

Program of Lectures

All sessions, unless otherwise stated, start at 7:30 PM

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Date	May 2026
Tuesday 5 May	<p>Who Is Yahweh? Tracing the Mysterious Origins of the Abrahamic God, by Malik Tillman</p> <p>Unlike other ancient gods, Yahweh appears suddenly in history with no clear precursor, no mythological origin, and no divine rivals. Three billion people follow him today – yet his origins remain a mystery. Was he truly original, or something else entirely? Through archaeological evidence, ancient inscriptions, & competing scholarly theories, we trace how a tribal desert deity became the monotheistic God that shaped Western civilisation. Using rigorous analysis, we explore what the ancients were actually communicating and what we've lost in translation. A detective story written in stone and lost texts.</p>
Tuesday 12 May	<p>Amazing Trees! by Merran Semple</p> <p>How can such an everyday thing, that can fall in minutes to a bulldozer be seen as precious, healing and spiritually uplifting? Trees symbolize strength, beauty, and longevity, and are majestic, protective figures in nature. The spiritual connection between humans and trees is an ancient, universal bond. Trees offer significant healing powers, improving both physical, mental health and ever so much more!</p>
Tuesday 19 May	<p>Journey into Eternal Wisdom: Discovering the Timeless Principles of Theosophy, – Part 1, by Hana O'Rourke</p> <p>This Open Discussion invites participants to delve into the timeless principles of Theosophy, the divine wisdom that underlies all world religions and philosophies. In the first session, we will explore key concepts such as: What is Theosophy? – Theosophical Society – Freedom in the Theosophical Society – The Modern World – The Need of the Hour.</p>
Tuesday 26 May	<p>The Voice of the Silence, by Barry Bowden</p> <p>This book is one of the T.S. classics, and a work on mysticism and how to enter this esoteric path. There are no words; one must try to live it and listen with one's heart. In poetic language, it leads the reader on a journey; this is the inward path. In this presentation, we will discuss the practices the student needs to learn to read their own heart. The heart being the key to the inner life, the intellect without the heart can become a barrier.</p>

Date	June 2026
Tuesday 2 June	<p>The Mission of Bhagawan Sri Sathya Sai Baba, by Ramon Quek</p> <p>Sathya Sai Baba repeatedly stated that his task was to foster humanity and lead people to a life of inner joy by realising the divine nature present in everyone. He taught that all religions point to the same ultimate truth and that spiritual life should be grounded in the practice of universal values: Truth (<i>Sathya</i>), Right Conduct (<i>Dharma</i>), Peace (<i>Shanti</i>), Love (<i>Prema</i>) and Non-violence (<i>Ahimsa</i>). The aim was to “awaken in man the Divinity inherent in him”, and to move from mere “humanity” to “divinity.” His mission was to guide mankind back to its true self which is Divinity, and to re-establish righteousness by which every individual can become good human and serve humanity with Selfless Love and Selfless Service.</p>
Tuesday 9 June	<p>Harmony in Relationships with Brahma Kumari, by Neeta Ruparelia</p> <p>The practice of Raja Yoga Meditation enriches our lives with spiritual wisdom and empowerment that can be expressed first within the self, the family and wider community. Through its regular application, we discover a deep sense of inner stability, peace, and harmony. It encourages personal responsibility for our thoughts and actions; it offers practical methods to heal, uplift, and transform any strained or conflicted relationship into one that reflects understanding, purity, and lasting happiness.</p>
Tuesday 16 June	<p>Expanding Consciousness, by Angela Burchardt</p> <p>Universal consciousness is the next step for humanity. Humanity and the Earth is in great need of healing. By expanding consciousness we can sharpen our perspective for connections and unity. We might see objects with brighter colours, hear sounds with greater clarity – opening oneself to multidimensionality, to higher perception, towards healing. We'll look at the laws of consciousness and the next step for humanity, towards a new consciousness.</p>
Tuesday 23 June	<p>The philosophical thoughts of Paul Brunton and other wise souls, by Richard Glenk</p> <p>Focusing on how philosophy can ultimately lead one to the knowledge of the ancient wisdom. Paul Brunton, who wrote many books on the path to self-realisation, will act as the foundation stone for this talk and the presenter will also combine the esoteric principles scribed by other great authors and sages who have walked before us. The talk will conclude by applying the three objects of the theosophical society and a gentle reminder that there is no religion higher than the truth.</p>
Tuesday 30 June	<p>Yeshua's Wisdom - The Beatitudes in Matthew, by James Kelly</p> <p>Another simple look at the profound Aramaic translations of Yeshua's teachings according to the work of Dr. Neil Douglas-Klotz. This time we will explore the <i>Beatitudes</i> in Matthew, focussed on ripening inner presence.</p>

Date	July 2026
Tuesday 7 July	<p>Gnosis - The Knowledge of the Ancient Mysteries, by Faraz Golzar</p> <p>Gnosis is the modern form of an ancient system of learning which has existed throughout the history of men's presence on earth. The word <i>gnosis</i> is derived from the Greek language, and it means "knowledge of an intuitive nature; the intuitive comprehension of spiritual truth". Gnosis is often referred to as the knowledge of the heart, in contrast to knowledge that is obtained through the use of the intellect. Through gnosis, one personally learns to experience reality directly, quell the battle between doubt and belief, and comes to know the inner Truth. The ultimate goal of Gnosis is for us to reach complete self-realization through the awakening of the consciousness.</p>
Tuesday 14 July	<p>Journey into Eternal Wisdom: Discovering the Timeless Principles of Theosophy, Part 2, by Hana O'Rourke</p> <p>Continuing the Open Discussion, participants will delve into the timeless principles of Theosophy, the divine wisdom that underlies all world religions and philosophies. This time, we will explore key concepts such as: The Work and Qualifications of a Theosophist – Brotherhood – The Search Within – How to Express Theosophy?</p>
Tuesday 21 July	<p>The Life and Times of Annie Besant, by Chantelle Cameron</p> <p>Explore the life, work, and enduring legacy of Annie Besant, a social reformer, visionary, and devoted advocate for the alleviation of human suffering. Her passion for service reminds us that true service arises from the heart rather than obligation. Her life stands as a powerful example of selfless action, compassion, courage, and purpose unite to contribute meaningfully to humanity.</p>
Tuesday 28 July	<p>Eckankar Today, by Mark Higham</p> <p>The teachings of Eckankar have entered a fresh and dynamic era in their modern expression. With a transition to new leadership, the Eckankar teachings embark upon the next sixty-year cycle—aptly named The Days of Light and Hope. A period of renewed spiritual vitality and inspiration for seekers of divine love and truth. While the essential principles of Eckankar remain timeless and unchanged, their presentation has evolved to harmonize with the consciousness of the present age. This new phase reflects an ever-deepening attunement to the spiritual needs, challenges, and awakening opportunities of people today.</p>

Mt Helena Retreat with Barry Bowden: Developing Wisdom

30 - 31 May 2026

So much of the spiritual path is paradoxical and unknown; our problem lies with the mind. The answers are beyond the worldly mind and always will be; to perceive them, one must let go of the mind progressively. At the retreat, you will learn practises that, with dedication and effort, can help to enter the inner world of feelings and the present moment. Being in the tranquil environment of Mt Helena helps set the tone for the weekend. The essence of many years of meditation and concentration will be blended into the flow of practises and meditation at the retreat and complemented by the results of fruitful study.

