

The Theosophical Society in England and Wales

Summer Convention 2025

Monday 18th - Thursday 21st August



Awakenings: A Journey to Inner Peace

Programme

The Hayes Conference Centre
Swanwick Derbyshire

MONDAY 18th AUGUST

14.30 onwards. **Arrivals and registration.**

19.30 **Welcome** by the President and introduction of speakers

20.30 Meditation

TUESDAY 19th AUGUST

07.00-08.00 **Qigong with Terri King**

The practice of Qigong consists of exercises that connect us to our Divine Nature through our life force energy known as 'Chi' It is known as 'The Moving meditation'.

09.30 -09.45 **Meditation**

09.45-10.45 Talk: **The Eternal Alchemy; Healing Trauma and Karma Across Time.** **Andrew Swaffield.**

The theme is around time and trauma/karma and how it gets stuck in the past, making time stand still. By healing past trauma/karma we can effectively 'time travel' in a way that unlocks the blockages of the past. In this talk I weave theosophical elements with karma and also the potential for us to heal our ancestors by focusing on our own healing.

11.15-12 30 **Study Groups**

(A) Sacred Geometry [1]

Pamela El-Hosaini

Sacred geometry offers ancient mystery teachings for modern life. Observing and contemplating sacred shapes and geometric codes reveals deep wisdom, including life and creation. Nature's geometric patterns are the building blocks of the Universe and everything in it, including ourselves. You do not have to be a mathematician to understand this material.

(B) Help on the Spiritual Path in Yoga Vasistha [1]

Elizabeth Crofts

The effort needed to live a spiritual life can seem an impossible task in which we constantly fall short of our own ideals. In addition, it is sometimes unclear as to the nature of the effort required on the path. This study group will be a reflective examination of this question with particular reference to the text known as The Yoga Vasistha.

14.30- 15.30 **Free time or choice of two workshops.**

(A) Yoga Nidra with Jenny Baker

Yoga Nidra is a deep relaxation practice that brings about an altered state of consciousness leading to feelings of peace and serenity.

(B) Geometric Model Making with Terri King.

In this workshop we will colour and construct a geometric solid of our choice while listening to harmonious music, raising our state of conscious awareness.

16.00 -17.00 **THE BLAVATSKY LECTURE** **Wayne Gatfield**
LIVING A SPIRITUAL LIFE IN CHALLENGING TIMES

We are all aware of the challenging times we live in with wars and rumours of wars the world over. Trying to live a spiritual life in the midst of all this conflict is more essential than ever. The world needs some love and compassion and a light in the darkness. This talk looks at ways we can put this into action.

19.30- 20.30 **Video Presentation** **Damon Scothern**

A selection of entertaining and meaningful videos for amusement and reflection.

20.45-21.15 **Meditation**

07.00-08.00 **Qigong with Terri King**

09.30-09.45 **Meditation**

09.45-10.45 Talk: **The Art of Non-Doing** **Peter Brierley**

What is the mysterious and subtle Taoist art of Wu Wei? What does it actually mean? Can it help us living in the Eternal Now, both on a physical and spiritual level by moderating our thinking to just “let it be” and not let our erratic mental activity become our undoing?. We will explore modern day applications and reflect on how this philosophy of balance and harmony is really needed in our current turbulent times.

11.15 12.30 **Study Groups (A) &(B) [2]**

14.30 15.30 **Free time or choice of workshops (A) and (B)**

16.00-17.00 Talk **Learning to Look Within – and Without...** **Richard Barker**

“To see a World in a Grain of Sand, And a Heaven in a Wild Flower, Hold Infinity in the Palm of your hand And Eternity in an Hour.” Reflections on beginning a journey to transform and transcend the personal self, in search of the true, universal, Self.

19.30-20.30 **The 12th World Congress, Vancouver and Beyond**
Jenny Baker

A pictorial report from the World Congress celebrating the 150th Anniversary of the Theosophical Society followed by a trip across Canada.

20.45-21.15 **Meditation**

09.45-10.45 Talk **Seeking the Shining Self**

Jenny Baker

People who know there is more life to be realised on an inner plane begin to look for ways to deepening the understanding of their spirituality to reveal their divine nature. In this talk we will examine various ways in which this goal might be achieved.

11.00-12.45 **Study Groups (A) and (B) [3]**

12.45. **Closing of the convention. Departure after lunch**

MEAL AND BREAK TIMES

Breakfast	08.00-09.00
Coffee break	10.45-11.15
Lunch	13.00-14.00
Tea break	15.30-16.00
Dinner	18.00-19.00

The Theosophical Order of Service

The T.O.S. is the service arm of the TS, a worldwide organisation devoted to giving practical and humanitarian help by supporting small ethical groups and charities. Money is collected through donations and fund-raising activities, sympathisers and wherever possible, money is sent through local T.O.S. groups who make sure that it is spent effectively.

Membership of the T.O.S. is currently £4 per annum. At this year's school, there will be a 'bring and buy' stall. Please bring a contribution to the stall if you can.

