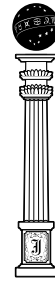


Esoterika Lodge No. 227



ANCIENT FREE & ACCEPTED MASONS OF OREGON

SEPTEMBER QUARTERLY LECTURE:

WISDOM FROM THE ANCIENT SANSKRIT TEXTS OF YOGA SUTRAS:

ILLUMINATION OF HIGHER CONSCIOUSNESS?

BY DR. JUDY SUGG

PRACTICES LIKE MEDITATION and yoga are hailed today for their health value, but their meaning and power are far deeper and richer. In yoga, true freedom happens in the place of stillness. In the classical yoga philosophy, what is *real* is present everywhere, but ignorance of our true nature keeps us separate. This interactive talk focuses on the 2000-year-old compilation of experiments that form the basis of the practices of yoga for higher consciousness.

Judith Sugg, Ph.D. is teacher and writer who is intrigued with the power and clarity of the ancient texts and the light which they bring to our present moment. She has written on mindfulness and conflict resolution, the overlap of psychology and yoga, and has recently finished a study guide on the Yoga Sutras. Sugg, a licensed counselor, has worked with clients with addictions and has written two books in her field. She has taught yoga and meditation for 28 years.

DATE

Saturday, Sept. 21st, 2019

SCHEDULE

Door Open: 5:00 pm

Lecture: 5:30-6:30pm [Public]

Esoterika Stated Meeting: 7:00 pm [Masons only]

LOCATION

Esoterika Lodge Oregon

10636 SE Main Street

Milwaukie, Oregon

ADMISSION

\$10 (suggested donation)

Refreshment provided



Dr. Judy Sugg