



Rudolf
Steiner
House

EVENTS

Winter~Spring 2025

Welcome to Rudolf Steiner House

The House will be closed on 23, 24, 25, 26 and 30 December 2024.
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 10am – 4pm,
Tuesday to Friday 10am – 7.30pm

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, WIU 6BH
www.prontaprint-london.com

Deadline for submissions to the next issue – Monday 10 March 2025

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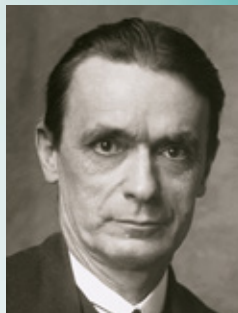
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Front cover image: *Gaze of Silence (Blick der Stille)*, Paul Klee

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

Comfort Home Tour

Friday 28 February 7pm – Eurythmy Room



León Guallart is an artist from Barcelona, whose sound has been described as 'a warm hug in the middle of a snowstorm.' His current project, the Comfort: Home Tour, aims to bring warmth and comfort to iconic spaces around the world, designed by architects such as Frank Lloyd Wright, Le Corbusier, and Antoni Gaudí. We are delighted he has chosen Rudolf Steiner House as his London venue for his current tour.

Ticket price £15, £10 conc.

Book via:

**[https://www.ticketsource.co.uk/
rudolf-steiner-house/t-moplrrn](https://www.ticketsource.co.uk/rudolf-steiner-house/t-moplrrn)**



Tech and You – A two-way relationship

Lecture by Frank Burdich

Thursday 20 February 7.30pm – 9pm

Your mobile phone or Wi-Fi router might seem devoid of spirituality, yet the working of all technology is based on laws with a spiritual origin. As we interact with our devices we enter into an energetic relationship with them which is not necessarily positive. Frank will explain the subtle dynamics at play in this field and show us how



we can enjoy a situation where our devices work for us, rather than us feeling as if we are working for them.

Frank Burdich was for 14 years an Upper School science teacher at a Waldorf School in Germany during which time he pursued an Anthroposophical spiritual path and became clairvoyant. He has been lecturing on supersensible perception since 2007, and in 2012 founded his own supersensible research company Gesellschaft für angewandte Geistesforschung mbH which provides supersensible research services in a range of contexts such as medicine preparation, mistletoe based remedies, oncology, special needs conditions, spiritual audit of buildings and technical devices, 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 repeat this lecture at Emerson College the following evening, Friday 21st February, and then give a 1½ day experiential workshop about Spirituality and Technology over the weekend of 22nd – 23rd February.

See <https://calendar.emerson.org.uk/events/frank-burdich-workshop-technology-and-spirituality/> for full details.

On Saturday 22 February, 7.30pm, he will give a lecture at Emerson College on “The Spiritual Science of Homeopathy”.

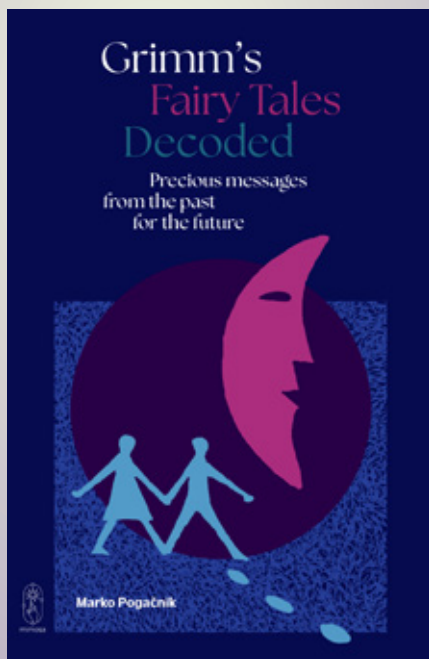
The Wisdom of Fairy Tales

Talk and book launch with Marko Pogacnik

Thursday 27 February 7pm – 8.30pm

It was not that long ago that all of us lived close to the land and had the time – and the silence – to witness the natural processes and the more subtle realms of worldly phenomena. Not that long ago, too, when fairies and elves and spirits of the woods were our companions as much as dogs and cats, for people have always lived through the imagination alongside physical experience. Spirituality is as much part of our nature as is creativity, and we can interpret fairy tales on a much deeper level, to remember that beyond our everyday rational experience there is the steady causal background, the world of ideas and metaphysical truths which give us symbols and archetypes.

Join us for this rare visit from Marko and the launch of his new book which will take place after the talk, *Grimm's Fairy Tales Decoded: precious messages from the past for the future* (Feb 2025).



MARKO POGAČNIK is a Slovenian artist and author of international renown. Since 2005, he has dedicated much of his work to creating Geopuncture Circles, a world-wide lithopuncture project to enhance communication with the Earth consciousness that he creates together with his international colleagues. He has written a number of books on spirituality and earth healing, including Sacred Geography (2007) and Gaia's Quantum Leap (2011). In 2016, he was appointed UNESCO Artist for Peace and is a member of the TRANS-4-M Global Wisdom Council.

Entrance £8 / £5 concession.

To book a place please ring Rudolf Steiner

Bookshop on 020 7724 7699 or buy a ticket on the night in the bookshop.



Course in Geomancy Updated with Marko Pogačnik and Ying Li

5 weekends:

**28 February–2 March, 11–14 April, 13–15 June,
12–15 September and 7–9 November 2025**

Geomancy as a creative dialogue with Gaia has made profound developments after entering the third millennium when the intense process of Earth changes started. More than ever, we need a new approach to geomancy with practical experiences and theoretical insights related to the upcoming multidimensional Earth cosmos and the different kinds of beings sustaining its permanent transformations.

The training will be led by Marko Pogačnik assisted by Ying Li in the London vicinity, at Rudolf Steiner House and one residential weekend at Emerson College, Sussex. 3 units are taught by Marko Pogačnik and 2 units are taught by Ying Li.

Marko Pogačnik (1944) UNESCO Artist for Peace from Slovenia has developed a method of Earth healing based upon geomantic knowledge, using cosmograms carved in stone. He has led education in geomancy in Germany, England, Hungary, Italy, USA, Switzerland, Austria, Croatia and Slovenia. His latest books: Dancing with the Earth Changes and Creating Gaia Culture. www.markopogacnik.com

Ying Li, originally from Hong Kong and based in London, is a geomancer, bodyworker, inner dimensions guide and facilitator of co-creative meditation and dance alchemy. Ying is part of the organising team of LifeNet, the international network for life, geomancy and transformation.
<https://embodying.earth>

Cost: full price £1375, concessions £1225.

Early booking is advisable:

<https://embodying.earth/events/geomancy-updated>



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

Saturday 15 March

Following our weekend conference last October, we are planning a one-day seminar on 15th March focussing particularly on the sanctity of the Word, the effects of AI on literature, and on how we prepare children for the technological realities of the world.

What sovereign experience of the creative word is not amenable to the supposed benefits of AI? Where does the joy of literature depend on original participation that cannot be mediated by substitutes for living human engagement? How do we enable children to develop the skills to be effective in the real world and the discernment not to become enthralled by the attraction of the virtual world?

As in October, our intention is not to deny or avoid the necessary developments of our age, but rather to recognise how they contribute to the challenges of our unfinished evolution, and how they can awaken us to courageous and creative affirmation of our human potential.

The contributors will include Ariane Eichenberg from The Humanities Section at The Goetheanum and Tom Smith from The Brighton Waldorf Community. More details will be available in due course.

**Contact Andrew Wolpert for more information:
andrewjwolpert@gmail.com**

Organised by the Humanities Section of the School of Spiritual Science



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:

11 January • Power: Its Corruption and Redemption

25 January • Some Facts of Science Fiction, Fiction of Science Fact

8 February • Created Evolution and Evolving Creation

22 February • Anomalies of the Paranormal and Anthroposophy

8 March • Art and the Nature Elementals

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

OPEN DOOR



POETRY EVENINGS

with Barnaby Tobias and Iaia Chiesa

**Thursdays 16 January, 20 February, 20 March,
17 April, 15 May, 19 June, 17 July
7 – 9pm**

Join us in Rudolf Steiner Bookshop for a 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



Welcome Men's Circle

with Paul Webber

**Mondays 6, 13, 20 & 27 January, 3, 10, 17 & 24
February, 3, 10, 17, 24 & 31 March, 7, 14 & 28 April
7.30 – 9pm**

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 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

Bookings in person on the night, at the door.



Celebrating the New Moon and its Monthly Cycle

Join the Women's Circle

with Smadar Bunzl

**Saturdays 25 January, 22 February,
22 March, April 26
10am to 2pm**

~ including a bring & share lunch

In this 4 month journey, meeting on the last Saturday of the month, just before the New Moon, we will tune in to the power of the New Moon and observe how the eight phases of the moon present different challenges and opportunities.

Together we will explore how to:

- create a sacred space in our home
- cleanse our internal and external pathways
- acquire tools to reconnect with ourselves
- reflect on the past, let go, and set new intentions
- challenge ourselves to be limitless and try something new
- create a diary to follow our Moon journey

The sessions will include sound, voice and movement meditations. You will be invited to share your dreams and fears and explore tools to embrace both with grace.

Each session will delve into New Moon rituals and explore two of the eight moon phases.

Smadar is the owner of Life Sense, a company offering seminars on stress management, teamwork and creating listening spaces in communities and families. Trained in Creative Education Smadar went on to become a Eurythmy Therapist, training with Melissa Howard and Linda Nunhofer. She later went on to train as a Management Consultant at the Centre for Social Development. Smadar offers 1-2-1 coaching and therapy working with the 12 senses.

The cost is £40 per month, or £140 for the four sessions.

For concessions, please contact Smadar on 07878918057

To book:

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



Therapeutic Art Workshops

with Sue Davies

WORKING WITH GRIEF – 18 January 10am – 4pm

Come and join us for a full day's workshop gently exploring many of the faces of grief. Grief and loss are part of life: we all face losing people and things we care about.



The day will offer therapeutic art practices to respond to and process loss. This may be grief associated with the loss of a loved one; ancestral grief; loss of Self; loss of community; loss of place; loss of ecosystems and species. The intention is for you to leave the day with artistic tools that offer a safe place in which to process grief. We will use watercolour, clay, chalk pastels and charcoal (subject to time constraints on the day)
No art experience necessary. £95 per person and £25 for art materials

TRANSFORMING SHAME – 15 February 10am – 4pm

In this one day workshop we will be exploring Shame, the unresolved aspect of ourselves, our Shadow.

Working with pastels and watercolour, we will create a cradle of courage, forgiveness, kindness, trust and hope to enable the possibility of bringing shame compassionately into the light and be given a voice. As you work with your shame you give the wound the air it needs to heal and then it becomes a scar – you can revisit it but the power and pain has gone.

No art experience necessary. £95 per person and £15 for art materials

A RAINBOW OF FEELINGS – 15 March 10am – 4pm

In this workshop we will explore innate human qualities using the colours of the rainbow, and connecting them to symbols and ideas from the Vedic tradition of the 7 energy centres known as the chakras: Base chakra – Trust; Sacral chakra – Creative Potential; Naval chakra – Courage; Heart chakra – Compassion; Throat Chakra – Truth; Third Eye – Vision; Crown chakra – Creative Spirit.

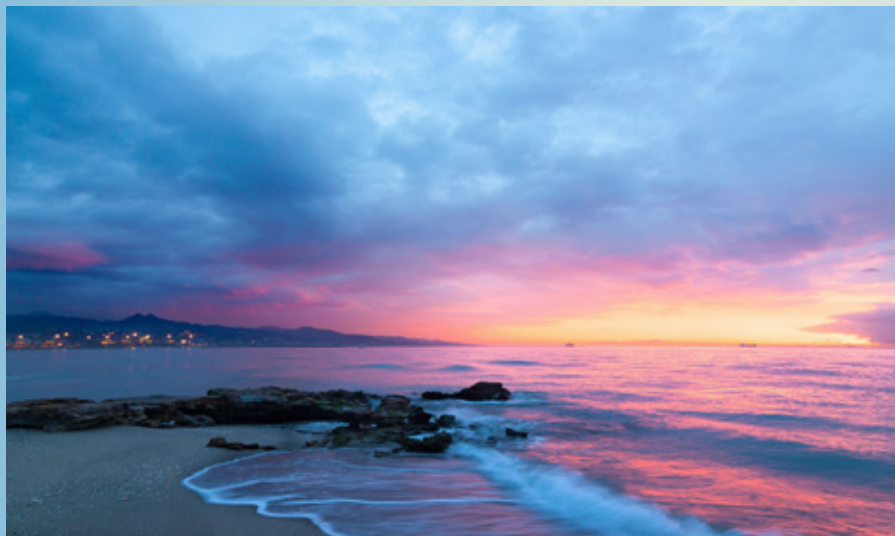
This workshop is intended to be deeply nourishing, nurturing us through a colour journey as we enter into the Christmas Season.

No art experience necessary, £95 per person and £20 for art materials

Advance booking of all 3 workshops costs a total £240 and £50 for the art materials.

Please contact Sue Davies directly for all bookings on 07849 008358

Sue is a BACP accredited Therapeutic Arts Counsellor and Group Facilitator.



A Spiritual Path for Today

with Alex Wright

Thursday 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 as a course with the knowledge building week on week, part attendance is also possible.

16 January

1. Karma – What? Why? & 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.

23 January

2. 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.

30 January

3. The Four Elements in Nature & Humanity – Temperaments

Nature & humanity share certain energies which in nature manifest as the 4 classical elements of Earth, Water, Air, and Fire. In humanity they influence us physically and psychologically bringing both gifts and dangers.

- 6 February** **4. 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.
- 13 February** **5. Spiritual Forces Active in Humanity Today**
Humanity exists under the influence of different spiritual forces which lead to different forms of behaviour. To be truly free it is useful to be able to discern these.
- 27 February** **6. 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.
- 6 March** **7. 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.
- 13 March** **8. How to Know Yourself**
Every serious spiritual aspirant is aware of the injunction 'Know Yourself', but it's not so easy to translate this from the ideal to the practical. Tools for getting to grips with our inner life.
- 20 March** **9. 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.
- 27 March** **10. 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 three-year Emerson Visual Arts Course.

**Each evening cost £10 or £7 students, pay at the door, no cards.
To confirm dates before travelling please check:
www.rsh.anth.org.uk/introtoanthro**

**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 earlier on Wednesdays at Emerson College, Forest Row, East Sussex, RH18 5JX www.emerson.org.uk/introtoanthro
Enquiries please call 01342 827967.**

Eurythmy for Everyone

with Sara Hunt

**Tuesdays 4, 11, 18, 25 February, 4, 25 March,
1, 8, 15 April**

6pm – 7.15pm

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

These open classes are for every and anyone, with no prior experience needed. We will explore ways to connect with our own bodies as well as how we grow comfortable and creative with others in a dynamic space. Poetry and movement will weave together to stimulate vitality and enrich our daily lives.

Please wear loose fitting comfortable clothing and soft soled shoes.

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

Price per class: £10 Full/£8 Concession

Bookings via:

**<https://www.ticketsource.co.uk/rudolf-steiner-house/e-xjjyx>
or in person on the night, in the Bookshop at RSH**



THE ACTOR IS THE THEATRE

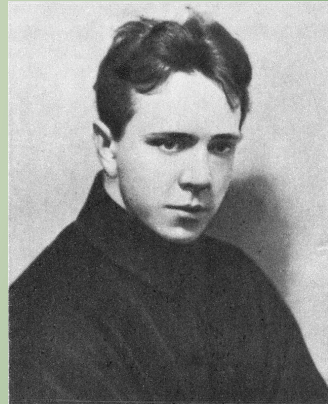
The Foundations of Michael Chekhov's Approach to Acting and Steiner's approach to Speech and Voice

A sequence of one-day/weekend workshops

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 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.



FROM MOVEMENT TO GESTURE IN ACTING

Saturday 11 January 10am – 5.30pm

Saturday 22 February 10am – 5.30pm

FROM MOVEMENT TO GESTURE IN SPEECH

Sunday 12 January 10am – 5.30pm

Sunday 23 February 10am – 5.30pm

Further dates available on the RSH website.

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

Workshop Fees:

1 workshop day: £55

1 weekend workshop (Saturday & Sunday): £95

2 weekend workshops (Saturday & Sunday): £150

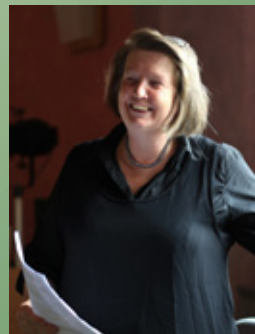
To book: <https://www.ticketsource.co.uk/rudolf-steiner-house/e-dmmzq>

TO FOLLOW: May – July 2025

Saturdays: CREATING CHARACTER

Sundays: CREATING A CHARACTER IN VOICE AND SPEECH

Sarah Kane studied Steiner's approach to speaking, then Chekhov's approach to acting with many of his original students in the 1980s. She now integrates them in her teaching, directing and performing, which takes place internationally. Sarah was also senior lecturer for voice and speech at Staffordshire University.



Rudolf Steiner & The Egyptian Mysteries, Thoth

with Debbie Elliott

Saturday 15 February 2pm - 4pm

A workshop that looks at Rudolf Steiner & the Egyptian Mysteries particularly looking at the Egyptian God Thoth, also known as Djheuty. Come and meet Thoth as well as his companions of the Old Kingdom, celebrate the old ways and connect with your inner scribe.

£10.00 at the door.

Contact Debbie for more information: ns118de@yahoo.co.uk or 07817 597411



An Introduction to Gardening the Biodynamic Way

with Dr Sue Peat and Douglas Davidson

Sunday 16 February 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 to the biodynamic planting calendar and using the biodynamic preparations. It's coming up to spring, so we will focus on sharing tips for preparing your garden, allotment or pots for the growing season.

For the last hour, we'll stir the horn manure preparation (known as 500), so bring an empty screw top bottle if you would like to take some home. A 500ml bottle is enough for an average garden. The workshop is suitable for those new to biodynamics and for anyone who would like to give their garden, window boxes or house plants a spring treat!

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

**All welcome, no need to book.
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, Nationwide, 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

From Stress to Serenity: The secret wisdom of the journey (Zoom)

with Angus Jenkinson

17 January

This talk draws on Angus's book, *From Stress to Serenity*, Gaining strength in the trials of life. To be born inevitably means finding oneself in a life likely to seem stressful. This is worse still when the meaning of life is lost and we find ourselves separated from nature. The deepest stress lies in the loss of true self-knowledge. Curiously, many of the difficulties become keys to discovery, as in the fire trial. Karma can be another source of stress, difficulties that we have paradoxically chosen for ourselves. Angus will explore these and other aspects of how to deal with stress on the journey to Christ and the angelic self. On this journey, we learn to take responsibility for our own inner life. In so doing we journey towards what was called harmony of feelings.

Angus has been engaged in many social impulses practically and academically. Writing the book was also research and development for himself. His book 'From Stress to Serenity: Gaining Strength in the Trials of Life' was published by Rudolf Steiner Press in 2013 and is available in the bookshop.

The journey through the year in a biodynamic farm

with Spencer Christy

24 January

As the sun, moon, stars and planets move through the sky following their individual journeys and marking the days of the year, so does life's journey in the Social Farming Community at Lauriston Farm move forward from day to day! The farm is on the Blackwater Estuary in rural Essex, where biodynamic vegetables are grown, rare breed cattle and sheep are raised, chickens lay eggs and lots of work is done in the craft room. As well as being a vital part of our biodynamic farming system, the animals produce pasture fed meat, organic undyed knitting yarn and organic sheepskins. Around forty people a week work on the farm. Around two-thirds have special educational needs and co-work alongside our experienced farm team in a safe, supportive and tranquil environment. Those at Lauriston know the value of meaningful work!

Spencer is a real farmer at heart. He was born in Maldon, Essex and begun building the farm business at Lauriston in 2004. Spencer is an active member of the Anthroposophical Society and ACESTA, a former trustee with the Biodynamic Association and a member of the Religious Society of Friends (Quakers). Visits to the farm are welcome.

<https://www.lauristonfarm.co.uk>

In the High and Far-Off Times... (Zoom)

with Geoff Norris

31 January

Story telling can transport us to another world and take us on a journey through space and time into imaginations that live with us for our entire lives. During his presentation, Geoff will invite us to experience two dynamically told tales of wonder, mystery, and suspense.

“How The Elephant Got His Trunk” and “Rikki Tikki Tavi” from the “Just So Stories” and the “Jungle Book” by Rudyard Kipling.

Geoff is an Actor, Director, Storyteller, and Speech, Drama, and Movement trainer with over 45 years of experience. He trained at the London School of Speech Formation and Dramatic Art graduating in 1979 and was for many years, amongst others, voice and theatre consultant and teacher at Michael Hall School Forest Row and movement and Speech teacher at High School Helicon-Dance/Eurythmy training in Den Haag/Leiden Holland. He has toured extensively worldwide with many Eurythmy Ensembles, with The Rose Theatre Company, with Portal Productions, Teatro Della Stella and the Speech and Drama Studio, and has given numerous workshops throughout the world. Currently he is engaged in running a bespoke training leading to a Goetheanum recognised Diploma in Creative Speech and Drama and has to date graduated 7 students with many more in process.

Journeying Towards Equality

with Louise Sofair

7 February

Equality is one of humanity's deepest desires, for we become a community by its means. Once, in the very early stages of our development, we were part of a ‘feminine’ community and were all identical. We can never go back to that state although many people in the world today, perhaps unconsciously, long to experience the primal ‘oneness’ that constitutes part of our deepest psyche. On the other hand, human beings are frantically striving to achieve ‘super-human’ power over the physical world through the means of mechanisation and technology. Yet we observe an almost breathtaking disparity in the equality of people around the globe and

an advancing disintegration of people-based community.

For example, while strides are being taken in the recognition of the right of women's equality, in some societies women are still denied the opportunity to even begin that journey. How do we understand equality in the spiritual sense? We will explore how we might attain a true community of humans, in our earthly lives and in the spiritual world, by journeying on a path of spiritual knowledge and of living with Christ.

Louise was a Waldorf-Steiner upper school teacher for many years and is the author of the book Women with Christ (Temple Lodge Press). She has written several articles and given many talks particularly on the relevance of the women mentioned in the Gospels.

The Journey from Darkness to Light, and from Light to Darkness (Zoom)

with Peter van Breda

14 Feb

Michelangelo Merisi da Caravaggio was born on 29th September 1571 and died in July 1610, aged 38 years. He lived a colourful and controversial life and brought a new form of consciousness to art. He carried though within himself the remarkable ability to paint living scenarios, mostly biblical themes, in beautiful but often shocking manner. 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. Guided by Peter we can understand Caravaggio as one of the most revealing artists of our present-day consciousness and the challenges that come with being a modern person. *Peter had the blessing of being introduced to an anthroposophist who became a lifelong friend, Dr Jan C Louw who introduced him to the work of Rudolf Steiner. Peter studied at 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.*

The Drive to Incarnate – we are all Learners

with Patrick Dixon

21 February

See the creative process in action! Next time we board a car lets think of the word and the process. We 'inCARnate'. We enter the body of the car and for a short while live inside it as we are transported somewhere. Perhaps we take charge and drive, following the rules of the road, interacting nicely with other cars and their drivers. Perhaps we sit there passively on our journey as we get taken somewhere that we do (or do not) want to go. Perhaps something goes wrong, or something goes horribly right and we end up at that (un)expected destination. In the journey of Life we all have our L plates!!

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.

What can we gain from reviewing our life's journey? (Zoom)

with Graham Kennish

28 February

Graham will suggest different ways of engaging with this and share experiences which will likely resonate with your own and lead to some fruitful exchanges among us.

One question Graham will present is 'how much is our experience of the past, actually in the past, and how much is present with us in every present moment, if we can be really present?' (Yes, to any readers who ask, – you did read that correctly!)

Graham has been a Steiner Waldorf science teacher for many years, now a teacher trainer in 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

Neanderthal seeks Human

with Andrew Welburn

7 March

Music can catch our deepest emotions; it can express clairvoyant intimations of the harmony of the universe; its magic can stir our limbs to work, to march, to dance. It certainly goes back to the earliest stages of civilisation and the Mysteries which guided them. In fact, it goes back to our very origins as human beings and to forms of humanity that even preceded ours. The Neanderthals, Steiner's Atlanteans, had a musical consciousness that lived in their memories and expressed itself in song-like speech. When they interbred with 'modern humans' in the Stone Age, they gave us an incredible gift. Did they seek us – or did we seek them? Let's try to remember. Join us from 6.15 pm in the bookshop for a book signing of Andrew's latest book *Neanderthals and Atlantis*.

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 Genius of Leonardo Shining on Our Way Forward (Zoom)

with Andrew Linnell

14 March

Andrew will centre his talk on Leonardo da Vinci, reviewing the deeper aspects of his life, initiation, paintings and inventions. The world recognises him as a great genius in multiple areas of art and science, but do we really appreciate him and how his work and legacy apply to our lives and our times?

Andrew is co-founder of MysTech, an organization seeking to realise 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.

Towards the Sacred

with Barnaby Tobias

21 March

Where do Anthroposophical ideas meet the mainstream theatre scene? How does the imagination manifest on the stage? How does the inner life meet an audience? Barnaby will lead us in an evening of exploration into the world of theatre. His latest play, *Deal*, is set in 17th century Britain. It explores what happens when we let evil into our lives, and how the soul and spirit reckon with the material. The piece has strong Anthroposophical ideas; evil being something that searches for light. As well as looking at what we hold dear, what is sacred to us and how we cling to it in a violent world he will also be exploring another piece, *Putrid Beauty*, a play about Lucifer trying to find God. The evening will consist of performances by professional actors, interwoven with a talk around the imagination, the stage and Anthroposophy's place amongst it all. *Barnaby graduated from the Oxford School of Drama. He has appeared on stage and television, and you might have met him working in the bookshop at Rudolf Steiner House*

The Life's Journey of Richard Wagner, from Dresden to Parsifal (Zoom)

with Eric Klein

28 March

Wagner could be said to have revolutionised opera, developing the concept of the 'total work of art' – embracing the audience in music, poetry, and dramatic art. Perhaps we could see this as a foretaste of the 'immersive experience' offered by technology today. The life of this exceptional musical genius of unparalleled capacity was a chaotic personal journey. While composing the opera *Siegfried* he interrupted his work on the Ring Cycle and wrote the tragic love story *Tristan and Isolde*, which contains the famous 'Tristan Chord' which Eric will demonstrate and explore the meaning of. Wagner described his last work, *Parsifal*, as a sacred festival stage play rather than an opera. With this he left many mysteries for us to explore and experience together.

Eric Klein was born and raised in an Anthroposophic home in New York and was 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 and 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.

From the Gnostics to Now

with Dr. Nic Kollerstrom

4 April

How do we understand what is, in the minds and hearts of many, the greatest event that has taken place in the history of humanity? How did 'God' become 'man', incarnating into a human body and living a human life? We could, like many respected theologians, imagine that this took place at the birth of Jesus and celebrate it at Christmas. The Gnostics had a different view, one which has remained undocumented for centuries and was re-awakened and enlivened by Rudolf Steiner. Nic will guide us through the history of these thoughts and maybe lead us to some new discoveries.

Nic studied the work of Rudolf Steiner in depth as a student at Emerson College. He is a fellow of the Royal Astronomical Society and has degrees in the history of science.



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 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 8

with Trevor Dance

**13 & 27 January, 10 & 24 February,
10 & 24 March 7pm - 8.30pm**

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

For further information:

trevordance@hotmail.com

Theosophy (Zoom)

with Dr Sue Peat and Adrian Hotten

**20 January, 3 & 17 February,
3 & 17, 31 March 7pm-8.30pm (UK time)**

We will be continuing to read and discuss 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. 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



zoom events are highlighted

TUESDAYS

Between Death and Rebirth

with Brendan McQuillan
14, 21 & 28 January, 4, 11, 18, 25 February, 4, 11, 18 & 25 March, 1 April 7 to 8.30 pm
We will be reading these 10 lectures by Rudolf Steiner from Nov 1912 to Apr 1913 entitled 'Between Death and Rebirth' (GA141).

The lectures deal with the period following Kamaloka during which the soul is open to cosmic influences and is being prepared for its future life on earth. It considers factors from the life just spent on earth that influence these experiences after death as well as those in the spiritual world that will affect its future earth life. It looks also at the significance of our connection with the earth and at the influence the living may have on the souls of the dead. All welcome but some knowledge would be an advantage.

For further information, contact
 leejs_72@fastmail.fm

WEDNESDAYS

The Riddle of Humanity

with Trevor Dance
15 & 29 January, 12 & 26 February, 12 March 2pm – 4pm

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

For further information:
 trevordance@hotmail.com

Occult Science

with Dagmar Steffelbauer
15 & 29 January, 12 & 26 February, 12 & 26 March 4.15pm – 5.45pm

It can easily be seen that the life of human beings is related in many different directions to the environment and the dwelling place wherein they evolve. External science has already recognized the fact and concluded that the Earth

has itself undergone evolution. There is a connection between the evolution of human beings and that of the heavenly body on which we live – the Earth. Spiritual Science traces this connection and perceives how the inner spiritual being of the human being has passed through a succession of lives upon Earth and beyond. All are welcome!

Further information:
 d.steffelbauer@gmail.com

The Apocalypse of St John

with William Bishop
22 January, 5 & 19 February, 5 & 19 March, 2 April 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

The Christian Mystery Lectures

with Debbie Elliott
22 January, 5 & 19 February, 5 & 19 March, 2 April 4.15pm – 5.45pm

In these lectures we will be reading about the initiation processes and the ancient esoteric teaching of the mystery schools, the language of truth in the gospels, Rosicrucianism, and the roles of Lucifer and Christ. In this series of lectures Steiner also discusses Dante's Divine Comedy, Paracelsus and Wagner.

Further information:
 ns118de@yahoo.co.uk

THURSDAYS

Understanding Healing (also known as 'Course for Young Doctors')

with Brendan McQuillan
16 & 30 January, 13 & 27 February, 13, 27 March, 10 April 10.30am – 12noon

We will be continuing to read 'Understanding Healing' (GA316), Rudolf Steiner's lectures to young doctors from Jan 1924. All welcome but some knowledge would be helpful.



What We Talk About When We Talk About Anne Frank

20 January – 15 February

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.

Schedule: Monday to Saturday: 7.30pm
Thursdays & Saturdays: 2.30pm & 7.30pm

Running Time: 2 hours (including interval) Age Recommendation: 14+
 Content warnings: Strong language, discussion of sensitive topics including current world politics and international relations, drug use

Access seats are available to book online. Wheelchair Accessible Spaces
Tickets starting from £22.50

★★★★★ “If you can imagine a script that combines the bruising anger of David Mamet and the wit of Jerry Seinfeld and Larry David, you’ll have some idea of how raucous a piece of theatre this is.”

Clive Davis – The Times

★★★★★ “It’s acridly witty stuff, but deadly serious in intent, with a core of genuine pain. Think *God of Carnage*, but much louder and with weightier issues.” *The Arts Desk*

★★★★★ “It’s the sort of play you’ll be thinking and talking about after the final curtain, and theatre to provoke the conversations we need to be having right now.”

Alun Hood – WhatsOnStage

“Who in your life would you trust to keep you alive? And who do you know who would risk their own life for yours?”

Based on the Pulitzer-finalist short story by Nathan Englander, don’t miss this brand new serious-comedy starring West Wing and Big Bang Theory actor Joshua Malina, and directed by Leopoldstadt’s Patrick Marber.

Cast

Phil
Joshua Malina
 Debbie
Caroline Catz
 Shoshana
Dorothea Myer – Bennett
 Yerucham
Simon Yadoo
 Trevor
Gabriel Howell
 Understudy Shoshana
Mercedes Bahleda

Sound Designer
David Gregory
 Associate Director
Natalie Simone
 Associate Designer
Angelica Rush
 Movement Director
EJ Boyle
 Casting Advisor
Helena Palmer CDG
 Producer
Oliver King
 General Manager
Lew Forman for Wild Yak
 Co-Producers
Craig Dorfman, Nina Tassler, David Daniels
 Associate Producers
Sofia Kapkova & Bill Prady
 Keshet International
 Production Partners
 MART Foundation

Creatives & production team

Writer
Nathan Englander
 Director
Patrick Marber
 Designer
Anna Fleischle
 Lighting Designer
Sally Ferguson



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www.babyandchildmassage.co.uk



GOETHEAN PSYCHOLOGY

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

**Saturdays 4, 11, 18 & 25 January, 1, 8, 15 & 22 February,
1, 8, 15, 22 & 29 March, 5, 12, 19 & 26 April 11am - 12pm**

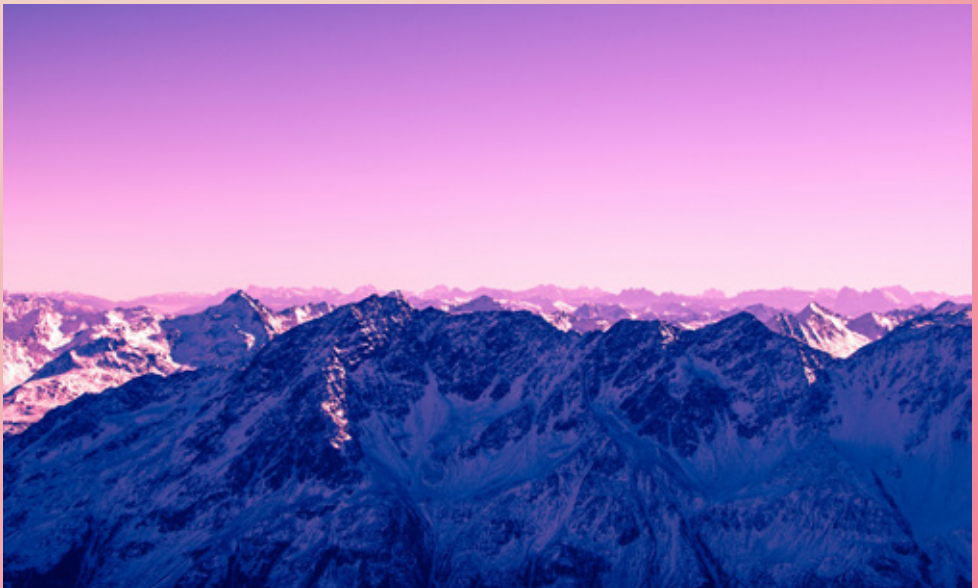
This is a 1+ hour stand-alone (repeated each week) Zoom workshop to learn a practical anthroposophical method of handling anxiety and stress, through the Goethean observation of one's own inner emotional state, with the language of gesture.

You will leave with a practical exercise 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.

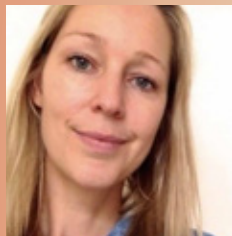
Free of charge, but a small (e.g. £1) donation to cover Zoom costs are welcome.

**For further information and booking your chosen date, please contact:
kennish46@gmail.com or 07973 680959
www.goetheanpsychology.co.uk**



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: 07717525782 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: 07931319454 fjohnlees@aol.com



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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: 07504821593 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: 07711746172 eli.holistictherapist@gmail.com
<https://eliwakamatsu.com/Weleda-Holistic-Therapist>
www.weleda.co.uk/weleda-holistic-estheticians-directory

Library at Rudolf Steiner House

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



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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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kennish46@gmail.com

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London N10 3UA
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Dr Claudia Rettberg –
MB ChB LMS MD BAG FRCPCB
Email: crettberg@doctors.org.uk
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M + 44 (0) 7911 764 103
London clinic at 10 Harley Street, W1G 9PF

Anthroposophical Medical Doctor

Anna Brodski
dr.brodski@holistichealthconsultancy.co.uk
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One-to-one support

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