

Program of Lectures

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

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Date	November 2025
Tuesday 4 November	Basic Principles of Ayurveda and how to apply them into daily life by Karina Thullesen This ancient natural medicine originating from India, offers an alternative view on our body and its functions. Understanding Ayurveda is like being given an early detection tool to your health. The key of maintaining good health is to act early, so disease and un-wellness does not settle into the system, and become detectable and diagnosable by our allopathic doctors. We will have a look at some of the basic principles of Ayurveda and how this insight can be useful to understand your own body type. <i>Dosha</i> directly translated means, that which spoils. In Ayurveda, <i>Doshas</i> are used to detect if the body is resting in a balanced state or not. The understanding of <i>Dosha</i> can be used to bring back balance. Ayurveda offers a relatively simple way to first of all, detect imbalance and secondly, how to bring the system back to a more balanced state of being. We will touch on some daily routines that can be implemented to maintain balance and therefore well-being and energy.
Tuesday 11 November	Tawantinsuyu (Inca) and Roman - two empires, one mind, by Lindsay Hasluck A comparative study of the urban ideals and planning practices of the Inca (Tawantinsuyu) and Roman empires. It exposes similarities between the respective urban networks, colonization, and planning, and the use by both empires of urbanism as a vital tool for the advancement and consolidation of imperial power. Similar to Roman colonization practices, the road system of the Tawantinsuyu Empire created a complex network of interconnected cities. The urbanism and architectural 'toolkit' of the two empires is carefully compared in identifying a comparative formal semiotics, the findings of which are applicable to both modes of imperial urbanism.
Tuesday 18 November	Strengthening Spiritual Presence, by Angela Burchardt Are you focussed on strengthening your spiritual presence in the world? Many of us, without consciously choosing the path are in fact in training to become an Ascended Master. Our soul's journey has brought us to the point of making conscious decisions which are not just for our personal growth but have wider implications for the development of the planet and the human race as a whole. This development is to move us all forward with elevated perception. Each one of us as incarnating souls has a role to play which affects many other people and our environment. This discussion will highlight some of the attributes which we are developing to help raise consciousness on the planet, so very much needed at this time in evolution.

Date	November 2025
Tuesday 25 November	The alchemy of meditation and quietening the monkey mind, by Merran Semple So much has been taught and written about meditation practices what more can there be to say? The Alchemists of old sought to transform base metals into gold, but the true treasure lies in the metamorphosis of the mind and spirit through the mystical art of alchemical meditation.

Date	December 2025
Tuesday 2 December	The Bodhisattva Ideal – Bridging Heaven and Earth - by Malik Tillman Explore the Bodhisattva as an exemplar of an ideal — the human being as a bridge between heaven and earth, with one foot in the divine and the other in the material world. Examine the deep tension between the impulse to withdraw into the heights of enlightenment, nirvana, and the call to return, bringing that light back down and embodying it in the world. Finally, we will glimpse how this same theme — the union of transcendence and action — has appeared across cultures throughout history. Malik will be sharing his experience from the Manor Retreat.
Tuesday 9 December	Christmas Party. Christmas celebrations, conversation and music entertainment at the Perth Branch. Family and friends are welcome! Please consider bringing a small plate of vegetarian finger food to share.   

Note: Next Meeting

Tuesday, 3rd February 2026

National Convention in Brisbane 17 - 24 January 2026

LIVING THE THREE OBJECTS: Celebrating Brotherhood, Inspiring Wisdom, Awakening Human Potential

Join us for our **National Convention** - held during 17-24 January 2026 - as we explore the vibrant theme, "Living the Three Objects." This special gathering is a heartfelt opportunity to deepen our connection to the core principles of Theosophy. Together, we will celebrate the bonds of universal brotherhood that unite us all. We will inspire a deeper search for wisdom through insightful presentations and shared inquiry. We will also explore the profound journey of awakening the limitless spiritual potential latent within every human being. Come, connect, share, and be inspired as we collectively bring these timeless objects to life.



ACCOMMODATION
Modern and ensuite hotel room.



FOOD & BEVERAGE
Vegetarian diet (vegan & gluten free options available)



ENTERTAINMENT
Various entertaining evenings.