



RUDOLF  
STEINER  
HOUSE

# EVENTS

Spring-Summer 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

This year Rudolf Steiner House is celebrating its 100th anniversary. For 100 years it 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.

# SPECIAL EVENTS

## THE SPEAKING VOICE FESTIVAL 2026 A CELEBRATION OF THE HUMAN VOICE

12 - 14 June

A three-day Festival celebrating the living human voice, in all its diversity, magic and potency.

Through Podcast Q&As, Workshops, Plenary and Masterclasses, this Festival will shine a light on the skill, technique and practice of speaking poetry, stories and dramatic text.

Experience and learn from those who have spent a lifetime honing their craft sharing their expertise and love of words and language.

Hosted by Adrian Locher with Sarah Kane (Steiner/Chekhov), Tess Dignan (Berry/Linklater) and Benjamin Moore (Linklater/Bridgmont).

### Dates & Times

Friday 12 June, 9.00 - 21.00  
Saturday 13 June, 9.00 - 21.00  
Sunday 14 June, 9.00 - 18.00

### Prices & Tickets

Whole Festival:  
£200/£150 student conc.  
Early Bird (before 1st May):  
£150  
Single Whole Day:  
£85/£60 student conc.  
Sunday: £60/  
£40 student conc.



Single Session (Podcasts, Workshops & Masterclasses): £30/£20 student conc.  
Evening Session for non-Festival goers (Fri & Sat): £30/£20 student conc.

For a more detailed programme & booking: <https://www.ticketsource.com/rudolf-steiner-house/t-rzzypr>



# KARMA DRAMA: CREATIVE APPROACHES TO REINCARNATION AND KARMA RESEARCH

## A TALK AND BOOK LAUNCH

with Michael Chase

Wednesday 1 July

19:30 - 21:00



Mike Chase will share life-changing karmic experiences that arose from his work in a therapeutic prison, which led to him writing the book *Karma Drama*. He will read from the book, share case studies and demonstrate several exercises through the use of embodiment and masks. His book explores how engaging with one's spiritual past can transform present lives. Drawing on Rudolf Steiner's spiritual science, Mike Chase combines psychotherapeutic, dramatic and embodiment techniques, to create a structured, creative method for researching karma and past lives, blending Steiner's exercises with psychodrama, mask work and movement to support imaginative access to karmic insight.

**Mike Chase** is a Psychodrama Psychotherapist, (UKCP registered) educational researcher (Med 2013) and adult educator. Involved in physical theatre, mime and mask at drama colleges and universities, he has been teaching, consulting, and workshoping internationally for over 40 years to a wide range of people in a variety of settings.



**Entry: £5 – Book via**  
<https://www.ticketsource.co.uk/rudolf-steiner-house/t-zooddpq>

Books will be sold in the room for £13.  
Please bring the correct change.

# MARY MAGDALENE: RECLAIMING THE DIVINE FEMININE

## A TALK AND BOOK LAUNCH

with Danielle van Dijk

**Saturday 12 September**

**14:30 - 17:00**

Danielle van Dijk, together with Henk van Oort (her translator), will share insights from her richly illustrated book exploring the hidden legacy of Mary Magdalene across sacred sites in Palestine, France, England, Italy, and Spain. Drawing on Celtic Christianity, the Nag Hammadi discoveries, and the work of Rudolf Steiner, Danielle retraces the footsteps of Mary Magdalene, uncovering veiled layers of Gnosis embedded in Gothic cathedrals, Templar legends, Cathar strongholds, the Black Madonna, and pilgrimage routes to Santiago de Compostela.

Through readings, discussion, and contemplative exercises, attendees will explore the spiritual presence of Mary Magdalene as a teacher, initiator, and equal among the great figures of sacred history. The event will offer a unique opportunity to engage with subtle symbols of the Magdalene encoded in art and architecture, and to experience meditative reflections on love, equality, and the archetypal feminine. Copies of Danielle's book will be available for sale in the Steiner House bookshop.

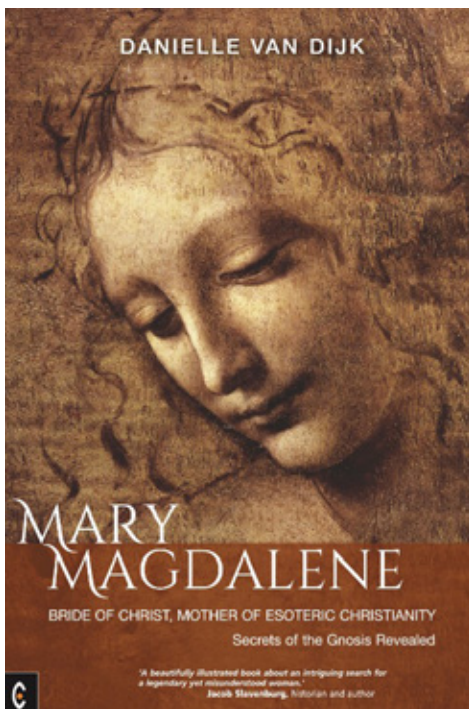
**Danielle van Dijk, MA**, has spent decades studying esoteric Christianity and the feminine aspect of the divine, bringing scholarly depth and spiritual insight to her writings. Henk van Oort, author

and translator of *The Inner Rainbow*, will also contribute, offering complementary perspectives and discussion.



**Entry fee: £20 Full  
/ £15 Concession**

**Book via: <https://www.ticketsource.com/rudolf-steiner-house/t-jxxpzvo>**



# CENTENARY CELEBRATION AT OPEN HOUSE

## CELEBRATE THE CENTENARY OF RUDOLF STEINER HOUSE

Sunday 13 September

10:00 - 16:00

Step inside London's only example of expressionist architecture at Rudolf Steiner House. Explore this architectural gem, uncover its fascinating history, and join in our special centenary celebrations. This year also marks the 35th edition of the Open House Festival. Free tours of the building will be available every 20 minutes.

Free admission | Learn more: [www.rsh.anth.org.uk](http://www.rsh.anth.org.uk)



# SAVING ERNEST: A KARMIC DETECTIVE STORY ABOUT LIFE AND DEATH

A Book Launch Talk with author Wendy Teall  
(pen name Phoebe Tallis) and researcher Inessa Burdich

Wednesday 16 September  
19:00 - 20:30

**What begins with a battered suitcase of family photographs unfolds into an extraordinary investigation across the threshold of death.**

In this launch talk, author Phoebe Tallis and supersensible researcher Inessa Burdich share the creative journey behind *Saving Ernest*. Tracing one family's story from the late 19th century to the present day, their research moves beyond archives and memory into direct contemplative enquiry into the experiences of those who have died, both before and after their passing.

Told with warmth, humour and narrative drive, *Saving Ernest* blends historical reconstruction with spiritual investigation, uncovering patterns of inheritance, suffering and healing that flow through generations. At its heart lies a compelling question: can the wounds of the past be understood and transformed through conscious attention and love?

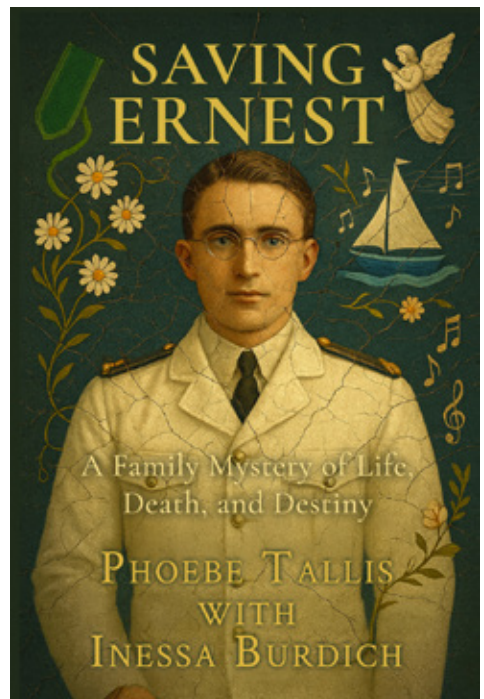
This talk offers a rare insight into a unique collaboration, and into a form of anthroposophy expressed through story.

**Wendy Teall** is a writer, artist and researcher whose Welsh storytelling heritage shapes her exploration of love, loss, and the unseen life of the soul.

**Inessa Burdich** is a spiritual researcher, consultant and educator whose work unites scientific training with supersensible enquiry and the wisdom of Anthroposophy.

**For enquiries, please contact Wendy Teall on 07815 739193.**

**Cost:**  
£10 cash on the door.



# MICHAELMAS FESTIVAL

## METAMORPHOSIS OF THE ARTS

A public Festival in preparation for Michaelmas  
with Coralee Frederickson and Andrew Wolpert

The Humanities and Performing Arts Sections  
of the School of Spiritual Science

Sunday 27 September  
15:00 - 18:00



If Sculpture is waiting to be released into the movement art of Eurythmy, what is Architecture longing to become? In characterising the Mission of the Arts, Rudolf Steiner described the transformation of the plastic-spatial arts, but left the 'social art' enigmatically unidentified. This is directly connected to the courage we are enjoined to have

in taking responsibility for the uncertain future. How can we transform the 'architecture' of the social, economic, pedagogical, professional, and other structures that manifestly no longer serve our becoming human? Come and join us in this Festival to explore what Michael, the Spirit of our Time, is waiting for from us!

Free of charge but reservation essential:  
<https://www.ticketsource.co.uk/rudolf-steiner-house/t-ejjvvlp>



# BACK TO BACK

## MUSIC POETRY STORYTELLING

with Louise Coigley

Saturday 5 September  
19:30 - 20:45

### Honouring Frida Kahlo

Storyteller and spinal injury survivor Louise weaves her own fractured journey into a powerful and poetic narrative of perseverance and healing. Born with clubfeet, as a child Louise develops severe scoliosis. After years of treatment for her legs & feet and back, being stretched, moulded, winched and strapped, then undergoing spinal surgery, Louise emerges out of the cocoon of a spinning bed. As a young woman she encounters Frida Kahlo's paintings, learns about her life, her loves. Louise finds recognition and a new way to navigate pain. Years later, this sees her through a fall down a flight of stairs, which breaks part of her neck and back. With humour and humanity, tales from these two women's lives interweave.

Accompanied by Olivier nominated actress Melody Grove and Aly Macrae, actor & musician of stage and screen, "Back to Back" unfolds with poignant,

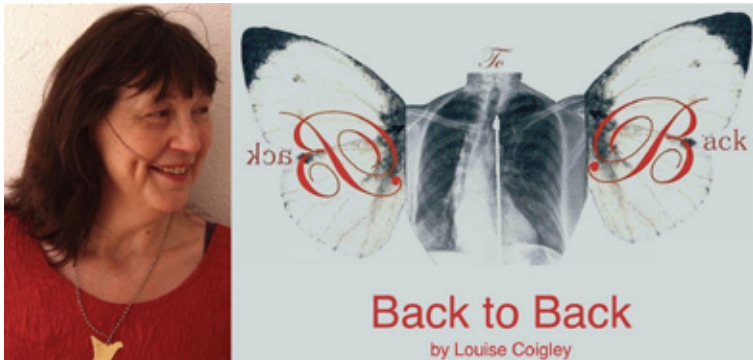
uplifting singing & music. Melody also speaks "From the Frocks" - a powerful new prose poem to Frida Kahlo.

**Louise's** work as a speech and language therapist with children and teenagers with communication challenges has taken her to four continents, training thousands of therapists, carers and teachers in her way of working: Lis'n Tell: live inclusive storytelling. In 2025, she appeared in Scoliosis Research UK's 2025 documentary: Living with Scoliosis (available on YouTube). September Publishing recently commissioned Louise to introduce and edit a book of words and pictures by Frida Kahlo - out on July 2nd 2026 : "Wings to Fly - on Creativity and Endurance".

[www.lisntell.co.uk](http://www.lisntell.co.uk)

**Book Tickets: £20**

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



# BACK TO BACK WITH FRIDA KAHLO

## STORYTELLING, POETRY, PAINTING AND MINDFULNESS

with Louise Coigley, Ilona Pimbert, Tamzin Muir and Guests

Saturday 3 October  
10:00 - 17:00

### Meeting Pain through Art, Celebrating Creativity

A day of artistic workshops, sharing and conversation

'To be an artist is to believe in life.'  
Frida Kahlo

Fee:  
£40 - some bursaries available

<https://www.ticketsource.com/rudolf-steiner-house/t-lddryyq>

Contact Louise at:  
lfc@lisntell.co.uk



Tree of Hope, Stay Strong by Frida Kahlo 1946  
Image courtesy of Stephen Chappell and Daniel Filipacchi Collection, Paris, France

# WORKSHOPS

## ART FOR WELLBEING

with Sue Davies and Aya Husni-Bey

Saturday sessions, twice a month

11 & 25 April, 9 & 23 May, 6 & 20 June, 4 & 18 July

10:00 - 13:00

**'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 & HeartMath Coach with over 20 years' experience supporting people's wellbeing. Aya teaches Mandalas, Play & 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](mailto:ilona.pimbert.rsh@anth.org.uk)

T 020 7723 4400

# EURYTHMY

## Movement and Meditation with Sara Hunt

Wednesdays 15 April - 17 June  
18:00 - 19:15

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 eurhythmy, 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

## Sound, Rhythm and the Senses with Sarah Fletcher

Thursdays 15 April to 18 June

19:00 - 21:00

People are often inspired and baffled by poetry. As a teacher, the question I am asked most is still ‘what does this poem mean?’ This course begins elsewhere. Before meaning, there is sound. Before interpretation, there is rhythm. From these, sense begins to gather.

Set within the Steiner space, the course takes seriously Rudolf Steiner’s insight that “Every vowel is a soul-mood, and every consonant an imprint of the world.” We will treat language as something lived and shaped through the body, attending to how sound moves within the room, how repetition alters it, how voice creates atmosphere.

We will explore how poets such as Gerard Manley Hopkins and Dylan Thomas use sound as a generative force, allowing language to move, echo, and accumulate into meaning. Students will write out of sound, letting patterns call up image and feeling almost involuntarily. We will also work with the environment beyond the room. Regent’s Park becomes part of the course, offering sensory experiences to inspire our writing.

Through recitation, repetition, and vocal exercises, this course invites you to inhabit language before writing it, and to return each week as that sensitivity deepens. As Steiner writes, “In speech the human being experiences him/herself as soul.”

The course culminates in a voluntary sharing of poems written at a public

Poetry Evening in the Bookshop on 18 June. Each session builds on the last, so attending regularly is strongly encouraged.

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.



**Cost: £15/£10 per session**  
**Cost for all 10 sessions,**  
**excluding 18th June: £120/ £80 paid**  
**in advance**

**Book online: <https://www.ticketsource.com/rudolf-steiner-house/t-njjeklm> or pay at the bookshop on arrival.**



# WELCOME MEN'S CIRCLE

with Shawn Ballantine

**Mondays 6 April – 20 July** - No group sessions on 4 and 25 May (Bank Holidays)

19:30 - 21:00

**Men, you are warmly invited to gather in circle**

**This is a safe and steady space to slow down, arrive as you are, and sit alongside other men in a calm and grounded way.**

Together we create a space of trust where each man is welcome – to share what feels present, to listen deeply, and to speak from the heart.

Through honesty and connection we are reminded that we do not have to carry life alone.

Come as often as feels right.

**Suggested optional donation: £5 – £15**

Donations support men to continue their journey through men's work with The Male Journey

**[www.malejourney.org.uk](http://www.malejourney.org.uk)**

The Welcome Men's Group was originated by Paul Webber and is currently held by Shawn Ballantine.

If you are coming for the first time or have any questions, please email:

**[shawnballantine@yahoo.co.uk](mailto:shawnballantine@yahoo.co.uk)**

We look forward to sitting in circle with you.



# WELCOME WOMEN'S CIRCLE

with Jolanta Bielawska

**Mondays 10 & 24 April, 8 & 22 May, 5 & 12 June**

**19:00 - 21:00**

A women's circle – a space where you can be yourself, share what feels important to you at this moment, feel, listen to other women, and see yourself reflected in their eyes. A place where you can feel safe – without judgement, grounded in mutual respect, support, and the warmth of togetherness.

In a fast-paced world, it seems more important than ever to slow down, gather together in real spaces, and build supportive communities. Our longing to be heard, truly listened to, and to feel connected deserves to be nurtured and cared for.

Come as often as suits.

Suggested and optional donation of  
£5 - £15

If coming for the first time or you have questions, please email Jola Bielawska:

[slavicconnections@gmail.com](mailto:slavicconnections@gmail.com)

[www.jolabelawska.com/en/](http://www.jolabelawska.com/en/)



# POETRY EVENINGS

with Iaia Chiesa and Barnaby Tobias

Thursdays 16 April, 21 May, 18 June, 16 July, 17 September

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.



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.

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

More information:  
[rsh-bookshop@anth.org.uk](mailto:rsh-bookshop@anth.org.uk)

# MICHAEL CHEKHOV ACTING WORKSHOPS

with Sarah Kane

These workshops explore one of the core elements of Michael Chekhov's acting technique - Creating Character. The workshops build upon each other, but each will be an entirety in itself and can be taken individually.

## GESTURE AS A WAY OF FINDING A CHARACTER'S OBJECTIVE

**Saturday 25 April**  
14:00 - 17:00

## FINDING A CHARACTER'S CENTRE

**Saturday 23 May 23**  
14:00 - 17:00

## CHEKHOV'S QUALITIES OF MOVEMENT: A FIRST STEP IN GETTING TO KNOW A CHARACTER

**Saturday 20 June**  
14:00 - 17:00

Please bring soft shoes and comfortable clothing suitable for movement.

**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.

These workshops are part of the **New Actors Centre**, now based at Marylebone Theatre/Rudolf Steiner House. To take part you will need to become a member of the New Actors Centre for £15 at [www.newactorscentre.org](http://www.newactorscentre.org).

**Cost:**  
£24 per session

**Booking and enquiries:**  
[info@newactorscentre.org](mailto:info@newactorscentre.org)  
T: 07902 661860

# RUDOLF STEINER SPEECH WORKSHOPS

with Sarah Kane

These workshops are intended for those wanting to discover or deepen their practice of Steiner's Artistic Speech techniques. The workshops build upon each other, but each will be an entirety in itself and can be taken individually.

## GESTURES FOR EXPLORING TEXT

Sunday 26 April  
10:00 - 13:00

## VOICE CENTRES FOR CREATING VOCAL CHARACTER

Sunday 24 May  
10:00 - 13:00

## EXPLORING A CHARACTER'S TEMPERAMENT IN SPEECH

Sunday 21 June  
10:00 - 13:00

Please bring soft shoes and comfortable clothing suitable for movement.

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**Cost:**  
£24 per session

**Booking and enquiries:**  
[info@newactorscentre.org](mailto:info@newactorscentre.org)  
T: 07902 661860



# CANDLE MAKING WORKSHOP

with Jolanta Bielawska

Saturday 2 May

12:00 - 15:30

Join us for a beautiful, relaxed afternoon where we'll slow down, connect, and create something special together.

Join us for a beautiful, relaxed afternoon where we'll slow down, connect, and create something special together.

Candle making is a gentle, mindful process. It invites us to be patient, to slow down, and to move with care. As the wax melts and settles, we allow ourselves to do the same – softening, pausing, and simply being present in the moment.

We'll enjoy the delicate scent of natural beeswax, pour warm wax into moulds, choose our wicks, sip tea, chat, laugh... and take our time. No rush. No pressure. Just a cosy, creative space to unwind and

make something beautiful with your own hands.

You'll take home the candles you create.

If this feels like the kind of afternoon you'd enjoy, I would love for you to join us.

We will be working in small group.

**£45 per person**

**Please book in advance to secure your place:**

<https://www.ticketsource.com/rudolf-steiner-house/t-zooqzqg>



# INTRODUCTION TO GARDENING THE BIODYNAMIC WAY

with Dr Sue Peat and Douglas Davidson

Sunday 24 May

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 coming up to summer and so we will focus on sharing seasonal tips for sowing, growing and most importantly making good compost! 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 summer 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 ASTRAL REALM IN HUMANITY AND NATURE - HOW TO MASTER YOUR FEELINGS

with Inessa Burdich

Sunday 17 May

9:30 - 18:30

### Lecture followed by Workshop

In this time of materialism and intellectualism, our feelings are often accorded little importance. Yet it is increasingly recognised that they play a significant role in our well-being and, very importantly, our bodily health.

This talk is mainly dedicated to the area of our feelings and emotions (also called the astral body) and subjects which will be considered include the following.

- How does the astral body in the human appear from a supersensible point of view?
- How does it change with age or illness, your profession, etc.?
- How can the astral body be affected by our biographical situations, usual daily activities, and negative spiritual influences, even if they are not directly perceived?
- How do I train myself to control my feelings? How do I become more aware of my own astral body?
- How can I quieten my soul and maintain this quietness and equanimity?

The Workshop will then deepen this topic through practical exercises.

- Where are my feelings "located"?
- How can I train myself to control my feelings?
- Experiencing and researching feelings of heightened jubilation and deep sadness.
- Exploring the feeling of inner quietness.
- Why did Rudolf Steiner consider complete quietness in the soul as the first level of higher initiation?

### Cost:

£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.

<https://spiritual-science-research.com/>

# VIDAR - THE SILENT SPIRIT OF THE NORTH

with Steffen Hartmann

Friday 4 September

19:30 - 19:00

## Talk with piano performance

Vidar, perhaps the most enigmatic of the Norse Gods, known as the silent spirit, and perhaps more a future god than his better known colleagues, is in the ascendant. He is destined to play an important role at Ragnarok, killing the wolf Fenris, one of the offspring of Loki (Lucifer), with a shoe he has sewn from small pieces of leather discarded by others. Rather than living in a palace Vidar dwells in Vidi, a vast land of water and wind, and is the guardian of pristine nature. As well, in more contemporary language, Vidar works with both Christ and Michael.

Steffen has studied Vidar for many years, and in 2019 published *Creating the Future with Vidar*, (only available in German) co-authored with Volker Fintelmann.

## Cost:

£15 cash on the door

Please call Alex Wright on 01342 827967

lecture & perform at Emerson College on the evening of Saturday 5 September on 'J.S.Bach and the Zodiac', connecting Bach's preludes with Steiner's zodiac mantras, and at the Christian Community in Stroud on the afternoon of Sunday 6 September on 'The Mystery of the Seven'.

**Steffen Hartmann** (b.1976) has accompanied Elisabeth Schwarzkopf on the piano and worked closely with the soprano Marret Winger. In 2007 he founded the MenschMusik Insitute in Hamburg with Matthias Bölts. He has followed an inner meditative path based on anthroposophy since 1997 and has also taught meditation. He founded the publishing house Edition Widar with Torben Maiwald, and has led the Rudolf Steiner Haus Hamburg branch of the Anthroposophical Society since 2012. He is also the author of many books including "The Michael Prophecy and the Years 2012-2033" (2020), and holds lectures, seminars and concerts worldwide.



# DIMENSIONS OF THE SENSE OF SELF (I - PRESENCE)

with Inessa Burdich

Talk: Thursday 17 September  
19:00 - 20:30

In the course of our individual spiritual journey, we repeatedly encounter the fundamental question: Who am I? The mystery of the "I" is perhaps the greatest enigma of human existence. The I is rooted in eternity and incarnates through our lower bodies, gradually revealing itself within earthly life.

This talk will explore several interconnected questions:

- How can we approach the mystery of the "I" – the sense of Self, also referred to as the I-presence or the I-bearer?
- How do the qualities of our I-presence change throughout the different stages of life?
- What challenges arise in relation to a weakened I-presence?
- How can the I-presence be consciously strengthened?

Strengthening the I-presence is considered a powerful remedy for many mental disorders and other health conditions. It forms the foundation of all genuine spiritual work.

The talk will examine practical aspects of the harmonious development of the I-presence, as well as the relationship between I-presence and specific health conditions, including hypersensitivity as an example. We will explore the genesis of hypersensitivity and consider ways of building personal resilience in order to overcome it.

Followed by a 1-day workshop on the same topic on Sunday 20th September.

## Cost:

£15 cash on the door.

**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.

<https://spiritual-science-research.com/>

# MICHAEL AND THE TRANSFORMATION OF FEAR

with Inessa Burdich

**Talk: Friday 18 September 19:00 - 20:30**

**Workshop: Saturday 19 September 9:00 - 19:00**

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 Oriphiel

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

**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.

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This lecture will be followed by a one-day workshop on the same topic at RSH on Saturday 19th September, cost £95.

**Booking required** - call Alex Wright on 01342 827967 and for further information.



# HOW CAN I BECOME AWARE OF THE STRENGTH OF MY I?

with Inessa Burdich

Workshop: Sunday 20 September

9:30 - 18:30

In the workshop, we will learn practical exercises to deepen the topics of the talk.

- Am I “the master of my house”?
- How can I strengthen my inner self, i.e. my I-presence?
- Nowadays, many people feel disorientated and scattered and cannot find a connection with themselves - how can we bring ourselves back to our true selves?

Positivity has a proven influence on the development of our I-presence, so we will explore how to consciously turn our mind to the positive aspects of each experience in our life, researching and applying processes by which negative experiences can be transformed into positive ones and the resultant feelings of spiritual happiness.

## **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.

**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.

<https://spiritual-science-research.com/>

# RUDOLF STEINER & FORGIVENESS

with Debbie Elliott

Saturday 27 June

14:30 - 17:00

Why is it so difficult to forgive?

In this afternoon workshop we will discuss the power of forgiveness and the transformation process it creates for one's self.

Through the lectures of Rudolf Steiner, we will look at the complexities of forgiveness and how to practice it with sincerity. Forgiveness is an illuminating energy that has the beneficial energy to help us understand redemption not just for one's self but for others too including the opposing forces of Lucifer & Ahriman. We will be looking at the archetype of forgiveness and its karmic cycle.

**Cost:**

£15/£12 concession.

Contact for further information and bookings:

Debbie ns118de@yahoo.co.uk  
or 07817597411



# FRIDAY LECTURES

## Weaving Karmic Threads

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.

### RESEARCHING KARMIC THREADS AND HOW THEY SHAPE OUR DESTINY

with Ric Moxon  
8 May (Zoom)

We will look at Steiner's key indications about how karma plays into our lives and the exercises he gave to help people to understand more clearly how it shapes our destiny, and how to consciously work with it. We will also look at the role that karma and destiny play in the evolution of the Higher Self by examining Steiner's clairvoyant research on how the key tasks and challenges in the lives of well-known historical personalities have been influenced by decisions and events in previous incarnations and at examples of how this research has been taken up since he died.

**Ric Moxon** lives in North London and before retirement specialised in assessment of water quality.

### THE HUMAN BEING'S DEVOTION TO THE SPIRIT: THE RENEWED YOGA OF CHRISTIANITY AS THE PATH TO OUR FUTURE BECOMING

with Michaël Merle  
15 May

Drawing on Steiner's lecture content from presentations in Paris in 1906 and indications given in his truth wrought words: The Individual and the All, we shall explore the renewed path of connecting to the Spirit in preparation for our future becoming in the Sixth Post-Atlantean Epoch.

**Michaël Merle** is an Anthroposophist, a Waldorf High School Teacher Trainer and a Priest in The Christian Community based in London.



## DEVELOPING AN UNDERSTANDING OF THE KARMA OF ILLNESS

with Sue Peat  
22 May (Zoom)

"Why me ?" is a common question for all of us when faced with the challenge of illness or accident. It brings with it unexpected meetings and events that can be life changing. Drawing on the insights that Rudolf Steiner offered to Doctors and Priests Sue will explore this question.

**Sue Peat** trained in medicine in London, specialising in Anaesthesia and pain relief.

## THE WORD AND THE WEAVE

with Angus Jenkinson  
29 May (Zoom)

The Word arises in the conversation of beings that in their speaking form beings. Karma forms in the weave of human beings also conversing (through all human channels). By these situations arise in which we may participate Christ.

**Angus Jenkinson** has lived in two continents and been connected to anthroposophy for 53 years. He has had a varied career in business, academia, local government, and Steiner School teaching. He is a class holder in two English cities and chair of Rudolf Steiner Press.

## RIPENESS IS ALL - ACCEPTING OUR KARMA, TRANSFORMING OUR KARMA

with Andrew Welburn  
5 June

Shakespeare like others saw destiny at work in the real as in his imagined world in Hamlet. But Rudolf Steiner is one of the few spiritual teachers who gives us help in how to deal consciously with what life brings. Taking destiny seriously need neither be a crushing fate nor a maniacal power trip. In fact it may also be a matter of seeing what karma holds for others and helping them find their way - a new dimension of Christianity under the guidance of the new Lord of Karma. Steiner is one of the fullest modern guides to understanding the mysterious pattern of life.

**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, and Christianity, and on the prophet Zarathustra.

## KARMIC HINTS IN EVERYDAY LIFE

with Iaia Chiesa  
12 June (Zoom)

Are karmic hints hidden in plain sight? How can we recognise them, work with them, share them and even write about them!

**Iaia Chiesa** is an ex-teacher, ex-mountaineer, ex-antique's dealer, and always a poet....

## LOOM-IN-ESSENCE

with Patrick Dixon

19 June

A word play on a loom that weaves the threads of destiny and freedom, shedding light upon the mystery of karma. The talk will explore the patterns and motifs that reappear from one life to another, with some prominent examples that can give clues as to how Higher worlds weave the Karmic threads that will enable humanity to realise their place with greater and greater clarity as to their role in Cosmic Evolution.

**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.

## CHARTRES CATHEDRAL : A TESTAMENT TO ITS HUMAN BUILDERS INSPIRED BY DEEP FAITH AND THE IMMENSE WISDOM OF THE SCHOOL OF CHARTRES

with Peter van Breda

26 June (Zoom)

Peter first visited Chartres 54 years ago as a student of Emerson College and has returned many times, feeling blessed and inspired by the majesty of this medieval Cathedral reaching up like a sounding symphony in stone born as it is out of mystery wisdom. Rudolf Steiner tells us that many individuals of that spirit filled time (12th and 13th century) became at the end of 19th century part of the founding membership of the Anthroposophical Movement.

A course given by William (Mucky) Mann, at Emerson College led Peter 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.

## THE DESTINY OF HUMANITY AND HUMAN BEINGS IN THE AGE OF AI

with Paul Levy

3 July

Why has Artificial Intelligence appeared so quickly in our world and what does it mean for us to be living in these times? With plenty of time for conversation and discussion Paul Levy will examine the opportunity presented to each and every one of us to meet the challenges of the age of digital technology and so-called "AI". Paul will draw upon current research, his own direct experience, and insights from Anthroposophy.

**Paul Levy** is a writer, academic and author of several books including Technosophy, Digital Inferno and The Poetry of Change

## GRANDSON AND GRANDFATHER - SERGEI OLEGOVICH PROKOFIEFF THE ANTHROPOSOPHIST AND SERGEI SERGEYEVICH PROKOFIEV THE COMPOSER

with Eric Klein

10 July (Zoom)

A gaze into the cultural and spiritual life of the 20th century through the lens of the musical genius Sergei Prokofieff and his grandson, the co-founder of the Anthroposophical Society in Russia once the Wall fell. Sergei O. Prokofiev was born a year after his famous grandfather died, a great composer who, like Shostakovich, chose not to defect like so many of his contemporaries. Is there a significant Karmic thread between grandfather and grandson for the future evolution of humanity?

**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.

## THE MOSES-AKHENATEN IDENTITY

with **Nic Kollerstrom**  
17 July

We will look at the interaction between Egypt and the Hebrews during the glorious, golden age of Egypt: how monotheism began, created by the visionary pharaoh Akhenaten. He was exiled after only 17 years of reign, and we'll see how he then turned into Moses. We explore the thesis of Ahmed Osman, whereby Akhenaten had some Hebrew blood from his mother's lineage.

**Nic Kollerstrom** 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 teacher for some years and a research fellow at UCI for fifteen years. He's an author with an interest in Hermetic studies.

## A READING OF THE GREEN SNAKE AND THE BEAUTIFUL LILY

with **Matt Dexter**  
24 July (Zoom)

Steiner metamorphosed Goethe's Green Snake and the Beautiful Lily into his first mystery drama, depicting a group of people striving to understand their karmic relationships, their 'knot of destiny'. His further mystery dramas portray the same characters in their evolving lives and in previous incarnations, revealing the weaving of their karmic threads.

**Matt** trained in acting and speech formation and performed The Green Snake in Camphill. He played the part of Capesius in all four of Steiner's mystery dramas.

**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](mailto: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

# 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:

**TRANSFORMATION,  
TRANSFIGURATION,  
TRANSUBSTANTIATION**

18 April

**ALL IS FOR - GIVING**

2 May

**OUT AND DOWN,  
UP AND IN**

16 May

**REMEMBERING THE  
PROPHESIED**

30 May

**INNER SPACE IN  
OUTER TIME**

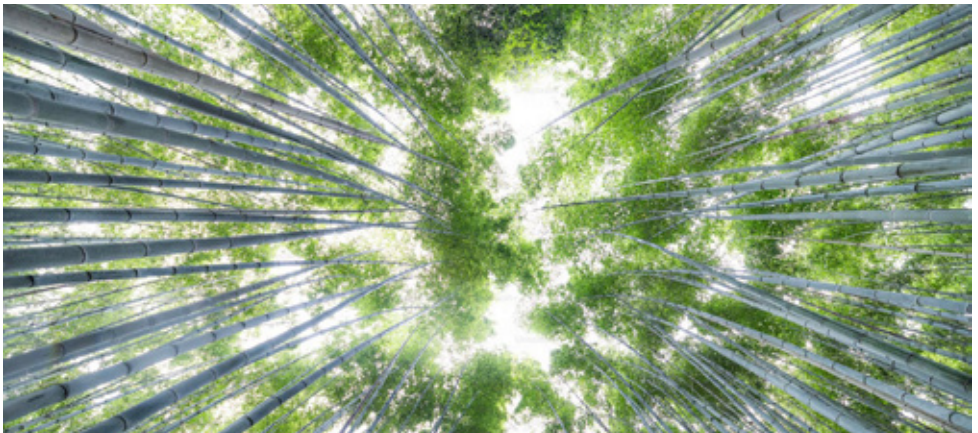
13 June

**THE ONLY WAY OUT, IS IN**

27 June

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.

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



# 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

with Trevor Dance

11 & 25 May, 8 & 22 June,  
6 July  
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

4 & 18 May, 1, 15 & 29 June,  
13 July  
19:00 - 20:30 (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=SDZ3dOkxWkOwNU1uUzN5OSStBZmN6QT09>

Meeting ID: 826 3212 9836  
Passcode: 755359

## Wednesdays

### **SUPERSENSIBLE INFLUENCES IN THE HISTORY OF MANKIND**

**with Trevor Dance**

**13 & 27 May, 10 & 24 June,  
8 July**

**14:00 - 16:00**

A fascinating series of lectures given by Steiner in 1922 concerning spiritual development throughout the historical epochs, focusing on the changes of humanity particularly relating to the Mystery Centres from ancient Egypt and Greece through to later times.

**For further information:**

[trevordance@hotmail.com](mailto:trevordance@hotmail.com)

## OCCULT SCIENCE

with Dagmar Steffelbauer

13 & 27 May, 10 & 24 June,  
8 July

16:15 - 17:45

Occult Science is a written book by Rudolf Steiner and is meant for studying the content. It is composed of VII chapters. We have begun with chapter V which will be studied throughout this term. Its content is the spiritual path of the Knowledge of the Higher Worlds. We are using the translation by George and Mary Adams. All are welcome!

**Further information:**

d.steffelbauer@gmail.com

## MAN - HIEROGLYPH OF THE UNIVERSE

with William Bishop

6 & 20 May, 3 & 17 June,  
1 & 15 July

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

## CHRISTIANITY AS MYSTICAL FACT

with Debbie Elliott

6 & 20 May, 3 & 17 June,  
1 & 15 July

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

## THE CHRIST IMPULSE

with Adam Slowikowski

15, 22 & 29 April, 6, 13, 20 & 27  
May, 3, 10, 17 & 24 June, 1, 8,  
15, 22 & 29 July

19:00 - 18:30

Lectures from Rudolf Steiner about the development of ego consciousness in relation to the Christ Spirit. All welcome. No previous knowledge or experience necessary.

**For more information:**

adam.slowikowski69@gmail.com

**For updated news on these and other events please see:**

[www.meetup.com/](http://www.meetup.com/)

[rudolf-steiner-spiritual-science](http://rudolf-steiner-spiritual-science)

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