

RUDOLF
STEINER
HOUSE

EVENTS

Winter-Spring 2026

RUDOLF STEINER AND ANTHROPOSOPHY

Rudolf Steiner (1861 -1925), an 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 Trust colleges, 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 method 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.

The Anthroposophical Society in Great Britain is Charity No. 22048



WELCOME TO RUDOLF STEINER HOUSE

For 100 years, Rudolf Steiner House has been a sanctuary for the soul in the heart of London. A place to experience peace and inspiration, to meet like-minded people and grow through the encounter with great ideas. Inspired by the ground-breaking work of Rudolf Steiner, we offer talks, workshops and conferences on a wide range of subjects, as well as artistic and social activities.

We have a special focus on self-development and consider ourselves a home for all those in search of a modern spiritual path that embraces the contemplative study of life's deeper dimensions as a basis for practical life.

Our goal is to promote a deepened appreciation and conscious practice of what it means to be human. We hope that all who visit the House will feel inspired and gain courage and strength for the challenge of creating a more human and healthier society.

WORKSHOPS

ART FOR WELLBEING

with Sue Davies and Aya Husni-Bey

Saturday sessions, twice a month, 10:00 – 13:00

17 & 31 January, 14 & 28 February,

14 & 28 March, 11 April

‘Man can find no better retreat from the world than art, and man can find no stronger link with the world than art.’ Goethe



Come and enjoy playing with watercolour paints or pastels, be guided by the seasons through verses from the Calendar of the Soul. Or you may prefer to bring your own poem along to inspire you. A range of art materials will be provided to enliven your sense of curiosity and welcome you to a heart-warming start to your weekend.

No prior art experience necessary. All materials provided.

Sue Davies is an MBACP accredited Therapeutic Transpersonal Arts Counsellor and Group Facilitator. She has a private practice, designs and runs tailor-made workshops, and is a visiting tutor and supervisor for trainee art counsellors at Tobias School of Art & Therapy.

Aya Husni-Bey is a Transpersonal Art Counsellor MCGI MBACP and Certified HeartMath Coach, with over 20 years' experience supporting all abilities and ages with their social, emotional, mental, physical and spiritual wellbeing at heart. Aya teaches Play Therapy & Sand play Therapy at Tobias School of Art & Therapy.

Price:

£15

Payment in the Bookshop with receipt exchangeable with the facilitator upstairs at the art session.

For further information:

Ilona Pimbert

E ilona.pimbert.rsh@anth.org.uk

T 020 7723 4400

EURYTHMY

Movement and Meditation
with Sara Hunt

Wednesdays, 18:00 – 19:15

14 January – 18 March



These classes are designed to embrace the wholeness of being human.

We will start each session with a gentle physical warm-up, involving some stretching and loosening to enliven our bodies. We will then awaken to our creative selves through eurythmy, an art of harmonious movement, including poetry and music. We will conclude with a meditation.

These drop-in classes are for everyone and anyone, with no prior experience needed.

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. She is presently a freelance personal coach.

Price per class:

£10 Full/£8 Concession

No prior booking, payment in the bookshop upon arrival. Please show your receipt to the facilitator at the session.

CREATIVE WRITING

Exploring Sound and Poetry

with Sarah Fletcher, supported by Barnaby Tobias

Thursdays 19:00 – 21:00

15th January to 19th March

'Genuine poetry can communicate before it is understood.' T.S. Eliot

People often are inspired and baffled by poetry: as a teacher, I often get asked most: what does this poem mean?

While most poetry workshops lean into deciphering sense and pulling out logic, this workshop strips the poem to its most bare elements: sound. Rudolf Steiner noted "Every vowel is a soul-mood, and every consonant an imprint of the world", and these weekly poetry workshops will seek to put his philosophical underpinnings in practice. This is a unique opportunity to explore the core building blocks of our world – language – through verse.

These two-hour workshops will allow us to use sound as the "scaffold" of a poem, upon which thought and feeling and image will naturally arise. Students will learn to write out of sound noticing how certain sounds impact breath, and perhaps even reveal something we didn't realise yet that we wanted to say. From this, verse and meaning can emerge naturally. We will learn how to embody language before we write it, developing a range of expressive postures. Expect recitation, sonic-drafting, and warm-ups that connect voice with imagination.

Please bring your own notebook and pen.

Sarah Fletcher is an American-British writer. Her debut poetry collection PLUS ULTRA was published in 2023 with CHEERIO Publishing. Her verse has appeared in The Poetry Review, Poetry London, The White Review, and more. She has taught for universities, creative writing charities, and primary schools. She is currently completing a PhD on how creative writing can treat chronic pain at Aberystwyth University.

Barnaby Tobias is a playwright and actor from South Devon. His plays have been performed at Riverside Studios, The White Bear, Actors East and The Hope Theatre, as well as multiple readings at The Marylebone Theatre, where he established and ran their Emerging Playwrights Group. As an actor he's worked for Netflix & The Royal Shakespeare Company. He runs Mysterium Press, an independent poetry press based in Devon and monthly poetry nights in Rudolf Steiner Bookshop.

Cost:
£15/£10 conc.

Book online or pay at the bookshop on arrival.



WELCOME MEN'S CIRCLE

with Shawn Ballentine

Mondays 19:30 – 21:00

5 January – 23 March

Men, you are invited and called to join 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 meet with one another to both listen and be heard from our hearts.

Come as often as suits. We look forward to having you there!

Suggested and optional donation:
£5 - £15

Donations support men to engage further mens work typically from 'The Male Journey' (www.malejourney.org.uk)

Paul Webber originated the Welcome Mens Group and it is currently anchored by Shawn Ballantine.

If coming for the first time or you have questions please email Shawn:
shawnballantine@yahoo.co.uk

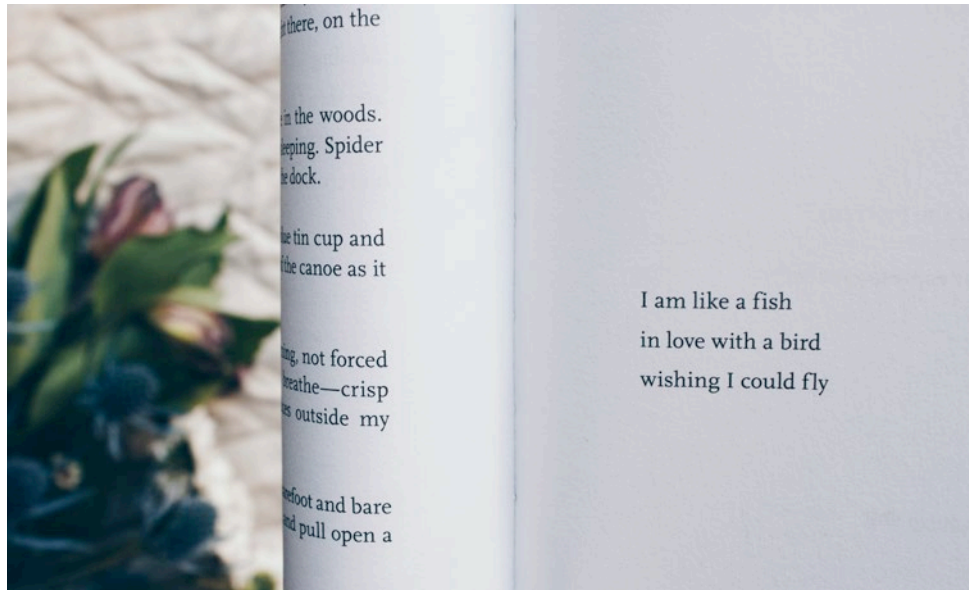


POETRY EVENINGS

with Barnaby Tobias and Iaia Chiesa

15 January, 19 February, 19 March, 16 April
19:00 - 21:00

Join us in the bookshop on the third Thursday of every month for the sharing of poems; either yours or another's you admire. There will be some discussion around the poem and short tea break halfway through.



Drop in event with no need to book.
Cash donations are welcome.

More information:
rsh-bookshop@anth.org.uk

Iaia Chiesa is a poet and activist, who's published several volumes of poetry.

Barnaby Tobias is an actor and playwright, who's worked for Netflix, RSC and written plays to critical acclaim.

MICHAEL CHEKHOV IN PRACTICE CREATING CHARACTER

with Sarah Kane

Monthly workshops

Fridays 19:00 - 21:00 and Saturdays 10:00 - 17:30

Started in September 2025, we continue working with Yevgeni Shvarts' play, *The Dragon*, through monthly workshops concluding with a sharing of work over the weekend of 10-12 July 2026.

The work in autumn covered Chekhov's artistic approach to creating a theatre production, looking at various aspects of a play's life, such as polarities and atmospheres. These workshops look at creating character using Chekhov's tools.

Newcomers are welcome to join at any point up to and including the March workshop. From April onwards the workshops will be closed to newcomers as the focus will be rehearsing scenes from *The Dragon* towards the sharing in July (details to follow).

Please bring soft shoes and comfortable clothing suitable for movement work.

DEVELOPING THE CHARACTER'S IMAGINARY BODY

Friday 9 -

Saturday 10 January

This workshop will explore the character's physicality from Yevgeni Shvarts' play, *The Dragon*, using the imagination.

THE CHARACTER'S IMAGINARY CENTRE

Friday 13 -

Saturday 14 February

This workshop will explore the specificities of the character's inner life from Yevgeni Shvarts' play, *The Dragon*, again using the imagination.

DEVELOPING THE CHARACTER'S PSYCHOLOGICAL GESTURE

Friday 13 -

Saturday 14 March

Exploring the character's objective as a gesture.

Cost:

Friday evening £24, Saturday £48

Booking inquiries:

actoratthecentre@gmail.com or
phone Ilona 020 7723 4400

Sarah Kane has been teaching, performing and directing using both Chekhov's technique for acting and Steiner's approach to speech. She has taught and directed regularly in Germany, Spain, France, the USA, China and India. She currently runs regular classes at Rudolf Steiner House in central London.

ARTISTIC SPEAKING

Inspired by Rudolf Steiner and Michael Chekhov
with Sarah Kane

Monthly, Sundays
10:00 - 13:00

Three explorations of scenes from Yevgeni Shvarts' *The Dragon*.

These workshops can be seen as an extension of the acting workshops on Fridays and Saturdays but can also be taken independently. They are intended for those wanting to discover or deepen their practice of Steiner's Speech techniques.

GESTURES AND SCENES FROM THE DRAGON

Sunday 11 January

CHARACTER IN SOUND AND SPEECH IN THE DRAGON

Sunday 15 February

GESTURE AND SOUND IN TEXTS FROM THE DRAGON

Sunday 15 March

Sarah Kane has been teaching, performing and directing using both Chekhov's technique for acting and Steiner's approach to speech. She has taught and directed regularly in Germany, Spain, France, the USA, China and India. She currently runs regular classes at Rudolf Steiner House in central London.



Please bring soft shoes and comfortable clothing suitable for movement.

Cost:
Sunday morning £24

Booking enquiries:
actoratthecentre@gmail.com
or phone 020 7723 4400

INTRODUCTION TO GARDENING THE BIODYNAMIC WAY

with Dr Sue Peat and Douglas Davidson

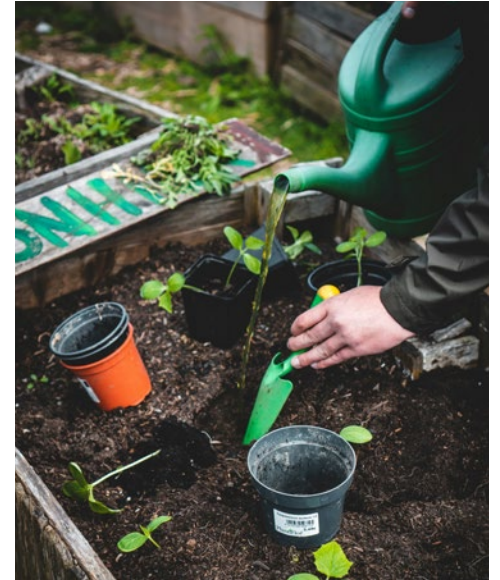
Sunday 15 February
14:00 - 17:00

Biodynamics is an organic method of cultivation, arising out of Rudolf Steiner's spiritual research. It works with the rhythms of the movements of the sun, moon, planets and stars to which the plants respond.

The workshop will cover the background to the biodynamic planting calendar and using the biodynamic preparations. It's spring and so we will focus on sharing tips for sowing and growing food plants—from windowsill herbs to fruit trees. For the last hour we'll stir the horn manure preparation (known as 500), so bring an empty screw top bottle if you would like to take some home. A 500ml bottle is enough for an average garden. The workshop is suitable for those new to biodynamics and for anyone who would like to give their garden, window boxes, street trees or house plants a spring treat!

All are welcome, no need to book.

Cost:
Full £10, Concession £5 – pay at the door



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

TALKS, SEMINARS AND STUDY GROUPS

THE ETHERIC REALM IN HUMANITY AND NATURE

with Inessa Burdich

Talk

Thursday 5 March

19:00 - 20:30

We will look at the functions of our 'vital body' (also called our etheric body) and how it is affected by our everyday activities.

How does the etheric body in the human and nature appear from a supersensible (non-physical) point of view?

- How does our etheric body change with age or after specific treatments or illnesses?

- What are the four different types of etheric?
- How can we experience them in our life?
- How can we develop our etheric body?
- How do addictions appear from a spiritual point of view?

Cost:

£15 cash on the door

Workshop

HOW CAN I GAIN SELF-CONTROL?

Sunday 8 March

9:30 - 18:30

Thursday's lecture will be repeated and then deepened through a series of exercises.

- How do I train myself to control my actions and will?
- How do I uncover and explore an inner drive to become more active?
- How do I become more aware of my own etheric body?
- How can I bring the principle of rhythm into my life, and why is it so important?

- How do I begin a new self-study curriculum and allocate particular times for daily meditation?

Cost:

£95, though if you have attended the lecture on Thursday, you can pay £80 and arrive at 11.15.

Booking required

Call Alex Wright on 01342 827967 and for further information.

MICHAEL AND THE TRANSFORMATION OF FEAR

with Inessa Burdich

Friday 13 March

19:00 - 20:30

In these turbulent times, fear manifests not only as personal anxiety but as a collective atmosphere: a shadow cast by the growing presence of negative forces. This theme invites us to approach fear as something to transform through a conscious relationship with the being of the archangel Michael.

Michael, as the spiritual countenance of Christ, works today as a Time Spirit, calling each human soul to awakening, inner uprightness and courage.

Together we will explore:

- The role of Michael within the spiritual hierarchies
- The mystery of symbols
- Michael's connection with Gabriel and Orphiel

This meeting will offer practical exercises, to strengthen our steadfastness and moral clarity, so essential for transforming the increasingly visible negative forces of our times. These practices support the path of becoming Warriors of the Light, capable of meeting adversity with awakened presence.

Cost:

£15 cash on the door

This lecture will be followed by a one day workshop at Temple Lodge, Hammersmith, on Saturday 14th March, £95.

Booking required

Call Alex Wright on 01342 827967 and for further information.



Inessa Burdich is a Spiritual Science researcher and a therapeutic consultant for individuals and organisations. She is also a Trustee for a Rudolf Steiner research and educational trust dedicated to supporting individuals with special needs, and leads courses in Anthroposophical meditation and supersensible perception.

A SPIRITUAL PATH FOR TODAY

with Alex Wright

Wednesdays

19:30 - 21:00

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. Most evenings are a combination of lectures and activities

KARMA - WHAT? WHY? & HOW?

14 January

The little understood background to everyone's life, how the actions of one lifetime are reflected in the conditions and experiences of the next.

HUMAN CONSTITUTION BEYOND THE PHYSICAL

21 January

Our progressively subtle energy bodies which animate our physical body and give us emotion, thought and will. Bodies of soul and bodies of spirit.

THE FOUR ELEMENTS IN NATURE & HUMANITY - TEMPERAMENTS

28 January

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.

HUMAN EVOLUTION PAST & FUTURE

4 February

Rudolf Steiner's revelations from the Akashic record of the journey of what would eventually evolve to become contemporary humanity, and our future stages.

SPIRITUAL FORCES ACTIVE IN HUMANITY TODAY

11 February

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.

THE ANGELIC HIERARCHY

18 February

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.



NATURE SPIRITS

25 February

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.

HOW TO KNOW YOURSELF

11 March

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.

Cost;

£10, £7 students per evening. Payment at the door (no cards).

To confirm dates before travelling please check

www.rsh.anth.org.uk/introtoanthro

Enquiries please call Alex

01342 827967.

SLEEP, DREAMS AND THE AFTERLIFE

18 March

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.

HOW TO MAKE PROGRESS

25 March

Anthroposophy is a Spiritual Path which can lead to very significant human development. A practical guide to making that a reality.

Alex Wright has an MA in Law from Oxford University, is a graduate of the three-year Emerson Visual Arts Course, and has been teaching Spiritual Science since 2017.

FRIDAY LECTURES

Towards Tomorrows

19:00 - 20:30 (UK time)

A series of alternating zoom and face to face seminars and lectures exploring the future, led by speakers working out of insights offered by Rudolf Steiner. All welcome.

INSIGHTS INTO WATER: A LIVING ELEMENT FOR TOMORROW

with Matt Thornton

16 January (Zoom)

Matt will trace how different streams of water-understanding; scientific, artistic, cultural and spiritual can converge into a unified conversation rooted in spiritual science. We will explore how our senses can begin to awaken to water's subtler qualities, reflecting its occult origins and formative forces. Water may well be central to a future holistic understanding of our environment and to the evolution of human consciousness.

Matt Thornton is a water researcher, sommelier, aviator and sky-observer. He investigates water not as a physical substance but as an element of gesture and dynamic interface between cosmic forces, etheric formative activity, geological biography, human consciousness and sensory attention.

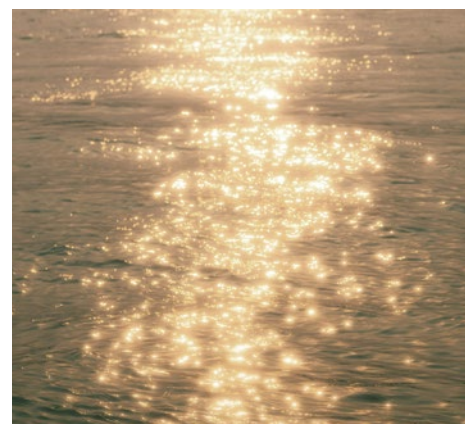
THE PLANETARY ARCHETYPES

with Nic Kolestrum

23 January

We'll see how the seven days of Holy Week have a unique meaning for the idea of the 'Incarnation,' whereby eternal divine archetypes became expressed in history. Do we recognise the planetary being of the days in what happened? Although it begins on Palm Sunday and ends on Easter Saturday; the Sunday after, of the Resurrection, has also to be included. He will be arguing that the Last Supper was on Wednesday not Thursday so be prepared to be shocked!

Nic Kolestrum spent a couple of years at Emerson College a long, long time ago then of late he has come back to appreciate Steiner's teachings. He was a math school leacher for some years and a research fellow at UCL for fifteen years. He's an author with an interest in Hermetic studies and his book 'Secrets of the Seven Metals' is quite relevant to this talk.



THE ABRACADABRA OF THE VOICE - THE FUTURE CREATIVE POWER OF SPEECH

with Geoff Norris

30 January (Zoom)

In the beginning was the Logos, the Verbum, the Word through which all things were made. In the future the power of Speech will bring first moral healing, and then creation as a further development of the speech organs. We will no longer conceive and give birth to merely ideas through speech, but this act of conception will give birth literally to the form into which the human spirit can incarnate, no longer sexually dependant but spoken forth.

Geoff Norris 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. He has toured worldwide with Eurythmy Ensembles and theatre companies and 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

CHRISTIANITY BEYOND RELIGION

with Michael Merle

6 February

This talk will explore the meaning of Christianity as the primary path of initiation and the way of human spiritual development that is available to all people who are seeking how to connect more deeply with their higher selves. Using the lens of Anthroposophy passages from the Gospel will be explored in order to see Christianity beyond institutional religion—and thereby come to an understanding of Christianity as the religious way of being for humanity.

Michaël Merle is an anthroposophist who is active as a Waldorf teacher trainer and serves as the priest of The Christian Community in London (Temple Lodge in Hammersmith).

OWEN BARFIELD ON C.S. LEWIS

With Owen A. Barfield

13 February (Zoom)

Owen Barfield (1898-1997) 'The first and last Inkling' was described by C.S. Lewis as his "wisest and best of my unofficial teachers". They met in 1919 and soon they were each other's "second-friend". By contrasting what they thought about 5 ideas, I hope to encourage others to also think about such-like. C.S. Lewis was pointing towards Barfield, but their tomorrows are increasingly becoming our todays.

Owen A. Barfield is the grandson, custodian of the Owen Barfield Literary Estate (beginning in 2007) and publisher of his Grandfather's books (Barfield Press). More can be found here: www.owenbarfield.org

REMEMBER WE HAVE A FUTURE

with Patrick Dixon

20 February

The talk will address both the more immediate future, that is the dangers of Materialism, and how to strengthen our discrimination, seeing the Materialistic mindset and practices as a necessary stage the Earth must go through, extracting the best it can from it, before it can ascend towards the expanding vistas of the greatest Paradigm change since the Turning point of Time.

Patrick Dixon trained at RADA and is an actor, writer, poet and performer. He lives in London and gives lectures, seminars, one man shows and leads a regular conversation group at Rudolf Steiner House

THE HUMAN EGO with Peter van Breda

27 February (Zoom)

Who speaks in me, I am? Do I recognise the I that speaks in me? The mystery of the I, our true self will only be fully revealed in the far distant future. We are though on our way grasping and seeking our true being. When though two or three are consciously gathered in his Name the true 'I am' of each individual person begins to shine.

A course given by **William (Mucky) Mann**, at Emerson College led Peter van Breda to recognise that art through the ages can offer a direct indication of the phases of consciousness through which we have evolved. This carried within it the mystery of reincarnation and the development of the 'I am' within our individual spiritual make up.



'WHERE THE TRAVELLER'S JOURNEY IS DONE' - FUTURE INSPIRATION AND FUTURE ILLUSION

with Andrew Welburn

6 March

Blake's intense poem 'The Sunflower' shows us the deeper meaning and the potential pitfalls of longing for the Future.

Andrew Welburn 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 Steiners' philosophy, esotericism, Christianity and the prophet Zarathustra.

THE PLANETS: OUR COSMIC FAMILY

with Howard Smith

13 March (Zoom)

Modern space research has revealed phenomenal insight into the physical nature of the planets. No less surprising is Rudolf Steiner's research, revealing that each planet is a mighty cosmic being.

Howard Smith is a life-long student of Anthroposophy has a PhD in Chemistry and founded the Science Group of the ASinGB.



A MUSICAL CONSCIOUSNESS APPROACHING EASTER

With Eric Klein

20 March

How can we change our consciousness as we approach the unique 'moveable feast' of Easter which celebrates the renewal of what for many is the most important spiritual event in the history of the Earth? During this talk Eric will lead us into a contemplation of the spiritual impulse working in music as a companion to the passion, death and resurrection of the Christ.

Eric Klein was born and raised in an Anthroposophic home in New York. He was educated at the Rudolf Steiner School in New York City and has worked as a performing musician, composer, conductor, teacher and lecturer.

No need to book, no charge.

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

Events are not recorded and zoom meetings are limited to 100 participants.

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

Meeting ID: 826 3212 9836,

Passcode: 755359

PARZIVAL AND OUR PATH TO THE FUTURE

with Douglas Miller

27 March (Zoom)

What choices do you have when the inherited political, economic and social structures are so degraded and entrenched that you feel unfree and unable to effect any real change in the world? Wolfram von Eschenbach's epic poem Parzival points to a future that is in our hands. What path does it lay out for realizing a future that is both spiritually viable and in keeping with humanity's capacity for freedom?

Douglas Miller 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.

STUDY AND CONVERSATION GROUPS

Our study groups provide a very informal setting to explore Rudolf Steiner's work with others. We aim to create a friendly, inviting atmosphere, as good humoured as it is serious. We find that working together provides a wonderful opportunity for the whole group to advance in knowledge and understanding. Previous participation or knowledge is not necessary and everyone, young and old, is very welcome to join us at any time, just once or as often as it suits.

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.

Mondays

KNOWLEDGE OF THE HIGHER WORLDS. HOW IS IT ACHIEVED?

with Trevor Dance

12 & 26 January, 9 & 23 February, 9 & 23 March
19:00 - 20:30

Knowledge of the Higher Worlds is an essential book for understanding Rudolf Steiner's ideas. It contains practical exercises to set one on the spiritual pathway advocated by Steiner - a reliable and safe path based on a rational, scientific approach.

For further information:
trevordance@hotmail.com

THEOSOPHY (ZOOM)

with Dr Sue Peat and Adrian Hotten

19 January, 2 & 16 February, 2 & 16 March
19:00 - 20:30 (UK time)

We will be continuing to read and discuss Theosophy, which is one of Rudolf Steiner's foundational books, published in 1904. It begins by describing the threefold nature of the human being: body, soul and spirit. This is followed by a profound discussion of reincarnation and karma, 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.

Zoom link:
<https://tinyurl.com/33ue6xrp>
Meeting ID: 826 3212 9836,
Passcode: 755359



Wednesdays

THE EFFECTS OF ESOTERIC DEVELOPMENT

with Trevor Dance

14 & 28 January, 11 & 25 February, 11 March
14:00 - 16:00

In these very accessible lectures, Steiner deals with the subtle effects of spiritual development at every level from straightforward investigations of the effects on spiritual seekers of coffee, tea and foodstuffs through to the universe of anthroposophical spiritual striving and the human being in relation to the forces of Ahriman and Lucifer.

For further information:
trevordance@hotmail.com

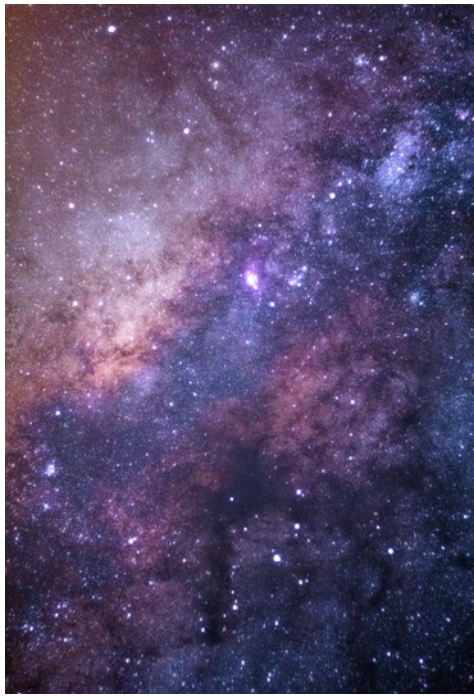
OCCULT SCIENCE

with Dagmar Steffelbauer

14 & 28 January, 11 & 25 February, 11 March
16:15 - 17:45

Occult Science is not a collection of lectures but a written book by Rudolf Steiner. It is meant for studying the content. It is composed of VII chapters and the present study group has almost reached the end of chapter IV (Human and World evolution). Soon the study group is going to enter chapter V in which Rudolf Steiner is focusing on our present time and tasks in which each individual Human Being is called to participate. We are using the translation by George and Mary Adams. All are welcome!

Further information:
d.steffelbauer@gmail.com



CHRISTIANITY AS MYSTICAL FACT

with Debbie Elliott

21 January, 4 & 18 February,
4 & 18 March
16:15 - 17:45

This book was written by Rudolf Steiner, who said about it: "The title Christianity as Mystical Fact was one I gave to this work eight years ago, when I gathered together the content of lectures given in 1902. It was meant to indicate the special approach adopted in the book. Its theme is not just the mystical side of Christianity in a historical presentation. It was meant to show, from the standpoint of a mystical awareness, how Christianity came into being."

Further information:
ns118de@yahoo.co.uk

RUDOLF STEINER SPEAKS TO THE BRITISH

with Adam Slowikowski

14, 21 & 28 January, 4, 11, 18
& 25 February, 4, 11, 18 & 25
March, 1 & 8 April
19:00 - 20:30

Lectures from Rudolf Steiner's visits to London, Oxford and Ilkley. All welcome. No previous knowledge or experience necessary.

For more information: adam.
slowikowski69@gmail.com

MAN - HIEROGLYPH OF THE UNIVERSE

with William Bishop

21 January, 4 & 18 February,
4 & 18 March
14:00- 16:00

Self-knowledge is vital in today's world. These 16 remarkable lectures given in Dornach in 1920 convey multiple interconnections between the human and the cosmos to reveal self-knowledge to be inseparable from cosmic knowledge - that macrocosm and microcosm consist in unity. All welcome.

For further information:
williambishop191@gmail.com

For updated news on these and other events please see:
www.meetup.com/rudolf-steiner-spiritual-science

CAFÉ CONVERSATIONS

Looking at new ways of thinking and thinking about new ways of looking with Patrick Dixon

Saturday mornings
10:30 - 12:00

A place to talk, listen and meet people interested in the bigger picture.

Topics for discussion include:

FORGETTING TO REMEMBER & REMEMBER TO FORGET

17 January

FROM BRANCHES OF KNOWLEDGE TO THE ROOTS OF UNDERSTANDING

31 January

FROM THERE INTO TIME, FROM HERE INTO ETERNITY

14 February

WHEN SICKNESS HEALS, KARMIC MEDICINE

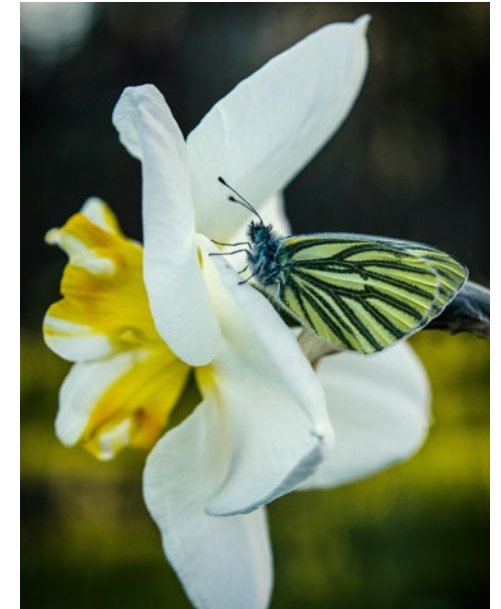
28 February

THE ART OF BEING AND THE BEING OF ART

14 March

THE MACROCOSM CONTRACTS AND THE MACROCOSM EXPAND

28 March



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

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

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