



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 Winter, December - February 2024-25, 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 Greg Wilson
1st Saturdays 10:00 - 11:00 am
(In person)

In this meditation we will reawaken our peaceful and loving connections with ourselves and the world. Time permitting, those who wish can also rediscover what it is like to walk indoors and outside in loving connectivity with life.

Greg is a long time meditator and volunteer at Quest Bookshop.

Soul Saturdays with Nichole DeMent
2nd Saturdays 10:00 - 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 the 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. Suggested donation of \$5 - \$20 goes to the TSS to support ongoing programming. www.cosmiccreativelife.com

Guided Meditation for Healing the Earth and the Beings Who Inhabit It with Linda Shields

3rd, 4th and 5th Saturdays 10:00 - 11:00 am
(in person)

This guided visualization meditation focuses on sending healing to the planet and all the life upon her. 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.

Sunday Meditations

Discovering the Inner Listener
10:00 am - 11:30 am
(Zoom only beginning Jan 2025)

Please join us for a peaceful and reflective Sunday morning gathering of both beginning and experienced meditators. 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, and each leader will be a long-time meditator who has experience in guiding groups to higher levels of consciousness.

The Theosophical Society in Seattle

Winter Program Calendar

December 2024

M - Meditation
P - Program
W - Workshop
* - Special Event

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 M - Inner Listener
2 W - Spiritual Journeys	3	4 TS Members Zoom Meeting	5	6	7 M - Greg Wilson	8 M - Inner Listener W - Enneagram 1 P - Jewish Kabbalah 1
9 W - Spiritual Journeys	10	11 TS Members Zoom Meeting	12	13	14 P - Nichole DeMent	15 M - Inner Listener W - Enneagram 2 P - Soul Loss
16 W - Spiritual Journeys	17	18 TS Members Zoom Meeting	19	20	21 M - Linda Shields	22 M - Inner Listener P - Luminous Night * - Yule Dinner
23 W - Spiritual Journeys	24	25 TS Members Zoom Meeting	26	27	28 M - Linda Shields	29 M - Inner Listener P - Subtleties Meditation * - Music Concert
30 W - Spiritual Journeys	31					

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 TS Members Zoom Meeting	2	3 * - Shabbot Dinner	4 M - Greg Wilson	5 M - Inner Listener P - Astrology 2025
6 W - Spiritual Journeys	7	8 TS Members Zoom Meeting	9	10	11 P - Nichole DeMent	12 M - Inner Listener P - Jewish Kabbalah 2
13 W - Spiritual Journeys	14	15 TS Members Zoom Meeting	16	17	18 M - Linda Shields	19 M - Inner Listener W - Singing Circle P - Yoga Nidra
20 W - Spiritual Journeys	21	22 TS Members Zoom Meeting	23	24	25 M - Linda Shields	26 M - Inner Listener P - Therapeutic Touch P - Yoga Nidra
27 W - Spiritual Journeys	28	29 TS Members Zoom Meeting	30	31		

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 M - Greg Wilson	2 M - Inner Listener W - Tarot Rebirth 1 P - Yoga & Disability
3 W - Spiritual Journeys	4	5 TS Members Zoom Meeting	6	7	8 P - Nichole DeMent	9 M - Inner Listener W - Psionics P - Sanskrit
10 W - Spiritual Journeys	11	12 TS Members Zoom Meeting	13	14	15 M - Linda Shields	16 M - Inner Listener W - Human Design P - Zen Reincarnation
17 W - Spiritual Journeys	18	19 TS Members Zoom Meeting	20	21	22 M - Linda Shields	23 M - Inner Listener W - Tarot Rebirth 2 P - Discursive Meditation
24 W - Spiritual Journeys	25	26 TS Members Zoom Meeting	27	28		

Monday Workshop

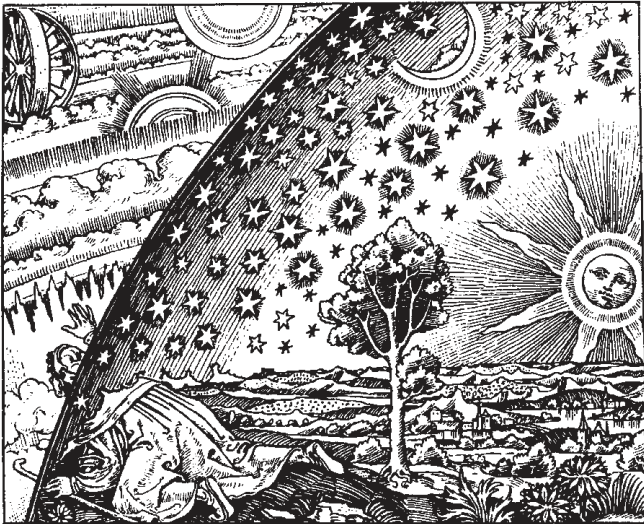
Spiritual Journeys: Explorations and Meditations In The Intuitive Arts, Divination, and the Creative Arts with Nico Price,

Andrew Barker and Friends

Mondays 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 regularly invite a diverse and inclusive ever-changing constellation of shining beings of light to manifest weekly the magic and mystery of the spirit.



Theosophical Society Motto

*इत्यन नास्ति
परो धर्मोऽन्यथा*

*There Is No Religion
Higher Than Truth*

Sunday Workshops

The Enneagram: From Introduction to Integration with Jay Preusker

Part One - Enneagram 101: What is the Enneagram (of Personality)?
Dec 8th 12 - 1:30 | (in person)

The Enneagram (ennea = nine) is a geometrical shape, the understanding of which provides structure and clarity to things that often seem confusing, complex or nebulous. The most famous Enneagram is the Enneagram of Personality which convincingly describes people in great depth.

Starting with a three-fold division of body, heart, and mind, the system continues to divide in three and form connections within itself which provides a coherent and easy-to-learn structure. Once you recognize the main types, the Enneagram becomes a useful tool to understanding people and situations.. It provides much to both those who are just starting to learn as well as endless realizations to discover upon deeper study and reflection.

This workshop will teach you the 9 Personality archetypes. This should give you a good foundation for having a living sense of the Enneagram, and opens the door to its utility as a powerful theoretical basis for spiritual transformation.

**Part Two - Enneagram 201:
Integration and Transformation**
Dec 15th 12 - 1:30 | (in person)

This workshop assumes a working knowledge of the Enneagram including wings and integration/disintegration. We will explore the Process Enneagram, which was the original conception held by G.I. Gurdjieff, a spiritual mystic from the turn of the 20th century,. Expanding the Enneagram beyond personality reveals much of its alchemical potential, as we see ourselves as part of many interconnected processes instead of simply one static type. We will also spend time on the personality, developing the theory to a sharp tool of spiritual understanding and transformation.

Much of this workshop is inspired by the book *The Integral Enneagram* by Susan Rhodes, Ph.D. The goal is the formation of a system which truly integrates all of our experiences in a way that maximizes our growth potential.

Jay Preusker (he/they, 26) graduated from Seattle University with a BS degree in Biochemistry and a minor in Psychology.

It eventually became clear to them that science isn't enough to solve humanity's problems. In 2020, after a deep depression, Jay had a spiritual awakening and began to study spirituality with all of the intensity of their previous scientific curiosity. The Enneagram emerged as a uniquely coherent, illuminating and practical system.

Sunday Workshops continued next page 

Sunday Workshops

The Singing Circle with Josh Anderson

Jan 19th 12 - 1:30 | (in person)

*The initial instigation of the creation of the Universe
was the first vibration, **AUM**
In the Beginning the Word was with God
and God was the Word*

In every sacred tradition known to humanity, the power of the voice serves as our primary contact with the Divine or Source and vocal music is an important component of many religious and non-religious experiences. Join us for an interactive experience exploring the use of voice for deepening our mystical experience through traditional and modern music. No musical or vocal training necessary, all voices are welcome in the circle.

Josh Anderson is the onsite Library manager for the Theosophical Society in Seattle. He has decades of experience in music and theater education. In his personal practice, he uses chant, song, and vocal expression as central elements of his work.

The Transformative Path: Tarot as Rebirth with X Collins

Feb 2nd, 23rd 12 - 1:30 | (in person)

Every seeker comes to the tarot to ask for guidance yet many times what we seek is in fact transformation. This talk will delve into the tarot as a way to not only illuminate paths, but to explore what it is to confront the self, and what it is we ask for when we ask to be reborn into a new aspect of our journey. We'll examine specific cards and aspects of tarot as a way to find deeper understanding of the work.

X Collins has been a Tarot student, artist, and reader for over two decades. Their practice has always been centered around empowerment and joy, as well as making Tarot more accessible through the creation of the Matrota Tarot deck. They are also a multidisciplinary visual artist, poet, musician and performer, whose work has appeared in galleries, public spaces, and bookstores across the country.



Psionics with Dr Corey Minatani

Feb 9th 12 - 1:30 | (in person)

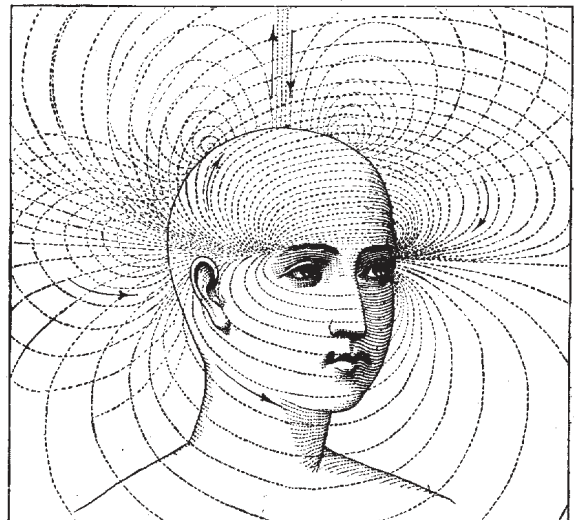
Psionics is the training of one's mind to develop psychic ability for the use of many applications in extra sensory perception (ESP), psychic attack defense, energy healing, and energy grounding.

In this workshop, Dr. Corey Minatani will teach elements from two systems of psionics: Pure Energy Psionics and Lin Kong Jing (Powerful Empty Force).

Attendees will learn how to gather and store Psi energy through a unique meditation called the Energy Body, moving onto building constructs such as Psi Spheres, shielding, and finally diagnosing energy blocks with a pendulum.

Walk into a new world of psychic development in learning new skills with the energy all around us! No experience needed, and all levels of knowledge welcome! Looking forward to seeing you there!

Dr. Corey Minatani has contributed writings to publications such as Oran Mor, Grey Matters, and The Philly Pentacle. He has also been a guest on the 'X' Zone radio broadcast with Rob McConnell. He is a dedicated Druid of the Second Order in the Reformed Druids of North America and a Bard Candidate in the New Order of Druids. Minatani holds a Doctor of Ministry degree and is ABD in Doctor of Exegetical Theology. He has taught Energy and Dream workshops for the Theosophical Society in Seattle. Currently, Minatani works at a local nonprofit and spends his free time as an Energy Consultant in Seattle.



Sunday Workshops

Human Design - Part II: Embracing the Gates, Channels, and Incarnation Cross with Cheryl Lee

Feb 16th 12 - 1:30 | (in person and Zoom)

This is Part 2 of an ongoing series on Human Design

In Part II of our Human Design workshop series, we delve even deeper into the layers of your unique blueprint. Building on the foundational elements explored in Part I, this session will introduce the powerful dynamics of Gates, Channels, and the Incarnation Cross, which shape the core of your purpose and presence in the world.

Gates represent specific energies within us, each associated with a unique quality, lesson, or potential. Think of each Gate as an entry point to understanding aspects of your personality and experiences. For instance, Gate 48 relates to depth, encouraging wisdom through learning and introspection, while Gate 34 speaks to personal power and life force energy, pushing us toward transformative action.

Channels are pathways that connect different centers within the body graph, blending and amplifying the energies of two connected Gates. Channels represent the themes and flows of energy unique to each individual, creating an interplay between intellect, emotions, intuition, and more. For example, Channel 10-20 (Empowerment) emphasizes self-expression and presence, making a powerful impact on others.

Finally, we will explore your Incarnation Cross, the combination of four Gates that represents your life purpose and the essence of your journey. This 'cross' offers insight into your primary life themes, your unique contributions to the world, and the ultimate lessons you are here to embody. Understanding this cross invites clarity on your soul's path and deepens your alignment with a life of purpose and fulfillment.

Join us as we continue our exploration into Human Design, unlocking these profound aspects of your cosmic design and integrating them into your daily life for enhanced clarity, alignment, and empowerment. Whether new to this journey or well-versed, this second part of the series will provide transformative insights to help you live with intention and authenticity.

Cheryl Lee is a longtime educator-turned-life coach, consultant, and spiritual practitioner on a lifelong journey of deconditioning herself and helping others who so wish, do the same. She is passionate about facilitating powerful conversations to build and transform one's relationship with Self and Others. Find out more at: www.peonyjoycoaching.com.

Sunday Programs

A Lamp Unto My Feet, A Light Unto My Path: A Two-Part Series on Jewish Kabbalah with Matt Fortin

"Thy Word Is a lamp unto my feet, and a light unto my path" - Psalm 119:105

What can we learn about Kabbalah by exploring the history of Israel and examining the development of Jewish Mysticism? This two-part series seeks to explore these questions and more. Scholar Robert M. Seltzer suggests that "although [Kabbalah is] usually considered a phase of Jewish mysticism, the purely mystical element in the Kabbalah is only part, albeit a central part, of a vast and complex mental world, which includes a speculative metaphysics, a theory of human nature, distinctive rituals, and considerable folklore." Topics include this vast and complex mental world and how it is informed by Jewish Mysticism and Kabbalah. Participants are invited to engage in text-based discussions.

Part One: A Lamp Unto My Feet

Dec 8th 4 - 5:30 | (in person)

A historical survey of the origin of ancient Israel, Biblical heritage, Hellenistic Diaspora, Rabbinic Judaism, and Medieval Jewish theology and philosophy.

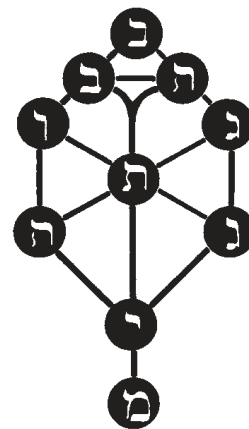
Part Two: A Light Unto My Path

Jan 12th 4 - 5:30 | (in person)

A historical survey of the early phases of Jewish Mysticism, the Hasidei Ashkenaz, Pietists of Medieval Germany, and key texts of the Kabbalah.

Matthew Fortin is an independent scholar of the metaphysics of letters within the Sefer Yetzira (Book of Formation) and the relationship between Kabbalah and Western Esotericism.

He presents original research at conferences, most recently "Hypnagogic Consciousness and the Fire of Azrael" at the Occulture Conference in Berlin, Germany, and "In Defense of Ancient Rabbis" at the Southwest Popular American Culture Association (SWPACA) in Albuquerque, NM.



Sunday Programs continued next page 

Sunday Programs

Soul Loss: Initiation Into Finding Your Inner Light with David Kopacz, MD

Dec 15th 4 - 5:30 | (in person and Zoom)

Burnout has become a regular part of the contemporary work experience for many people. While there are many efforts to prevent burnout or to be resilient and bounce back from it, we can also view burnout as an invitation, a call to adventure and a kind of initiation, to retreat from the outer world and to reconnect with our inner sense of purpose, meaning, and aliveness (which we can also think of as reconnecting with soul).

David Kopacz, psychiatrist, artist, and author, shares his experiences with burnout and serious illness along with pathways for reconnecting with soul. He will draw on exercises from his recent book, *Caring for Self & Others: Transforming Burnout, Compassion Fatigue, and Soul Loss*.

David R. Kopacz, MD is a psychiatrist in primary care at the Seattle VA, with a national position teaching Whole Health to VA staff. He is an Assistant Professor at University of Washington and is board certified in psychiatry and integrative medicine. David has spoken around the world on self-care and well-being for veterans, staff, and health professional students. He is the author of *Caring for Self & Others: Transforming Burnout, Compassion Fatigue, and Soul Loss*; *Re-humanizing Medicine*; and a number of books with co-author Joseph Rael (*Beautiful Painted Arrow*), including *Becoming Medicine: Pathways of Initiation into a Living Spirituality*.

Luminous Night, Spiritual Light: Renaissance Art and A Mystic's Vision with Victoria Scarlett

Dec 22nd 4 - 5:30 | (Zoom only)

In this mid-winter program, we'll explore light-its expression, representation, and spiritual meaning. After considering light in the context of world religions we'll focus on one of most famous female visionaries of the late Middle Ages and how her mystic light-filled visions led to innovative representations of Christ's Nativity in Renaissance art.

This program is an opportunity to settle into a tranquil time of inspiration and spiritual reflection during the time between the solstice and Christmas and take a deep dive into what it means to experience light shining in the darkness. Learn how luminous night settings of the Nativity evolved while enjoying beautiful and tender paintings of the Nativity and considering them as representations of the birth of enlightened consciousness.

Victoria Scarlett combines a deep interest in sacred art traditions of the world, and mystical spirituality, with her great love of visual art. She presents slide-illustrated enrichment programs that weave fine art and aesthetics with inspiration and spirituality. Connection to the divine, integration, the human heart, and a love of beauty are central. Victoria's taught in a variety of settings including spirituality and retreat centers, cathedrals, universities, museums, and conferences. She holds an MA in Art History, an MA in Museum Studies (specializing in the interpretation of art), and a BA in Studio Art. More about Victoria and her Center for Sacred Art can be found at www.centerforsacredart.org

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the THEOSOPHICAL
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In Seattle



Sunday Programs

Exploring the Intimacy of Silence: The Subtleties of Meditative Experience with Ansel Braidman

Dec 29th 4 - 5:30 | (in person and Zoom)

In order to experience a greater sense of peace, love and compassion in our lives, it is important to cultivate a greater sense of subtle awareness in the ever-unfolding nature of our reality and experience. We will explore how to develop intimacy with this awareness and it's subtlety through the power of silence and meditation. Silence has a tremendous ability to heal our minds and bodies by allowing us to be in our natural state which is free of superimposition. Through this we can find more energy to be our fully authentic selves and extend a greater sense of care and compassion to ourselves and our community. Ansel will provide both theory and practical application learned from his own lived experience.

Ansel is a Hermetic Philosopher and Buddhist practitioner. He is an initiate of the tradition of Western Ceremonial Magick and has practiced deeply in the traditions of Tibetan and Rinzai Zen Buddhism. Ansel is also currently a resident of Boulder, Colorado where he is earning his undergraduate degree at Naropa University, where he is studying contemplative psychology with a focus in both religious and yoga studies. As part of his education at Naropa University he is also studying Tai-chi and earning a 1,000 hour yoga teacher certificate.

Navigating the Stars: Astrological Shifts for 2025| Nichole DeMent

Jan 5th 4 - 5:30 | (in person)

Join Nichole DeMent for a transformative lecture on the cosmic landscape of 2025, where we'll explore the year's pivotal astrological shifts and what they mean for us personally and collectively. From dynamic planetary alignments to new cycles that influence social and spiritual transformation, this session will offer insights into how these energies can inspire personal growth, foster collective healing, and align with the deeper spiritual paths we're called to explore.

Whether you're well-versed in astrology or simply curious, this gathering will provide valuable guidance on working with the energies of the coming year.

Join us for an engaging discussion with a lifelong astrologer that promises to deepen your understanding of the opportunities and challenges these changes bring, and how we might move forward in harmony.

Nichole DeMent, CMHT, is a certified regressionist with extensive experience in soul purpose alignment, specializing in past life and between-life regressions. She provides a unique blend of relaxation, healing, and transformation, guiding clients through profound journeys of self-discovery. Trained by practitioners who worked directly with the pioneers in hypnotherapy and consciousness exploration Dolores Cannon, Roger Woolger, and Michael Newton, Nichole brings great depth, wisdom, and heart-centered support to her sessions. More about Nichole and her Quantum Healing work can be found at www.cosmiccreativelife.com.



Sunday Programs

Yoga Nidra and Vajrayana with Sirpa Heide Nelson

Jan 19th & 26th 4 - 5:30 | (in person)

This two-part seminar is an introduction to the nature of waking and dream realities in Tibetan Buddhism and how interrelated and ultimately illusory both realities are.

The first session will focus on the six realms of samsaric consciousness, their related emotions and how to overcome their obscurations. We will explore the chakras and the channels of the energy body and the three kinds of dreams: samsaric, clarity and clear light. We will learn techniques for using waking consciousness to achieve lucidity (the knowledge that one is dreaming) within the dream bardo.

The second session will focus on dream yoga itself: the meditational skills needed in order to achieve non-dual awareness (rigpa) within the dream. We will learn about the illusory dream body, how to relate to the dream without any fear, how to visualize yidams (meditational deities) and ultimately how to achieve enlightenment within both waking and dream consciousness by embracing the Dharmakaya: the clear space of emptiness, the Buddha-field, that arises from non-attachment. The seminar will be interactive: please bring a writing journal and pen. Although it is not required, it is recommended to attend not just one but both sessions if you wish to make progress in dream yoga. Please do not wear colognes or perfumes or other chemical-based skin or hair products out of consideration for those with allergies.

Sirpa Heide Nelson earned her Master of Divinity degree at Harvard Divinity School and her Master of Fine Arts degree at San Francisco State University. Thich Nhat Hanh and Chogyi Nyima Rinpoche were her dharma teachers. She spent three years studying religion and philosophy at universities in France, Germany and Switzerland and has spent time in China, Hong Kong, Japan and Thailand. At Harvard she worked closely with the death process as a chaplaincy intern at hospitals. As an adjunct professor, she has taught at UC Berkeley, SFSU, Northern Michigan University and most recently teaching courses in Buddhism at Antioch University in downtown Seattle. She also studied lucid dreaming with Stephen LaBerge at Stanford University.

Therapeutic Touch with Jane Cornman, PhD, RN, QTTT

Jan 26th 12 - 2:30 | (Zoom only)

Therapeutic Touch® is a holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and wellbeing.

This workshop provides an introduction to the theory and practice of Therapeutic Touch (TT). It is designed for anyone new to the practice of Therapeutic Touch. People who have the desire to help themselves, family and friends with their healing process are encouraged to participate. Participants will practice fundamental techniques, understand the effects, and learn about uses of TT in various settings.

Jane Cornman, PhD, RN, QTTT has been practicing and teaching Therapeutic Touch since the 1980s. She is retired from teaching nursing at the University of Washington, Tacoma.

Yoga and Disability: Exploring Subtle Bodies with Riley Narsh

Feb 2nd 4 - 5:30 | (Zoom only)

The focus of my studies and teaching career is making yogic spirituality feel more accessible for people with disabilities. My approach is bottom up, with emphasis on regulating the nervous system in order to engage with the subtle body. I use knowledge of both gross and subtle anatomy, as well as neurobiology to inform my teaching, and I bring in aspects of yogic philosophy, such as the yamas and niyamas. My goal is to help practitioners find ways to engage with spirituality that are accessible, adaptable, and increase compassion.

Riley Narsh is a lifelong student and practitioner of yoga and Indian spiritual traditions. She is a student at Naropa University and a yoga teacher. After becoming physically disabled in 2023, the focus on her studies and practice turned towards adapting traditional practices in a way that can meet the physical, emotional, and spiritual needs of the disabled community.

Sunday Programs

Echoes of Eternity: The Role of Sanskrit in Theosophical and Eastern Wisdom with Andrew Barker

Feb 9th 4 - 5:30 | (Zoom only)

Sanskrit holds profound significance in understanding Eastern philosophy within the context of Theosophy, as it provides the linguistic and conceptual foundation for many of the ancient texts and ideas that influenced Theosophical thought. Theosophy draws heavily from spiritual traditions rooted in Hinduism and Buddhism, both of which find their earliest and most authentic expressions in Sanskrit scriptures such as the Vedas, Upanishads, and Bhagavad Gita. These texts explore core Theosophical themes like karma, dharma, reincarnation, and the unity of all existence, concepts that are deeply embedded in the Sanskrit language's precise and symbolic structure.

For Theosophists, Sanskrit serves not only as a key to accessing ancient wisdom but also as a tool for uncovering universal truths that transcend cultural boundaries, aligning with the movement's aim to synthesize spirituality and science. Through the study of Sanskrit, Theosophists deepen their understanding of the spiritual heritage that shapes their worldview, fostering a direct connection to the esoteric traditions they seek to revive and integrate.

Andrew Barker has been a member of the Theosophical Society for over 40 years, and for many lifetimes has been a devotee of South and East Asian spiritual traditions and philosophy.

The Zen view on Reincarnation with Genjo Marinello

Feb 16th 4 - 5:30 | (in person and Zoom)

Genjo will give a dharma talk on reincarnation.

Genjo Marinello is the abbot of the Seattle Zen temple, Dai Bai Zan Cho Bo Zen Ji. He has been a Zen meditation practitioner since 1975, was ordained a monk in 1980, became a full priest (Osho) in 1990, and was named a Dharma Heir in his lineage in May of 2008. During his twenty-year apprenticeship with his Zen Master in Seattle, Genjo was sent for a time to train at the famous Rinzai Zen Temple, Ryutaku-Ji in Japan.

In addition to formal Zen training, Genjo has been an active member of the University Friends Meeting (Quakers), and has often served in pastoral roles there since 1986. In 1989, Genjo completed a certificate program in Spiritual Direction through a program affiliated with the UBC Vancouver School of Theology. He also has a M.A. in psychology from Antioch University, and B.A. in psychobiology from UCLA.

Genjo has written two books Reflections on Awakening & Maturity and Intimate Inline: Selected Writings. He has been a guest lecturer at the U.W. and Seattle University, and has served as an adjunct faculty member at Antioch University Seattle in Buddhist Studies. For several years Genjo was the volunteer Buddhist pastor of the Twin Rivers Correction Center in Monroe Washington.

Currently, in addition to overseeing Zen training at his temple, and leading four-week long Zen retreats a year, Genjo maintains a private practice as a Washington State Licensed Mental Health Counselor.

Sunday Programs

Discursive Meditation with Augusto Monge

Feb 23rd 4 - 5:30 | (in person and Zoom)

Discursive meditation is one of the main techniques of serious occult training in the western tradition, but it is one that is usually ignored in place of divination, visionary work, ritual, or flights of fancy into far away lands. Learn about the unspoken stories and characters that riddled the fast paced world of 19th century occult England, as well as how to train using these techniques with The Coelbren --the lost alphabet of the Bards of the Isle of Britain-- in magic and meditation.

Augusto is an engineer, artist and occultist; member of the Druidical Order of the Golden Dawn and la Fraternidad del Círculo Dorado. In between ceremonial magic and work he likes sculpting and painting or practicing the traditional techniques of magic and healing from his native México.

Special Events

Requires RSVP via Website
www.seattletheosophy.org

Yule Dinner with Lena Blissel

Dec 22nd 6:00pm | (in person)

Celebrate the turning of the Wheel of the Year this Winter Solstice! Come prepared to enjoy vegetarian fare as well as a simple Pagan-style ritual to celebrate the spirit of community and the rebirth of the sun. Wear your favorite festive clothes! Shades of red, green, and silver are encouraged.

Lena was born and raised in Seattle and is a practicing Pagan. She graduated from Western Washington University with a degree in Religious Studies, and is passionate about learning from and participating in a variety of spiritual and religious experiences.

Light in the Darkness: The Greenest Branch (harp and voice)

with Bill McJohn and Molly Seibert

Dec 29th 7:30pm | (In person)

In the Roman calendar, January 1st is, by ancient tradition, the Solemnity of Mary, the Mother of God. We will explore 3 images of illumination: Mary, the Star of the Sea, guiding sailors to safety; Mary, the Throne of

Wisdom, the vessel through which light enters the world; and Mary, the flowering Rod of Jesse, bringing new life where it seems impossible.

This program will overall be contemplative, placing Hildegard's music in its medieval context, with chants and songs of the time against a background of harp music drawing on the methods and materials of medieval music.

Bill McJohn studied medieval music with Margriet Tindemans and early harps with Cheryl Ann Fulton and Maxine Eilander. He performs regularly with the Medieval Women's choir and at the Volunteer Park Conservatory. He was co-director of the medieval ensemble Contrafacta and the chant ensemble Peregrine and has performed with Seattle Historical Arts for Kids, Ave Renaissance Women's Choir, the Women of St James Schola, and the Seattle Continuo Ensemble.

Soprano Marian Seibert is a soloist with the Medieval Women's Choir. She has performed with many local ensembles and organizations, including the Tudor Choir, St. Mark's Cathedral, the Esoterics, Northwest Baroque, the Early Music Guild, St. James Cathedral, the Trinity Consort, Seattle Baroque Orchestra, Gallery Concerts, Seattle Opera, Northwest Puppet Center, Seattle Experimental Opera, and the Seattle Academy of Opera. She is a featured soloist on the Medieval Women's Choir's CDs, River of Red and Laude Novella, and serves the choir as assistant director.

Musical Kabbalat Shabbat Dinner with Leah Miller

Jan 3rd 5:30 - 7:30 | (in person)

Come and welcome the Shabbos bride at our Musical Kabbalat Shabbat! We will sing niggunim, the Hasidic practice of wordless melodies, and chant ancient Kabbalistic liturgy. The prayers serve to receive the divine indwelling, Shechinnah, into our sanctified day of rest. Afterwards, we will enjoy a vegetarian Shabbat dinner and have an opportunity to learn about the Theosophical approach to the Sabbath, and share songs, poems, and reflections from the heart.

Leah Miller is an enthusiastic community builder with a passion for learning and for inter-spiritual life and prayer. Growing up in a secular Jewish household, she developed a deep love for Jewish learning and a devotion to spirituality. As an aspiring Rabbi, she is currently a Religious Studies undergraduate student at Naropa University in Boulder, CO. She is engaged in organizing meaningful grassroots Shabbat gatherings and other Jewish experiences open to all, and creating opportunities for informal study with people from different religions and spiritual backgrounds

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

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

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!

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.

Seattle Theosophical Society

717 Broadway East Seattle, WA 98102

***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.***

