

EVENTS

Winter - Spring 2024

Welcome to Rudolf Steiner House

These are our normal opening times and department contact details. But please check our website for the latest updates. www.rsh.anth.org.uk

Rudolf Steiner House

35 Park Road
London NW1 6XT
T: 020 7723 4400
www.rsh.anth.org.uk
[f.com/rudolfsteinerhouse/](https://www.facebook.com/rudolfsteinerhouse/)

Theatre Office

Monday to Friday 9am – 5pm

Alexander Gifford Artistic Director
alexander@marylebonetheatre.com
T: 07717 220 176

Adrian Locher Executive Director
adrian@marylebonetheatre.com
T: 07980 030 983

Theatre Box Office

Monday to Friday 9.30am – 4.30pm

Eugenia Valloreo Marketing Assistant
E: marketing@marylebonetheatre.com
T: 020 7723 7984

Sam Veck Business Manager
sam@marylebonetheatre.com
T: 07769 196490

House Office

Monday to Friday 9am – 5pm

Doris Bailiss

House and Finance Manager
Membership Secretary
doris.bailiss@anth.org.uk

Ilona Pimbert

Communications Coordinator
ilona.pimbert.rsh@anth.org.uk

Bookshop

Monday 9am – 4pm, Tuesday to Friday
9am – 7.30pm and Saturday 10am – 5pm

Elizabeth Reeve Bookshop Manager
rsh-bookshop@anth.org.uk
T/F: 020 7724 7699

Library

Tuesday and Thursday
12noon – 2pm and 3pm – 7pm,
Saturday
10.30am – 2pm and 3pm – 5.30pm

Ian Botting Librarian
rsh-library@anth.org.uk
T: 020 7224 8398

Café

Tuesday to Saturday 10am – 4pm

Bar

The Bar is open one hour before each performance and during intervals

Stuart Connery Cafe Manager
E: stuart@marylebonetheatre.com

EVENTS team

Adrian Locher, Christiana Bryan,
Glenn Charles, Ilona Pimbert

Receiving the EVENTS brochure

For an electronic version of this magazine
contact: ilona.pimbert.rsh@anth.org.uk

Please send your submissions to
ilona.pimbert.rsh@anth.org.uk

Design & Print

Prontaprint, 129 Crawford Street, W1U 6BH

Deadline for submissions to the next issue – Wednesday 28 February

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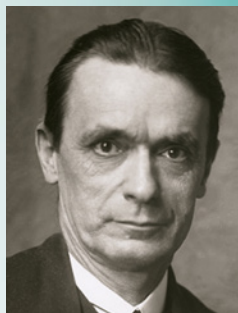
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Front cover image: Artist unknown

Opinions expressed in this leaflet are the responsibility of their authors. They do not represent the views of the Anthroposophical Society in Great Britain. A Society cannot have an opinion, only individuals can.

RUDOLF STEINER (1861 –1925), Austrian philosopher, scientist and social reformer, extended scientific research beyond present natural scientific parameters to investigate the non-physical, spiritual realities of life. Using clear and accessible means for attaining spiritual knowledge, he offered insights that have inspired new approaches in many fields of contemporary practical life.



Inspiring practical initiatives. Collaborating with doctors, therapists, farmers, businesspeople, teachers, scientists and artists, Steiner inspired Waldorf schools, Biodynamic agriculture, anthroposophic medicine, new economic and social models, the movement art of Eurythmy, the Camphill communities and Ruskin Mill colleges with people having additional needs, to name a few of the many initiatives flourishing today in Great Britain and across the world.

What is anthroposophy? Steiner's spiritual insights and the methods by which they can be attained he called spiritual science or anthroposophy, which means wisdom of the human being. It was, for him, a path that could 'lead the spiritual in the human being to the spiritual in the universe'. He shared the results of his spiritual research in over 40 books and 6,000 lectures. Many of these works are available in the bookshop and/or library in Rudolf Steiner House.

The world-wide Anthroposophical Society was founded in 1923 by Steiner at the Goetheanum in Dornach, Switzerland as: 'an association of people who seek to cultivate an individual and social life based on a true knowledge of the spirit.' It is open to everyone regardless of religious belief, race, nationality, social standing, scientific or artistic conviction.

At the heart of the Society is the **School of Spiritual Science**, which offers a meditative path for those wishing to take up anthroposophy more fully in their lives and work. It contains sections representing the various fields of work, through which the results of spiritual research can be put to practical use.

The Anthroposophical Society in Great Britain was founded in London in 1923 in Rudolf Steiner's presence. In 1926, one year after Steiner's death, **Rudolf Steiner House** was completed. It is inspired by Steiner's architectural impulse and is a unique example in London of expressionist architecture.

Membership: If you are interested in joining the Anthroposophical Society in GB, please contact Doris Bailiss, Membership Secretary: doris.bailiss.rsh@anth.org.uk. Alternatively, an application form can be downloaded from the website: www.anthroposophy.org.uk

Activities: Many of the activities that take place at Rudolf Steiner House are inspired by anthroposophy, including study groups, the celebration of festivals, artistic performances, courses, trainings, lectures and national and international conferences.

The Anthroposophical Society in Great Britain is Charity No. 220480

The Challenge of Our Times Technology's Role in Human Evolution in the Light of Spiritual Science

A weekend workshop

with Andrew Linnell, Are Thoresen
& Theodor Hundhammer

Friday 15 – Sunday 17 March

Friday, 7pm – evening lectures + Q&A

**Saturday, 10am–1pm & 2.30–5.30pm workshops,
7pm evening lectures + Q&A**

Sunday, 10am – 1pm workshop

Throughout Rudolf Steiner's years of lecturing, he warned about the dangers as well as the necessary role of technology in our evolution. In his last Letters to Members, he explained how evolution has brought us to a mastery of the physical, of Nature, but also of how technology will pull us down into a new realm, the realm of sub-nature. This is unavoidable and throughout his lectures where he discusses the dangers of technology, Steiner also offered us counterbalances. To balance our exposure to sub-nature, we must learn to consciously enter the realms of super-nature (the etheric and astral realms). Eurythmy, a movement artform first developed by Rudolf Steiner, will be shown to be an important counterbalancing activity, among others.



This conference is created by **MysTech**, a non-profit organization based in Seattle, USA. MysTech seeks to advance humanity's moral cultivation of technology through Spiritual Science. It is devoted to cultivating a relationship between humanity and machine that will be healthy and helpful for future evolution.

Price:

Single lecture (Friday or Saturday evening): £10

Single workshop (Saturday morning or afternoon, Sunday morning): £25

Full Day Pass (Saturday morning, afternoon, and evening events): £50

Full Pass (Friday evening, all Saturday, Sunday morning): £75

Please check Rudolf Steiner House website for more information.

Book via <https://www.ticketsource.co.uk/rudolf-steiner-house/t-ojqdyvp>



The New Work of Christ in Nature

Lecture by Ralf Roessner

Thursday 11 April 7.30pm – 9pm

Human society and the kingdoms of nature are both undergoing great changes, in the future these will only accelerate and affect us all. This offers spiritual, social, political and economic opportunities to an increasingly awakened humanity, and demands greater responsibility from us. Through the working of Christ in the etheric body of the Earth since 1933, the connection of our Spirit Self/Angel in our aura has changed, and the elemental and angelic worlds now have new hope in humanity as they perceive the growing light of Christ within us.

There is the opportunity for us to perceive the spiritual–elemental world within us if we turn our gaze inwards, this brings the potential for group work. Together we can shape the world of the future in the light of Christ.

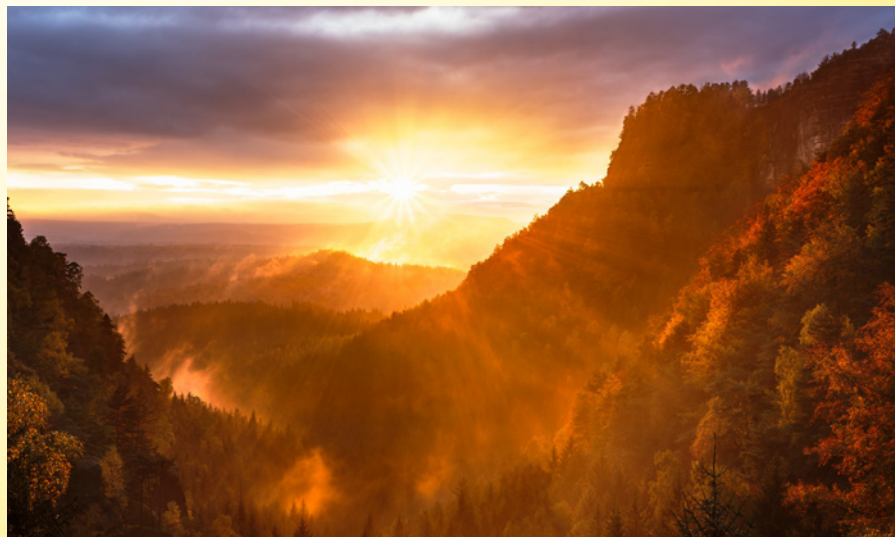
Ralf Roessner is a former Waldorf School art teacher, current Bio–Dynamic farmer cultivating Light Root, beekeeper, inventor and producer of water energising devices (www.imton.de), clairvoyant and esoterist. He is also the author of “The Genius of Bees and the Elemental Beings” and “The Light Root: Nutrition of the Future” both published by Temple Lodge Publishing.

£10 cash on the door.

For further information please call Alex Wright on 01342 827967

Ralf will be lecturing again the following evening (Friday 12 April) at Emerson College followed by a 1½ day workshop on Saturday 13 and the morning of Sunday 14 April.

See www.emerson.org.uk Booking Calendar for full details.



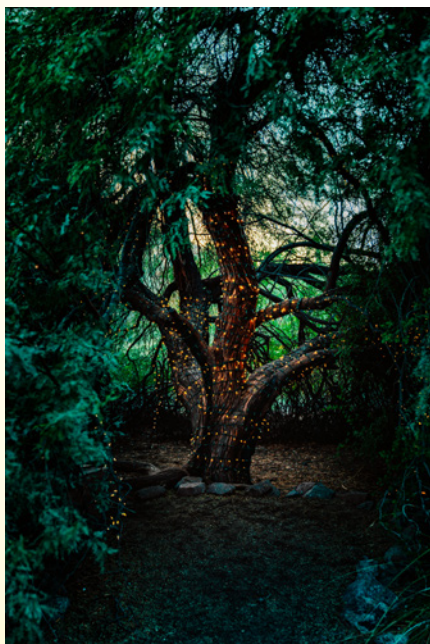
Working together with Elemental Beings

Lecture by Frank Burdich

Thursday 27 June 7.30pm – 9pm

Reading about elemental beings or nature spirits can leave an abstract impression of something not quite real. Frank has been actively collaborating with the elemental world for more than ten years and so can speak from a wealth of experience about their nature, purpose, and structure, as well as their desire to work with humans. He will also present different methods for perceiving them.

Frank Burdich was for 14 years an Upper School science teacher at a Waldorf School in Germany during which time he pursued an Anthroposophical spiritual path and became clairvoyant. He has been lecturing on supersensible perception since 2007, and in 2012 founded his own supersensible research company Gesellschaft für angewandte Geistesforschung mbH which provides supersensible research services in a range of contexts such as medicine preparation, mistletoe based remedies, oncology, special needs conditions and the spiritual audit of buildings, as well as lecturing and giving workshops on a variety of spiritual topics. <http://www.spiritual-research.eu/en/>



£10 cash on the door.

For further information please contact Alex Wright on 01342 827967

Frank will be giving two further lectures as well as a 1.5 day workshop at Emerson College in the days following this lecture.

See www.emerson.org.uk for full details

MEDITATION FOR LIFE

Developing inner resources for living a more conscious and creative life

with Marjatta van Boeschoten

THURSDAYS

11 January, 15 February, 14 March 6.30pm – 8pm

Each of us has the capacity to reach a calm inner space, from where we can draw on our deepest resources to build strong foundations for life. Meditation helps us strengthen the quality of our attention, be more awake and present in the moment and open to fresh possibilities and horizons for the future. From this vantage point we can take up the multiple challenges of life with greater equanimity, resilience, insight and enthusiasm.



In these three workshops, Marjatta van Boeschoten will draw on indications and exercises given by Rudolf Steiner for developing a western, contemporary meditative practice. Each session will contain content, exercises and conversation and is suitable for both newcomers and those already experienced in meditative practice.

Marjatta practised as a lawyer, then founded a management consultancy specialising in human development at work. She is the General Secretary of the Anthroposophical Society.

£10 (£8 conc.) per session
£25 (£20 conc.) for all 3 sessions

Book online: www.rsh.anth.org.uk/whats-on/regular-events
In person: At the Bookshop (on the day)



STUDY AND CONVERSATION GROUPS

Our reading groups provide the opportunity in a very informal setting to explore Rudolf Steiner's work with others. There is no need for any prior participation or knowledge, and everyone, young and old, is very welcome to join us at any time, just once or as often as it suits. We aim to create a friendly, inviting atmosphere, as good humoured as it is serious. Working together, we share our reflections on the immediate theme and try to pay as much attention to listening as to speaking. We find that studying together provides a wonderful opportunity for the whole group to advance in knowledge and understanding. Members and friends are warmly invited to groups at any time even for one-off visits. Previous participation is not necessary and there is no need to book.

Small donations towards expenses welcome: £3/£2

All the Rudolf Steiner lectures and writings that we are studying are available from the library at Rudolf Steiner House and, in addition, many can be purchased in the Bookshop or accessed online at the *Rudolf Steiner Archive*.

For updated news on these and other events please see:

www.meetup.com/rudolf-steiner-spiritual-science

MONDAYS

Karmic Relationships, Volume 6

with Trevor Dance

8 & 22 January, 5 & 19 February, 4 & 18

March 7pm – 8.30pm

These profoundly esoteric lectures examine the laws inherent in reincarnation and karma and explore in detail the incarnations of specific historical figures. The opportunity to study this lecture series in a group affords us a chance to really get to grips with these fundamental issues, which demonstrate the realities of the workings of karma in human life.

For further information:

trevordance@hotmail.com

Each verse appears alongside the corresponding opposite verse for the week, that represents a kind of mirror, or compensating force during the year. In listening to the changing language of the year we can rediscover our individual nature. These verses help to awaken a feeling of unity with nature while simultaneously stimulating a discovery of the self. We will mainly be using the Ruth & Hans Pusch translation of the verses and The Year Participated, an interpretation and translation by Owen Barfield. Both are readily available to purchase or can be found on the internet. Members of the Meetup group already receive the verses week by week by email.

Calendar of the Soul (Zoom)

with Dr Sue Peat and Adrian Hotten

15 and 29 January, 12 and 26 February, 11

March 7pm – 8.30pm (UK Time)

Rudolf Steiner's collection of fifty-two meditative verses were first published in German in 1912. These verses, representing the fifty-two weeks of the year, begin with Easter week and offer thoughts that help us find a deeper relationship with the spiritual forces at work throughout the year.

'You should take these meditations quite particularly into your hearts, for they contain what can make the soul alive and what really corresponds to a living relationship of the soul forces to the forces of the macrocosm.' –

Rudolf Steiner, CW 40, 1912

Come and join us as we continue to work our way through the changing nature of the year.

Zoom link: <https://us02web.zoom.us/j/82632129836?pwd=SDZ3d0kxWk0wNU1uUzN0S0tBZmN6QT09>

Meeting ID: 826 3212 9836

Passcode: 755359

TUESDAYS

Lucifer and Ahriman

with Brendan McQuillan

9, 16, 23 & 30 January, 6, 13, 20 & 27

February, 5, 12 & 19 March

7pm – 8.30pm

In lecture 2 of 'Lucifer and Ahriman' (GA 101) Rudolf Steiner likens their influence upon us to two scales of a balance whose beam we need to hold in equilibrium. One way for us to achieve this that Steiner speaks of is to permeate with a strongly Luciferic element what has an Ahrimanic form within us. Rather puzzlingly he adds that since nothing is more Ahrimanic than the delusion of material knowledge, then if we can be filled with fiery enthusiasm and interest by the deceptions that arise out of chemistry, physics, astronomy and the like, then through this Luciferic interest we can wrest from Ahriman what is his own. All welcome. For further information: ben.mcquillan@outlook.com

WEDNESDAYS

The Riddle of Humanity

with Trevor Dance

10 & 24 January, 7 & 21 February, 6 & 20

March 2pm – 4pm

We will be reading and discussing these deeply penetrating but very accessible lectures given in Dornach July–Sept 1916. A wide variety of topics encompassing, 'the duality of human nature – the heavenly and earthly aspects of human beings', 'enlivening the sense processes and ensouling the life processes, aesthetic enjoyment and artistic creativity.'

For further information:

trevordance@hotmail.com

From Jesus to Christ

with Dagmar Steffebauer

10, 17 and 24 January, 7, 14 and 21

February 4.15pm – 5.45pm

Once experienced intuitively by early gnostic thinkers, knowledge of the cosmic significance of Christ and his mission has faded over the centuries. In these enlightening lectures, Rudolf Steiner shows how 'the Mystery of Golgotha' can be seen as the pivotal event of human history. All are welcome! Further information: d.steffelbauer@gmail.com

The Easter Imagination

with Dagmar Steffebauer

13 March 4.15pm – 5.45pm

Reading one lecture of 'The Four Seasons and the Archangels'. The lectures are profound studies of the cosmic forces behind the four great festivals (Michaelmas, Christmas, Easter and St. John) of the year and provide a wealth of material for fruitful meditation. All are welcome!

For more information:

d.steffelbauer@gmail.com

Human and Cosmic Thought

with William Bishop

17 and 31 January, 14 and 28 February,

13 March 2pm – 4pm

In these four lectures it is proposed that there are twelve main philosophical viewpoints. Understanding them can enable us to see the world from the point of view of another person, which is essential today. This study can also encourage reflection on Rudolf Steiner's insight that the human being can be seen as a thought which is thought by the hierarchies of the cosmos. Participants will be encouraged to make individual presentations to deepen mutual understanding.

THURSDAYS

Theosophy

with Iaia Chiesa

14 December, 11 & 25 January, 8 & 22

February, 14 & 28 March, 11 & 25 April

10.30am – 12noon

Back to Basics. First published in 1904, Theosophy is an invitation to start to understand who we are as human beings in all aspects and stages of development, including reincarnation and karma.

All welcome. For more information,

iaiac53@yahoo.com

Please specify 'Theosophy' as the subject.

Voluntary donations are welcome.

An Occult Physiology

with Brendan McQuillan

18 January, 1, 15 & 29 February, 7 & 21

March 10.30am – 12noon

We will continue to read these lectures (GA 128) given by Rudolf Steiner in Prague. Steiner reflects in them on the two stage evolutionary process involved in the forming of the human spinal column and brain, contrasts conscious and unconscious processes in the various human organs, considers the archetypes of the nervous system and blood in the astral body and the 'I' (ego), and looks at the organic processes that accompany some spiritual exercises in order to explain their effect.

All welcome. For further information:

ben.mcquillan@outlook.com

Reading to the Dead

Staying Connected

with Iaia Chiesa

Thursdays 7 December, 1 February,

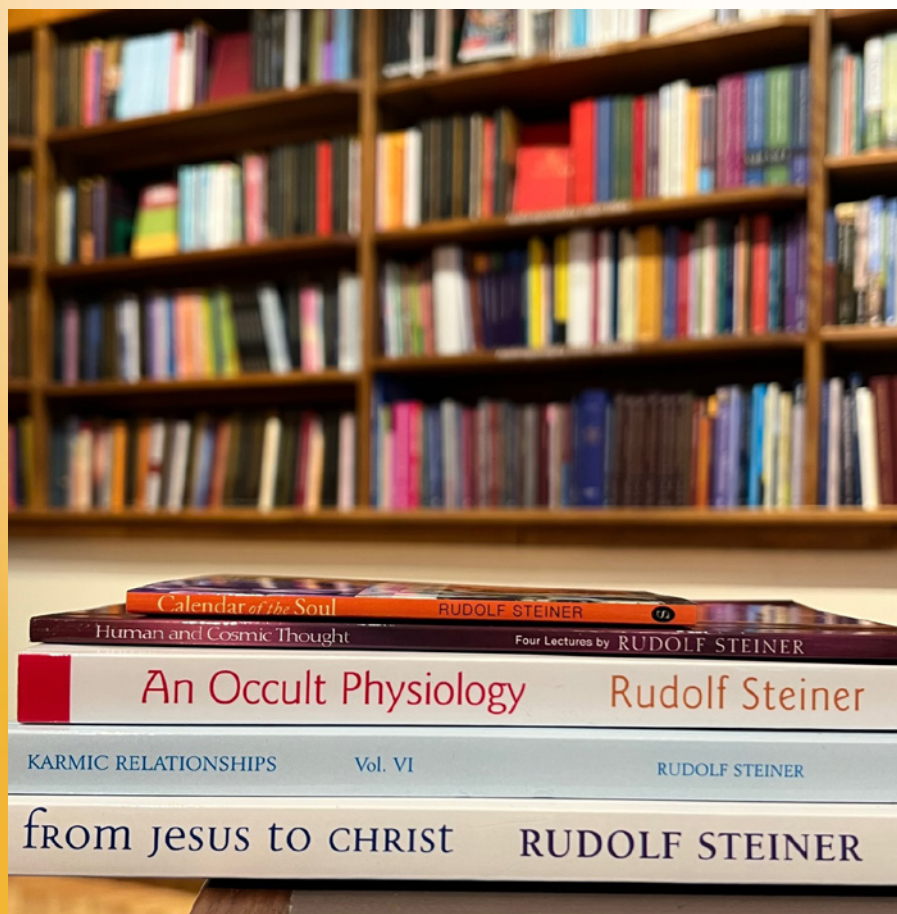
7 March, 4 April 7pm – 8.15pm

As one of the recognised tasks of Anthroposophy, we will be reading to the so-called dead, to establish and/or re-establish a connection with the dear ones who have crossed the threshold.

For further information:

iaiac53@yahoo.com

Voluntary donations welcome.



POETRY EVENINGS

**21 December, 18 January,
15 February, 21 March, 18 April**

7pm – 9pm

with Barnaby Tobias and Iaia Chiesa

Rudolf Steiner Bookshop offers An Evening of Poetry. Join us for the sharing of poems, monologues, stories, parts of plays, and all things creative. A casual event where we celebrate the spirit of creativity. All are welcome and encouraged to share something of their own work or another's they admire. We will have some discussion around the inspiration for certain pieces, with a main emphasis on the practical sharing of work.

Cash donations are welcome.

rsh-bookshop@anth.org.uk



BIODYNAMIC MARKET STALL

Saturdays* 11am - 2pm

*The stall will return in January with the new season, please check website for exact details.

The biodynamic stall has been joined by Noel, a nutritionist with great knowledge of the light root (dioscorea batatas) who has been helping Kenny bring the most amazing produce from Tablehurst Farm. Emerson College and Michael Hall's garden. Availability is seasonal including leeks, jerusalem artichokes, carrots, black and white radishes, cavolo nero, kale, golden and purple beetroot, chioggia, kohlrabi, parsnips, red cabbage and apples. We also have Sizzler cheese and cheddars and the 'best yoghurt I have tasted' from Plaw Hatch. From Shire Farm we have their delicious apple juice and highly nutritional Aronia berry juice as well as rye and spelt flour.

We look forward to seeing you at the stall from 11am to 2pm every Saturday.

Kenny Coffey
belikeabird@gmail.com 07957 799 336



INTRO TO ANTHRO

Wednesday evenings 7.30pm – 9pm
with Alex Wright

A much needed path through the forest of Anthroposophy. Intro to Anthro takes 10 areas of Anthroposophy and explains them for those interested in starting a spiritual path. To confirm dates: www.rsh.anth.org.uk/introtoanthro or call 01342 827967.

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|--------------------|---|
| 10 January | Karma – What? Why? and How?
The little understood background to everyone's life, how the actions of one lifetime are reflected in the conditions and experiences of the next. |
| 17 January | Human Constitution beyond the Physical
Our progressively subtle energy bodies which animate our physical body and give us emotion, thought and will. Bodies of soul and bodies of spirit. |
| 24 January | The Four Elements in Nature & Humanity – Temperaments
Nature & humanity share certain energies which in nature manifest as the 4 classical elements of Earth, Water, Air, and Fire. In humanity they influence us physically and psychologically bringing both gifts and dangers. |
| 31 January | Human Evolution Past & Future
Rudolf Steiner's revelations from the Akashic record of the journey of what would eventually evolve to become contemporary humanity and our future stages. |
| 7 February | Spiritual Forces Active in Humanity Today
Humanity exists under the influence of different spiritual forces which lead to different forms of behaviour. To be truly free it is useful to be able to discern these. |
| 21 February | The Angelic Hierarchy
Many cultures mention the existence of helpful beings with powers superior to those of humans. Rudolf Steiner described them and their activities in some detail. |
| 28 February | Nature Spirits
Servants of the Angels which both form and maintain the physical planet and nature, they seek a collaboration with humanity, but we need to refine ourselves first. |
| 6 March | How to Know Yourself
Every serious spiritual aspirant is aware of the injunction 'Know Yourself', but it's not so easy to translate this from the ideal to the practical. Tools for getting to grips with our inner life. |
| 13 March | Sleep, Dreams and the Afterlife
In these states the physical body is relatively passive, however other aspects of us are very active on levels only perceptible to clairvoyants. |
| 20 March | How to Make Progress
Anthroposophy is a Spiritual Path which can lead to very significant human development. A practical guide to making that a reality. |



Most evenings are a combination of lectures and activities. This series has been designed by Alex Wright as a course with the knowledge building week on week, so regular attendance is advised. Alex has an MA in Law from Oxford University, is a qualified Steiner Waldorf Class Teacher and a graduate of the three-year Emerson Visual Arts Course.

The course costs £90 (£60 student). You are welcome to attend the 1st or 2nd evenings for £10 (£7 student) and then pay the balance if you decide to continue, pay at the door, no cards.

If you would like to be kept informed of when the next course starts, then please email introtoanthro2020@gmail.com

This course will also run one day later on Thursdays in the Carson Building at Emerson College, Forest Row, East Sussex, RH18 5JX
www.emerson.org.uk/introtoanthro

FRIDAY SEMINARS AND LECTURES

Karma and Reincarnation

7pm – 8.30pm (UK time)

A series of alternating zoom and face to face seminars.

All welcome, no need to book, no charge. Voluntary donations towards costs are gratefully received and can be made by transfer to a Nationwide account held for this purpose.

Account name: Adrian Hotten, sort code: 07-01-16 account number: 31466776
or via Paypal to suejoanpeat@gmail.com

Zoom link <https://us02web.zoom.us/j/82632129836>

Meeting ID: 826 3212 9836, Passcode: 755359

Seminars are not recorded and participants are limited to 100 on zoom

Creating Good Karma (Zoom)

with Howard Smith

12 January

This talk will explore the nature of 'evil', and how the practice of spiritual exercises and 'virtues' affects not only our personal Karma, but the future development of the Earth.

Howard is a life-long student of Anthroposophy. He has a PhD in Chemistry and worked as a researcher into the properties of water and as a science teacher. He founded the Science Group of the Anthroposophical Society in Great Britain and now works as a piano technician.

The Never Ending Journey

with Patrick Dixon

19 January

We 'age' from the minute we take on a physical human body at birth to the minute we disincarnate. The physical effects of ageing are clear to us all – but what of the spiritual? Do we actually get younger as we approach the threshold of physical death? And how can we best prepare for that great adventure in the spiritual world that is the 'afterlife' and prepare for our next physical incarnation. Reincarnation is the epitome of metamorphosis which is about transformation of forms in which all changes whilst maintaining a thread of absolute identity.

Patrick Dixon trained at RADA and is an actor, writer, poet and performer. He lives in London and gives frequent lectures, seminars and one man shows.

Working with the Karma Exercise (Zoom)

with Becky McGrath and Sue Peat

26 January

Rudolf Steiner gave an exercise that can lead us into an experience of how events in our current lives are connected to those in a previous life. We will outline how this exercise can be approached and attempted and share how working with this exercise can lead to helpful insights into our present incarnation. The lecture we will be working with is published as a single lecture 'An Exercise for Karmic Insight' ISBN 978 185584154 3 (Sophia Books)

Becky McGrath at age 33 found her heart at the door of Anthroposophy and since has devoted her life to it. She studied in Dornach in the English Studies Program in 2008 and is a member of the Michael School. She works in her business, Kastle Keepers, bringing order and harmony into her clients' homes for 34 years. Sue works as a medical consultant in a London teaching hospital. She has worked with the insights of Rudolf Steiner for many years – helping to organise and facilitate regular events.

The Karmic Connections – Their Meaning for Us

with Trevor Dance

2 February

The complexity of our contemporary society and its worldview, which ignores reincarnation and karma, ensure that our paths in life are by no means easy to navigate. This talk, which will include examples given by Rudolf Steiner, will attempt to pinpoint some of the pitfalls which we, as modern citizens, find strewn across our pathways – and suggest means by which they may be overcome.

Steiner himself encountered difficulties in presenting his spiritual intuitions on this subject to the society of his time. This will be explored with reference to the problems we, ourselves, face in relating to a society preoccupied with consumerist ideas.

Trevor is the facilitator of a Monday evening study group on Steiner's 'Karmic Relationships' lectures. He is a lecturer, writer, printmaker and author of 'The Mystery of the Portal, A guide to Rudolf Steiner's first Mystery Drama'. Rudolf Steiner Press, April 2022

Tuning Practices for Karma Research (Zoom)

with Angus Jenkinson

9 February

Building on my earlier talk about karma as a science, and the presentations by others, this inquiry focuses on a practical approach to the work. It takes as fundamental that the practitioner, you or I, is key to the processes of karma discovery. How can capability and awareness be tuned up? This involves becoming aware of certain realities. There is an analogy with plant blindness, whereby sentiment, habit, and belief obscure awareness. Clear seeing proceeds by gathering and connecting clearly seen phenomena, visualizing the coherence, discovering essential principle(s), and uniting with reality, progressively, again and again.

Angus Jenkinson has been exploring the history of science for 5 decades and works as a scientific researcher and change or development designer in the field of social organization. He is a fellow of several professional bodies, an affiliated academic fellow, former professor, and an independent researcher at the Centre for Thinking Futures. He is a long-term practising student of Steiner's scientific disciplines for knowledge

of self and world. He has authored four books including From Stress to Serenity, which is on self-development

The Karma of Women

with Louise Sofair

16 February

Through Rudolf Steiner's spiritual research we can trace the evolution of womankind to its beginnings in the 'womb of the mother-spirit' and the development of the feminine stream of wisdom, through to modern-day consciousness.

At the 'turning point of time' what impact did Christ-Jesus have on the karma of the women he met? What part did they play in the drama of the Mystery of Golgotha, which changed the course of human evolution?

How will our recently attained equality of the sexes affect our future relationships with one another, with the Earth and with the Etheric-Christ-Being?

Louise Sofair has written articles and given several talks on the subject of the women in the Gospels and is the author of 'Women With Christ' (Temple Lodge Press). She was a Waldorf teacher for many years, specialising in Drama and Religion.

Franz Kafka and the karma of initiation (zoom)

with Dr. Douglas Miller

23 February

The writings of Czech author Franz Kafka (1883–1924) found their way around the world during the 20th century and still present a challenge to the reader in our own time. In his works Kafka knocks at the door of an esoteric knowledge that could result in initiation, although that door largely remains closed. We will consider examples of this experience based on a few short texts from his works and also on Kafka's personal karma with anthroposophy and with Rudolf Steiner.

Douglas is a retired professor of German at the University of Michigan – Flint in the United States; his research, publication, and lecturing has focused on Goethe's accomplishments as a scientist and writer, as well as on the history and meaning of Rudolf Steiner and anthroposophy.

From Buddhism to Anthroposophy – a personal path

with Francis Beadle

1 March

Sometimes simply playing with the sound of a word reveals its essence. Karma, 'Car' 'Ma', is how we travel in our journey through Mother Nature. Cause and effect. Too often we are lost in it. Not understanding how we ended up where we don't want to be. So how do we gain at least some control of the wheel? Through Dharma. 'Da' 'Ma.' The union of Heaven (the Father principle) with Mother Earth. Living a spiritual life. But on a day-to-day level, what does this mean? In this informal workshop, Francis will be offering insights from different esoteric schools on the practical challenge that karma presents us with, whilst also inviting other people to share their stories.

Francis Beadle is a student of Anthroposophy and a member of the School of Spiritual Science; a disciple of the Linji Chan (Zen) and Hanmi (Tantric Buddhist) lineage holder Dechan Jeuren; and a former Kundalini Yoga teacher and Deeksha giver. He is also a retired Psychodynamic Counsellor.

Karma in Poetry (zoom)

with Iaia Chiesa

8 March

How does karma interweave with poetry as well as life? Starting from live observations, we can witness the metamorphosis into words, through which at times it becomes possible to perceive hints of different incarnations.

Iaia was born in Italy and for over forty years has made England her home, and the English language her primary tool of expression.

What depends on karma and what does karma depend on?

with Andrew Wolpert

15 March

Can we rely on the working of karma, and what does the resolving of karma rely on from us?

Andrew has been working in adult education in the fields of language, literature, art history, and Christology for many years in Europe and in Asia.

Working Together across the threshold – Karma and Chartres (Zoom)

with Eric Klein

22 March

In his lectures on Karma Rudolf Steiner offers us some fascinating insights into how the working of karma is not just limited to what we experience together whilst in physical incarnation. In his consideration of the school of Chartres, Steiner offers the following thoughts 'a kind of supersensible exchange of ideas took place between the Platonic souls from the School of Chartres who were now coming up into the spiritual world through the gate of death and the Aristotelian souls who had remained above.' Eric will share his experience of recently visiting Chartres and his thoughts on how we can experience the legacy of this working together.

Eric Klein was born and raised in an Anthroposophic home in New York, educated at the Rudolf Steiner School in New York City, before training as a concert musician at the Manhattan School of Music. His life's journey has gone through Harvard Business School, the Christian Community Seminary in Stuttgart, Germany before settling in England in 2002. He has worked as a performing musician, composer, conductor, teacher and lecturer.



Weekly Classes – Eurythmy for Everyone

with Sara Hunt

Wednesday 24 & 31 January, 7 and 14 February, 6, 13, 20 and 27 March
6pm – 7.15pm

Eurythmy is an art of harmonious movement, developed by Rudolf Steiner, which can increase a sense of well-being and a deeper connection to oneself and others.

These open classes are for every and anyone, with no prior experience needed.

We will explore ways to connect with our own bodies as well as how we grow comfortable and creative with others in a dynamic space. Poetry and movement will weave together to stimulate vitality and enrich our daily lives.

Please wear loose fitting comfortable clothing and soft soled shoes.



Sara Hunt – After many years as a teacher in Canterbury Steiner school, Sara graduated from West Midlands Eurythmy and subsequently completed a Masters in Eurythmy Education with Alanus University. Until recently, she worked as an educational eurythmist in Steiner schools and is presently a freelance personal coach.

Price per class: £10 Full/£8 Concession

Online: www.rsh.anth.org.uk/whats-on/workshop

In person: At the Bookshop (on the day)



Resilience and Self-Care with Goethean Psychology (Zoom)

with Graham Kennish

Saturdays 11am – 12pm

A 1+ hour (free) Zoom workshop to learn a practical anthroposophical method of handling anxiety and stress, through the Goethean observation of one's own inner emotional state, with the language of gesture. You will leave with a practical exercise that you will have created yourself, to use in daily life.



Graham Kennish is a Steiner science teacher trainer, a driving instructor and a psychotherapist (MBACP Accredited) holding workshops and individual sessions in Goethean Psychology.

Free of charge, but a small (e.g. £1) donation to cover Zoom costs are welcome.

For further information and booking your chosen date, please contact:

kennish46@gmail.com or 07973 680959 www.goetheanpsychology.co.uk

THE ACTOR IS THE THEATRE

The Foundations of Michael Chekhov's Approach to Acting and Performance

A sequence of one-day workshops
September 2023 – June 2024

with Sarah Kane

These workshops aim to introduce participants to or deepen their understanding of the strongly creative and highly artistic techniques developed by the Russian actor in the middle of the twentieth century. They also aim to inspire and empower actors for their future work.

Each workshop will be an entirety in itself and can be taken individually, though they have also been designed as a journey.

Please bring clothes and shoes suitable for movement as well as a piece of text such as a monologue or poem known by heart, so that it can be used in the exploration of any aspect of the technique in practice



Part 1: THE IMAGINATION

September – December 2023

In the first four sessions, we explored ways we can engage with our imagination as an essential pillar in Michael Chekhov's approach to the actor's creative process.

Part 2: FROM MOVEMENT TO GESTURE

January – April

These three sessions explore the other 'pillar' of Michael Chekhov's technique, the intimate and immediate link between movement and an actor's psychology, to help with the process of transforming into character:

The Psychophysical Basics I

Saturday 21 January 10am – 5pm

Starting with movement, to discover its effect on the actor's psychology, this workshop will explore Chekhov's archetypal gestures as tools for expressing a character's objective.

The Psychophysical Basics II

Saturday 28 January 10am – 5pm

This second workshop on the psychophysical will investigate how the archetypal gestures can be further individualised in preparation for creating a psychological gesture to express the embodied essence of the character.

Words and Text as Movement and Gesture

Saturday 20 April 10am – 5pm

Inspired by Rudolf Steiner's development of the art of eurythmy and then his lectures on speech for the stage in 1923, Chekhov's approach also includes exploration of text first as movement, then as gesture.

Part 3: CREATING CHARACTER

May – June (*Dates to be confirmed*)

Three sessions:

The Imaginary Body

The Imaginary Centre

The Psychological Gesture



Workshop Fee:

£55 per individual day;

£150.00 for three workshops;

£275 for six workshops

Booking: www.marylebonetheatre.com/workshops-classes

In person: At the Bookshop (on the day)



An Introduction to Gardening the Biodynamic Way

with Dr Sue Peat and Douglas Davidson

Sunday 18 February 2pm–5pm

Biodynamics is an organic method of cultivation, arising out of Rudolf Steiner's Spiritual research. It works with the rhythms of the movements of the Sun, Moon, planets and stars to which the plants respond. The workshop will cover the background to the biodynamic planting calendar and using the biodynamic preparations. It's spring and so we will focus on sharing tips for sowing and growing food plants – from windowsill herbs to fruit trees. For the last hour, we'll stir the horn manure preparation (known as 500), so bring an empty screw top bottle if you would like to take some home. A 500ml bottle is enough for an average garden. The workshop is suitable for those new to biodynamics and for anyone who would like to give their garden, window boxes or house plants a spring treat!



Sue and Douglas are enthusiastic gardeners with lots of practical experience of biodynamic gardening.

All welcome, no need to book. £10/ £5

Welcome Men's Circle

with Paul Webber

Wednesdays 7.30pm – 9pm

24 & 31 January, 7, 14, 21 & 28 February, 6, 13, 20 & 27 March

Men, you are invited and called to join a new adventure, a weekly men's circle starting in 2024.

A safe and calming space to come, unpack and trust in the bond of the circle and being with other men.

We will start the evening with a calming and grounding experience based on one of the senses. We will then go on to create a circle and share with one another. To both listen and be heard from our hearts. It will be based on the Way of Council, and my hope is to pass on to others the amazing benefits I've felt and experienced from this.

I look forward to having you there... Paul

Price per session:

£15 price band A, £10 price band B

*No man will be turned away based on finances,
please contact me if you need a different pricing.*

Booking online: rsh.anth.org.uk/whats-on/workshop

In person: At the Bookshop (on the day)





The Most Precious of Goods

22 January – 3 February

Winter 1943, somewhere in war-torn Eastern Europe: a poor woodcutter's wife finds a little bundle thrown in the snow from a moving goods train. It contains something for which she has always yearned, but...

Jean-Claude Grumberg's best-selling French language novella, **The Most Precious of Goods**, is story-telling at its most profound and has been translated into 20 languages.

Told with a fairy tale-like lyricism, this gripping story of love and hope, set against the terrible backdrop of the Holocaust, reminds us that humanity can be found in the most inhumane of places.

This translation was part of Jewish Book Week 2022.
Playing time 80 minutes, no interval. Age Guidance: 12+

Jarman

19 February at 7.30pm

A mighty spirit is about to reawaken. Yours.

Derek Jarman: film-maker, painter, gardener at Prospect Cottage, gay rights activist, writer...his influence remains as strong as it was on the day AIDS killed him in 1994. But his story, one of the most extraordinary lives ever lived, has never been told. Until now.

This vibrant solo play from Mark Farrelly (*Quentin Crisp: Naked Hope, Howard's End*) brings Derek back into being for a passionate, daring reminder of the courage it takes to truly live while you're alive. A journey from Dungeness to deepest, brightest Soho and into the heart of one of our most iconoclastic artists.



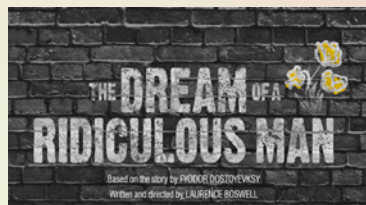
TICKETS www.marylebonetheatre.com

T: 020 7723 7984 or at the Box Office (Mon – Fri 9.30am – 4.30pm)

The Dream Of A Ridiculous Man

21 March – 20 April 2024

A man about to kill himself falls asleep and dreams of a beautiful, future earth, where people live in harmony with each other and nature. When he wakes, he has only one purpose: to persuade the world that what he has seen is possible. Will people listen? Will humanity wake up to his vision of a peaceful planet, where men and women love each other and live cooperatively with nature and the animals. Or are we doomed to repeat the old, terrible cycles of war and destruction? Based on a short story by the great nineteenth-century author Dostoyevsky, *The Dream of a Ridiculous Man* is a Russian Christmas Carol, relocated to modern London. Poignant but funny, a tale of wonder, full of warning, this exquisite one-person piece will leave you uplifted and full of hope for a better world.



Tickets: from £26.50

Poetry As Speech

11 February 2024, 5pm

As Oxford Professor of Poetry, Alice Oswald was devoted to finding traces of the ancient, oral tradition within printed literature. Her husband Peter – best known as a playwright but also an acclaimed poet – is active in researching how ancient bardic performance styles can be reimaged for modern audiences. Together they will present an electric evening of spoken poetry from across the ages.



Tickets: from £14.50

Revolution Earth

7 – 8 March 2024, 7.30pm

A dancer and a poet respond to the ecological catastrophe, facing humanity. Charlotte Jarvis, choreographer and dance artist, presents this dance-drama with poet and novelist Sir Ben Okri, about life as a constant improvisation. They interweave to create something new and intimate, political and meditative. Poetry responds to movement and movement to poetry. Along the way they brush against history, the secret lives of women, the passions of motherhood, and the toughness of hope. Each day brings new challenges, but dance and poetry respond with ritual and improvisation to the heart of the mystery of life.



Ticket: from £16.50

TICKETS www.marylebonetheatre.com

T: 020 7723 7984 or at the Box Office (Mon – Fri 9.30am – 4.30pm)

Marylebone Youth Theatre

13, 20 & 27 January, 24 February, 2, 9, 16 & 23 March
9am – 1pm

Marylebone Youth Theatre are looking to recruit children and young people aged 7–16 who are interested in performing arts. We offer a fun and safe environment to learn new skills and meet new friends.

Members of Marylebone Youth Theatre will grow in confidence as they work collaboratively and creatively. They will be taught theatrical skills and there will be regular opportunities to perform in front of an audience in the beautiful Marylebone Theatre.

Marylebone Youth Theatre runs Saturday classes during the school term and weekday classes during the school holidays.

To apply, please fill the Marylebone Youth Theatre application form available via <https://www.marylebonetheatre.com/get-involved>
If you need to pay over the phone please call 0333 666 4466



MARYLEBONE YOUTH THEATRE

**Saturday theatre classes and school
holiday workshops for those aged 7–16**

**A fun and safe environment to develop
theatrical skills and make new friends**

**Email lucy@marylebonetheatre.com
to arrange your FREE trial session**

**Please visit our website for more information
www.marylebonetheatre.com/get-involved**



Serenity Workshop

with Jolanta Bielawska and Renata Valiukievic



Sunday 21 January
11.30am – 3.30pm

- Learn the art of candle making using pure beeswax.
- Submerge yourself into the knowledge and discovery of your inner harmony with the help of Vedic astrology.
- Open up and release blocked energies and bring the seven chakras in balance during Chakra Toning session.

Jolanta Bielawska – Healer, Candle Making Artist, Radical Forgiveness Trainer.

Renata Valiukievic – Vedic Astrologer.

Participation fee £76. Early Bird discount (paid by 07.01) £69

Spaces are limited, must be booked in advance – 07894 882983

slavicconnections@gmail.com

The Therapeutic Value of Raphael's Madonnas

Saturday 30 December 10am – 5pm

The healing potential inherent in Raphael's Madonnas was first acknowledged by Rudolf Steiner in 1911. At that time, he entrusted a specific sequence of 15 images to Dr. Felix Peipers, to be used as a therapeutic aid at the Johannesbau Institute in Munich. Since then, the sequence of images has evolved significantly, thanks to the efforts of researchers with a keen interest in art, medicine and psychology. One of the instrumental figures in this work was the Dutch artist Eva Mees Christeller. While in Italy in 1988, she personally invited Dr. Remigio Cenzato to further study the series of Raphaelite images. As a result, the sequence has grown from the initial 15 paintings to the present collection of 37 images, all exclusively by Raphael, portraying the Madonna and Child.



The seminar unveils the mysteries contained in the movements traced by the varying positions of the Child in the Madonna's arms. Together, we'll explore the imaginative geometric connections within the paintings, their correlations with celestial movements (Sun, Earth and Moon) and their implications on human physiology, particularly on the heart.

Special attention will be paid to the eurythmic gesture of the letter 'L' in the healing sequence of 'Halleluiaah' in Eurythmy.

Raphael's masterpiece, 'The Transfiguration', will serve as leitmotif throughout the day, as we delve into the deepest realms of human fulfillment and spiritual development.

The seminar will be delivered in Italian and translated into English.

Speaker: Remigio Cenzato MD – *Anthroposophical Physician, Psychotherapist, Anthropologist, Clinical Pedagogist.*

For information and bookings contact Nabila Yakub: 07423 328240 or luminouspotential@gmail.com

Ticket: £50 Full price / £25 Concessions

Booking to be confirmed by 28 December.

Eurythmic Introduction: the Letter 'L' and the 'Halleluiaah' sequence • The historical context of the first decade of the 1900's • The collaboration between Rudolf Steiner and the Johannesbau Clinic in Munich led by psychiatrist Felix Pfeifer • The first sequence of 15 images and later elaboration by Dutch artist Eva Mees Christeller • From the 22 images to the current sequence of 37 paintings • The theme of the five-pointed star; the Transfiguration on Mount Tabor and the eurythmic image of the letter 'L' • The Pentagram in the human microcosm and the celestial macrocosm • The dynamics of the astronomical relationships between Sun, Earth and Moon • The rhythms of Eclipses and the 'Sword of Archangel Michael' • The effect on man of eclipses of the Sun • The pattern traced on the Earth's surface by eclipses; the correlation with gold dispersed in light and the formation of the human heart • The pentagon in cardiac physiology and its correlation with the star described by the movement of the Child in the arms of the Madonna in Raphael's works • The eurythmic pentagon and the three-lobed shape of the heart • The correlation between heart dynamics and the 432 frequency in the experience of musical listening • The Golden Section in the works of Raphael • Circulatory and respiratory metamorphosis and correlation with the action on physiology of the letter 'L' • The formation of an invisible dynamic chalice • The 'three rings' in Raphael's Transfiguration • The healing of the moody boy • The secrets hidden in Raphael's great last work • The relationship between the Transfiguration and the quest for the Holy Grail • The esoteric link between the figures of Elijah, John the Baptist, Lazarus, the Apostle John, Raphael Sanzio and the Romantic poet Novalis • The coincidence of birth and death moons between Raphael and Novalis • Raphael and Christ's mission for man on Earth • Vision of the sequence of 37 images of the Madonna and Child.

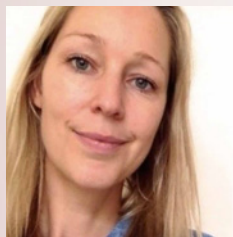
THE THERAPY AND WELLNESS CENTRE

The Therapy Centre at Rudolf Steiner House is run by qualified therapists, doctors and practitioners. Our work is based on an anthroposophical understanding of health and illness, and we work out of strong ethical principles. We try to understand not only what makes someone unwell or in need but also what leads a person back to wholeness and wellbeing. There is currently one Anthroposophical Medical Doctor associated with the Centre:

Dr Peter Gruenewald AMA reg. (previously CAHSC reg.)

For further information: www.londonintegratedhealth.co.uk

M: 07898 650 182 or admin@londonintegratedhealth.co.uk



Artistic Therapy (children and adults)

Anniek Verholt BA, MA, AATA

Anniek works in private practice; she also meets clients via Skype. After more than 17 years, she has developed a unique way of working which combines counselling and coaching techniques with a holistic therapeutic approach using mindfulness and creative expression.

For further information: www.artstherapylondon.co.uk

M: 07717 525782

info@artstherapylondon.co.uk



Counselling

Julia Dvinskaya Reg. MBACP (Accred.), MPABC, MUKAACP

Julia is a biographical counsellor with several years of experience working with people struggling with relationships, life turning points, stress, crisis, anxiety, loss, uncertainty, confidence and other questions of finding strength to face their life challenges. Julia also facilitates biography work in groups.

For further information: www.mylifeandcounselling.com

juliadv.counsellor@gmail.com



Psychotherapy and Counselling

John Lees UKCP reg, BACP Snr accredited.

John offers individual anthroposophic psychotherapy and counselling for the effects of trauma, anxiety, depression, life crises, incarnation problems and psychosomatic problems. He is trained in anthroposophic psychotherapy and leads the training course in anthroposophic psychotherapy at Emerson College. He has worked as a therapist for 28 years and as a clinical supervisor for 22 years.

For further information: www.johnleestherapy.com

M: 07931 319454

fjohnlees@aol.com



SKIN CARE – Dr Hauschka

Elaine Sadler is an award-winning health and beauty therapist, working as a Dr Hauschka Esthetician & Holistic Therapist.

Elaine won Therapist of the Year 2009–2010 at the Professional Beauty Awards where she used Dr Hauschka treatment and products in all entries. The Dr Hauschka body and face treatments are restoring, harmonising and rejuvenating experiences. For further information

M: 07890 668359
elaine.sadler6@gmail.com



BODY AND FACE CARE – Weleda

Elizabeth King is a Holistic Facialist & Skincare Educator and passionate about care of the skin.

Her extensive knowledge is based on the principle that the skin protects as well as reveals the inner self as it mediates between individual, people and environment.

Working with Weleda products and using special rhythmical movements, the skin and inner self feel met and held, so that radiance can emerge. Elizabeth has particular experience with rosacea, teenage acne as well as irritated, hypersensitive skin conditions. For further information

M: 07504 821593
elizabeth@skinsensibility.co.uk



BIODYNAMIC REFLEXOLOGY

*for fertility, pregnancy, and beyond.
Sophia Smith, BSc, ITEC, MAR, MNFSH, Registered Birth Doula.*

A holistic therapist for the past thirty-five years, and doula (birth companion) for the past thirteen years, Sophia specialises in the fields of stress management, fertility and maternity support, and generally nurturing body and soul. For fourteen years at the Active Birth Centre, her foundational therapeutic method is biodynamic reflexology, weaving together intuitive counselling, trace element supplementation and lifestyle advice. Treatments are profoundly relaxing, integrating and may be insightful.

For further information:
www.sophiasmiththerapies.co.uk
M: 07951 305897

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KINDERGARTEN for children age 3 to 6.

'Children thrive and have great fun as they learn in this nurturing kindergarten. They learn valuable life skills and gain independence through their daily routines.'
Ofsted – March 1st, 2018

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9.30am to 3.30pm

PARENT AND CHILD SESSIONS

Fridays 10am to 11.30am

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Information

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regine.childrensgarden@gmail.com

www.thechildrensgarden.org.uk



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info@rudolfsteiner.london.sch.uk
www.rudolfsteiner.london.sch.uk

ST. MICHAEL STEINER SCHOOL

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London TW13 6PN
info@stmichaelsteiner.hounslow.sch.uk
www.stmichaelsteiner.hounslow.sch.uk



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www.greenwichsteinerschool.org.uk

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1 St Paul's Road, London N1 2QH
T: 020 7226 4454
www.stpaulssteinerschool.org



MICHAEL HALL STEINER SCHOOL

Kidbrooke Park, Priory Road
Forest Row, East Sussex RH18 5JA
T: 01342 822275
contact@michaelhall.co.uk
www.michaelhall.co.uk

KAIROS REHABILITATION TRUST

The trust works primarily with patients dealing with long term muscular skeletal pain who are resident in the borough of Greenwich. It is open to others with hard to treat conditions. The Kairos physician, Dr David McGavin, will judge if we are able to take someone on and will liaise with the person's GP regarding treatment.

Patients are asked to contribute financially towards the costs of their treatment.

For further information please see: www.kairosrehabilitation.org.uk

Contact us on info@kairosrehabilitation.org.uk

Heronsgate Medical Centre, 1A Goosander Way, Thamesmead, SE28 0ER

STUDY GROUP

For details please contact Ingrid Hermansen on 07712810108 or gepainservice@gmail.com



TEMPLE LODGE CHRISTIAN COMMUNITY

For details about B&B events and talks please contact

51 Queen Caroline St, London W6 9QL

E: ccsecretary@btconnect.com T: 020 8748 8388

www.templelodgeclub.com



Healthy Shopping, Healthy Eating, & Health Generally

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www.fernverrow.com

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jayne@jacobs ladderfarms.co.uk

www.jacobs ladderfarms.co.uk

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info@mushroomtable.com

www.mushroomtable.com

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Bar Buvette www.barbuvette.co.uk

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press@springrestaurant.co.uk

www.springrestaurant.co.uk

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London E2 9DA T: 020 8981 9245

info@thehive wellbeing.com

www.thehive wellbeing.com

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Biographical Counsellor

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Counsellor, Psychotherapist and Psychophonetics Practitioner

Graham Kennish MBACP

47, Harrington Gardens, London SW7 4JU

T: 07973 680959

kennish46@gmail.com

Cranio-Sacral Therapy & Remedial Massage

Christa Parkinson

24 Woodland Gardens, Muswell Hill,

London N10 3UA

T: 020 8444 6331

Anthroposophical Medical Doctor

Anna Brodski

dr.brodski@holistichealthconsultancy.co.uk

www.holistichealthconsultancy.co.uk

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Pamela Tinker

Member of the International Federation of Aromatherapists.

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Michael Mehta

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www.hermeshealth.uk



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