



Rudolf
Steiner
House

EVENTS

Winter / Spring 2020



Rudolf Steiner House 35 Park Road London NW1 6XT

Welcome to Rudolf Steiner House

Rudolf Steiner House

35 Park Road, London NW1 6XT

T: 020 7723 4400

www.rsh.anth.org.uk

f.com/rudolfsteinerhouse/

Office

Opening hours

Monday to Friday 9am–6pm

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Officer

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Bookshop

Opening hours

Monday to Friday 12noon–3pm,

4pm–7pm. Saturday 10am–6pm

E: rsh-bookshop@anth.org.uk

T/F: 020 7724 7699

Library

Opening hours

Tuesday, Thursday, Saturday,

12noon–2pm and 3pm–7pm

E: rsh-library@anth.org.uk

T/F: 020 7224 8398

Café

Opening hours

Saturday 9am–5pm

The Café can be opened at other times by request, please contact the Office for further information.

Receiving the EVENTS

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EVENTS team

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Deadline for submissions to the next issue

3rd February 2020

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Opinions expressed in this leaflet are the responsibility of their authors. They do not represent the views of the Anthroposophical Society in Great Britain, as the Society cannot have an opinion, only individuals can.

WHAT IS ANTHROPOSOPHY?

There are many different ways of relating to this question. Some will value its bold philosophical ideas, which instil a sense of confidence in the individual human spirit; while others view it more as a source of impulses that have led to the founding of a whole range of practical and social initiatives, many of which are featured in this brochure. Those who study it in any depth are most likely to regard it as a path of inner, spiritual development that leads to the overcoming of the barrier between the familiar sensory world and the world to which our ordinary earthly consciousness has no access but which every human being must inevitably enter.

Most especially, however, it is a means of understanding now this same spiritual world, which in former times sent its revelations through priestly and imperial sages, continues to be accessible in our modern times but is to be sought through brotherly and sisterly love in those places where one would least expect to find it.

Simon Blaxland-de Lange

RUDOLF STEINER (1861–1925), the Austrian philosopher and spiritual scientist whose body of research he named Anthroposophy – ‘the wisdom of the human being’ – was far ahead of his time. His concerns about the future of humanity gave rise to new insights and initiatives in many fields of life. As innovative now as they were then, they have become even more relevant in the light of the unprecedented challenges humanity faces today.

At the heart of Steiner’s research were the questions: What makes our endeavours truly human? How can we reconnect with our spiritual origin in ways appropriate for our time? How can we – individually and in human fellowship – reach our highest potential and live in respectful harmony with all the other realms of nature? His ideas have influenced fields as diverse as meditation, personal, social and organisational development, education, agriculture, art and architecture, health and wellbeing, natural science, the performing arts, economics – to name a few.

SPIRIT IN ACTION

February – March 2020 on Thursday evenings 7.30–9pm

A series of eight evenings aimed at people in their 20s and 30s with an interest in spirituality, but all are welcome. Most evenings are a blend of teaching and activities, usually with some connection to Anthroposophy, a contemporary spiritual path created by Rudolf Steiner for people who want both to develop themselves spiritually and to help the world. You are welcome to attend all the evenings, or your own selection.

Contribution: £10 (£7 students) pay on the door unless it's a limited numbers evening then online at www.rsh.anth.org.uk/spiritinaction or by phone to the RSH Office.

How to Master your Feelings

With Inessa Burdich

6th February

In these days of materialism and intellect our feelings can become sidelined, yet it is increasingly recognised that they play a significant role in our wellbeing and affect our physical health. Our emotional body (astral body) is visible to clairvoyant research to determine how it changes with age, illness and profession, also how it is affected by life crises, our daily habits and negative spiritual influences. We will also look at practical steps to control our feelings and maintain equanimity. Inessa graduated as a physicist, then spent 20 years in business. She has been an active meditator for over 30 years and is a professional supersensible researcher specialising in diagnosing the spiritual components of cancer, psychosomatic illnesses, vaccination, addiction and autistic spectrum disorder. www.geistesforschung-gmbh.de

Biodynamics – Growing Food in Harmony with Greater Nature

With Nir Halfon

13th February

Conventional horticulture sees plant growing as an act of chemistry, organics sees the plant as growing within the soil, biodynamics sees the plant as growing within the soil and in touch with the cosmos, and with this understanding uses various methods to add the magic of vitality to the growing plants. Come and learn how to work with nature for a better planet and better food. Nir Halfon is the garden manager and farm director of Plaw Hatch Farm in Sussex, and a trustee of the Biodynamic Agriculture College. He has 20 years' experience in biodynamic gardening. www.plawhatchfarm.co.uk www.bdacollege.org.uk

The Colour of Memory

With Richard Heys

20th February

Working with the warmth of pastels on a coloured background we will layer and build a sense of place through veils of colour. By slowly developing these colour fields an in-scape or inner landscape arises. We will work to nurture this unique sense of place, bringing it to greater clarity by enriching the colour and developing a contrasting strength of tone. This is a practical workshop. Limited numbers so please book online or by calling RSH office. Richard is a practising artist exhibiting regularly in the South East and London. He works to bring presence into painting, a soul-space or countenance, which may live on in the mind of the viewer. He tutors from his studio at Emerson College. www.richardianheys.co.uk Twitter: [richard.heysartist](https://twitter.com/richard.heysartist)

Making Gold – Alchemical Principles for Modern Times

With Jonathan Code

27th February

Does alchemy have a contemporary relevance? It is increasingly clear the solutions to the

challenges we face today are not going to be solved if we limit ourselves to the kinds of thinking which brought them about in the first place. What can alchemical principles contribute to the 'wicked problems' of today? We will see what can be distilled from the symbolic imagery of medieval alchemical emblems to rectify and transform our understanding, and maybe even ourselves. Jonathan is Director of Crossfields Learning, a department of Crossfields Europa. He has a deep interest in consciousness studies, the western esoteric tradition, holistic and natural sciences, gardening and education. His book *Muck and Mind; Encountering Biodynamic Agriculture* is distributed by Lindisfarne / Floris books. He is editor and co-author of *Crafting: Transforming Materials and the Maker* (publication pending), and is a practising plant alchemist.

Negative Entities in Machines and Technology

With Are Thoresen

5th March

Many people have a relationship with the technology they use, to the extent that they may feel that their car or computer has some degree of personality. Are Thoresen maintains that this perception may not be fanciful but reflects a hidden reality. He will describe the presence of entities within machines and technology which are susceptible to negative spiritual influences and how they can be positively transformed. This talk will be followed by a practical workshop on 7th & 8th March at Emerson College, www.emerson.org.uk/events Are is a Norwegian vet and acupuncturist with significant clairvoyant capacity and spiritual experience. He runs an independent holistic healing practice and is the author of *Demons and Healing* and *Translocation*.

Dance of the Zodiac

With Denise Gell

12th March

Come and experience moving the gestures of each of the signs of the zodiac and their corresponding sounds on a geometric form. Sacred movement is a way of appreciating these powerful but somewhat enigmatic forces in our lives. Please bring soft soled shoes and clothes to move in. Denise has performed and taught in a variety of venues over the last 20 years and currently works as a Eurythmy therapist offering one to one sessions, text 07904 858 081.

Introduction to Biography Work and Social Art

With Anne de Wild

19th March

A biography is the life of a human being from birth to death. When we think of an animal we can't speak of a biography because the freedom humans have in acting and thinking has no parallel in animals. A person's biography is not simply the sequence of days and years filled with incidents or occurrences that comprise their lifespan. Rather it's a vessel that holds within itself secrets that reveal themselves when working and connecting with one's own biography. Everything in life can be decisive and yet, when it happens, you often don't know the full extent of its meaning. Anne is a naturopath and biography worker in Basel, Switzerland. She devotes the majority of her working life to biography and social art to show her clients and participants in her lectures that their lives are full of wonder and that they can draw courage from this for the challenges of everyday life. Artful listening and humour are the main ingredients she works with.

Darn that Hole!

With Trude Lauksund

26th March

Bring along your favourite knitted or woven garment that has been cruelly munched by moths or worn through by elbow or toe, and through the magic of darning make it wearable once more. All materials provided, though if you do have some yarn of the right colour then why not bring it along. A practical workshop. Limited numbers so please book in advance (online or call RSH Office). Trude, a Nordic Knitter from Norway, is now the biodynamic gardener at Emerson College, East Sussex, and has a lifelong love of craft and sustainability. www.instagram.com/emerson_garden

INTRO TO ANTHRO

February – March 2020

Wednesday evenings 7.30pm–9pm

Encountering Anthroposophy for the first time can be like meeting a wise elephant: you may want to get to know the elephant, but a hug is going to be a bit of a stretch. Intro to Anthro takes 8 areas of Anthroposophy and explains them in such a way as to be of use to someone starting out on a spiritual path. Topics covered are:

| | |
|----------------------|--|
| 5th February | Karma - What? Why? & How? The little understood background to everyone's life, how the actions of one life are reflected in the conditions and experiences of the next |
| 12th February | Human Constitution beyond the Physical We all have a physical body, visible through our physical eyes, but we also have several progressively subtle energy bodies which are often sensed but rarely understood. Rudolf Steiner gave much detail on our bodies of soul & spirit which together with the physical make up the complete human being. |
| 19th February | The Four Elements In Nature And 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. |
| 26th February | Human Evolution Past & Future Part 1 As a highly developed clairvoyant Rudolf Steiner was able to see right back to the very beginnings of what eventually became recognisably human, and gave detailed descriptions of this profound journey. |
| 4th March | Human Evolution Past & Future Part 2 The evolution of humanity in terms of development of higher states of consciousness, cultural & political factors and relationship with the spiritual world. |
| 11th March | 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. |
| 18th March | 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. |
| 25th March | 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. |

This is a course with the knowledge building week on week, so regular attendance is advised. Most evenings are a combination of lecture and activities. Led by Alex Wright. Alex Wright has an MA in Law from Oxford University, is a qualified Steiner Waldorf Class Teacher and a graduate of the 3 year Emerson Visual Art course.

The course costs £70 (£50 students). You are welcome to attend the 1st or 2nd evenings for £10 (£7 students) and then pay the balance should you decide to continue.

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. 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 Steiner House, and, in addition, many may be accessed online at the Rudolf Steiner Archive. Further information also available at: ssatrsh@virginmedia.com

Meetup web site: www.meetup.com/rudolf-steiner-spiritual-science

MONDAYS

Karmic Relationships, Volume 1

With Trevor Dance

13th & 27th January

10th & 24th February

9th & 23rd 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. This first volume is an essential basis for such a study.

The Temple Legend

With Dr Sue Peat and Adrian Hotten

20th January

3rd February

7pm-8.30pm

We will be completing our reading of these lectures, given to members of Rudolf Steiner's first Esoteric School between 1904 and 1906. They throw light on the content of the picture-language of myths, sagas and legends. Steiner explains that pictures are the real origin of all things – the primeval spiritual causes. To work with pictures or symbols today we first need to become acquainted with their esoteric content.

Christ and the Spiritual World and The Search for the Holy Grail

With Dr Sue Peat and Adrian Hotten

17th February

2nd, 16th & 30th March

7pm-8.30pm

This course of six lectures was given in Leipzig in late 1913 and early 1914. They examine from the earliest times the historical pattern of man's thoughts and spiritual development in searching for an understanding of the meaning of existence, and offer an illuminating insight into the European development of the soul life through succeeding ages. They contain themes which are only touched upon in these lectures and which Steiner never returned to after the outbreak of the First World War.

TUESDAYS

The East in the Light of the West

With Brendan McQuillan

4th, 11th, 18th & 25th February

3rd, 10th, 17th, 24th & 31st March

7.15-8.45pm

Subtitled *The Children of Lucifer and the Brothers of Christ*, these lectures from 1909, were given at a Theosophical conference in Munich attended by 1700 people from all parts of Europe. It was at a time when, just like today, world leaders were being encouraged to turn their eyes towards the East and away from the North Sea and the Atlantic.

WEDNESDAYS

The Riddles of Philosophy

With Trevor Dance

15th & 29th January
12th & 26th February
11th & 25th March
2pm-4pm

We are studying the final chapters of this seminal work – the chapters in which Steiner explores the ideas of thinkers of his own time and the essential question of how spiritual ideas can prosper in a materialistic society whose thinking excludes the existence of the spiritual world.

These discussions are more pertinent than ever in a world where humanity seems so much in conflict with the natural world, which will not be 'conquered' by science.

Materialism and the Task of Anthroposophy

With William Bishop

22nd January
5th & 19th February
4th & 18th March
1st April
2pm-4pm

Selected lectures from this powerful and timely series of lectures given by Rudolf Steiner in Dornach in 1921.

The Spiritual Hierarchies and Their Reflection in the Physical

With Brendan McQuillan

29th January
12th & 26th February
11th & 25th March
4.15pm-5.45pm

These lectures give us a coherent picture of the actions of the spiritual beings in the kingdoms of nature, in the planetary and earthly spheres, and of the integration of humanity as the tenth hierarchy into this cosmic whole.

Themes from 100 years ago

With Brendan McQuillan

5th & 19th February
4th & 18th March
1st April
4.15pm-5.45pm

We will be reading lectures from 1920 on very diverse themes including *Some Conditions for Understanding Supersensible Experiences*, *The History and Actuality of Imperialism*, and how past changes in proper names suggest future *Changes to the Meaning of Speech*.

Essential Steiner – A Reading and Conversation Group

With David Lowe

The Mission of the Archangel Michael
Wednesdays Weekly from
8th January until 25th March
7.15pm-8.45pm

For most of the term we will continue our search to understand some things about the activity of Michael, the ruling spirit of our time. In particular, we will focus on a lecture where Dr Steiner talks about the new yoga for our time, what it is, how we can practise it and why we need it.

Karmic Connections of Raphael

With David Lowe

Wednesdays Weekly from
1st April until 29th April
7.15pm-8.45pm

From the beginning of April, bearing in mind the 500th anniversary of the death of the artist Raphael, we will look at various texts where Rudolf Steiner and other writers have spoken about his karmic connections. We will also look at Rudolf Steiner's last lecture where he came up with a surprising, previously unspoken connection.



EVERY SATURDAY 10am – 2pm
BIODYNAMIC MARKET STALL AT RUDOLF STEINER HOUSE

The biodynamic stall has been joined by Noel, a nutritionist with great knowledge of the light root (*dioscorea batatas*) who has been helping Kenny bring the most amazing produce from Laines Farm in Cuckfield, Tablehurst Farm, Michael Hall's Garden. Availability is seasonal including leeks, jerusalem artichokes, carrots, black and white radish, cavolo nero, kale, golden and purple beetroot, chioggia, kohlrabi, parsnips, red cabbage and apples.

We also have haloumi, cheddars and the '*best yoghurt I have tasted*' from Plaw Hatch; eggs and wonderful apple purees, juices, syrups, cordials, fermented fennel and sauerkraut from Brambletye; from Shire Farm. We have their delicious apple juice and highly nutritional aronia berry juice as well as rye and spelt flour. Also bread is available from an experienced artisan baker called Gail.

We look forward to seeing you at the stall from 10am to 2pm every Saturday.

Kenny Coffey
 E: belikeabird@gmail.com
 M: 07957 799 336



FRIDAY SEMINARS AND LECTURES

7pm–8.30pm

Renewal and Enrichment

This year the Friday seminars will explore the theme of renewal and in particular how working with the concepts and insights offered by Rudolf Steiner offers a challenging, renewing and enriching experience.

All welcome, no need to book. Suggested donation £5 / £3

For further information please see www.meetup.com/rudolf-steiner-spiritual-science

New Ageing

With Patrick Dixon

17th January

Every minute of every day we grow physically older. But what is happening to the soul and spirit? During this seminar Patrick will be showing us new and creative ways of enriching and enhancing the process of getting older both for this life and for all future states of seeing, being, freeing and agreeing.

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

Working with Speaking

With Geoffrey Norris

24th January

This interactive seminar will offer participants the opportunity to hear words spoken, and experience speaking, in a completely new way. Carefully led by Geoff we will explore for ourselves how vowels are formed – resounding within and through us – and how we can relate to them as hidden spiritual forces that work within our words and language. No experience of acting or speaking is expected or required.

Geoffrey Norris is a speech artist, actor and director with a profound understanding of sound, word and language arising out of having worked with the insights of Rudolf Steiner for many years.

Enriching our Spiritual Lives

With Philip Martyn

31st January

Each day offers new opportunities for spiritual development. We may attribute this to karma or perhaps not notice it. Rudolf Steiner outlined numerous spiritual exercises that help us reflect on our experiences and enrich our lives. These range from immersing ourselves in nature to working with specific meditative verses. During this interactive workshop Philip will explore some meditations and spiritual exercises that are suitable for those on a modern path of spiritual development.

Philip Martyn is a retired lawyer who has served on the council of the Anthroposophical Society and as Co General Secretary.

The Enrichment of the Self and the Renewal of the Mysteries

With Angus Jenkinson

14th February

The mysteries were the ancient path to knowing the self, world, and cosmos. They revealed eternal truths and explained riddles of nature, soul, and spirit. Steiner's dramatic renewal of the mysteries a century ago creatively transformed this possibility for modern humans and in doing so opened the wonder of the self to soulfulness and science. This matters individually but also for our Earth's collective future as our unity with all beings comes clear.

Angus Jenkinson has a deep familiarity with these themes and a life bridging many professional boundaries. He is an author of three books, including 'From Stress to Serenity' (Sophia Books).

The Renewal of the Human Spirit – a Musical Lifeblood

With Eric Klein

21st February

The renewal of the human spirit is a daily challenge for every human being. Whether or not we are conscious of this struggle, or even of this essential need of our eternal being, our development and future evolution requires the freedom of a musical journey; music which is the binding force of the universe. Experiencing Melody and Harmony can unite us with each other and with the spiritual beings who have created us and stand fully behind our development.

Eric Klein was born in the USA and studied music. He is a violinist and teacher with a particular interest in the development of human thought.

The Eternal Return: Nightmare or Dream?

With Andrew Welburn

28th February

Getting back to fundamentals seems to be a law of life. When we get out of touch with life's rhythms, we can feel empty and lost, as do so many people today. But if we could see everywhere the Eternal Return – would it be a dream fulfilment, or a nightmare from which we want to escape? Spiritual teachings have grappled with such problems, and Rudolf Steiner's vision is essentially about renewing the past in a creative way, in the details of daily life and in big ideas of evolution and reincarnation.

Andrew Welburn has been an academic in the fields of English Literature and biblical interpretation and history. A lifelong anthroposophist, Andrew Welburn has written several books on Steiner's philosophy, esotericism and Christianity, and on the prophet Zarathustra.

The Mystery of Refreshing Sleep

With Peter Gruenewald

13th March

Do you wake feeling refreshed and ready for a new day – or exhausted after a long night tossing and turning? Do you wake with answers to problems that you have 'slept on' or in the midst of a nightmare? Have you ever wondered what sleep actually is and why we need it? We can see sleep as crossing a threshold into the spiritual world, from which we return with the possibility of a dim echo of where we have been. Based on the insights of Rudolf Steiner and scientific research into the physiology and psychology of sleep, Peter will explore how we can improve our quality of sleep to enhance our waking lives.

Dr Peter Gruenewald is an Anthroposophical Doctor working both in the NHS and privately as a specialist and GP. He has extensive experience of sleep disorders and how these are being researched and managed.

Eurythmy: Rudolf Steiner's Gift of a New Healing Art

With Denise Gell

20th March

Rudolf Steiner inaugurated Eurythmy as a new dance form. It brings in a spiritual dimension, with gestures made mainly through expressive arm movements that bring to visibility corresponding speech or musical tones. Eurythmy has developed as both a beautiful art form and a movement therapy that has been found helpful for a wide range of conditions. In this interactive seminar Denise will be demonstrating Eurythmy movements and inviting those who would like to join in to experience its renewing and enlivening effects. All are welcome to watch or join in.

Denise Gell is a eurythmy therapist who has taught and performed eurythmy in a variety of settings for over 20 years. She offers eurythmy therapy for groups and individuals. For enquiries please text 07904 858 081.

Renewing the Easter Festival

With Louise Sofair

27th March

Festivals mark the turning points of the year, and for many are a social and spiritual reference point. Each year we come to a new date for Easter Sunday, which is celebrated on a date determined by reference to the rhythms of the sun, moon and days of the week. During this seminar Louise will explore how the power of festivals, and particularly Easter, can live anew within us. She will focus on Mary Magdalene – a pivotal character in the dramatic events that we are preparing to celebrate at this time of year.

Louise Sofair is a mother of four living in Hertfordshire. She was an upper school teacher of drama and religion in a Steiner-Waldorf school for many years, and is the author of the book Women with Christ (Temple Lodge Press).

Monthly Art Talks

With David Lowe

First Friday of the month

7.30 to 8.45pm

All welcome! No need to book.

Suggested Donation: £5 / £3

Grünewald and the Isenheim

Altarpiece

7th February

Regarded as one of the masterpieces of the Northern Renaissance, the Isenheim Altarpiece is little known compared to *The Last Supper*. The individual paintings which fold in on one another are increasingly more astonishing. The array of elemental and higher beings on display present many puzzles for the viewer whether looking at the actual painting in Colmar or looking at the paintings and their details on slides. Those who are able to look at the spiritual aspects of the paintings as well as what is artistically there can see that there are many deep truths contained within its colours and forms.

Raphael and Rudolf Steiner:

Raphael's Life and Work

6th March

There can be no other artist that Rudolf Steiner has referred to so much in his lectures. The same can be said for other anthroposophical writers who often find Steiner's remarks too challenging. Steiner presents a very different view of Raphael than that of most art historians, especially when it comes to two of his major works the Disputa and the so-called 'School of Athens'. Following his indications, we will survey Raphael's life and work up to the great alteration in his life when he was in his late twenties. We will look too at the healing quality of Raphael's work, based upon his understanding of the etheric forces working in the human being and also in the world.

Rudolf Steiner's Research into the Mission of Raphael

3rd April

Rudolf Steiner's scientific, spiritual research into the life of Raphael extended beyond his incarnation as a significant artist in the period known as the High Renaissance (1500 A.D.) into the previous incarnations of the individual who incarnated as Raphael and also to one subsequent incarnation. The results of his research present us with a set of deep mysteries. Looking at the paintings and the other activities in which he was engaged in the last 8 years of his life is a path into understanding some of these mysteries. To this later period belong two of the greatest works of European Art, the Sistine Madonna and Raphael's painting of the Transfiguration.



Mystery Drama Reading
The Guardian of the Threshold
 With Trevor Dance
Sunday 26th January
2pm - 6.30pm

This play is the third in the series of four mystery dramas written by Rudolf Steiner. It penetrates deeply the personal relationships between the characters from a spiritual perspective. The interplay of Lucifer and Ahriman and their respective roles in human evolution are starkly depicted. The twelve different viewpoints and the complexities of bringing previously secret wisdom into the open are also examined. The play is extremely rich in content.

All welcome, no need to book. £5 / £3



MICHAEL CHEKHOV'S
Acting Technique: An In-Depth
Exploration

With Sarah Kane
On Sunday 8th March, 5th April, 3rd May
11am - 6pm

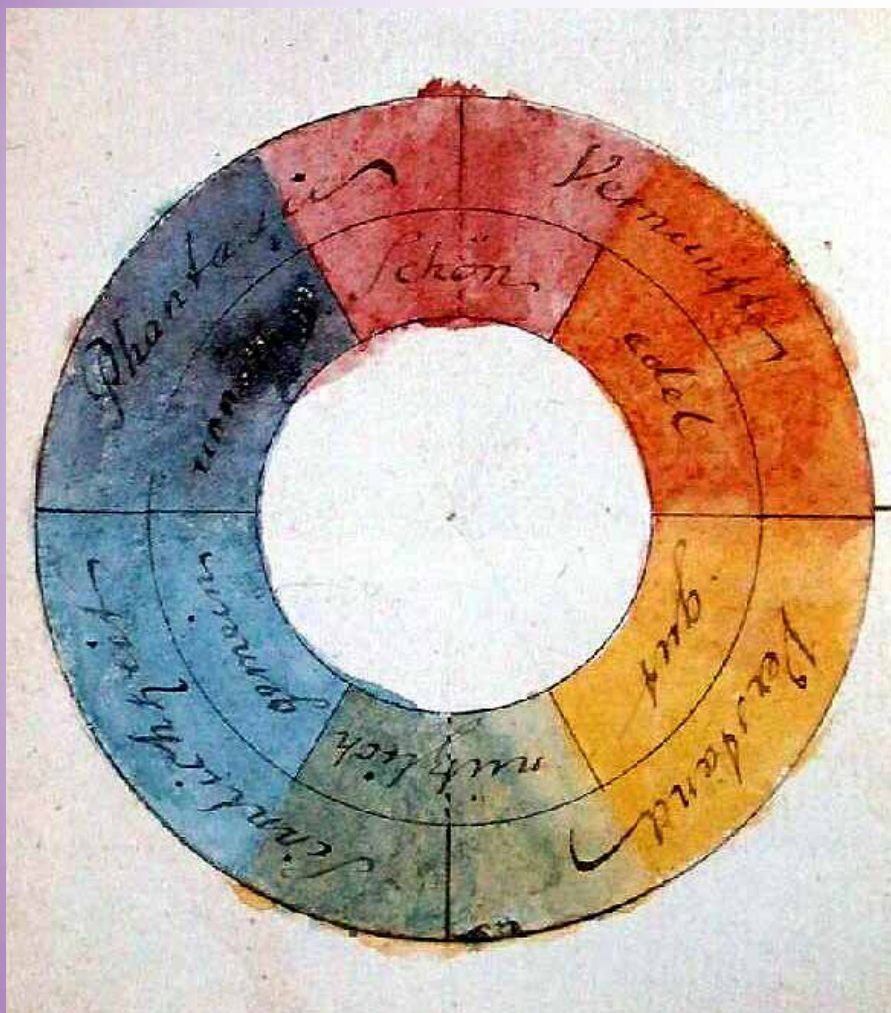
These are the first in a series of nine to be run monthly in 2020: they offer the opportunity to investigate the essential elements of Chekhov's inspiring and enlivening approach to acting. Each workshop will explore a different aspect: the psycho-physical principle, the imagination, etc. All nine offer an overview of Chekhov's technique.

Sarah Kane studied Chekhov's approach to acting with many of his students in the 1980s. She now integrates this approach into her teaching, directing and performing.
www.performingartsintl.org

Admission charge:

1 workshop: £90; concessions £75
 3 workshops: £240; concessions £195

For further information and bookings
 E: info@performingartsintl.org



Psychology of Freedom through a Goethean Approach

With Graham Kennish

**Friday 20th March 7.30pm-9pm and
Saturday 21st March 10am-1pm**

The Friday evening talk will serve as an introduction to the Saturday morning workshop, but attending Friday's talk is not a requirement for the workshop and all are welcome. Graham Kennish will introduce Rudolf Steiner's seminal lectures, which led to a Psychology of Freedom, paralleling his Philosophy of Freedom.

The Saturday is a workshop on Goethean Psychology, an anthroposophically-based approach to psychology which supports self-care, well-being and personal development, as well as having therapeutic applications. It is effective for the self-care of therapists themselves, as well as a therapy for the whole range of psychotherapeutic and counselling issues – all of which are based on an anthroposophical understanding of the human being.

All welcome, donations at the door.



An Introduction to Gardening the Biodynamic Way

With Dr. Sue Peat and Philip Martyn
Sunday 15th March
2pm – 5pm

Biodynamics is an organic method of cultivation, arising out of Rudolf Steiner's spiritual research. It works with the rhythms of the movements of the sun, moon, planets and stars which plants respond to. The workshop will cover the background to the biodynamic planting calendar, composting and the biodynamic preparations. Participants will be invited to exchange seasonal gardening tips, ideas and experiences. For the last hour we will stir the horn manure preparation (known as 500), so bring an empty screw top bottle if

you want 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!

Philip Martyn and Dr Sue Peat are long term students of Rudolf Steiner. Philip is a retired lawyer and has previously served as Co-General Secretary of the Anthroposophical Society in Great Britain. Sue is a medical consultant at Kings College Hospital, with a specialist interest in pain relief and medical education.

All welcome, no need to book. £10/ £5

Holy Nights Programme 2019 - 2020

Rudolf Steiner House, 35 Park Road, London NW1

The Holy Nights cross the boundary between the old and new year and can be seen as a time to prepare for the coming 12 months. We gather round our Christmas tree, decorated with sacred symbols, roses and candles, to enter into the spiritual significance of this festival of reflection and renewal. Each meeting includes light refreshments. All are welcome to join us.

Donations towards expenses and bring and share light refreshments gratefully received.

Tuesday 24th 4.00 - 6.00pm. Advent Spiral Celebration. With Lyre players Dagmar Steffebauer and William Bishop (suitable for adults and children of all ages)

Friday 27th 7.00 - 8.30pm. Eurythmy for the Holy Nights. With Denise Gell

Saturday 28th 2.30 - 4.00pm. Working with the Calendar of the Soul Meditations.

With Adrian Hotten and Dr. Sue Peat

Sunday 29th 2.30 - 4.00pm. The Christmas Story Today - an Inspiration for our World.

With Diana Reynolds

Monday 30th 7.00 - 8.30pm. Rudolf Steiner's Mystery Drama - 'The Guardian of the Threshold'.
With Trevor Dance

Tuesday 31st 7.00 - 8.30pm. The Kings' and Shepherds' Streams - Developing Future Consciousness. With Dr. Peter Gruenewald

Wednesday 1st 2.30 - 4.00pm. Transformation.
With Eric Klein

Thursday 2nd 7.00 - 8.30pm. The Holy Nights from an Anthroposophical viewpoint.
With Philip Martyn

Friday 3rd 7.00 - 8.30pm. Renaissance Paintings of the Nativity. With David Lowe

Saturday 4th 2.00 - 5.00pm. Looking back on 2019 and looking forward to 2020.
With Rev. Peter van Breda & Philip Martyn

Full details of the Holy Nights events are available from:

Adrian Hotten

Email: ssatrsh@virginmedia.com

Dr. Sue Peat

Email: suejoanpeat@gmail.com

Tel: 07770577372

Just as the force contained in the seed of every plant is bound up with the physical forces of the earth, so is the inmost being of the human soul bound up with the spiritual forces of the earth. And just as the seed of the plant sinks into the depths of the earth at the time we know as Christmas, so does the soul of man descend at that time into deep, deep spirit-realms, drawing strength from these depths as does the seed of the plant for its blossoming in spring.'

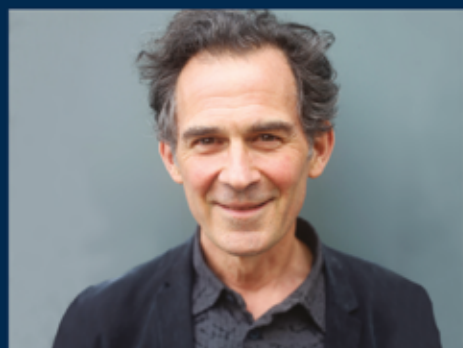
Rudolf Steiner 26th December 1911.

From: The Festivals and their Meaning.

The birth of the sun-spirit as the spirit of the earth: The Thirteen Holy Nights.

Rupert Spira

The Essence of Non-Duality



“Meditation is what we are, not what we do; the separate self is what we do, not what we are.”

2020 Events at Rudolf Steiner House

Evening Meeting Friday 3 January 7pm – 9pm **£10**

Weekend in London Saturday 25 – Sunday 26 January **£160**

Evening Meeting Friday 12 June 7pm – 9pm **£10**

Online booking recommended due to high demand.

In his meetings, Rupert explores the perennial, non-dual understanding that lies at the heart of all the great religious and spiritual traditions, such as Advaita Vedanta, Kashmir Shaivism, Hinduism, Buddhism, mystical Christianity, Sufism and Zen, and which is also the direct, ever-present reality of our own experience.

This is a contemporary, experiential approach involving silent meditation, guided meditation and conversation, and requires no affiliation to any particular religious or spiritual tradition. All that is needed is an interest in the essential nature of experience, and in the longing for love, peace and happiness around which most of our lives revolve.

For full details: www.rupertspira.com Enquiries: niya@rupertspira.com

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THE THERAPY AND WELLNESS CENTRE

The Therapy Centre at Rudolf Steiner House is run by qualified therapists, doctors and practitioners. Our work is based on an anthroposophical understanding of health and illness, and we work out of strong ethical principles. We try to understand not only what makes someone unwell or in need but also what leads a person back to wholeness and wellbeing. There are currently two Anthroposophical Medical Doctors associated with the Centre:

Dr Peter Gruenewald CAHSC reg.

For further information: www.londonintegratedhealth.co.uk

M: 07898 650 182 or E: epi@londonintegratedhealth.co.uk

Dr Jenny Josephson

For further information

T: 01342 824 422 or write: 21 Hartfield Road, Forest Row, East Sussex RH18 5DY



Artistic Therapy (children and adults)

Anniek Verholt AATA, CAHSC reg.

Anniek works in private practice; she also meets clients via Skype. After more than 17 years, she has developed a unique way of working which combines counselling and coaching techniques with a holistic therapeutic approach using mindfulness and creative expression.

For further information: www.artstherapylondon.co.uk

M: 07717 525782 or E: info@artstherapylondon.co.uk



Counselling

Julia Dvinskaya Reg. MBACP (Accred)

Julia is a biographical counsellor with several years of experience working with people struggling with relationships, life turning points, stress, crisis, anxiety, loss, uncertainty, confidence and other questions of finding strength to face their life challenges. Julia also facilitates biography work in groups.

For further information: www.mylifeandcounselling.com

M: 07939 011508 or E: juliadv@counsellor.com



Psychotherapy and Counselling

John Lees UKCP reg, BACP Snr accred, CAHSC reg.

John offers individual anthroposophic psychotherapy and counselling for the effects of trauma, anxiety, depression, life crises, incarnation problems and psychosomatic problems. He is trained in anthroposophic psychotherapy and leads the training course in anthroposophic psychotherapy at Emerson College. He has worked as a therapist for 28 years and as a clinical supervisor for 22 years.

For further information: www.johnleestherapy.com

M: 07931 319454 or E: fjohnlees@aol.com



Physiotherapy and Rhythmical Massage

Anna van Zelderden Chartered Physiotherapist MCSP, HCPC registered & Rhythmical Massage Therapist MRMTA

Anna has a special interest in pain management and rehabilitation and offers physiotherapy from a holistic perspective. She works with an integrated approach, which means Rhythmical Massage and/ or 1–1 Pilates Rehabilitation could be incorporated where appropriate or could also be applied as separate therapies.

For further information see: www.annavanzelderden.com

M: 07789 852 378 or E: info@annavanzelderden.com



Skin Care – Dr Hauschka

Elaine Sadler is an award-winning health and beauty therapist, working as a Dr Hauschka Esthetician & Holistic Therapist.

Elaine won Therapist of the Year 2009–2010 at the Professional Beauty Awards where she used Dr Hauschka treatment and products in all entries. The Dr Hauschka body and face treatments are restoring, harmonising and rejuvenating experiences.

For further information

M: 07890 668359 or E: elaine.sadler6@gmail.com



Body and Face Care – Weleda

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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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For further information

M: 07504 821593 or E: elizabeth@skinsensibility.co.uk



Homeopathy, Reflexology & Weleda Advisor

Katerina Roberts, BSc(Hons), Cert.Ed.

Katerina has over 30 years of experience as a Complementary Therapy Practitioner, treating general health issues in adults and children. She has a degree in homeopathy and has taught health professionals and the general public at various colleges around London.

She also takes a holistic approach to health. She believes that in today's fast changing world, people need assistance at all levels, not only physically but emotionally and spiritually. By bringing relaxation and balance to the individual, her aim is to help each person to become the best version of themselves in their journey towards good health and wellbeing. Homeopathic Skype appointments available on request.

For further information: www.katerinaroberts.com

Tel: 01689 827936 or E: katerinapersonal@yahoo.com

Facebook: [HolisticHealthTreatment](https://www.facebook.com/HolisticHealthTreatment)

KAIROS REHABILITATION

Anthroposophical Medical Assessment and Therapy Kairos Rehabilitation Trust

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Kairos has moved and our new address is: Heronsgate Medical Centre, 1A Goosander Way, Thamesmead, SE28 0ER.

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Topic: Macrocosm and Microcosm, lectures given in Vienna March 1910.

For details please contact Ingrid Hermansen on 07712 810 108 or gainingservice@gmail.com



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Grove Gardens Chapel, Lower Grove Road,
Richmond TW10 6HP

Information

E: regine.childrensgarden@gmail.com
www.thechildrensgarden.org.uk



London Steiner School

LONDON STEINER SCHOOL

9 Weir Road, London SW12 0LT
T: 020 8772 3504
E: office@londonsteinerschool.org
www.londonsteinerschool.org



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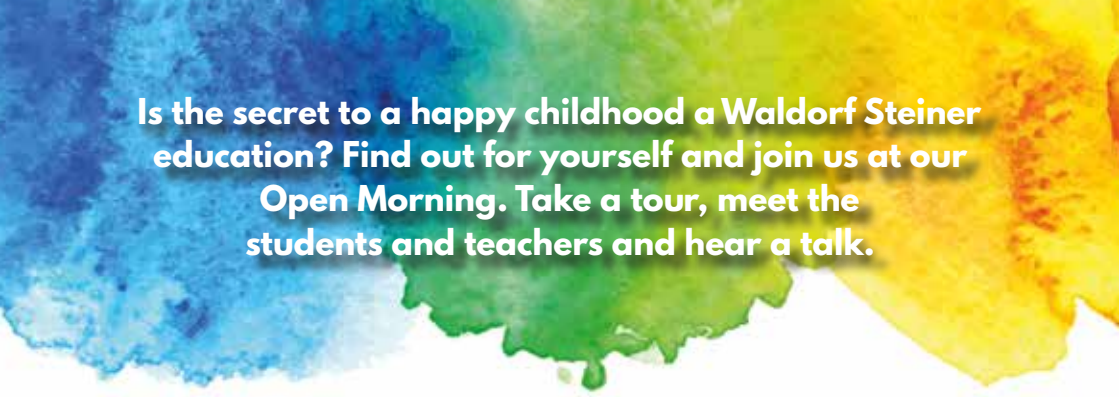
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For further therapies, please see Therapy Centre at RSH on pp. 26/27 of *Events*



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