

Deeper understandings with Rudolf Steiner

Saturday July 11 near Hay-on-Wye

With Carol Kirk and Ann Addison

We would like to offer an introductory workshop to share and explore how Rudolf Steiner's understandings have expanded the knowledge that we have of ourselves.

The focus of our time together will be our journey to become conscious, free-thinking human beings, both in life on Earth and our time between lives.

The interweaving of the spiritual unseen parts of us with our physical bodies, is what a lot of modern understandings miss out on: this can leave us feeling naked and fearful.

We will facilitate a time where stimulating thoughts, times to share (sometimes in small groups), with joint exercises, will bring us to touch into our own biographical stories. This will include how the different planetary energies are helping us at various stages of our lives.

This bigger perspective works not just for our own individual biographies but for humanity as a whole and helps us to see a greater meaning to Life in the Cosmos.



About Carol: I have been a residential social worker, a Waldorf teacher and latterly an Oasis group biographical facilitator and a Quietude Practitioner. My aim is to share what I have brought together for my own understanding about how we interact with the rest of the cosmos during Earthly incarnation and in between lives.

The spiritual beings behind the planets and the zodiac, that we see materially in the beauty of a clear night sky, work with us and in us through our life on Earth and in the time between death and rebirth. To get to know more about this greater picture can help make meaning in our lives. Rudolf Steiner's works have allowed my imagination to expand, to encompass a little of the vast workings of the cosmos beyond what is physically visible and measurable.

About Ann: I have been participating in anthroposophical group work for many years. I work as a counsellor, and family therapist and find anthroposophy has given such a helpful perspective. In particular, in finding value in and through the difficulties life sends us, which can be transformed into something much greater. Something I could describe as a force of potential love in the world.

This we can find also in the small things of life, and being in groups can help us give time and attention to enrich our everyday life.

PRACTICALITIES:

Timing: 10am to 4:30pm, with bring-and-share lunch.

Venue: At Alan and Linda Heeks' house in Cusop, near Hay, with a spacious group room and garden.

Cost: £30, concessions £20.

For enquiries and bookings: Contact Ann Addison on 10beanpoles@gmail.com or 07817 934377.