



EVENTS

Spring-Summer 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 11am – 4pm
T: 020 7723 7984

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

Theatre Box Office

Monday to Friday 9.30am – 4.30pm
T: 020 7723 4400

Eugenia Valloreo Box Office Manager and
Marketing Assistant
E: marketing@marylebonetheatre.com
T: 020 7723 7984

Lorna Dempsey Theatre and Venue Manager
E: lorna@marylebonetheatre.com

Rosalyn Lesurf–Olner Executive Producer
E: rosalyn@marylebonetheatre.com

House Office

Monday to Friday 9am – 5pm

Adrian Locher Board Director
adrian.locher@btinternet.com
T: 07980 030 983

Doris Bailiss

House and Finance Manager
Membership Secretary
doris.bailiss.rsh@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

Deadline for submissions to the next issue – Friday 26 July

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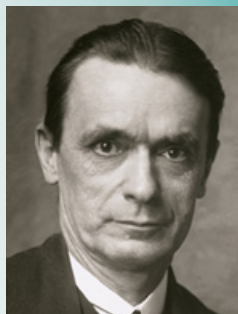
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Front cover image: *Itinerary* by Beppe Assenza

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

Rudolf Steiner in 1924. The time after the Christmas Conference

Lecture and discussion with Dr. Peter Selg

Saturday 25 May 7pm – 9pm



The year we are living in now marks the 100th anniversary of an astonishingly productive and fruitful year in the life of Rudolf Steiner. It began with the Christmas Conference, during which the Anthroposophical Society was reborn and the Foundation Stone Meditation given. There followed a whole array of new initiatives, including the beginning of the School for Spiritual Science and initiatives in the realm of the arts, medicine

and agriculture. That year witnessed Rudolf Steiner's vital contribution to the bringing of a new understanding of karma to humanity with his Karmic Relationships lectures, as well as the serialised Leading Thoughts, which summarise Anthroposophy in a series of aphoristic guidelines for meditation, supplemented by essays on the Michaelic nature of Anthroposophy.

Peter Selg was born in Stuttgart and studied medicine in Witten-Herdecke, Zurich, and Berlin. Until 2000, he worked as the head physician of the juvenile psychiatry department of Herdecke hospital in Germany. He is currently part of the leadership group at the world headquarters of the Anthroposophical Society at the Geotheanum in Switzerland, co-leader of the General Anthroposophical Section and director of the Ita Wegman Institute. He lectures extensively and is the author of numerous books. His comprehensive biography of Rudolf Steiner is published in 7 volumes. Volume 7 covers 1924 – 1925 and includes a lecture by Rudolf Steiner on June 4, 1924, 'The Festival of Pentecost'.

All welcome, no booking required, donation towards expenses at the door gratefully received.

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 an Upper School science teacher for 14 years 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

Intercultural Eurythmy Festival

Friday 5 July (evening) – Saturday 6 July (all day)

An Intercultural Eurythmy Festival including eurythmy/theatre performances of scenes from Shakespeare, with eurythmy fairy tales, talks, demonstrations, live music and eurythmy workshops by an international group of performers from UK, Germany, Bulgaria, USA, Hong Kong, China, Nepal, Malaysia, Taiwan, India and Sri Lanka.

Performances by: Eurythmy West Midlands, Peredur Eurythmy and Eurythmy India.

Workshops: Beginner's Eurythmy, Indian Dance and Eurythmy, Eurythmy with Tabla and Sitar, Eurythmy Theatre and others.

A full programme and booking information will be available on the RSH website.



**Open
House** OH

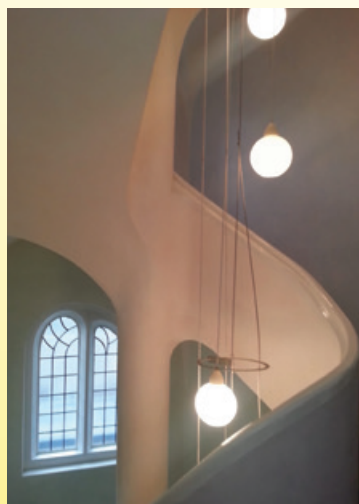
Open House London

Sunday 15 September 1pm – 6pm

<https://programme.openhouse.org.uk/>

Join us at Rudolf Steiner House, the only example of expressionist architecture in London, for the Open House London.

Free admission



Living with the Deceased

Lecture by Thomas Mayer

Thursday 19 September 7.30pm – 9pm

We all live together with the deceased. The souls who are in spiritual regions support us from within with strength, love, trust and inspiration. The more we open ourselves to them and reciprocate their friendship, the better they can do this. Thomas Mayer has been in conscious contact with many deceased people for over 20 years and will talk about this in his lecture.

He will also describe how the normal after-death path leads to the next incarnation. Nowadays however, many souls can no longer find their way into the light, spiritual world, and end up in dead ends, in entangled unhealthy states. In their distress, they then occupy other people, siphon off energy, and cause spiritual, mental and physical difficulties and social strife. Thomas Mayer has been helping such deceased people to overcome their obstacles for many years and has observed that energy blockages in places and houses, or depression, panic, fears or deep grief in a possessed person, have been released as a result. Such connections have so far been underestimated in the public consciousness. Conversely, the incidence of mental illness is increasing rapidly. The good news is that we are not at the mercy of this. It is possible to help affected people and the deceased.

Thomas Mayer is a meditation teacher, civil rights activist, and author of 'Answering the Call of the Elementals' published by Findhorn Press, 'Overcoming Fear – Exercises for Spiritual Self-Defense' and 'Covid Vaccines from a Spiritual Perspective'.

<https://www.anthroposophische-meditation.de/english>

£15 cash on the door.

For further information please call Alex Wright on 01342 827967

Thomas will be leading a workshop on Anthroposophical meditation, as well as outdoor exercises to contact elementals and exercises to connect to the deceased, at Emerson College from 7pm Friday 20 September to 12.30pm Sunday 22 September.

Please see www.emerson.org.uk for full details.



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 7

with Trevor Dance

6 & 20 May, 3 & 17 June, 1 July

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

29 April, 13 and 27 May, 10 and 24 June,

8 July 7 – 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=SDZ3d0kxWk0wNU1uUzN5OSTBZmN6QT09>

Meeting ID: 826 3212 9836

Passcode: 755359

Meeting ID: 826 3212 9836

Passcode: 755359

TUESDAYS

Polarities in the Evolution of Mankind

with Lee Scopes

30 April, 7, 14, 21 & 28 May, 4, 11, 18 & 25 June, 2, 9 & 16 July 7 – 8.30pm

In these 11 Lectures (GA197) Rudolf Steiner unfolds the spiritual background to many social questions around the theme of the polarities of West and East, Materialism and Mysticism, Knowledge and Belief. He makes visible the forces of decline active in modern civilisation, and how these forces are trying to wrest human destiny from the active participation of human beings. He presents with profound poignancy how the Christ is pouring a new spirit into human evolution. All are welcome!

For further information:

leejs_72@fastmail.fm

WEDNESDAYS

The Riddle of Humanity

with Trevor Dance

8 & 22 May, 5 & 19 June, 3 July 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

Occult Science

with Dagmar Steffelbauer

24 April, 8 & 22 May, 5 & 19 June, 3 July 4.15pm – 5.45pm

Occult Science was first written by Steiner in 1909 and after that, three revised editions (1913, 1920 & 1925) followed. Studying the book, a first glance into supersensible worlds is given. ‘One of the fairest fruits of the pursuit of Spiritual Science is that it lends strength and firmness to life. Inexhaustible is the fountainhead from which it draws, giving human being strength for work and confidence in life’ – Rudolf Steiner. All are welcome!

Further information:

d.steffelbauer@gmail.com

The Apocalypse of St John

with William Bishop

15 & 29 May, 12 & 26 June, 10 July

2pm – 4pm

This warm, rich, and wide-ranging lecture course given in Nuremberg in 1908 considers the Book of Revelation as pictures from initiate consciousness interpreted in terms of cosmic evolution centered; the Christ impulse – apocalypse considered as ‘the impulse-giver for the future, for action and deed.’

All welcome. For further information:

williambishop191@gmail.com

True and False Paths in Spiritual Investigations

with Adam Slowikowski

17 & 24 April, 1, 8, 15, 22 & 29 May, 5, 12, 19 & 26 June, 3, 10, 17, 24 & 31 July, 7 August 7 – 8.30pm

The last set of lectures that RS gave in England 11 – 22 August 1924.

For further information, please call Adam on 07724 504405

THURSDAYS

Theosophy

with Iaia Chiesa

11 & 25 April, 9 & 23 May, 13 & 27 June,

11 & 25 July, 12 & 26 September

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 and Understanding Healing

with Brendan McQuillan

4 April, 30 May, 20 June, 4 & 18 July

10.30am - 12noon

We will be completing the reading of Occult Physiology, Steiner's Prague lectures from March 1911 (GA 128), and beginning Understanding Healing, his lectures to young doctor's from Jan 1924 (GA 316).

All welcome but some knowledge would be an advantage.

For more information:

ben.mcquillan.bm@gmail.com

Reading to the Dead Staying Connected

with Iaia Chiesa

4 April, 2 May, 6 June, 4 July,

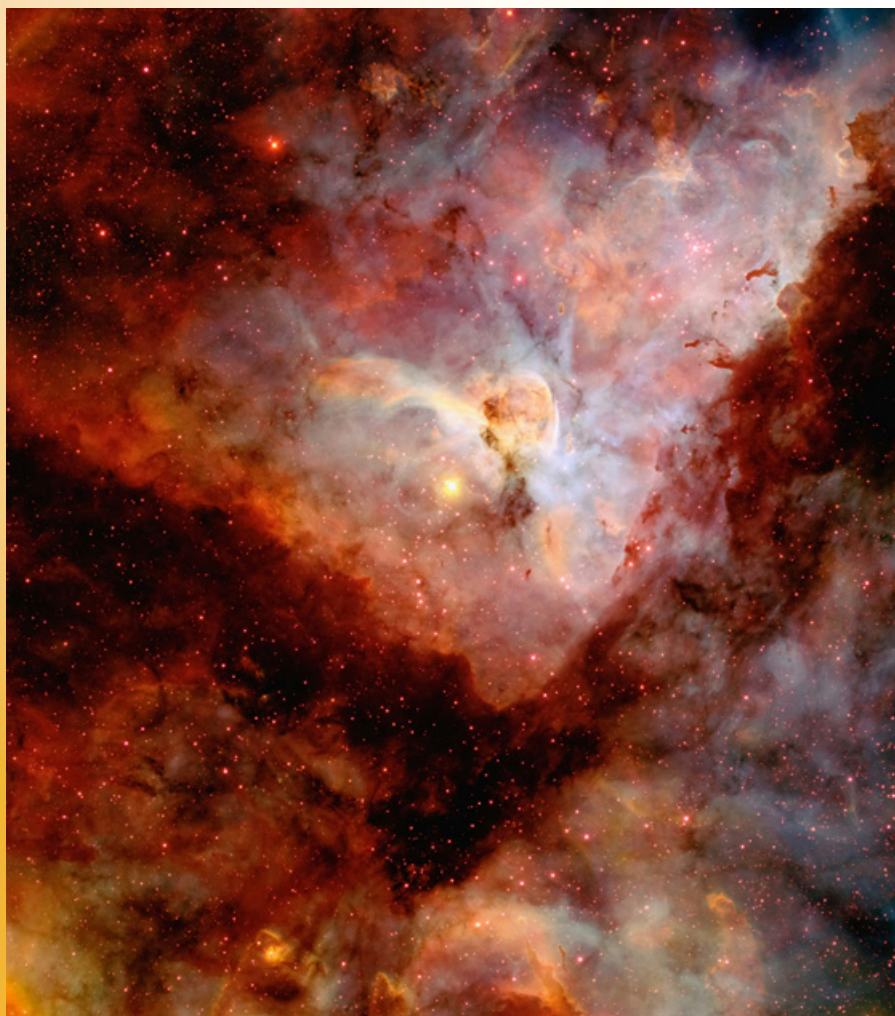
5 September 7pm - 8.15pm

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.



MEDITATION FOR LIFE

Developing inner resources for living a more conscious and creative life

with Marjatta van Boeschoten

THURSDAYS

18 April, 16 May, 6 June 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: <https://rb.gy/hyls0y>

CAFÉ CONVERSATIONS

with Patrick Dixon

**Saturday mornings
10.30am - 12noon**

A place to talk, a place to listen, a place to meet interesting and interested people.

Looking at new ways of thinking and thinking about new ways of looking.

Topics for discussion include:

6 April	Humanity within Nature, Subnature and Supernature
20 April	Religion, Art and Science
11 May	Past, Present and Future of Culture
25 May	Technology to Technosophy
8 June	The Animals and Plants
22 June	When the Inner becomes the Outer (Paradigm Change)

Tickets on the day in the Cafe: £10, including coffee and cake

BIODYNAMIC MARKET STALL

**Saturday 20 April, 18 May, 8 & 15 June, 6 July
11am - 2pm**

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!
Kenny Coffey
belikeabird@gmail.com 07957 799 336



POETRY EVENINGS

with Barnaby Tobias and Iaia Chiesa

18 April, 2 May, 6 June, 4 July, 5 September

7pm – 9pm

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

REGULAR EVENTS



FRIDAY SEMINARS AND LECTURES

Karma and Reincarnation

7pm – 8.30pm (UK time)

A series of alternating zoom and face to face seminars exploring karma and reincarnation led by speakers working with the insights of Rudolf Steiner.

All welcome, no need to book, no charge. Events are not recorded and zoom meetings are limited to 100 participants. Voluntary donations towards costs are gratefully received and can be made by cash donation on the day, transfer to a Nationwide account held for this purpose or via paypal.

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

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

Meeting ID: 826 3212 9836, Passcode: 755359

The Laws of Karma

with Ted Prestbury

3 May (Zoom)

This talk will explore the relationship between a person's actions and the moral and legal consequences. How does the English legal system attempt to address these issues and achieve justice? Does the English legal system reflect universal spiritual laws, and can we find in it the laws of karma?

Ted has worked with Anthroposophy for over 40 years. He qualified as a solicitor in 1978 and remained in private practice until 2016. He worked as a lawyer in the city, the west end and in a country practice. He specialised in mental health work and held judicial office for 29 years.

consequences of the mystery streams of Ancient Egypt and Greece.

In her book 'The Archetypal Human-Animal' (Temple Lodge Press), Angela includes her research on the Fall from Paradise and its consequences in considerable detail. It includes many relevant and remarkable insights from Rudolf Steiner which throw light onto our human and world development. *Angela Lord is a painter and author. Her books include: Colour Dynamics, Books I and II; Form Drawing; and four illustrated books on Rudolf Steiner's four large watercolour paintings, which contain substantial research material on each theme.*

The Working of Past Epochs in the Karma of Humanity

with Angela Lord

10 May

An illustrated presentation giving an overview of past civilisations in the development of human consciousness. We will consider the karma of our previous earthly lives in this context, and some of the implications for the present day. The themes will include the Fall from Paradise in Lemurian times, Atlantean technology, and the karmic

Music Directed from the Spiritual World to Humanity and Our Earthly Evolution

with Eric Klein

17 May (Zoom)

The talk will examine the origins of music from the spiritual world as it makes its way into earthly evolution, from the 'Music of the Spheres' through the incarnation of Christ and as expressed in the compositions of Bach, Mozart, Beethoven, Wagner and especially the 20th century music of Dmitri Shostakovich. We will ask questions about the karmic development of man and these great composers,

why it is only in the last few hundred years that Western Classical Art Music has evolved on Earth, and how and why this music affects us and our future evolution. Could we have evolved as we have without this music? The karma of Dmitri Shostakovich, his life in Russia, and his impact on humanity will be the main focus.

Erick 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.

Insights into Autism

with Helen Kinsey

24 May

What's it like to have Autism? How can we best relate to those living with this challenge? Autism spectrum disorder ranges from a very severe disability, clearly present in early childhood, to mild difficulty with social interactions that can often go unnoticed until adulthood. Helen will share her experience of working with children who have Autism and offer us some recent research into its possible causes and how it can best be approached.

Helen is an anthroposophist. She was a Waldorf class teacher for a number of years. She is currently teaching in mainstream and has spent some time in a specialist autistic setting.

The Karma of Illness

with Dr. Peter Gruenewald

31 May (Zoom)

Suffering from a chronic physical or mental illness can be an existential challenge that may seemingly limit our self-expression and even social reach. It can be caused by experiences and deeds in previous lives but may also be a preparation to acquire new life skills for a future lifetime. In fact, organs that are weak in one incarnation, may become

organs of strength in a next life. All illness, even physical illnesses have to be understood from their spiritual, soul, vital and physical and social aspect. Once we understand these dimensions of illness and its individual purpose, we can start to work on improving the conditions by means that strengthen our physical, vital, emotional and spiritual constitution.

We will in this context look at two statements: 'All illnesses are musical problems.' (Novalis) and Paracelsus: 'The foundation of all medicine is love.' We will explore the question: How can we use spiritual development and initiation to work towards a true and sustainable state of health, physically, vitally, emotionally and spiritually?

Dr Peter Gruenewald is an anthroposophical doctor, general practitioner, specialist doctor in sleep medicine and a trainer in Adaptive Resilience and stress management. He is the author of the books: Rosicrucian Alchemy. A Spiritual Christian Path (2024). Mastering Life. Rosicrucian and Magical Techniques for achieving your Life's Goals (2022). Manifesting your Best Future Self: Building Adaptive Resilience (2020). The Quiet Heart. Putting Stress in its Place (2007).

Karma East and West

with Dr Andrew Welburn

7 June

Reincarnation points to all the things we have been and still may be. It is often contrasted with Christianity's focus on one's present self and hope for salvation. But reincarnation is not just an oriental idea. In fact, it has formed part of Jewish as well as several major Christian perspectives. Rudolf Steiner is neither just East or West but shows how we can find a universal understanding of karma, transforming how we think of our lives and our responsibility for the world.

Andrew has been an academic in the fields of English Literature and biblical interpretation and history. A life-long Anthroposophist, he has written several books on Rudolf Steiner's philosophy, esotericism, and Christianity, and on the prophet Zarathustra.

The Psychology of Karma

with Graham Kennish

14 June (Zoom)

Any deep consideration of the truths of re-incarnation and karma will have significant impact on how we view our lives. Graham will explore how inner changes take place in our perception of the ordinary as well as the unusual, sharing events in his own life and some striking modern examples which reflect their reality.

Graham Kennish has been a Steiner Waldorf science teacher for many years, now a teacher trainer in the UK, Hong Kong, Taiwan, and Armenia. Graham is a grandfather, living near Stroud with his partner Jane. He is also a driving instructor and a psychotherapist, using Goethean Psychology – see www.goetheanpsychology.co.uk

The Watchmaker

written and performed

by Patrick Dixon

21 June

A story and a dream about awakening to the time and space we need to give to each other as we become aware of the infinite possibilities and eternal vistas that are opening up for all who feel lack of space and too little time for the realization of all that can be dreamt of. Are we planning for our next incarnation?

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



From Darkness to Light, from Light to Darkness

Michelangelo Merisi da Caravaggio
(born 29th September 1571; died July 1610 aged 38 years)

with Peter Van Breda

28 June (Zoom)

The talk will be focused on an individuality who clearly ushers in a new form of art consciousness, Michelangelo Merisi da Caravaggio. His colourful but also controversial life unfolded at the end of the 16th and the beginning of the 17th centuries. He was plagued by extreme behavioural episodes, his daily life was often so overshadowed by dark deeds that he found himself a fugitive on the run for most of his life. He carried though within himself the remarkable ability to paint living scenarios, mostly biblical themes, in an outstanding manner, both beautiful but often shocking. The events he paints arise out of wells of darkness but are then highlighted by shafts of light; they take place in front of you as if happening on the sidewalks of our everyday life.

In 1969 Peter had the blessing of being introduced to an anthroposophist who became a lifelong friend, Dr Jan C Louw. One afternoon early in their friendship he enquired whether Peter had ever heard of Rudolf Steiner. After an hour-long conversation, Peter knew for certain that Rudolf Steiner and the unfolding gift of Anthroposophy would become the forefront impulse of his life. Soon he was on his way to Emerson College where he felt how a transformative seed of becoming had entered into his destiny. One gift was the two-week-long initial course given by William Mann, a devoted art historian. As the course unfolded Peter began to recognise that art through the ages was, amongst many other things, a direct indication of the phases of consciousness through which we have evolved. History of Art has remained an innovative companion for him for over 50 years.

Speaking of Speech

with Geoff Norris

12 July (Zoom)

In the autumn of 1924 Rudolf Steiner gave a course on Speech and Drama that was intended for professional actors. Rudolf Steiner places an important statement in the introduction to this course 'What is important above all else is a thorough knowledge of the organism of speech, of the living structure of speech as such. This organism of speech has been produced, has come forth, out of man himself in the course of his evolution.' Geoff will offer us an overview of the course and insights into how we can all put these into practice when we speak and listen – particularly when participating in the high social art of human conversation.

Geoff is a master teacher of Steiner Creative Speech with over 45 years of experience in the field. He is an experienced storyteller, actor and director and has performed and given workshops world-wide. He is currently training students to achieve a Goetheanum recognized diploma in Steiner Speech and has been speaking and codirecting for Eurythmy West Midlands young stage group.

From Bach to Steiner

with Alan Stott

19 July

In Anthroposophy we have a path of knowledge, which can guide the spiritual in the human being to the spiritual in the universe. Musicians are inclined to take this, the first of a series of 'Leading Thoughts' offered by Rudolf Steiner, quite literally. He suggested that spiritual science has to be read 'as a pianist reads a musical score'. At the piano, Alan will gently lead us through an exploration of a short and simple piece by Bach and a short piece that Chopin was inspired to write. Likewise, we shall look at a passage or two of Steiner's prose. He'll introduce us to six clues to help us discover an untold secret, hidden within his written prose style. We may expect simple yet astonishing discoveries! No specialist knowledge is required or expected and handouts to take home will be provided.

Alan is a musician, translator, author, and original researcher who's worked for nearly 50 years with eurythmy, playing for hundreds of children and adults. He has published extensively on music, theology and astrology, and collaborated with colleagues to produce the 'Collected works of Reverend Professor Hermann Beckh', a universal scholar and perhaps Rudolf Steiner's most brilliant pupil (please see Temple Lodge Publishing).



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 one-day workshops provide an overview over the core elements of Michael Chekhov's acting technique that he continued to develop throughout his life. They range from the very beginnings of any serious artistic research and exploration to the finer points of developing a stage life and creating character, including the character's psychological gesture.

The 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.



Part 3: CREATING CHARACTER **May – June 2024**

Each of these three workshops will be an entirety in itself and can be taken individually.

What is Chekhov's Imaginary Body? **Sunday 19 May, 10am – 5pm**

This will be a day of engaging with the imagination to transform our own physical bodies and clothing to create character/characters: every transformation of our own body, however small, can become the source of a new character, with his or her own habits, behaviour, thinking, likes and dislikes, etc.

As usual, please bring clothing and footwear suitable for movement, as well as a short text that a character might speak. It will be helpful to know this text by heart.

The Imaginary Centre **Saturday 22 June, 10am – 5pm**

As a further tool in Chekhov's approach to developing character, and a follow-on from the Ideal Centre, discovering the Imaginary Centre with the help again of the actor's imagination, can be enormously enriching and transformative. It will involve exploring colour, forms and textures, its home in the body, as well as real and imaginary objects, all inspired by the character and inviting the actor to transform everything relating to his or her outer appearance.

As usual, please bring clothing and footwear suitable for movement, as well as a short text that a character might speak. It will be helpful to know this text by heart.

The Character's Psychological Gesture

Saturday 29 June, 10am – 5pm

What is often considered to be the crown of Chekhov's approach to acting, the psychological gesture is a further development of what he calls the archetypal gestures: whatever gesture expresses the character's overall intention becomes entirely individual to the character being performed when complemented by specific qualities. The workshop will explore qualities as well as search for the gesture that expresses the character's intention in the text.



As usual, please bring clothing and footwear suitable for movement, as well as a short text that a character might speak. It will be helpful to know this text by heart in order to find the character's psychological gesture.

A new sequence of Chekhov workshops will be starting in the autumn of 2024.

Workshop Fee: £55 per individual day; £150.00 for three workshops.

Please book in advance:

<https://tinyurl.com/4s93cazb> or in person on the day in the Bookshop.

An Introduction to Gardening the Biodynamic Way

with Dr Sue Peat and Douglas Davidson

Sunday 23 June 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 summer and so we will focus on sharing tips for caring for flowers and food plants – from flowers and 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 summer treat!



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

All welcome, no need to book.

Full £10 / Concession £5

Weekly Classes – Eurythmy for Everyone

with Sara Hunt

**Wednesday 10, 17 & 24 April,
1, 8, 22 & 29 May, 5, 12 & 19 June
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.



Sarah 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.

Coralee Frederickson – Coralee is a performer and former co-director of eurythmy trainings in London and Oslo. She also offers training for Chinese students in China and Sweden.

Price per class: £10 Full/£8 Concession

Bookings: <https://tinyurl.com/2x5dfbx> or in person on the night in the Bookshop at RSH

Welcome Men's Circle

with Paul Webber

**Tuesday 16 & 23 April, 7, 14, 21 & 28 May, 4, 11, 18 & 25 June, 2, 9 & 16 July
8am–9am**

***Wednesday 17 & 24 April, 8, 15, 22 & 29 May, 5, 12, 19 & 26 June,
4, 11 & 18 July 7.30pm – 9pm**

* Please note that you can attend the Eurythmy Session before this session.

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

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 morning and evening session 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: paulwebber81@hotmail.com

Booking: <https://tinyurl.com/yue3jmh6> or in the Bookshop.

Instagram: @welcomemensgroup



Resilience and Self-Care with Goethean Psychology (Zoom)

with Graham Kennish

**Saturdays 13 & 27 April, 4, 11 & 25 May,
8, 15, 22 & 29 June 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 Government Inspector

3 May – 15 June

Alexander ‘Sandy’ Marshall, Bird & Carrot,
David Luff and Wild Yak present

‘There’s no money in honesty!’

A comedy about hypocrites, hysterics and hustlers.

An over-privileged, vainglorious liar is mistaken for a high-ranking government inspector by the corrupt local officials of a parochial town. Desperate to cover up their crimes and escape censure, the town’s Governor and his cronies pull out all the stops to try and bribe this dishonest buffoon with money, wine and women.

The Government Inspector is Nikolai Gogol’s masterful comedy about how corrupt power destroys itself, exposing the tragi-comic consequences of collective delusion and the swindlers who would exploit it.

To book: <https://tinyurl.com/3tcrz8rs>

THERAPIES AT RSH

The therapists below have an anthroposophical background. The therapies and skin treatments they offer are based on Steiner's holistic conception of health, taking into account the whole human being in their practice.



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



Psychotherapy and Counselling

John Lees UKCP reg, BACP Snr accred.

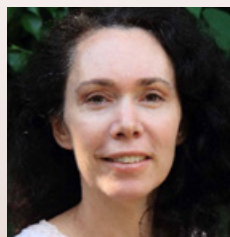
John offers individual anthroposophic psychotherapy and counselling for the effects of trauma, anxiety, depression, life crises, incarnation problems and psychosomatic problems. He is trained in anthroposophic psychotherapy and leads the training course in anthroposophic psychotherapy at Emerson College. 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@skinsensitivity.co.uk

Birth, Rebirth and Legacy

Re-imagining our individual stories through
Kundalini Yoga & Transpersonal Therapeutic Art.



BIRTH: Clearing our emotional clutter
Sunday 19 May 19, 11am – 3pm

REBIRTH: Remembering our Soul Path
Sunday 2 June, 11am – 3pm

LEGACY: Reframing the Impact of Our Lives
Sunday 23 June, 11am – 3pm

Step into a reflective and transformative journey aimed at experiencing and integrating our capacity to restore and regenerate. In each of these events we will work on dissolving inner barriers and reigniting our soul's contract. The sessions utilise Kundalini breathing, meditation and movement techniques, as well as Gong sound work. All consolidated through Transpersonal Therapeutic Art processes resulting in your own individual creative expression. A supportive and safe group space guided by skilled facilitators.



Kary Stewart is a Kundalini teacher specialising in Rebirthing, with 12 years experience. She is also a Gong Healer and Conscious events curator. Peruvian by birth, Kary is a student of the Andean Cosmovision.



Aya Husni Bey is a Transpersonal Art Counsellor MCGI MBACP, and HeartMath Coach, with 25 years experience in working with people of all ages by providing support within their social, mental, emotional and physical means for their wellbeing. Aya has worked in Laos, N. Africa, and for the UN in the Middle East. Now based in the UK. She is a member, and a carrying group member of the Association for Anthroposophical Therapeutic Arts (AATA), and a Core Group Member of The Alliance For Childhood.

Booking essential, 18 places available. All abilities welcome, no prior experience required.

**Bookings: kundaliniyogacollective.co.uk/schedule/courses/
£35 – £50 sliding scale event. All three events: £105**

Each event is a stand-alone experience, and all three complete a full cycle.

Contact: www.creativityunmasked.com

Kary: 07792 017 429 @kyogacollective kundaliniyogacollective.co.uk

Aya: 07727 170 906 @creativity_unmasked

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Mindful Mark-Making workshop

with Lou Hamilton

Saturday 1 June 10am – 12noon

**Mark-making, movement and meditation workshop.
How to transform your inner landscape with presence & self-reflection in the process of playing with pens and paint.**



The 2 hour session is divided into 4 parts: Expression, sense-making, embodying & becoming your Self. We will use a mix of materials, movement & meditation.

No artistic skills required. Explore without expectation, play without pressure, be open to possibility.

All materials are provided but please bring curiosity, an apron and rubber gloves.

Cost: £25 each

Lou Hamilton is an artist, author and host of Brave New Girls podcast. Also a certified life coach for 15 years, Lou specialises in helping people live a more confident, courageous, curious, creative & conscious life, with her Transform Your Inner Landscape principles. She uses these techniques in her own painting practice and mark-making meditation workshops and retreats.

Instagram @LouHamiltonArt and @brave_newgirl

Here is the Meet-Up event link: <https://tinyurl.com/bdewyb3h>

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Nurturing Arts for Wellbeing

with Sue Davies

**Tuesday 2, 9, 16, 23 & 30 April,
7, 14, 21 & 28 May,
4, 11 & 18 June**

6.30pm – 8.30pm

Come and join us for nurturing arts evenings, exploring with watercolours, chalk pastels and charcoal the restorative, healing process of art-making.

Slow down, relieve stress, improve focus, gently release emotional tension and experience the language of colour and what it means to you.

We will explore colour and form using nature rhythms, the seasons, the elements, the temperaments, poetry and fairy tales to inspire, calm, restore and explore our individual experiences of life in the here and now.

All art materials are provided, and no previous painting experience is necessary.

£20 per session.

For more information please contact Sue on

07849 008358



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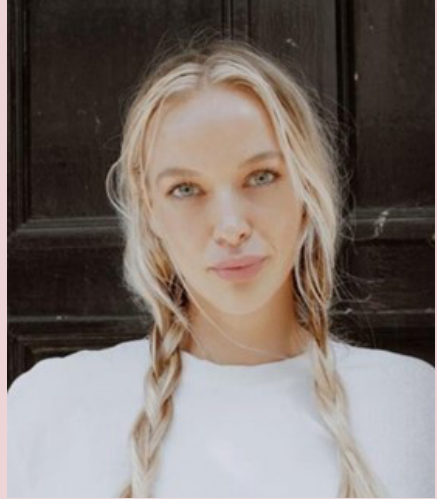
How Beauty can Save the World: Architecting Utopia

with Arabella Thais

Thursday 29 April 7pm – 8pm

A cutting-edge inter-disciplinary exposition into the nature of Beauty – how it pertains to cosmology, mathematics, metaphysics, and consciousness, including society design and systems theory. All that I speak about pertains to the evolution of planetary consciousness – in this instance, the true meaning of Beauty and its potential to redeem us all.

Arabella Thais is currently studying for her Ph. D. in philosophy, cosmology, and consciousness at CIIS in San Francisco. She has wide public speaking experience at symposiums, conferences, and festivals – academic and general. Arabella is also a published writer, and teaches people about the nature of existence through her school of consciousness, the Temple of Truth.



Admission £12 at the door.

For further information, E: arabella@arabellathais.com



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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



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