew W - Nico / Tarot P - Jenutza |
| 27 | 28 | 29 | 30 | 31 | M - Meditation W - Workshop P - Presentation SJ - Spiritual Journeys | |
| SJ | | | | | | |

Workshops

Nico Price, Andrew Barker and Friends | Spiritual Journeys

Explorations and Meditations in the Intuitive Arts, Divination, and the Creative Arts

Monday Evenings

6:30 - 8:00 pm

In person

Every week, we will explore various divinatory practices, including Tarot, I Ching, Astrology, Shamanism, etc., and also reserve part of each evening for the sharing of both original and favorite spiritual prose and poetry in an open and loving environment. Other topics and focuses of interest will be welcome as well.

Nico and Andrew will be the hosts but are inviting a diverse and inclusive ever-changing constellation of shining beings of light to manifest weekly the magic and mystery of the spirit.

Lisa Capa PhD | Living in the Question

Part 1: Sunday , May 5 & Part 2: Sunday , May 19

(please only attend part 2 if you attended part 1)

2:00 pm - 4:00 pm

In person

Live the questions now. Perhaps then, someday far in the future, you will gradually, without even noticing it, live your way into the answer.

-- Rainier Maria Rilke, from "Letters to a Young Poet"

Instead of just mentally searching to get an answer to a question, how might you direct your attention to live your way into an answer? Doing it this way allows you to collaboratively participate in the flow of the Creative Source.

Using a unique and powerful combination of attentional work, Appreciative Inquiry, the somatic tool of Focusing, the divination tool of the I Ching, and other practices, learn to refine a question you have down to its essence and gain insight on how to live into the answer.

In this workshop, you will formulate a question you have and refine it. Using the question, you will then obtain some guidance to consider. You may walk away with a juicy life question, gain insight on what gets in the way of living into the answer, or gain insight into the possible answer itself. Bring your journal or something to write on to help track your activities in this workshop. Also bring your favorite I Ching books, if you have any.

This is not a workshop to teach you specifically how to practice Appreciative Inquiry, how to do Focusing or how to use the I Ching, although you will learn a little about each of them.

This workshop consists of two 2-hour classes. While there will be a period between the two classes when we are not meeting, this in-between time is important. You will be provided with guidance at the first class on how to pay attention during this time. This way you can witness how the Creative Source may be participating to support you as you are living in question.

Lisa Capa, formerly a professor of Leadership and Personal Development, a tech manager and a visual artist, is currently living as a mystic in the Pacific Northwest.

Workshops

Nicole Price | Tarot

4th Sundays: Apr 28, May 26, Jun 30
12:00 pm - 1:30 pm

In person



In this Tarot workshop we will be exploring the Tarot basics with a focus on psychological insight and intuition. We will discuss how Tarot can be implemented as a guide to understanding ourselves and our lives in deeper ways.

Reading materials will be provided to explore the many perspectives and card meanings. We will do practice readings and spread demonstrations. Bring your favorite deck and join us for this hands on workshop.

Nico came upon tarot in analysis ten years ago. It sparked an immediate awakening for her. It was like a roadmap to what was going on under the surface. She started her deep dive last year participating in an intensive course as well as doing personal readings for others.

Corey Minatani | Dreamworlds

Sunday April 21
12:00 pm - 1:30 pm

In person

As energy is all around us, dreams are always with us. Take a journey at the Theosophical Society library into the world of dreams with Dr. Corey Minatani as your guide!

In this lecture, attendees will examine both the mystical and scientific aspects of dreams. Minatani will delve into dream periods, Gate of the Horn, Gate of the Ivory, lucid dreaming, dream discover, shamanic journeying, as well as common symbolism for dream interpretation and nightmares.

Join us for a fun and interesting discussion on dreams that will both inspire and educate you!

Dr. Minatani is a long-time practitioner of energy work and a Reiki Master, holding degrees in Philosophy and Psychology.



Presentations

Khepra Ptah

Ifā: Orisha, The Spiritual Forces Of Nature And Deities Of The Yoruba

Sunday, April 14

4pm-5:30pm

In Person & Online

The Orisha are spiritual forces of nature and considered the deities of the Yoruba faith. They were sent to earth to give guidance in fulfilling our destiny. This is a tradition that's also based on working with our ancestors.

Please join Khepra for an educational moment around this beautiful tradition, where you will learn songs, the importance of connecting with the ancestors, as well as who the Orishas are.

Khepra Ptah (Ifalowo Fayemi) is a practitioner of the Yoruba tradition known as Ifa/Orisha.

Cesar Love

Hoop Dreams: The Astrology of Basketball

Sunday, April 21

4pm-5:30pm

Online

Cesar will introduce the birthchart of the very first basketball game, a chart which holds the profound depths of the game.

He will also explain the history of the game through transits to this chart.

That history includes the basketball game at the 1936 Berlin Olympics hosted by Nazi Germany; the connections between African-Americans and the game; the rise of the NBA; women and basketball; and disabled persons and basketball.

WESAK

Tuesday, April 23

**You are invited to meditate on your own
at this special time**

This year Wesak occurs at 4:49 pm PDT.

It is a wonderful time to meditate and receive the blessings of this special full moon which celebrates the birth, enlightenment, and death of the Buddha.

The video, which is approximately 13 minutes long, can be watched prior to the time as it sets the stage for this auspicious event.

Video can be accessed at:

[https://www.lucitrust.org/productions/
videos/view/wesak_video](https://www.lucitrust.org/productions/videos/view/wesak_video)

**May All Beings Be Filled With Peace And
Harmony**

*César Love is an astrologer and poet based in Northern California. His book, *Baseball: An Astrological Sightline*, is the result of decades of research and observations. It charts the astrological history of every Major League baseball team and presents methods for observing the effects of astrological transits in every baseball game. His writings about astrology have appeared in *The Mountain Astrologer*, *Dell Horoscope* and the *NCGR Memberletter*. He regularly attends NORWAC and has delivered presentations on the astrology of baseball teams for various astrological organizations. His website www.baseballastrology.com includes many of his writings about sports and astrology. Along with Andrea Mallis, César Love produces a podcast titled "[Love Sports Astrology](#)" that explores the astrology within our current sports. He can be reached at baseballastrology@outlook.com*

Liz Silzer

My 6 Near Death Experiences

Sunday, April 28

4pm-5:30pm

In Person & Online

When she was young, Liz had several near-death experiences from childhood abuse. Each of these led to spiritual awakenings but also created a growing separation from the human world.

What provided her some sanity was her ability to talk with flowers, insects such as ants, and nature spirits.

Her most recent NDE occurred on Dec. 24, 2016 when her SUV was hurled over I-90.

Liz will share with us her 6 NDEs and her growing understanding of how spiritual worlds interact with us.

Mertiss Jay Thompson and Anna Wang

Tapping Our Dreams: The Science of Tapping

Sunday, May 12

4pm-5:30pm

In Person

Emotional Freedom Technique (EFT) is energy work where you tap a meridian point on the body with the tips of your fingers for the purpose of rewiring the brain. EFT is used to heal emotional traumas and fears which can then open the door to a more fulfilling life.

Mertiss Jay Thompson will give an introduction to tapping and discuss the science of tapping with his colleague Anna Wang.

Mertiss Jay Thompson has been presenting workshops in Seattle and Hawaii, Swedish Hospital and the Veterans Affairs health care system. He is a master golf instructor and board certified hypnotherapist.

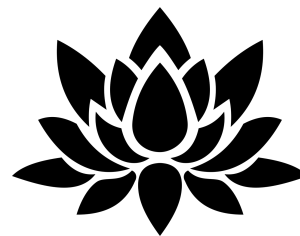
Anna Wang has studied and practiced multiple healing and energy modalities for fifteen years including kundalini yoga and emotional freedom techniques (Tapping). Anna comes from a Software/technology background and has pivoted to a career as a full time consciousness researcher. She is passionate to share these modalities that have transformed her life.

White Lotus Day

Saturday, May 4

12pm - 5 pm

In person



Join the Theosophical Society in Seattle for our White Lotus Day celebration honoring the work and legacy of the Mother of the Modern Occult and a co-founder of the Theosophical Society, Helena Petrovna Blavatsky.

White Lotus Day is sure to be a wonderful time of exploration, connection, and fun.

Join us for meditation, music, a sound bath, and the best metaphysical used book sale in Seattle!

Andrew Barker

**Opening The Sky Of Heart And Mind:
Facilitating Group Meditation**

Sunday, May 19
4pm-5:30pm

In Person

As the art and science of meditation has become well-known around the world, interest in how to lead group meditations has blossomed. Andrew will share a variety of meditation experiences and practical points to consider from many spiritual and religious traditions, as well as show how to present meditation for others in a fun and easy way.

Andrew Barker is a student and practitioner of a variety of Eastern and indigenous spiritual traditions, focused on meditation and contemplative arts and philosophy, and is the current president of the Theosophical Society in Seattle. He has led hundreds of meditation programs and workshops for well over thirty years.



Jenutza

Lucid Dreaming and the Power of Dreams

Sunday, May 26
4pm-5:30pm

In Person & Online

Dreams have the potential to guide us in our waking life, and strengthen our connections to the Infinite. Jenutza will guide participants through the process of learning how to dream lucidly - that is, how to be conscious of dreaming while dreaming, and take control of our dream life so that it serves our waking life.

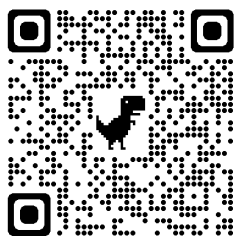
Participants will gain essential tools for working with dreams, and have a chance to ask questions of Jenutza.

All levels of experience are welcome.

Jenutza (also known as Jennie Falco) is an internationally celebrated Wellness Professional with over 25 years experience working in private practice. She was recognized at an early age for her strong gift of clear seeing, and has cultivated this natural ability with experts in the field from around the globe. Jenutza earned her Bachelor's degree in Buddhist Studies from Naropa University and her Master's in Transformative Leadership from California Institute of Integral Studies, both in the United States. She has also studied privately with wisdom keepers in Bali, Ethiopia and Brazil. Jenutza was trained in the practice of Zazen by the late Zen Master, [Kobin Chino Otagawa](#) and has been a regular meditator since 1998. Her teaching style reflects the gentle intensity she absorbed from this great master.

World travel, motherhood, and decades in service to learners of all abilities also informs Jennie's approach to education and wellness. She believes ALL things are workable with heart-centered mindfulness, and is continually inspired by the beauty and mystery of life.

We appreciate your contribution



The Theosophical Society in Seattle is a registered 501(c)3 non-profit organization and your donations are tax-deductible. A written receipt is provided upon request.

Donations can be made online via PayPal, with a credit card, checks or cash. Checks can be made payable to the Theosophical Society in Seattle and mailed to 717 Broadway E Seattle, WA 98102.

Theosophical Society Motto

इत्यन नास्ति
परं धर्ममाहा

*There Is No Religion
Higher Than Truth*

Online Member Meetings

Every Wednesday, September through June
7:00 p.m. - 8:00 p.m.

Members' meetings are **open to the public**
on the first Wednesday of each month.

Email us at members@seattletheosophy.org
to request a Zoom link.

What is The Theosophical Society?

The Theosophical Society was founded in New York City on November 17, 1875 by Helena Petrovna Blavatsky, Henry Steel Olcott, William Quan Judge, and others.

The Theosophical Society in Seattle is a part of the Theosophical Society in America headquartered in Wheaton, Illinois, which is one branch of a world fellowship—the International Theosophical Society, with headquarters in Adyar, Chennai, India.

Theosophy offers a cosmology and worldview that sheds light on the purpose of life.

The Theosophical Society has a vision of wholeness that inspires a community united in study, meditation, and service.

We 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.

Our every action, feeling, and thought affect all other beings. Each of us is capable of and responsible for contributing to the benefit of the whole.

The Theosophical Society imposes no dogmas, but points toward the source of unity behind all differences. Devotion to truth, love for all living beings, and commitment to a life of active altruism are the marks of the true Theosophist.

Central to the concerns of theosophy is the desire to promote understanding and unity among people of all races, nationalities, philosophies, and religions.

Therefore, all people, whatever their race, creed, sex, caste, or color, are invited to participate equally in the life and work of the Society.

We are a membership organization. If you are in sympathy with our mission, you can help us by supporting our work or becoming a member. Interested in becoming a member? Contact us or visit our membership page at www.SeattleTheosophy.org for more information.

Open Hours
Thursday, Friday, Saturday
Noon - 5:00 p.m.



Theosophical Library

<https://seattletheosophy.org/library>
library@seattletheosophy.org

A study center exploring goals of the Theosophical Society:

- To form a nucleus of the universal brotherhood of humanity, without distinction of race, creed, sex, caste, or color.
- To encourage the comparative study of religion, philosophy, and science.
- To investigate unexplained laws of nature and the powers latent in humanity

Offering access to thousands of metaphysical books and media. Borrowing privileges are available by annual membership.

First established in the late 1920s, the Seattle Theosophical Library has over 8,000 books and periodicals dealing with Theosophy, mysticism, esotericism, comparative religion, philosophy, and related subjects.

The library is dedicated to exploring Theosophy, religion, healing, meditation, astrology, psychology, and spirituality. It is a rich source of inspiration for artists, students, and thinkers interested in the process of inner development.

We're located in Seattle, adjacent to Quest Bookshop; enter through the bamboo walkway. Check out our calendar of meditations, workshops, and presentations, rich in content and inspiration!



THE THEOSOPHICAL SOCIETY IN SEATTLE

717 Broadway East

Seattle, WA 98102



Scan for a full list of programs and updates

OTHER SERVICES OF THE THEOSOPHICAL SOCIETY IN SEATTLE

For those interested in a serious study of Theosophy, members of the Seattle Lodge meet weekly. For more information, please email info@SeattleTheosophy.org or contact the Quest Bookshop.

Theosophical Lending Library | (206) 267-0156 | library@seattletheosophy.org

The Seattle Theosophical Library is a service of the Theosophical Society in Seattle. Annual membership is free for lodge members, discounted for students and seniors, and a modest \$30 for everyone else.

Check online for current open hours, which are updated weekly depending on volunteer availability. Send us an email if you would like to volunteer.

Please visit seattletheosophy.org/library to learn more!
Contact staff via email with questions library@seattletheosophy.org

Quest Bookshop | (206) 323-4281 | quest@seattletheosophy.org

Quest Bookshop is a service of the Theosophical Society in Seattle.

Bookshop Hours:

Tuesday - Sunday: 12 pm - 5 pm

Monday: Closed

Any changes will be posted on our website.

You will find books on theosophy, the major spiritual and religious traditions and much more, including tarot and oracle cards, crystals and incense. Check out our inventory online. www.seattletheosophy.org