



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, March - June 2025,
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

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

Sunday Meditations

Discovering the Inner Listener

10:00 am - 11:30 am
(In-Person and Zoom)

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

Monday Group

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

*ṛatyan naṣṭi
para dharmaḥa*

*There Is No Religion
Higher Than Truth*

The Theosophical Society in Seattle

Spring Program Calendar

March 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 M - Inner Listener W - Mycelium and Mysticism
3 M - Spiritual Journeys	4	5 TS Members Zoom Meeting	6	7	8 M - Soul Saturday	9 M - Inner Listener P - History of Contact
10 M - Spiritual Journeys	11	12 TS Members Zoom Meeting	13	14	15	16 M - Inner Listener W - Living Question P - Awakening/Burnout
17 M - Spiritual Journeys	18	19 TS Members Zoom Meeting	20	21	22	23 M - Inner Listener P - Mariners Astrology
24 M - Spiritual Journeys	25	26 TS Members Zoom Meeting	27	28	29	30 M - Inner Listener W - Living Question P - Compassion
31 M - Spiritual Journeys						

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2 TS Members Zoom Meeting	3	4	5	6 M - Inner Listener W - Open Channel
7 M - Spiritual Journeys	8	9 TS Members Zoom Meeting	10	11	12 M - Soul Saturday	13 M - Inner Listener W - Power of Intuition P - No Enimies
14 M - Spiritual Journeys	15	16 TS Members Zoom Meeting	17	18	19	20 M - Inner Listener W - Psionics P - Lives b/w Lives
21 M - Spiritual Journeys	22	23 TS Members Zoom Meeting	24	25	26	27 M - Inner Listener W - Singing Circle P - Tarot with X
28 M - Spiritual Journeys	29	30 TS Members Zoom Meeting				

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4 M - Inner Listener W - Human Design P - Zen Reincarnation
5 M - Spiritual Journeys	6	7 TS Members Zoom Meeting	8	9	10 M - Soul Saturday	11 M - Inner Listener * WHITE LOTUS DAY
12 M - Spiritual Journeys * Wesak Meditation	13	14 TS Members Zoom Meeting	15	16	17	18 M - Inner Listener W - Therapeutic Touch P - Yoga & Disability
19 M - Spiritual Journeys	20	21 TS Members Zoom Meeting	22	23	24	25 M - Inner Listener W - Theosophy & Pop Culture P - Intro to Theosophy
26 M - Spiritual Journeys	27	28 TS Members Zoom Meeting	29	30	31	June 1st 2025 * Cleanup, Meditation / Potluck

Sunday Workshops

Living in the Question with Lisa Capa PhD

March 16 & 30 - 1:45 3:45pm | (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 personal question, how might you direct your attention to live your way into an answer? This approach allows you to collaboratively participate with the flow of the Creative Source. Using a unique and powerful combination of practices that tap into the language of the mind, body and spirit, 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. You will learn to sit with the refined question in order to observe how reality may be providing 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, for the 2nd class, optionally bring your favorite I Ching book, if you have any.

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 during the first class on how to pay attention during this interval, which will enable to witness how the Creative Source may be participating to support you as you are living in the question. Even if you have already taken this workshop, consider coming again: there is always something more for you to learn, to refine, and to contribute.

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.

Open Channel with Jenutza

April 6 - 12:00 - 1:30pm | (in person)

Open Channel is a 75 - minute interactive experience, which allows participants to receive helpful guidance and inspiring messages from spirit helpers in the unseen realms. Jenutza will facilitate a guided meditation to ground the group, create a safe space for opening a psychic channel, and then deliver the messages available for the collective conversation on that day.

Jenutza is an internationally acclaimed Clairvoyant Counselor, with 30 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 master teachers from around the globe. A decades long student of Soto Zen, Jenutza's work is grounded in the wisdom teachings and calm abiding awareness most valued in this Buddhist tradition.

The Power of Intuition with Laura Wood

April 13 - 12:00 - 2:00pm | (in person)

This introductory workshop prepares your body and energetic system to fully open to intuition. Foundational work is essential for safely developing intuitive abilities. In this session, you'll build a strong, grounded framework for intuitive growth. Through practices in grounding, establishing healthy boundaries, and learning to regulate your energetic system, you'll cultivate the clarity and confidence needed to access your intuitive gifts.

Much of intuitive development involves self-healing. Our intuitive abilities have been suppressed for decades—perhaps even longer—as a collective. Yet, in these uncertain and turbulent times, the call to reconnect with our intuition and the liminal realms has never been stronger.

Opening to different aspects of intuition can profoundly transform how you perceive and experience life. This alone is a powerful reason to develop your intuitive abilities. But intuition also has a practical side—it is an invaluable tool for navigating everyday decisions. You can approach choices with greater clarity and insight by tapping into different types of intuition. For instance, specific intuitive techniques can illuminate the best path forward when faced with multiple options.

Lara Rose Wood, M.S. ~ Founder of New Earth Practitioners

Lara's connection to the metaphysical world began in childhood. Her mother supported her innate intuitive abilities. At twelve, she witnessed her mother receive an aura healing at a psychic institute. The experience further validated her innate ability to perceive unseen energies and set the stage for a lifelong journey into healing and transformation.

At thirty, as a young mother, Lara pivoted toward psychology, studying stress management, trauma, and equity. While working as a teaching assistant for a doctor at Portland State University, she was introduced to healthcare leadership, finance, and business—an unexpected but invaluable expansion of her path.

The pieces of her journey converged in 2020. A trip to Sedona, a transformative stay in Death Valley, and a year of solitude in a cabin near the Canadian border crystallized a potent vision—New Earth Practitioners. This spiritual nonprofit emerged as a collective effort to support humanity's healing and evolution.

Lara continues cultivating this growing movement, weaving together intuition, science, and leadership. New Earth Practitioners is more than an organization; it is a call to collective healing. Rooted in the whispers of the Salish Sea and the wisdom of the Alder trees, it holds space for those ready to embrace transformation and step into their highest potential.

Sunday Workshops

Psionics Part Two with Dr. Cory Minatani

April 20 - 12:00 - 1:30pm | (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). This workshop is a continuation of the previous workshop, however this is not a requirement to join the group for this one!

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 diagnosing energy blocks with a pendulum and working with the client's chakra system. Attendees are encouraged to bring pendulums if they have them to facilitate the lessons.

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.



The Singing Circle with Josh Anderson

April 27 - 12:00 - 1:30pm | (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.

Human Design with Cheryl Lee

May 4 - 12:00 - 1:30pm | (Hybrid)

Attendance at prior workshops are not a prerequisite for this one - we welcome you at any level of knowledge or experience!

Discover the profound wisdom of Human Design in this transformative workshop series, where we explore the intersection of cosmic intention and personal empowerment. Central to your Human Design blueprint is your Incarnation Cross—a unique combination of four Gates that reveals the core themes of your life purpose. These Gates, shaped by the Sun and Earth placements at the time of your birth, illuminate your soul's mission and the lessons you are here to live and share with the world.

We will also dive into the significance of your Profile Lines, which reflect how you engage with the world and navigate your life's purpose. Each line offers a lens through which you can better understand your approach to relationships, career, and personal growth. Together, the Incarnation Cross and Profile

Sunday Workshops

Lines serve as a map to deeper self-awareness, offering tools to align more fully with your authentic self.

Whether you are just beginning your Human Design journey or seeking to deepen your understanding, this workshop offers a sacred space for discovery and integration. Through reflection and interactive discussions, you will gain clarity on your life's path and practical insights for living with purpose and alignment, and leave empowered to live a life that feels intentional, inspired, and uniquely yours.

Cheryl Lee is an longtime educator-turned-life coach, educator, 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 transform one's relationship with Self and Others. Find out more at: www.peonyjoycoaching.com.

Therapeutic Touch with Jane Cornman PhD., RN., QTTT May 18 - 12:00 - 2:30pm | (in person)

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.



Theosophy and Pop Culture with William Kiesel, Jack Strain & Josh Anderson May 25 - 12:00 - 1:30pm | (Hybrid)

From Twin Peaks to thrash metal, the Beatles to Broadway, American pop culture has been infused with the teachings and character of Helena Petrovna Blavatsky (HPB to her friends). In reincarnation in film to yoga studios in every major city to meditation as a secular practice - we see the ideals of HPB's metaphysics woven through the fabric of American pop culture and spirituality. Join William Kiesel (TSS Vice-President), Jack Strain (TSS member), and Josh Anderson (TSS Librarian) for an engaging multimedia look at the ways HPB has shaped modern American pop culture and spirituality.

William Kiesel is a practicing Hermetic Qabalist and the director of Ouroboros Press. In addition to being faculty at 22 Teachings School of Hermetic Science & Magical Arts, he is also the vice president of the Seattle Theosophical Society.

W. Jack Strain is an artist, writer, and director primarily creating motion graphics and live-action short-form film. Jack has created work for film and television and exhibited art all over the world. They have recently begun researching and speaking on the subject of consciousness, taking a practical and scientific approach to subjects once only explored in religion and philosophy. Jack's been an active member of the Theosophical Society for 5 years and lives and works with his family just outside Grand Rapids, Michigan.

Josh Anderson is the onsite Library manager of the TS Seattle and a member of the Theosophical Society.

Sunday Programs

Mycelium and Mysticism: Awakening to Connections with Colleen Kimseylove

March 2 - 4:00 - 5:30pm | (Hybrid)

The hallmark of a psychedelic experience is a sense of oneness and interconnectedness with all things. This is also one of the hallmarks of a mystic experience, and scientific research doesn't draw a distinction between experiences and benefits from the two.

While contemporary psychedelic research focuses on neurochemical and -electric reactions, is it possible that the healing effects touted by therapeutic psychedelic research can be more directly attributed to the sense of awe the substances generate? Should psychedelic therapy be understood as a spiritual intervention, rather than medicinal?

We'll explore these questions and more in this lively presentation.

Colleen Kimseylove (they/them) is a research mycologist and Quaker mystic in Seattle. After graduating from University of Washington's masters in public health program in 2018, they were awarded a Bonderman fellowship to study peacemaking processes in eight post genocide countries. After working in clinical public health research for three years, they started working in bushcraft and mycology as a way to explore the underpinnings of health. They teach psychedelic mycology professionally, and are a published researcher in quantitative methods.



History of Contact: An Overview of Extraterrestrial & Human Contact with Alaina Bryan

March 9 - 4:00 - 5:30pm | (Hybrid)

Since the dawn of humanity, people have told stories of powerful beings from the sky. In this presentation and Q&A, extraterrestrial enthusiast and researcher Alaina Bryan will provide a high-level overview of the history of ET contact, from ancient mythology to modern day reports. The purpose of the talk will be to explore the landscape of beliefs surrounding extraterrestrials, to build towards a modern understanding with historical context. If you're curious about the mystery that is the extraterrestrial presence on and around earth, come to this open-minded yet scientific discussion of ETs and close encounters.

Alaina Bryan is a spiritual seeker and occult researcher, with a special interest in ETs, UFOs, and the fascinating web of conspiracy theories that color human belief. Starting out as an extreme skeptic, Alaina originally approached these topics determined to debunk them- only to find it's not as simple as one might think. Now, she enthusiastically dives down every rabbit hole and is thrilled to discuss the intriguing things she has found. As an ET experiencer and staunch believer in the scientific process, Alaina provides a well-balanced approach to fringe research and welcomes all participants and viewpoints, no matter where they may fall on the spectrum of belief.

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the THEOSOPHICAL
SOCIETY

In Seattle

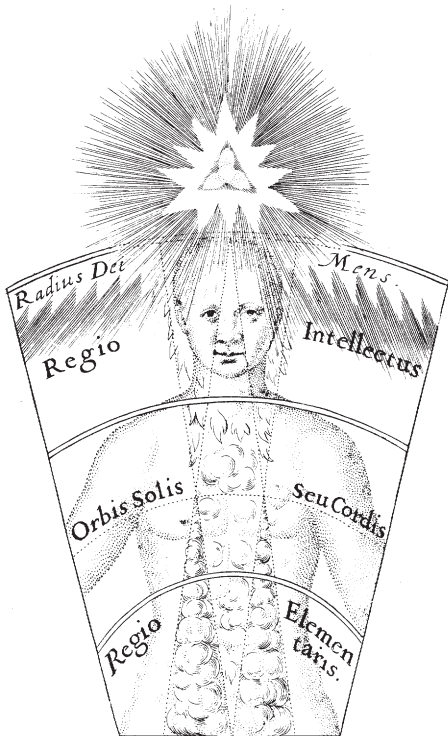
Sunday Programs

Burnout, Soul Loss and Recovery as an Initiation of Awakening with David Kopacz M,D

March 16 - 4:00 - 5:30pm | (Hybrid)

The experience of burnout can be considered, metaphorically, a form of soul loss - one loses one's sense of vitality, passion, and connection. Initiation often begins with a descent into a dark night of the soul. Recovering soul (post-burnout growth) can be considered a form of awakening in which one has an expanded capacity to experience the joys, sorrows, and mysteries of life.

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.



Baseball's Pagan Roots and the Astrology of the Mariners with César Love

March 23 - 4:00 - 5:30pm | (Zoom only)

Join us for a detailed presentation by an astrologer of sports. César Love will return to the TS and explore baseball's origins in ancient Pagan fertility rituals which were performed in spring. He will also introduce the astrological birthchart of the Seattle Mariners and explain key moments in the team's history in relation to their birthchart.

This presentation will begin promptly at 4 pm when the transits will be synchronized with the birthchart of the Seattle Mariners. (Mercury at 6 degrees of Aries will be conjunct the Mariners' Ascendant.) No previous baseball or astrology experience required!

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



Sunday Programs continued next page 

Sunday Programs

Gestures of Compassion with Victoria Scarlett

March 30 - 4:00 - 5:30pm | (in person)

This multifaith slide presentation explores visual representations of the Virgin Mary and Guanyin (the Buddhist Goddess of Mercy, aka Kwan Yin) as they appear in sacred art traditions. As we examine resonances between these two examples of the divine feminine, we'll take a deep dive into the nature of compassion and the gestural language of open-heartedness. Discover how you can reclaim these two archetypes of love and compassion and draw upon them sources of inspiration and healing energy. Explore a somatic experience through gestures and postures that overcome the ego, unlock the heart, and communicate compassion. We will engage in this practice of embodied prayer together, as we live into precious values that we cherish while generating and radiating that energy in the world.

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 has 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

<http://www.centerforsacredart.org>



No Enemies: Maintaining Compassion in Difficult Times with Steve Wilhelm

April 4:00 - 5:30pm | (Hybrid)

While it's tempting at a time of political division to think of enemies, the Buddha taught there is nobody who is inherently evil, nobody to hate.

Instead each person is a mosaic of component parts – the aggregates -- all of which have causes and conditions. Through mindfulness practice this impermanent stream of causation clarifies. As we see this not-concreteness of each person, we realize we can't hate any being, even if we disagree with actions they take. In fact we can only love each being, because at essence they're no different from ourselves.

From this comes a freedom, and a natural goodwill toward each being, a wish that they might be free and happy.

The event will include a talk, a brief meditation, and ample time for discussion.

Steve Wilhelm has been meditating since 1968, and engaged in Buddhist practice since 1987. He has studied and practiced in the Tibetan and Vipassana traditions, including extended retreats in both, although his practice is now primarily Vipassana. Steve has facilitated Eastside Insight Meditation since 2000, and serves on the boards of the Tibetan Nuns Project and Friends of Clear Mountain Monastery. He retired in mid-2016 from a 34-year career as a journalist, currently edits Northwest Dharma News and recently completed editing a sixth dharma book. In 2017 Steve graduated from the fifth Community Dharma Leaders program, offered through Spirit Rock Meditation Center. He lives just east of Woodinville, Washington, near Cottage Lake, with his wife Ellen and the bemused dog Annie, and cat Aerazele.



Sunday Programs

Lives between Lives with Nichole DeMent

April 20 - 4:00 - 5:30pm | (Hybrid)

Join Quantum Healer and Past Life Regressionist Nichole DeMent for an illuminating exploration of the space between lives. Drawing on her extensive experience guiding clients through past life, womb, and in-between life regressions, Nichole reveals profound insights into how souls rest, grow, and prepare for their next incarnation. Through real-life regression stories, she will uncover how our eternal consciousness fosters opportunities for growth, connects with soul families, and carries forward wisdom into each new life.

This enlightening presentation provides a deeper understanding of our multilayered soul journey and the boundless potential within us. Together, we'll delve into the transformative implications of embodying Spirit in human form and how this awareness can profoundly impact our current life experience.

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.

Tarot as Renewal with X Collins

April 27 - 4:00 - 5:30pm | (In person)

Join X for another deep dive into the Tarot as a way to discover paths toward healing and renewal. This discussion will explore how tarot can be used as a tool for exploration and understanding, as well as contextualization of experience and reorienting the Self. No previous experience required, and you do not have to have attended the previous sessions. Please come prepared to take notes and ask questions!

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.

The Zen view on Reincarnation with Genjo Marinello

May 4 - 4:00 - 5:30pm | (Hybrid)

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.

Yoga and Disability: Exploring Subtle Bodies with Riley Narsh

May 18 - 4:00 - 5:30pm | (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

What is Theosophy with Josh Anderson and Friends of the TS

May 25 - 4:00 - 5:30pm | (in person)

What is Theosophy?

You may get as many answers as Theosophists you ask, but our Librarian Josh will give an overview of the tenets, the history, and the modern manifestation of the Theosophical Society. Rooted in "Keys To Theosophy" by Helena Petrovna Blavatsky, this interactive program will present foundational information to the understanding of Theosophy through a modern lens, and open the door to a deeper study and understanding of one of the most influential spiritual movements of the modern era.

Josh Anderson is a lifelong student of the Wisdom Traditions. He is the onsite Library manager at the TS Seattle and a member of the Theosophical Society.

Spring Special Events

Requires RSVP via Website
www.seattletheosophy.org

White Lotus Day

May 11 - 10:00am - 6:pm | (in person)

Helena Petrovna Blavatsky (HPB to her friends) was a mystic, an iconoclast, a prodigious writer and the primary founder of the Theosophical Society. In addition to her work on the TS, HPB is considered by many scholars to be the "Mother of the Modern Occult Movement." Her impact on the spiritual landscape of the modern world cannot be ignored. Join members and friends of the TS in Seattle as we celebrate the life and work of one of the world's mystical masters. Live music, a healing experience at 4, conversations on Theosophy, and the best used metaphysical book sale in Seattle! Join us and be in community with seekers committed to study, meditation, and service.



Wesak Meditation

May 12 - 12:30 - 1:30pm | (Hybrid)

The Taurus full moon in May is traditionally celebrated by some sects of Buddhism as a day honoring the life, work, and death of Buddha Gautama. At the Theosophical Society in Seattle, there was a long-standing tradition of holding a Wesak meditation at the TSS Lodge. Join us, as we reinvigorate this tradition! We will view a special presentation for the holiday and join together in meditation led by a friend of the TS at the moment of the full moon (Monday 5/12/25 12:56pm PST). A light lunch for those attending in person, and discussion will follow. No RSVP necessary, please join us for joyful afternoon!

Community Cleanup, Meditation, and Potluck!

June 1 - 12:00pm - 4:00pm

At the Theosophical Society we have no doctrines or dogmas, but we do recommend study, service, and meditation as components of a fulfilling life. As part of our commitment to a Summer of service, join members and friends of the Lodge as we go out into our neighborhood and clean up. Tools and PPE will be provided. Following the cleanup, we will join together for meditation, a potluck, and a conversation about the value of service to humanity. No rsvp required; feel free to bring a vegetarian dish to share.



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.*

