



Heart Flow Worldwide
Spiritual Forum

28 – 30 December 2019

The Path of Compassion

The idea is to get as many people in the world onto that path as possible. That will save the entire planet. Earth will be illuminated and mankind as well. You cannot reach the Lord Maitreya, who is the Lord of compassion and love, without feelings and characteristics within you of compassion and love. Who teaches you compassion and love? – the energy called the White Tara.¹

**CANCELLATION OF ACTIVITIES
FOR
MONDAY 30 DECEMBER 2019**

The fire risk rating day in the Central District (Daylesford) has now been rated as extreme for Monday 30 December 2019.

For this reason, all activities of the Spiritual Forum for Monday 30 December 2019 have been cancelled.

Please note that conditions are expected to ease significantly the following day Tuesday 31 December 2019 and so the New Year's Eve Service will go ahead as planned.

If there is any change to any of the above, an updated notice will be placed at heartflowworldwide.org.

For fire danger information please visit <https://www.cfa.vic.gov.au/home>

For fire incidents and warnings please visit <http://emergency.vic.gov.au/respond/>

The Spiritual Forum is offered by Heart Flow Worldwide. Heart Flow Worldwide is a registered name and Heart Flow is a registered trade mark of The Theosophical Fellowship ACN 057 459 604.

Tel: 03 5348 1278 Email: info@heartflow.org Web: heartflowworldwide.org Mail: P.O. Box 300 Daylesford Vic 3460



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Timetable and session descriptions

Although the information in this timetable is correct as at the date of publication, changes may be made before or during the event.

SATURDAY 28 December	SUNDAY 29 December	MONDAY 30 December
Registration opens 9.15am	Registration opens 9.30am	Registration opens 9.30am
10.00-10.30am Meditation <i>(no late entry)</i> Con Xanthos	10.00-10.30am Meditation <i>(no late entry)</i> Aida De Murashkin	10.00-10.30am Meditation <i>(no late entry)</i> Dorte Moltsen
10.30-10.45am Welcome		
11.00-11.50am The Path to Maitreya – The Path of Compassion and Love I Con Xanthos	10.45-11.35am Restoring SLEEP as a Sacred Practice Kaaren Hawkes	10.45-11.35am Returning to Oneself Namita Trenskey
12.05-12.55pm The Path to Maitreya – The Path of Compassion and Love II Con Xanthos	11.50am-12.40pm The Path: from darkness to Light Arjuna Govindamurti	11.50am-12.40pm The Pathways of Compassion David Mandara
Lunch break	Lunch break	Lunch break
2.30-3.30pm Meditation Service <i>(no late entry)</i> Dorte Moltsen	2.30-3.30pm Meditation Service <i>(no late entry)</i> Annie Mai Hartley	2.30-3.30pm Meditation Service <i>(no late entry)</i> Aida De Murashkin
3.30-4.00pm Refreshments	3.30-4.00pm Refreshments	3.30-4.00pm Refreshments
4.00-4.50pm Teachings of Ananda: Maitreya Theosophy (I) Thomas Nielsen	4.00-4.50pm Teachings of Ananda: Maitreya Theosophy (II) Thomas Nielsen	4.00-4.50pm Teachings of Ananda: Maitreya Theosophy (III) Thomas Nielsen
		4.55-5.10pm Closing



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Session descriptions

Meditation (*Aida De Murashkin, Con Xanthos, Dorte Moltzen*)

The morning Meditation is a guided meditation, using a technique from the Shan Theosophical Meditation System such as the Flame Meditation, The 17 Steps to Perfection, the Divine Heart Meditation or the Puja.

Meditation Service (*Aida De Murashkin, Annie Mai Hartley, Dorte Moltzen*)

The afternoon Meditation Service uses invocations, meditation, mantra singing and decrees to develop the heart through healing service.

Restoring SLEEP as a Sacred Practice (*Kaaren Hawkes*)

Sleep has become a medical problem that urgently needs the balance of spiritual science. Theosophy may help us understand the nature and purpose of sleep and assist us to restore sleep to the sacred again.

Returning to Oneself (*Namita Trenskey*)

There is human time and then there is wild or spirit time. The latter is beyond the control of us humans. Wild time is an important type of time though, as our joy for life depends upon it. This talk is a sojourn into the seasonal time of *returning to oneself*.

Teachings of Ananda: Maitreya Theosophy (I, II, III) (*Thomas Nielsen*)

In these modules, we will listen to a recorded session by Ananda Tara Shan speaking about a topic in Maitreya Theosophy, and together ponder and discuss the content collaboratively afterwards. Whilst it is advantageous to attend all three sessions it is not necessary to do so.

The Path: from darkness to Light (*Arjuna Govindamurti*)

A presentation of ideas about the spiritual path as seen from the perspective of various traditions. An eclectic and contemplative journey about 'The Path' we walk – A Path With Heart.

The Path to Maitreya – The Path of Compassion and Love I & II (*Con Xanthos*)

As we enter into the Aquarian Age, there is an opportunity for a critical mass of humanity to enter into the initiatory system of the Earth, leading towards the Lord Maitreya. In these two sessions we will explore: Who is the Lord Maitreya; What is Compassion and Love; The Three Doors; The Initiatory System on Earth; The Children of the Heart; The White Tara and the Way of the Heart.

The Pathways of Compassion (*David Mandara*)

Every world religion and true spiritual teacher presents a pathway to compassion and offers insights into this universal aspect of humanity. This talk explores the main pathways that lead to a deeper expression of compassion, with the hope that we all may live a more compassionate life.



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Practical information

Venue: The Spiritual Forum is held at the Sanctuary of the Heart, 3 South Ajax Road (corner Ballan Road) Daylesford.

Cost: The cost is \$15 for the entire Spiritual Forum or \$5 to attend a single session, and there is no charge if attending only Meditations or Meditation Services.

Minimum age: The minimum age for admission to any activity in this program is 16 years.

Start times: Activities start on time and there is no late admission to Meditations or Meditation Services.

Shoes: Please do not wear outdoor shoes, socks only or go barefoot inside the Sanctuary. If possible, please bring your own indoor shoes or slippers. If you do not have your own indoor shoes, please keep your shoes on and use the disposable shoe covers provided.

Mobile phones: Upon entering the Sanctuary, please ensure all sound features on your mobile phone are turned off (except vibration alerts if you need to receive emergency calls or messages).

Food and drink: Please do not take food or drink into the hall of the Sanctuary except bottled water or mineral water.

Altars and objects of art: Please keep a distance of at least one metre from altars and objects of art.

Notice about possible cancellation of activities: Please note that activities may be cancelled when there are extreme weather warnings affecting the Central Highlands area or the threat of bushfires in the area. If an activity is cancelled, a notice will be placed at heartflowworldwide.org.

Concerning participation in Spiritual Activities: If you have a serious physical or psychological condition, you are advised against taking part in activities that call upon spiritual energies without prior consultation with an experienced meditation teacher. Where serious illness or imbalance is present, it is recommended that the body and mind focus on healing and regaining balance. In these cases, it is better to work on healing, in cooperation with health care practitioners through, for example, relaxation, positive thinking and stress reduction. Also, if you use or have used illegal drugs, psychoactive medications (for example, antidepressants, mood stabilisers, tranquillisers, hypnotics and so forth), or alcohol (more than the occasional social drink), a minimum of 3-7 years free of using such substances is recommended before it is advisable to participate in spiritual work.

¹ Ananda Tara Shan (2018) Open House Series – No 8. Page 4. The Theosophical Fellowship.

The quotes in italics are from the teachings of Ananda Tara Shan and are subject to copyright.

The making of any audio or visual recording (including taking photos) inside the Sanctuary of the Heart or of any part of an activity is not permitted.

Thoughts and commentaries of the individual presenters of activities in the Spiritual Forum are solely those of the individual presenter and should not be taken to represent Heart Flow Worldwide or The Theosophical Fellowship.

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