



**Our purpose:** *to provide a Spiritual and Physical environment in which people from all walks of life can engage in the diverse possibilities for peace.*

*"We need human beings who are willing to dedicate themselves to the Great Work of Education, and each person in their area of interest can play an important role if they become aware of their mission."* Dr. Serge R. de la Ferrière, His Letters, V.III, p.50.

## Program July-September 2025



### Symphony of Peace Prayers

*This was a special event where embracing music and language, with moments of sharing faith amid societal changes, created a sense of oneness and continued the rebuilding of a safe and peaceful world. Thank you to the young, beautiful artist, Eva Szauter, and organizers Elaine Bowkett and Manita Beskow.*

Tuesday	1 <sup>st</sup> July	7:00-8:00pm	Manita Beskow	Meditation in person or Zoom
Wednesday	2 <sup>nd</sup> July	6:30-8:30pm	<b>Film and discussion</b>	
Sunday	6 <sup>th</sup> July	10:00-3:00pm	Manita Beskow	Monthly Day Retreat
<i>Our First Sunday of the monthly retreat with the options of practicing:  yoga, meditation, writing, reading, walking ... surrounded by trees at Hovea Ashram  Bring a vegetarian dish to share. By Donation. More information: Manita — 0419043768</i>				
Tuesday	8 <sup>th</sup> July	7:00-8:00pm	Full Moon	Meditation in person or Zoom
Full Moon Meditation				
Tuesday	15 <sup>th</sup> July	7:00-8:00pm	Manita Beskow	Meditation in person or Zoom
Saturday	19 <sup>th</sup> July	10:00-12:00pm	Fairy Tale	Reading and Discussion
Sunday	20 <sup>th</sup> July	3:00-4:30pm	Ashram Committee Meeting	
Tuesday	22 <sup>nd</sup> July	7:00-8:00pm	Manita Beskow	Meditation in person or Zoom

**Saturday 26<sup>th</sup> July 10:00-3:00 pm**

## **Where Words Meet Wings: A Workshop in Mystical Poetry and Art"**

Join us for a day workshop, where poetry and visual art unite to create something magical. Through the wisdom of poets, participants will explore themes of wonder, love, gratitude, grace, joy, and presence while creating works that combine written expression with visual art. All levels welcome—including complete beginners seeking creative sanctuary. Using magazine clippings, photographs, and simple art materials alongside poetry, we'll discover how words can sprout wings and take flight through artistic expression. This workshop offers a healing space to remember that beauty and transcendence still flourish. Poetry and mysticism nourish us — both are equally essential for the soul's sustenance.

**M D Conlan, MA (Hons), PhD.** Meath Conlan, a published writer and amateur artist, reads and appreciates poetry. He is a seasoned presenter who likes to share his insights into the world's wisdom traditions through poetry readings, storytelling, and simple artistry.

Please bring a notebook, writing instruments, and a vegetarian plate to share.

Contribution: \$25

<https://www.trybooking.com/DDMON>

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"Yoga and Mental Health" 21.06.2025.  
Dr. Sam Restifo (Psychiatrist)

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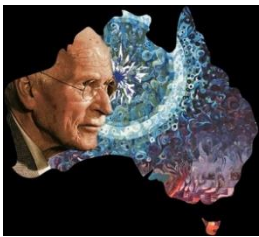
Tuesday

29<sup>th</sup> July

7:00-8:00pm

Manita Beskow

Meditation in person or Zoom



**Workshop: Saturday 2 August 2025 10:00 am – 3:00 pm**

***Working with Astrological Energies: Evolution & Revolution***

***The Trine is Now***

This is an invitation to anyone who would like to engage more deeply with the incoming energies of Uranus in Gemini trine Pluto in Aquarius. Through the lens of astrology, we will examine how these planets can promote creativity and nourish and enliven the process of individuation. Participants will use their birth charts (provided) to identify the timing of energetic impulses and explore the areas of life (houses) in which great change, liberation and renewal may be anticipated. Astrology provides context and meaning to challenging times that can feel outside of the ego’s control. Through such insights, it becomes possible to explore ways to work constructively with the powerful energies to bring profound change, from the inside out...

**Zoë Shuttleworth** has been a student and practitioner of astrology since 1995. She now works with people around the world offering chart readings, workshops and presentations. She trained and worked as a registered nurse from 2004, and before this, she studied Western herbal medicine. In 2009, she delved into the work of Jung, analytical and archetypal psychology and myth. Since 2011 she has been thoroughly immersed in raising a growing family. She is currently writing her first book.

**Venue: Hovea Ashram 805 Margaret Rd, Hovea**

**Cost: \$100 members, \$120 Concession, \$130 Non-Members**

Numbers are limited. Contact the president to register: Britt Garrett 0417 958 658

**[Britt.garrett@westnet.com.au](mailto:Britt.garrett@westnet.com.au)**

**Zoë will provide birth charts for all participants. She will need birth data (time, date, place) ASP.**

Sunday	3 <sup>rd</sup> August	10:00-3:00pm	Manita Beskow	Monthly Day Retreat
Our First Sunday of the monthly retreat with the options of practicing: yoga, meditation, writing, reading, walking ... surrounded by trees at Hovea Ashram Bring a vegetarian dish to share. By Donation. More information: Manita — 0419043768				
Tuesday	5 <sup>th</sup> August	7:00-8:00pm	Manita Beskow	Meditation in person or Zoom
Wednesday	6 <sup>th</sup> August	6:30-8:30pm	<b>Film and discussion</b>	
Tuesday	9 <sup>th</sup> August	7:00-8:00pm	Manita Beskow	Full Moon Meditation
Tuesday	12 <sup>th</sup> August	7:00-8:00pm	Manita Beskow	Meditation in person or Zoom



Sunday	<b>17<sup>th</sup> August</b>	<b>2:00-4:00pm</b>	<b>Leos' Birthdays Celebration</b>	
Tuesday	19 <sup>th</sup> August	7:00-8:00pm	Manita Beskow	Meditation in person or Zoom
Tuesday	26 <sup>th</sup> August	7:00-8:00pm	Manita Beskow	Meditation in person or Zoom
Tuesday	2 <sup>nd</sup> September	7:00-8:00pm	Manita Beskow	Meditation in person or Zoom
Wednesday	3 <sup>rd</sup> September	6:30-8:30pm	<b>Film and discussion</b>	
<b>Saturday</b>	<b>06 September</b>	<b>8:30-4:30pm</b>	<b>Sofia's Retreat</b>	
		<b><a href="mailto:sofiawithlove@gmail.com.au">sofiawithlove@gmail.com.au</a></b>		
Sunday	7 <sup>th</sup> July	10:00-3:00pm	Manita Beskow	Monthly Day Retreat
<i>Our First Sunday of the monthly retreat with the options of practicing:  yoga, meditation, writing, reading, walking ... surrounded by trees at Hovea Ashram  Bring a vegetarian dish to share. By Donation. More information: Manita — 0419043768</i>				
Monday	8 <sup>th</sup> September	7:00-8:00pm	Manita Beskow	Full-Moon Meditation
Tuesday	9 <sup>th</sup> September	7:00-8:00pm	Manita Beskow	Meditation in person or Zoom

**Sunday, 14<sup>th</sup> September 8:30-5:30 pm**

## **Elevate Your Spirit at the Third Biannual One-Day Bush Retreat: Tao and Life**



**Photo of the last Bush Retreat, May 10th.**

**Dr. Su introduced “Tao of Life from Confucius” and “The Boddhisattva’s Way”, Joy “The Tao of Tea Tasting”, and Emily “Tai Chi Chuan”.**

Join us this spring for a transformative journey at our third biannual One-Day Bush Retreat, themed Tao and Life. Thoughtfully designed with the insights and suggestions of past participants, this retreat offers a unique opportunity to immerse yourself in the wisdom of Tao and discover practical ways to integrate its principles into your daily life.

What to Expect:

Guided sessions exploring the essential teachings of Lao Zi, Confucius, and the Buddha, tailored to inspire spiritual growth and inner purification.

Interactive role-play activities that bring Tao principles to life, empowering you to apply these timeless teachings to real-world situations.

A supportive community atmosphere, surrounded by the serenity of nature, ideal for reflection, learning, and personal transformation.

Whether you are new to Tao philosophy or seeking to deepen your practice, this retreat is designed to nurture your spiritual journey and help you cultivate harmony, tranquility, and peace.

Reserve your place today and experience a day of spiritual exploration, connection, and renewal. We look forward to welcoming you to this enriching retreat!

For more information, please contact: VK 0458 677 945

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Tuesday	16 <sup>th</sup> September	7:00-8:00pm	Manita Beskow	Meditation in person or Zoom
Saturday	20 <sup>th</sup> September	10:00-12:00pm	Fairy Tale	Reading and Discussion

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**Saturday, 20<sup>th</sup> September 2:00-3:30 pm**

## **OEDIPUS AND BEYOND: THOUGHTS ON THE MYTH OF ANALYSIS**

**Dr Sally Kester**

It was Sigmund Freud who originally connected the process of psychoanalysis to the ancient Greek myth of Oedipus, which inspired two plays by Sophocles: *Oedipus the King* and *Oedipus at Colonus*. This presentation will consider Freud's writing on Oedipus in his signature study *The Interpretation of Dreams* and then demonstrate in detail how both plays can be interpreted in the dynamics of a contemporary analysis.

**Dr Sally Kester** has had two parallel careers, each of them for over forty years. She has been a Jungian analyst in private practice for forty-five years, twenty of them as a training analyst for The Australian and New Zealand Society of Jungian Analysts. She has lectured extensively to the C. G. Jung Society of WA as well as to Jung Societies around Australia. She was also a part-time lecturer in the School of Music at The University of WA, and for ten years was a professional music critic. For some twenty-five years, she presented pre-concert talks for the West Australian Symphony Orchestra. Her doctoral thesis was on Wagner's *Ring Cycle*, and she has presented lectures and workshops to Wagner Societies in five states.

Afternoon Tea will be served.

Contribution: \$20

<https://www.trybooking.com/DDMOZ>

**Sunday 21<sup>st</sup> September**  
**UN INTERNATIONAL PEACE DAY**



**With Jo Vallentine**  
**10.00 am to 1.00 pm**

**“I will be sharing something of my efforts for peace - despite dark times, we cannot give up - never!” Jvall.**

**We are always amazed when reading about Jo Vallentine’s life. She is a Quaker, peace activist, and social justice advocate.**

**Please bring something vegetarian to share for lunch.**

**<https://www.trybooking.com/DDMPH>**

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Tuesday	23 <sup>rd</sup> September	7:00-8:00pm	Manita Beskow	Meditation in person or Zoom
Tuesday	30 <sup>th</sup> September	7:00-8:00pm	Manita Beskow	Meditation in person or Zoom

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*We have beautiful rooms available for artists, writers, researchers,  
meditators, and yoga practitioners.*

**Information :** [mani1@iinet.net.au](mailto:mani1@iinet.net.au) or 041 9043 768      **Our website :**  
[www.universalgreatbrotherhood.org.au](http://www.universalgreatbrotherhood.org.au)

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*Our public Mission is to foster global understanding by diverse perspectives and promote unbiased information, aiming to help people see the world through various lenses and encourage critical thinking. Dr. de la Ferrière, S.C. I, 178.*

**Blessings to ALL.**

**PAX... Peace... Paix... Paz... Pace... Frieden...Heping...**

# “The Role of Yoga in a Changing World”

## A 2030 VISION



Back, left to right: Amilia Tomic, Kara Salter, Casia Fernandez  
Front, left to right: Sandra Krempf, Sofia, Manita Beskow.  
Our Workshop 03/05

## The Role of Greetings and Kindness in a Changing World

This is the year 2030. I kept my word, made mindful changes in my life that I planned, and brought these into my workplace.

There are many schools and organisations around Perth and in regional Western Australia that are starting their day with joyful welcoming processes. This is a time for a brief meditation and seated yoga or other enjoyable movements before beginning our work. It has made the schools and workplaces more peaceful. It is not a surprise that productivity has soared. Even though the world is a challenging place, these simple tools allow us to find an inner peace.

The Hovea Ashram has led the way, re-introducing the forgotten art of joyful greetings and exploring tools of kindness for a new generation through face-to-face workshops and social media.

This is just the beginning. More mentors are needed as the demand is growing fast. The learning process supports our well-being. It is fun and simple, suitable for all ages, people of all backgrounds, and diverse situations. With every repetition of these new or renewed approaches, the world becomes a better place.

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