



The Theosophical Society in Detroit  
27745 Woodward Avenue, Berkley, MI  
(248) 545-1961 – theosodet@gmail.com

is pleased to offer 2017 special workshops. . .

## Basic Dreamwork: Healthy Sleep & Dreams

with Margaret Dwyer, PhD

Five Saturdays (October 14, October 28, November 11, November 25, and December 9)

10:00 a.m. to Noon

The cost is \$25 for the series or \$5 a class.

Aided by conventional dreamwork principles and practices, as well as inspired by Theosophical authors, we will review our personal, professional and community-wide life/work plans and commitments. Participants will learn to record and interpret an on-going dialogue with the Source of the truth of their experiences as energetic, spiritual beings having an earthly body.

Dr. Dwyer taught the Social Sciences at Monteith College, WSU; she has a Master's Degree in Addiction Research, and has served on the faculty of WSU in Counselor Education and Career Development. She was an administrator at WCCC for many years. Her primary focus is on developing holistic programs, products, services, research and fund development in Family Health Care Studies and planetary restoration that will benefit sustainable communities in southeastern MI.

## Meditation Workshop Series

with Hartmut Sagolla

Three Saturdays 10:00 a.m. to Noon (Donation based)

- October 21 **The Clarity and Serenity of Concentrated Meditation.** Meditation provides a clear stable mind, necessary for a happy life and foundation for deepening our spiritual journey. This series offers experience with the basic elements of meditation, using breath, posture and techniques for coping with distractions and laxity of mind as well as cultivating loving kindness for oneself. Concentrated meditation helps to develop clarity, serenity and a deeper understanding of the world we live in.
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- November 18 **The Secret of Analytical Meditation** - Contemplative or analytical meditation seeks to uncover deeper truths about ourselves and our world. More than just intellectual reflection, it can change long held habitual patterns that cause difficulties and foster new ones that are helpful to us.
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- December 16 **The Power of Imagery: Ancient Visualization Meditation for Modern Times** - A picture says more than a thousand words. Archetypal images affect our minds even into the depth of the unconscious. The ancient Tibetan Buddhist visualization meditations are well suited to our contemporary familiarity with visual imagery through movies, TV, and the Internet.

Hartmut has been a student of Tibetan Buddhist master Gelek Rimpoche since 1984 - organizing and teaching classes, courses and workshops, guiding meditation retreats and transcribing and editing Gelek Rimpoche's teachings. He is co-founder of the Jewel Heart Bloomfield Hills chapter of Jewel Heart.



All "Basic Dreamwork" and "Meditation" Workshops can be attended as Drop-In."