



Rudolf
Steiner
House

EVENTS

Autumn-Winter 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

Hannah Henderson Executive Director
E: hannah@marylebonetheatre.com

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
T: 07769 196490

House Office

Monday to Friday 9am – 5pm

Adrian Locher RSH Programme 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

Design & Print

Prontaprint, 129 Crawford Street, W1U 6BH
www.prontaprint-london.com

Deadline for submissions to the next issue – Friday 8 November 2024

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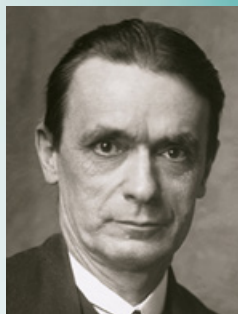
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Front cover image: *The Skaters (1911)* by Marianne Werefkin

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

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

Open
House **OH**



Affirming Our Humanity in the Age of Digital Technology and Artificial Intelligence

Friday 11 October 7pm – Sunday 13 October 1.15pm

A conference organised by The Humanities and Social Sciences Sections of the School of Spiritual Science and the Anthroposophical Society in Great Britain

Affirming Our Humanity in the Age of Digital Technology and Artificial Intelligence

The rapid global development of AI is inexorable, and offers infinite possibilities to enhance the quality and scope of our lives. There are no areas of our professional, financial, social, cultural, medical and personal experiences that are not amenable to the effects of this technology. This challenges us to find ways of working creatively in what is also becoming an increasingly dehumanised culture, ever more disconnected from nature, and with virtual substitutes for true human encounter.

We need to understand the significance of personal and sensitive data being undeletable, manipulable, and indiscriminately accessible, and of our being inextricably bound through mechanised connections and algorithms that serve commercial and questionable political interests.

To what extent is our evolution in our own hands? What inner practices can we adopt to hone the necessary discernment to engage healthily with the technology without becoming in thrall to it? This technology cannot be avoided. Will the need to discern what opportunities these developments might have for humanity lead to positive engagement, as for example in a Manichean approach?

The aim of this conference is to explore and raise questions about these issues in the context of our conscious responsibility for our unfinished human evolution.

Jeremy Naydler, Paul Levy, Edwin Hübner, and Malin Starrett will be the main contributors to this event. Their professional, artistic, and life experiences will inform, inspire, and provoke discussion. Each of their contributions will be followed by time for discussion, which we see as an essential part of the conference.

Fritz Wefelmeyer and Andrew Wolpert

Friday 11 October

- 7 – 7:15 Welcome and Introduction
 7:15 – 9.15 Introductory presentations by conference speakers
 Jeremy Naydler, Paul Levy, Edwin Hübner, Malin Starrett
 Followed by open space for questions for clarification and
 to prepare the conference theme

Saturday 12 October

- 10 – 11.30 *From Machine Intelligence to the Intelligence of the Heart*
 Jeremy Naydler
 11.30 – 12 Coffee
 12 – 13.15 *Staying Awake and Conscious in the Digital Realm* Paul Levy
 13.15 – 14.30 Lunch
 14.30 – 16 Choice of artistic activities
 16 – 16.30 Tea
 16.30 – 18 *Between Artificial Intelligence and Virtual Spaces:
 Human Thinking and Perception* Edwin Hübner

Sunday 13 October

- 10 – 10.45 *Machines with Memories* Malin Starrett
 10.45 – 11.45 Workshops/group discussions
 11.45 – 12.15 Coffee
 12.15 – 13.15 Plenary discussion and closing contributions

We can accommodate 50 participants.

For more information and to book a place:

<https://www.ticketsource.co.uk/rudolf-steiner-house/t-eamqmoa>

Full price £150

Concessions £95

For further concessions, please apply directly to

The Office at Rudolf Steiner House:

ilona.pimbert.rsh@anth.org.uk

Tea and coffee will be provided.

There are many opportunities for lunch in the area.

This conference is organised by the Humanities and Social Sciences Sections of the School of Spiritual Science and the Anthroposophical Society in Great Britain





BIODYNAMIC 100

JOYFUL

Food Festival



Market stalls | Mini talks | Exhibits | Films | Awards

10 November 2024, 2-5pm

Followed by the **BD100 Awards Ceremony** 6.30-8.30pm
STEINER HOUSE, 35 PARK ROAD, LONDON NW1 6XT

✉ office@biodynamic.org.uk

☎ 01453 759501



FARMACY
KITCHEN

VINTAGE
ROOTS
The Original Value Recipe

WENDY COOK
Nutrition that doesn't cost the Earth



WATERFORD
IRISH SINGLE MALT WHISKY

RUMI: Voice of the Heart

Performances 8 and 15 November 7.30pm

An intimate performance of the sublime works of Jelaluddin Rumi, 13C Gnostic Sufi Master, Poet, and Awakened Heart

with Duncan Mackintosh

Duncan has been performing Rumi's work for over 30 years

***'I am burning with the love of God!
Does anyone need a light?'***

Rumi

A spontaneous blend of Rumi poems, aspects of his life, and some of the tales he told, depending on the moment and the nature of the audience –

as a means to allow Rumi's extraordinary inspiration, his heart nourishing wisdom, passion and humour to touch and open us – and finally bless us, as silence – as grace.

'What you do is beyond a performance. You re-plug us to the current. What you are doing is alive. It burns, caresses, consoles, re-awakens... You are like embers and the other day, I felt like kindling.'

– Muriel Maufroy (Author of Rumi's Daughter)

'If you ever want to be reminded what it is to live and to love and you hear of this man performing this poetry – run there!' – Isabel Losada, Author of 'For Tibet, With Love' And 'The Battersea Park Road to Enlightenment'

***This performance will be within 2 hrs
with a short break included.***

Performance:

£15 full, £10 concession

Performance and Workshop:

£50 full, £30 concession



RUMI: This That We Are Now

Exploring the Mystery of Presence

Workshop 16 November 12.30pm – 6pm

with Duncan Mackintosh

***'We are the mirror as well as the face in it
We are tasting the taste this instant of Eternity
We are pain and what cures pain both
We are the sweet cold water
And the jar the pours'***
Rumi

In this workshop, we will focus on contacting the pervading field of Presence – the formless ground and loving intelligence that is our source, our being, and the agent of our transformation...And create a welcoming crucible in which we can deepen our experience through simple practices of attention and enquiry, open to whatever each of us needs to experience and express.

'...takes us to a place that is ordinarily hard to access... creates trust and safe boundaries to explore this beautiful arena of connecting with divine love/the presence' – Sarah

'Duncan's sessions on presence take place in a very warm loving atmosphere that encourages each group member to share their presence freely. We are discovering that love is our own Self!' – Chris

Workshop: £40 full, £25 concession

Performance and Workshop: £50 full, £30 concession

<https://www.ticketsource.co.uk/rudolf-steiner-house/t-eayagee>

**For any enquiries contact Duncan at
thealchemyofpresence@gmail.com
or 07816378989**

For reviews and descriptions of the work see www.presenceworks.co.uk



POETRY EVENINGS

with Barnaby Tobias and Iaia Chiesa

19 September, 17 October, 21 November, 19 December
7pm – 9pm

Rudolf Steiner Bookshop offers an evening of poetry. Join us for the sharing of poems! 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
Dates on RSH website

The biodynamic stall brings 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 07957 799 336
belikeabird@gmail.com



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:

7 September • Humanity within Nature, Subnature and Supernature

21 September • Religion, Art and Science

5 October • Past, Present and Future of Culture

19 October • Technology to Technosophy

2 November • The Animals and Plants

16 November • When the Inner becomes the Outer (Paradigm Change)

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

OPEN DOOR



RUDOLF STEINER HOUSE LIBRARY

OPEN DOOR

The library at Rudolf Steiner House supports the study and research of the work of Rudolf Steiner and the many branches of activities associated with anthroposophy. The library consists of a lending library, archive, and study space.

The library archive contains all Rudolf Steiner's books published in English; a large selection of Steiner's books in German, including a complete collection of Rudolf Steiner's collected works; journals, typescripts and archive material relevant to the history of the Anthroposophical Society in the United Kingdom.

There is also a large selection from secondary anthroposophical authors, in particular, books relevant to courses held at Rudolf Steiner House. Most of the books, in English and German, are available to borrow from the library.

Membership

Membership of the library is open to everyone. Prospective borrowers who are not members of the Anthroposophical Society in Great Britain are asked to provide a reference.

Opening Times

The Library is open Tuesday and Thursday 12noon – 2pm and 3pm – 7pm, Saturday 10.30am – 2pm and 3pm – 5.30pm.

Contact

Tel: + 44 (0) 20 7224 8398

Email: rsh-library@anth.org.uk



Meditation for Life

Developing inner resources for living a more conscious and creative life

with Marjatta van Boeschoten and Adrian Locher

Thursdays 6.30pm - 8pm

10, 17, 24 & 31 October, 7 & 14 November

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 six workshops, we 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.

Adrian Locher has a background in theatre and working with young adults. He is a Council member of the Anthroposophical Society and works at Rudolf Steiner House.

Cost

£10 (£8 conc.) per session

£50 (£35 conc.) for all 6 sessions

Book online: www.ticketsource.co.uk/rudolf-steiner-house/t-gapamgp

Or pay at the bookshop on the day



Eurythmy for Everyone

with Sara Hunt

**Wednesdays 18 & 25 September, 2, 9, 23 & 30 October,
20 & 27 November, 4 December**

with Coralee Frederickson

Wednesdays 16 October, 6 & 13 November

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:
www.ticketsource.co.uk/rudolf-steiner-house/t-vvovlyr
or in person on the night in the Bookshop at RSH**



Women's Life Sense Circle

with Smadar Bunzl

Wednesdays 10.15am – 12.15noon
25 September, 2, 9, 16 & 23 October,
6, 13, 20 & 27 November

* please note there is a half term break on 30 October

Do you still dream?

Do you still close your eyes and imagine You in that place of Joy and Grace?

Do you stop and take a breath as you relish the step you just embraced?

Or has it come to such a place

where you no longer know your face,

Or hear the beat of the inner voice;

and ask thin air – Is there a choice?

If you are a woman seeking to dream aloud and ask unashamedly:
 Who am I? Am I on my Path? How will my day become the Journey of Fulfilment? Then this Circle may be just the place for you;
 A safe space to speak your dreams, your truth, your fears;
 A place to share and support in the little things that become great lives;
 To give and receive twelfold. The weekly sessions will be theme-led, weaving everyone's personal question and quest through conversation and movement.

Cost

The first session can be treated as a taster. From 2nd October the Circle will be closed for those who join.

The total cost for the term is £222, with a deposit of £25 at the time of booking.

This deposit covers the taster session and is non-refundable. Places are limited.

Booking

If you are interested to join, please book a 20 minute call with Smadar Bunzl, smadar.lifesense@gmail.com. Payment details will then be provided.

About the facilitator

Smadar has a BEd in Creative Education, a BA in Eurythmy and has been a qualified Eurythmy Therapist for 35 years. She holds a Management Consultancy Certificate and has worked in Schools, Camphills and Businesses in England, NZ & Israel, bringing to her work the creative arts imbued with Rudolf Steiner's philosophy. Smadar has her own Coaching practice and works with groups, couples and individuals.



Welcome Men's Circle

with Paul Webber

Thursday evenings 7.30 – 9pm

Dates on RSH website

Please register your interest directly with Paul.

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://www.ticketsource.co.uk/rudolf-steiner-house/t-zzazelj>





Spirituality for the West

with Alex Wright

Wednesday evenings 7.30pm – 9pm

Introducing ten areas of Rudolf Steiner's Spiritual Science incorporating exercises and activities for those seeking a spiritual path for the 21st century.

Though this series is designed to build week on week and regular attendance is desirable, part attendance is also possible.

25 September 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.

2 October 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.

9 October The Four Elements in Nature & Humanity – Temperaments

The 4 elements of Nature, Earth, Water, Air and Fire, are also present in humanity where they affect us physically and psychologically bringing both gifts and dangers.

- 16 October 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.
- 23 October Spiritual Forces Active in Humanity Today**
We live 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.
- 6 November 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.
- 13 November 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.
- 20 November How to Know Yourself**
To 'Know Yourself' is the unavoidable task of every spiritual aspirant. Tools for getting to grips with your inner life.
- 27 November Sleep, Dreams and the Afterlife**
In both sleep and the afterlife we are prepared for the next day or life by encounters with many beings in soul and spirit lands. As well as how the dead relate to the living.
- 4 December 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.

Alex has an MA in Law from Oxford University and is a graduate of the 3yr Emerson Visual Arts Course.

Each evening is £10 (£7 student), pay Alex 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**

Nurturing Arts for Wellbeing

with Sue Davies

Tuesdays 6.30pm – 8.30pm

Dates on RSH website

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.

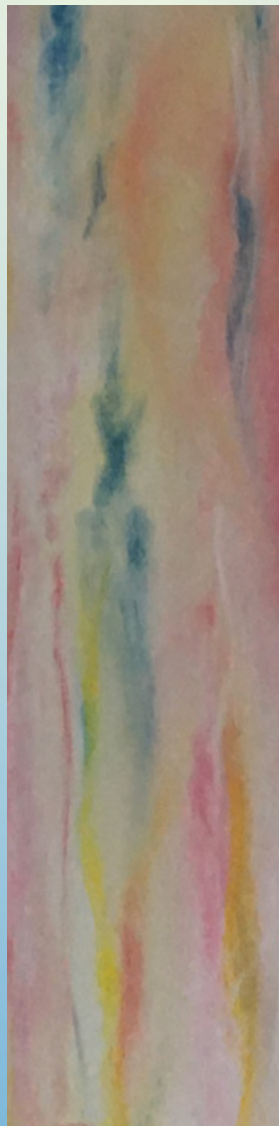
We will explore colour and form using nature rhythms, the seasons, the elements, the temperaments, poetry and fairy tales to inspire, calm, restore and explore our individual experiences of life in the here and now.

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

£20 per session, payable directly to Sue.

For more information please contact Sue on

07849 008358



THE ACTOR IS THE THEATRE

The Foundations of Michael Chekhov's Approach to Acting and Performance and Steiner's approach to Speech and Voice

A sequence of one-day/weekend workshops in three parts
September 2024 – June 2025

with Sarah Kane

These one-day/weekend workshops provide an opportunity to explore practically the core elements of the highly artistic acting techniques developed by the Russian actor Michael Chekhov in the middle of the twentieth century augmented by Steiner's creative approach to speech and voice. Both approaches aim to inspire and empower actors for their future work by building a living and sensitive bridge between the movement and the speech of an actor.



The workshops are grouped in three parts over the year, with Acting on a Saturday and Speech on the following Sunday. Although they are designed as a series and build from one to the next, each workshop is an entirety in itself and can be taken individually.

Part 1: September – December 2024

ACTING AND THE IMAGINATION

1. ENLIVENING IMAGES

Saturday 7 September 10.00 – 17.30

How can actors develop their imagination so that it becomes a tool in their tool-bag of techniques? This day of practice and exploration will start with concentration and observation, and then apply any discoveries to strengthening the imagination.

2. ENLIVENING MOVEMENT: MOVEMENT QUALITIES

Saturday 19 October 10.00 – 17.30

This will be a day of connecting movement and the imagination, exploring four archetypal qualities and improvising with them, as a step towards transforming into character.

3. ENLIVENING SPACE: ATMOSPHERES

Saturday 14 December 10.00 – 17.30

Giving actors the tools with which to develop a sense of the life of the space they work in is one of Chekhov's great contributions to the art of acting: we will be investigating those tools with the help of the imagination.

SPEECH AND THE IMAGINATION

1. IMAGINATION, IMAGES, WORDS

Sunday 8 September 10.00 – 17.30

How can actors engage with the imagination to help to give life to their words? Finding and inwardly connecting with the images that words express will be the theme of the workshop.

2. ENLIVENING SPEECH: SOUNDS – Sunday 20 October 10.00 – 17.30

Can words carry atmospheres and their colours? The workshop will explore how the wealth of English vowels can be used to colour and transform any piece of text.

3. COLOURING WORDS – Sunday 15 October 10.00 – 17.30

Please bring clothes and shoes suitable for both movement and speech workshops as a 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 techniques in practice.

Workshop Fees: 1 workshop day: £55

1 weekend workshop (Saturday & Sunday): £95 / 3 weekend workshops: £250

TO FOLLOW:

Part 2: MOVEMENT

January – March 2025

Saturdays: FROM MOVEMENT TO GESTURE IN ACTING

Sundays: FROM MOVEMENT TO GESTURE IN SPEECH

Part 3: CHARACTER

April – July 2025

Saturdays: CREATING CHARACTER

Sundays: CREATING A CHARACTER IN VOICE AND SPEECH

www.ticketsource.co.uk/rudolf-steiner-house/t-qjpmplxg



An Introduction to Gardening the Biodynamic Way

with Dr Sue Peat and Douglas Davidson

Sunday 27 October 2pm–5pm

Biodynamics is an organic method of cultivation arising out of Rudolf Steiner's Spiritual research. It was his response to questions from farmers who were unhappy with 'chemical' agriculture. Biodynamics 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 of the biodynamic planting calendar and using the biodynamic preparations. It's autumn so we will focus on sharing tips for harvesting, composting and preparing your garden for winter. 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 an autumn 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

FRIDAY SEMINARS AND LECTURES

Journeying

7pm – 8.30pm (UK time)

A series of alternating Zoom and face-to-face seminars and lectures exploring 'Journeying' 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

Creating Strong Foundations for our Spiritual Journey (Zoom)

with Christopher Marcus

11 October

Rudolf Steiner repeatedly gave those who wanted to tread the inner path six exercises that would form a strong and healthy foundation for their journey. These strengthen and enable us to take charge of our life of thought, feeling and will. He warned that ignoring them would be dangerous; practising these exercises means taking hold of one's shadow with enthusiasm! This talk will offer us keys to deepening our understanding of ourselves, each other and the mystery of destiny.

Christopher is a director working in the genre of spiritual theatre based on Rudolf Steiner's teaching. He was ordained as an Interfaith Minister in 2007 and, besides directing, creates ceremonies for the life rhythms between birth and death. He has a practice in spiritual counselling and specialises in teaching the six subsidiary exercises. He lives in Forest Row with his wife and two children.

The Soul's Journey Through Colour, in our sense-experiences and in our Spiritual Life

with Angela Lord

18 October

Whenever we experience colours, we are actually making a soul-journey through the individual and varied colour scapes which each colour creates. Our soul experiences blue in a particular way, red in another; yellow, orange, purple, green, all create individual impressions, and we are inwardly moved and affected in different ways.

According to Rudolf Steiner's indications, each colour opens a soul-door to another realm, and each colour expresses its own being in our human sense-experiences, and in the spiritual worlds of the elementals, the Angels, and the Higher Hierarchies.

In this evening's illustrated lecture we shall explore colour-journeys which encompass visual sense impressions, soul responses and spiritual insights.

Angela Lord is a teacher, art therapist, visual artist and author. She is currently teaching painting in Forest Row and in Dornach, Switzerland.

Her 12 published books include, 'Art, Aesthetics and Colour', Colour Dynamics Books I and II, Form Drawing, and Rudolf Steiner's 4 large watercolour paintings.

Our Earthly Journey with Our Doppelganger (Zoom)

with Andrew Linnell

25 October

If we are spiritual beings going through earth evolution in a physical body, can any other spiritual beings share our body? Doesn't it belong to me? What is the doppelganger that so many authors speak about (Lord of the Rings, Lord of the Flies, Dr. Jekyll and Mr. Hyde, The Prince and the Pauper, A Tale of Two Cities, Twelfth Night, and many more). Andrew Linnell will speak about Rudolf Steiner's view of our ahrimanic double and what our journey together entails in terms of cosmic evolution.

Andrew Linnell is co-founder of MysTech, an organization seeking to realize Rudolf Steiner's indications on Mechanical Occultism. He retired from a 42-year career in the computer industry in 2013 wherein he had worked as CTO and VP for various companies. He has served as president of the Boston branch of the Anthroposophical Society and a member of the Natural Science Section. He is the father of three and the author of two children's books, three art history books, and eight MysTech study guidebooks.

Building Hope: Spiritual and Social Engagement in the Age of Artificial Intelligence

with Dr. Peter Gruenewald

1 November

Ioannis Georgiou "Yanis" Varoufakis is a renowned Greek economist and politician. Since 2018, he has been Secretary-General of the Democracy in Europe Movement 2025, a left-wing pan-European political party he co-founded in 2016. He once described himself provocatively as a battle hardened, reconstructed materialistic socialist. In a moving podcast with Gabor Maté, Varoufakis shares his spiritual journey through music, experiencing profound ecstasies and catharsis. He reveals conscience, social responsibility, and social engagement, qualities that underscore his spiritual path and inspire hope. Varoufakis describes the death of capitalism and its replacement with techno-feudalism, driven by AI algorithms that manipulate human behaviour, reflecting the despair of

individuals in a society rooted in social Darwinism and materialism. Human and nature relationships are being replaced by working and living with technology, and many young people are left in a state of hopelessness. The resulting mental health crisis among young people is a heart-breaking consequence.

Transforming human relationships and society can begin with individual change, fostering personal, interpersonal, social, and spiritual skills to promote self-knowledge and transformation. Building communities based on truthfulness, selfless love, and brotherhood are essential. A holistic therapeutic approach to managing stress, fostering spirituality, and reconnecting people with each other and nature is my form of therapeutic activism.

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 many books, including 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) and The Quiet Heart. Putting Stress in its Place (2007).

The Class as a Camino of the Soul to the I (Zoom)

with Angus Jenkinson

8 November

The 19 class lessons are a path whereby the human goes from the mystery of uncertain existence to knowledge of the high eternal being that is the true self, the I that embraces Christ. How does this path unfold and how can it be seen as both spiritual science and soul journey? This does not require membership of the School of Spiritual Science to attend.

Angus Jenkinson is a Class Holder and the author of From Stress to Serenity. Chapter 4 of that book describes an experience of the true I in contrast with the everyday me.

Journey to the East – and Back

with Dr Andrew Welburn

15 November

The journey to the light – to the Sun, to the East – is one of the profoundest symbols of the inner path. It has been quite literally a guiding power in human evolution, and remains a potent image of our cosmic responsibility for the future. Andrew Welburn will help us focus on finding the inner Sun, our future goal, and also on the question of what we bring back to share with the present. Strangely, we cannot really know if we have found the way unless we confirm it here and now!

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.

'I, too, in Arcadia' – Goethe's Italian Journey (Zoom)

with Dr. Douglas Miller

22 November

In the pre-dawn darkness of September 3, 1786, Johann Wolfgang von Goethe—already a celebrated author in Germany—departed his homeland for Italy. He had told only a very few friends about his plans, and he traveled under a pseudonym; he would not return until a year and a half later. He wrote about this journey: “I had a second birthday, a true rebirth, beginning with the day I entered Rome.” In our discussion we will consider what the roots of this quest for a “rebirth” were, and what the Italian journey meant for the many remaining years of Goethe's personal life and his creative contributions in literature and science.

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.

Journeys and Meetings

with Trevor Dance

29 November

We all experience the journey through earthly life, which is followed by another journey through the spiritual world, determining our requirements for our following incarnation. Karmic friendships form part of the itinerary, and it is fruitful to reference such a resounding partnership of J.W. Goethe and Friedrich Schiller in their life journeys when thinking of our own life paths and friendships.

Trevor Dance is the author of, 'The Mystery of the Portal', about Steiner's first mystery drama, which focussed upon Goethe's fairy tale, 'The Green Snake and the Beautiful Lily' and is a member of The Printmaker's Council.

Meet the Elements (Zoom)

with Howard Smith

6 December

What exactly are the chemical elements? Rudolf Steiner once referred to them as if they were individuals; living beings. So we can perhaps ask “WHO are the elements, and what do they have to tell us?” Some tell us of very ancient times, even before the earth evolution began. Some speak of the sun; others speak of the moon. In this talk we will explore the “biographies” of a few representative elements and try to discern what they say about our Earth and its spiritual origin.

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

Seeing in the dark

with Patrick Dixon

13 December

See the creative process in action! This is a microcosmic work in progress, within the macrocosmic work in progress within which we are all involved. Patrick will enact scenes from 2 dramas that he is currently writing – ‘Seeing in the Dark’ and the ‘Not Quite Immaculate Deception’. We’ll be brought right up to date and into the future with a preview of another of his works in progress – ‘American DNA and spinchronicity’.

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.



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

7 & 21 October, 4 & 18 November, 2 December 7pm - 8.30pm

These profoundly esoteric lectures examine the laws inherent in reincarnation and kârma 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

Copies of the book are readily available both new and pre-loved, and it is also available on the Rudolf Steiner Archive website.

All are welcome to join us for any, or all, of these meetings. Previous knowledge of Rudolf Steiners' work is not expected or required.

All our meetings are free. Donations towards expenses are gratefully received.

Zoom link: <https://us02web.zoom.us/j/82632129836?pwd=SDZ3d0kxWk0wNU1uUzN5OStBZmN6QT09>
Meeting ID: 826 3212 9836
Passcode: 755359

Theosophy (Zoom)

with Dr Sue Peat and Adrian Hotten
14 & 28 October, 11 & 25 November, 9 December 7pm-8.30pm (UK time)

This Autumn we will be starting to read Theosophy, which is one of Rudolf Steiner's fundamental and foundational books, published in 1904.

It begins by describing the threefold nature of the human being: the body, or sense-world; the soul, or inner world; and the spirit, or universal world of cosmic archetypes. A profound discussion of reincarnation and karma follows, concluding with a description of the soul's journey through regions of the supersensible world after death. The book closes with an outline of the path to higher knowledge.

TUESDAYS

Theosophy of the Rosicrucian

with Brendan McQuillan and Lee Scopes
24 September, 1, 8, 15, 22 & 29 October, 5, 12, 19 & 26 November, 3 December 7 - 8.30pm

We will be reading the 14 lectures by Rudolf Steiner from May/June 1907 entitled 'Theosophy of the Rosicrucian' (GA99).

This Munich lecture cycle by Steiner provides one of the most comprehensive summaries of his basic written works and is suitable for students finding their way around and also for those of us keen to consolidate our learning.

All welcome.

For further information:

leejs_72@fastmail.fm

WEDNESDAYS

The Riddle of Humanity

with Trevor Dance

**9 & 23 October, 6 & 20 November,
4 December 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

**9 & 23 October, 6 & 20 November,
4 December 4.15pm – 5.45pm**

Occult Science was first written by Rudolf Steiner in 1909 and his last revised edition was published 1925. Studying the book the reader is led step by step into the supersensible worlds. ‘One of the fairest fruits of the pursuit of Spiritual Science is that it lends strength and firmness to life.’

All are welcome! Further information:

d.steffelbauer@gmail.com

The Apocalypse of St John

with William Bishop

**2, 16 & 30 October, 13 & 27 November,
11 December 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 in the Christ impulse – apocalypse considered as ‘the impulse-giver for the future, for action and deed.’

All welcome. For further information:

williambishop191@gmail.com

THURSDAYS

Theosophy

with Iaiia Chiesa

**12 & 26 September, 10 & 24 October,
14 & 28 November, 12 December
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.

Understanding Healing

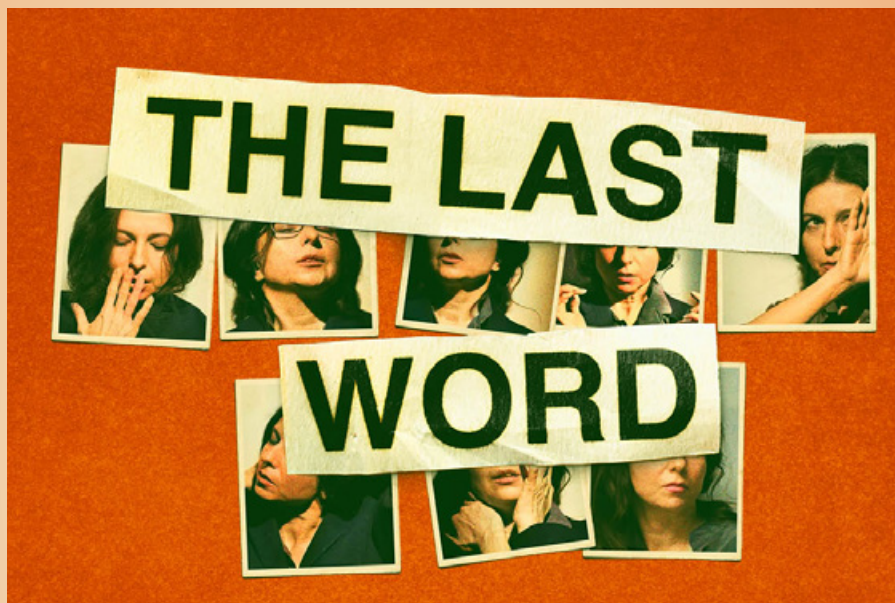
with Brendan McQuillan

**19 September 3, 17 & 31 October,
7 & 21 November, 5 December
10.30am – 12noon**

We will be reading ‘Understanding Healing’ (GA316), Rudolf Steiner’s lectures given in Jan 1924 to young doctors.

All welcome but some knowledge would be an advantage.





The Last Word

5 - 21 September

A searing multimedia performance based on the last words of women accused of political crimes in Russian courts, *The Last Word* is conceived and performed by acclaimed actor Alisa Khazanova (*The Woman in Black*), and directed by award-winning director Maxim Didenko (*The White Factory*).

These powerful, outspoken messages from the courtroom form one of the last surviving bastions of free speech imaginable in contemporary Russia. The performance brings together the last words of defendants such as Maria Alyokhina & Nadezhda Tolokonnikova of “Pussy Riot”, Alla Gutnikova, Sasha Skochilenko, Zarifa Sautieva and others to shine a light on their courage and to paint a timely and devastating picture of Russia’s current regime.

The Last Word reunites the creative team from last year’s five-star, Offie Award-winning production of *The White Factory* at the Marylebone Theatre, many of whom are acclaimed artists and leading cultural figures from Russia who fled the country after Putin’s full-scale attack on Ukraine.

For all Marylebone Theatre events, please visit:
www.marylebonetheatre.com/





What We Talk About When We Talk About Anne Frank

4 October – 23 November

Oliver King, Nina Tassler and Craig Dorfman present
WHAT WE TALK ABOUT WHEN WE TALK ABOUT ANNE FRANK

Written by Nathan Englander

Directed by Patrick Marber

WHAT A serious new comedy.
WE Two Jewish couples; one secular, the other ultra-Orthodox.
TALK The argument none of them meant to have.
ABOUT Identity, Politics, Parenthood and Getting High.
WHEN Present day Florida.
WE A college dropout who claims to be a Pastafarian
TALK Provocative, Hilarious, Painful, Honest.
ABOUT Gaza, Israel, the Holocaust, Nazis, Marriage, Sex.
ANNE A nice Jewish girl....
FRANK is not in this play.





A Sherlock Carol

29 November – 5 January

This ‘winning crossover mystery’ (*The Guardian*) returns to Baker Street for a third Christmas following two sold out runs!

This critically acclaimed production has been loved by London audiences, bringing ‘a wonderful festive play to get the entire family in the Christmas spirit’ (*Lost in Theatreland*) that ‘entertains from start to finish’ (*Broadway World*).

Three Christmases since the Reichenbach Falls, Sherlock Holmes has little appetite for mince pies or for solving crime. Wandering through Victorian London, he meets a grown-up and not-so-Tiny Tim Cratchit who implores him to investigate the mysterious death of his reformed benefactor, one Ebenezer Scrooge.

An impossible murder, a threatening letter, and a missing diamond – it’s just enough to intrigue the great detective. But it’s a dark and treacherous Christmas Eve, and once again the night is haunted by the spirits of the past, present, and future. Using his powers of deduction, can Holmes overcome his own ghosts to crack the case?



VISUAL ARTS

Long Shadows, Bright World

12 July – 1 December

Foyer exhibition – Free to view

Bringing together the worlds of painting and poetry, image and text, this stunning exhibition is a harvest of the collaborations between Sir Ben Okri and Rosemary Clunie. Preoccupied by the shadows and beauty of the world, the climate change crisis, social injustices, creativity and playfulness, the marvel that is colour, the enigma that is form – these paintings come from two artists steeped in the spiritual and artistic traditions.

SPOKEN WORD

Nerina Pallot – *I Digress*

2 & 9 December 7.30pm

Nerina Pallot's career as an acclaimed singer-songwriter has always been filled with stories, songs, and sharp wit. Despite early career advice to maintain an enigmatic stage presence, Pallot embraced her natural inclination to engage and entertain her audience with candid anecdotes and humorous observations. Her manager may have fired her for it, but Pallot's fans have only grown more loyal.



Two decades after her Ivor Novello and Brit nomination, Pallot brings her unique blend of monologue to her first one-woman show, *I Digress*. This isn't a typical stand-up routine, and it definitely isn't a concert. Instead, Pallot crafts an engaging experience that defies easy categorization, blending the intimacy of a solo performance with the charm of a raconteur.

I Digress promises a night of laughter, reflection, and perhaps a song or two. Pallot's charismatic presence and sharp insights will keep you thoroughly entertained. Join her as she explores the space between comedy and concert, creating a fresh, unnamed genre you'll be talking about long after the show ends.



Illumination



Goethean Plant Observation: Light Meets Light Tuesday 8 & 15 October 7.30pm – 9pm

We will engage in Goethean Plant Observation through creative drawing, to develop a perceptive sense of giving something your attention, and witness something (etheric) flowing out, and consequently conceive 'light meeting light'.

The Labyrinth: A Cosmic Dance on Earth Tuesday 12 & 19 November 7.30pm – 9pm

We will work with Form Drawing from Kutzli's Creative Form Drawing Workbook 2, and focus on the Labyrinth. To journey through the Labyrinth we tread a path towards our inner world, and advance back out to the external environment transformed by our experience. We will explore the labyrinth in a variety of ways through drawing, movement and in clay. The clay process will assist us in letting go and trusting that the form is inherent within us, and as above, so below; we initiate the cosmic dance on the earth.

Mandala: In Light of Self Tuesday 3 & 10 December 7.30pm – 9pm

We will be approaching the Winter Solstice which is a time when we are called to turn within and connect to our inner light. During these sessions we will work on creating a mandala. The Mandala begins with a centre, then grows and expands from the centre. Concurrently the layers of expansion in relation to the centre also contract, and hold the centre. The effect unveils the Self radiating outwardly, illuminating and secure.



Aya Husni Bey, Transpersonal Art Counsellor MCGI MBACP, and HeartMath Coach. I have 25 years experience supporting the wellbeing of people of all ages, within their social, mental, emotional and physical means in Laos, North Africa, and for the UN in the Middle East, and I am currently running a Private Practice in the U.K. I am a carrying group member of the Association for Anthroposophical Therapeutic Arts (AATA), and a Core Group Member of The Alliance for Childhood.

**Full rate £25 per session, invest £50 for 2, or 150 for 6 sessions.
Book 2 Sessions £45 (save £5) Book all 6 sessions £125 (save £25)
Bring a plus 1 for 2 or 4 sessions at a 15% discount each.
www.eventbrite.co.uk/e/illumination-tickets-993343957517**



GOETHEAN PSYCHOLOGY

Resilience and Self-Care with Goethean Psychology (Zoom) with Graham Kennish

**Saturdays 7, 14, 21 & 28 September, 5, 12, 19 & 26 October,
2, 9, 16, 23 & 30 November, 7 & 14 December 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

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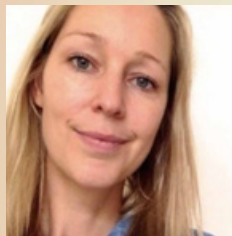
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Anniek Verholt BA, MA, AATA

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 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



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.

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M: 07504 821593 elizabeth@skinsensibility.co.uk



Weleda Holistic Facial Treatment

Eli Wakamatsu

Eli offers a 90-minute Weleda's Signature Facial, a holistic wellbeing treatment with mindful and rhythmical movements to restore vitality to the skin. Internationally renowned make-up artist and beauty consultant has evolved her practice to include wellbeing treatments, offering a holistic approach to inner and outer health and beauty.

M: 07711 746172 eli.holistictherapist@gmail.com
<https://eliwakamatsu.com/Weleda-Holistic-Therapist>
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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



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