



*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*

## Our Program January-March 2026

**Hovea Ashram – 805 Margaret Rd. Hovea WA 6071**



**Our delicious Christmas 2026 Lunch, surrounded by beautiful people.**



**Our New Year 2026 Lunch -Both photos by Barry Williams.**

<b>Thursday</b>	<b>1<sup>st</sup> January</b>	12:00-2:30 pm	Lunch at Ashram	
<b>Saturday</b>	<b>3<sup>rd</sup> January</b>	7:00-8:00 pm	Manita Beskow	Full Moon Meditation
<b>Sunday</b>	<b>4<sup>th</sup> January</b>	10:00-1:00 pm	Manita Beskow	Monthly Day Retreat
		1:00-2:00 pm	Lunch	
		2:00-3:00 pm	Christina Hall	Sound Meditation
<b>Tuesday</b>	<b>6<sup>th</sup> January</b>	7:00-8:00 pm	Manita Beskow	Meditation in person or Zoom
<b>Tuesday</b>	<b>13<sup>th</sup> January</b>	7:00-8:00 pm	Manita Beskow	Meditation in person or Zoom



## Dr Serge Raynaud de la Ferrière's Birthday

18.01.2026. 6:00-8:00 pm

Hovea Ashram -805 Margaret Rd. Hovea

A performance piece by Christine Jarosewski and Liz Mistry

*The non - ordinary in Body. A poetic prayer.*

In their shared passion for the arts, Liz and Christine seek to create a sacred alchemy of dance, poetry and music. This alchemy interweaves the elements with movement, breath, sound, and word, from inward to outward.

An offering in celebration of the Holy in Nature.



### **BIOS FROM Christine and Liz**

#### **Christine Jaroszewski**

Christine has a 30-year background as an international Classical ballet and Contemporary dance performer. She lived in India for 5 years, exploring interdisciplinary collaborations with Indian dancers, musicians, and actors. Her passion today is in exploring the collaboration of multiple art forms (music, singing, dance, theatre, etc.) and finding the essential thread and inspiration that unites different cultures in their creative expressions. Also, honoring the wisdom and healing powers of ancestral heritage/traditional practices and the elemental forces of nature as inspiration for personal and contemporary expressions. Christine also teaches embodied meditative dance as an integrative process.

#### **Liz Mistry**

Liz aligns with the arts as a creative healing expression, with a background in drama studies, art therapy, spoken word, and shamanic practice. Liz uses art fusions to express her deep connection with ancestry, others and the elements in their beingness within and out.

**Poetry**, in order of presentation, written by: **Kate Barrett – Lennard:** From the Ashes and This Sacred Place

**Christopher Aleander Pina.** The Place Where blessings listen.

**Music**, in order of presentation: Aegean Sea: The Music of Apollo and Marsyas **by artists Haruomi Hosono, Takahiko Ishikawa and Masataka Matsutoya**

The album Narrow Road to the Deep North, single Cloud over Lotus. By **Osho**

Natural Light by **Ludovico Einaudi**

**Dinner and Performance Contribution: \$30**

**Ticket/Booking via this Trybooking link:** <https://www.trybooking.com/DIPRA>

<b>Tuesday</b>	20 <sup>th</sup> January	7:00-8:00 pm	Manita Beskow	Meditation in person or Zoom
<b>Tuesday</b>	27 <sup>th</sup> January	7:00-8:00 pm	Manita Beskow	Meditation in person or Zoom
<b>Wednesday</b>	28 <sup>th</sup> January	9:30-12:30 pm	Peter Efford	Portrait Session

### PORTRAIT SESSION on Wednesdays

Open drawing sessions for artists wishing to take up the challenge of portraiture in a perfect setting. Bring all your own materials, including an easel, etc., plus a ground sheet if you plan to use paint. Morning tea provided. \$25. Beginners are welcome.

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<b>Saturday</b>	31 <sup>st</sup> January	02:00-04:00 pm	Karen Davies	Art Workshop
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## SEEING LIKE AN ARTIST

### Session 2 - 'LINE' – 31<sup>st</sup> January 2026

#### 2 pm - 4 pm

Our first session was in November '25, and became quite free-flowing, with much improvisation and experimentation as participants explored the possibilities of charcoal on textured sugar-paper (with spontaneous conversations around Permaculture, Biodynamics, WWOOFing & Wildlife Conservancy).

There is plenty more to explore on the subject of LINE, and the next session is planned to be a bit more formal. Using a simple still-life arrangement, participants will be guided to focus their perception on the subtle lines of interface and inter-connection. This is an exercise in simplification, and helps free participants to bypass detail in order to interpret the simpler, more abstract qualities of line.

No experience is needed for any of these sessions - just the desire to see and respond. All materials will be supplied - or you can bring your favourites. Each session will stand alone, so please join us whenever your lifestyle permits.

Suitable for ages 16 – 106.

Karen is an experienced art teacher, qualified in many aspects of Art, Design & Education. In retirement, she remains passionate about sharing her skills and is especially interested in creating more ways to appreciate and enjoy the visual world.

The practice of looking deeply into our surroundings and responding artistically to what we see creates a richer mind/body/heart resonance that carries into our everyday lives.

**The cost for this session is \$35 for waged and \$30 for unwaged.**

This will cover quality materials and donations to the Ashram.  
Any excess will be forwarded to the

***Australian Wildlife Conservancy***  
(My other passion)

Please book through the Ashram so we have an idea of numbers, and phone Karen if you require more information 0400957814  
Trybooking link - <https://www.trybooking.com/DIPRT>



[https://en.wikipedia.org/wiki/Australian\\_Wildlife\\_Conservancy](https://en.wikipedia.org/wiki/Australian_Wildlife_Conservancy)

<b>Sunday</b>	<b>1<sup>st</sup> February</b>	10:00-1:00 pm	Manita Beskow	Monthly Day Retreat
		1:00-2:00 pm	Lunch	



<b>Monday</b>	2 <sup>nd</sup> February	2:00-3:00 pm 7:00-8:00 pm	Christina Hall Manita Beskow	Sound Meditation Full Moon Meditation
<b>Tuesday</b>	3 <sup>rd</sup> February	7:00-8:00 pm	Manita Beskow	Meditation in Person or Zoom
<b>Wednesday</b>	4 <sup>th</sup> February	9:30-12:30 pm	Peter Efford	Portrait Session

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<b>Saturday</b>	7 <sup>th</sup> February	10:00-3:00 pm	Dr Meath Colan	Workshop
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### **Hovea Ashram Workshop: Sat 7 February '25**

#### **"Lay Down the Weapons: Poetry, Wisdom & Inner Peace"**

*Join Dr Meath Conlan, Zen teacher, for a quiet day exploring ancient wisdom through contemporary poetry and accessible teachings. We'll discover that we're already enough, that the sacred is found in ordinary daily tasks, and that peace begins in our own hearts. No prior experience needed—just come as you are. Includes guided reflection, poetry readings, simple meditation practice, and time for rest. Leave feeling grounded, hopeful, and equipped with practical tools for daily life.*

#### **TWO ZEN KOANS from the MUMONKAN COMMENTARIES:**

1. Case 7: Wash Your Bowl (practical daily living)
2. Case 1: Do Fleas Bite? (you're already enough + MU practice)

#### **FURTHER EXPLANATION:**

##### **1. THE TITLE "LAY DOWN THE WEAPONS"**

- Connects to Kate's profound poem!
- Immediately relevant (everyone carries weapons: judgment, striving, self-criticism!)
- NOT scary "Zen" (accessible, relatable!)
- Invitational (poetry + wisdom + peace = welcoming!)
- Promise of relief (laying down burdens!)

##### **2. Zen CASE 7: WASH YOUR BOWL**

- Most practical! (just do the next thing!)
- Immediately applicable (everyone has dishes, tasks, and daily life!)
- Connects to title (laying down weapon of STRIVING, just wash bowl!)
- The luncheon dishes story! (We'll LOVE this!)
- Relief from constant seeking (the path is HERE!)

##### **3. Zen CASE 1: DO FLEAS BITE?**

- Most liberating! (you're already enough!)
- Addresses deepest wound (feeling "nothing"/inadequate!)
- Includes MU practice (they take home a TOOL!)
- The Huntsman spider story! (vulnerable, relatable!)
- Connects to title (laying down weapon of SELF-JUDGMENT!)

##### **4. KATE'S POETRY WOVEN IN:**

In this final segment, we are invited to go within to that most intimate battlefield where all outer wars are born. Kate Barrett-Lennard's "Lay Down the Weapons" names a truth we often resist: that war begins in the human heart and mind.

- "Lay Down the Weapons" (centrepiece!)
- Maybe others from her Mystical Writings?
- Poetry + koans = beautiful pairing!

Contribution: \$30

Booking via this Trybooking link: <https://www.trybooking.com/DIPRW>

<b>Tuesday</b>	10 <sup>th</sup> February	7:00-8:00 pm	Manita Beskow	Meditation in Person or Zoom
<b>Wednesday</b>	11 <sup>th</sup> February	9:30-12:30 pm	Peter Efford	Portrait Session

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<b>Tuesday</b>	17 <sup>th</sup> February	7:00-8:00 pm	Manita Beskow	Meditation in Person or Zoom
<b>Wednesday</b>	18 <sup>th</sup> February	9:30-12:30 pm	Peter Efford	Portrait Session

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<b>Saturday</b>	21 <sup>st</sup> February	10:00-12:00 pm	Fairy Tale	Reading and Discussion
<b>Saturday</b>	21 <sup>st</sup> February	02:00-04:00 pm	Zhao Liu (Kevin)	Talk and Discussion

## 2026: The Year of the Fire Horse

**Zhao Liu (Kevin)**

What shall we expect of 2026? Where are we going, as individuals and collectively? And what are the promises and shadow of the Fire element?

I will explain why 2026 is called the Fire Horse in Chinese traditional astrology and its significance, followed by a group discussion on the alchemical fire and how we should relate to it. I hope that by the end of the day, you will leave with a sense of what your role is in this critical year.

**Zhao Liu (Kevin)** is from China and has a Bachelor of Medicine, Bachelor of Surgery from Peking University. He has been working with the human body and mind, aiming to weave threads from both science and traditional wisdom. Equipped with a Jungian lens developed in Australia, he has completed a one-year I Ching training program with teachers from the Jungian group in China.

The event is by donation. But booking is essential.

Booking via this Trybooking link: <https://www.trybooking.com/DIPSC>

<b>Tuesday</b>	24 <sup>th</sup> February	7:00-8:00 pm	Manita Beskow	Meditation in Person or Zoom
<b>Wednesday</b>	25 <sup>th</sup> February	9:30-12:30 pm	Peter Efford	Portrait Session

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## SEEING LIKE AN ARTIST

### Session 3 - 'Light and Shade' – 28<sup>th</sup> February 2026

#### 2 pm - 4 pm

Using three tones (or colour-tones) to represent light & shade within a still-life arrangement, we learn to simplify a complex arrangement. From there, we may choose to develop more detail or enjoy the simplicity of abstraction. This exercise helps develop awareness and appreciation of tone & depth in our visual environment.

No experience is needed for these sessions - just the desire to see and respond. All materials will be supplied - or you can bring your favourites.

Suitable for ages 16 – 106.

Karen is an experienced art teacher, qualified in many aspects of Art, Design & Education. In retirement, she remains passionate about sharing her skills and is especially interested in creating more ways to appreciate and enjoy the visual world. The practice of looking deeply into our surroundings and responding artistically to what we see creates a richer mind/body/heart resonance that carries into our everyday lives.

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**Australian Wildlife Conservancy**  
(My other passion)

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Trybooking link: <https://www.trybooking.com/DGCSY>

[https://en.wikipedia.org/wiki/Australian\\_Wildlife\\_Conservancy](https://en.wikipedia.org/wiki/Australian_Wildlife_Conservancy)



<b>Sunday</b>	1 <sup>st</sup> March	10:00-1:00 pm 1:00-2:00 pm 2:00-3:00 pm	Manita Beskow Lunch Christina Hall	Monthly Day Retreat  Sound Meditation
<b>Tuesday</b>	3 <sup>rd</sup> March	7:00-8:00 pm	Manita Beskow	Meditation in Person or Zoom
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<b>Saturday</b>	7 <sup>th</sup> March	9:00-4:30 pm	<i>Sofia 043176308</i>	Day Retreat
<b>Sunday</b>	8 <sup>th</sup> March	<b>UN International Women's Day</b> , Theme: "Balance the Scales" Afternoon High Tea with piano concert Anneliese (Annie). Further details of the program will be announced.		
<b>Tuesday</b>	10 <sup>th</sup> March	7:00-8:00 pm	Manita Beskow	Meditation in Person or Zoom
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<b>Saturday</b>	14 <sup>th</sup> March	2:00-4:00 pm	Anthony Naves (Geologist)	
		<b>Talk: "Mineral Energy and our Body".</b>		
<b>Tuesday</b>	17 <sup>th</sup> March	7:00-8:00 pm	Manita Beskow	Meditation in Person or Zoom
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## Flowers from the Ashram.

Photo: Barry Williams





## **Spiritual Reading Circle – Ashtavakra Gita**

*“A space for stillness, inquiry, and shared presence”*

You are warmly invited to a monthly spiritual reading circle devoted to contemplative reading and gentle dialogue around timeless wisdom texts. Our first book is the *Ashtavakra Gita*, a profound teaching of non-dual awareness and self-realisation.

The circle will be held at **Hovea Ashram** on **the 3rd Saturday of each month**, from **2:00 pm to 3:30 pm**, in a quiet and supportive environment.

The sessions will be facilitated by **Mostafa Naser**, who has a deep interest in various non-dual mystical traditions and offers a grounded, inclusive space for reflection and shared inquiry.

**This circle is run by donations.**

All are welcome—no prior experience required.

Book your attendance via Trybooking

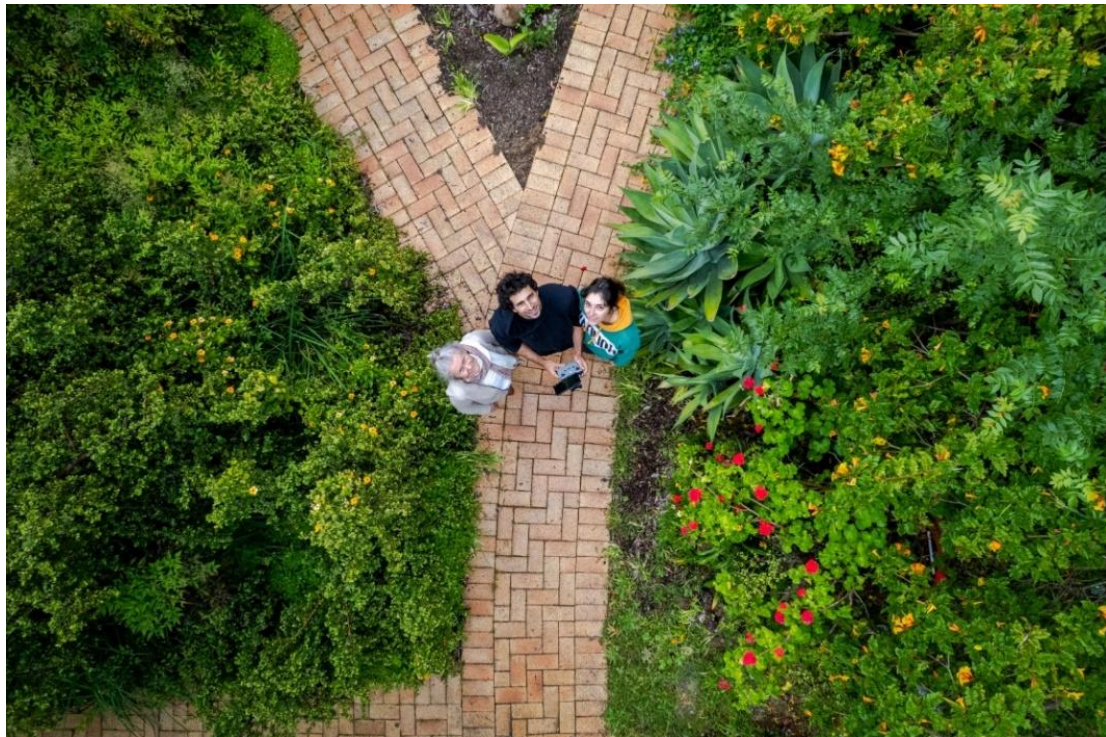
21 March 2026 event – <https://www.trybooking.com/DIPEY>

18 April 2026 event - <https://www.trybooking.com/DIPFA>

### **Also**

**Saturday**    21<sup>st</sup> March    4:00-6:00 pm    Autumn Equinox Celebration

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**Matias, Candela and Manita at one of the Y (Yoga) at the entrance of Hovea Ashram. Photo by Matias.**



# SEEING LIKE AN ARTIST

## Session 4 – ‘Depth & Form’ – 28<sup>th</sup> March 2026

### 2 pm - 4 pm

In session 4, we will be exploring Shape & Form, using shading to represent highlights, shadows and depth to create the illusion of 3-dimensional form on flat paper.

We will explore the techniques of blending, smudging, hatching, block shading, etc.

No experience is needed for these sessions - just the desire to see and respond. Each session stands alone, so you are welcome to join in any session that suits you. All materials will be supplied - or you can bring your favourites.

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Trybooking link: <https://www.trybooking.com/DIPSF>

[https://en.wikipedia.org/wiki/Australian\\_Wildlife\\_Conservancy](https://en.wikipedia.org/wiki/Australian_Wildlife_Conservancy)



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*We offer beautiful rooms 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)

*“Our public Mission is to foster global understanding through 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...

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