



# Living Connections

## Anthroposophical Meditation

8.–11. September 2022

Goetheanum · Switzerland

## Living Connections: Bridging the Abyss Conference on questions of anthroposophical meditation

All over the world, polarisations and divisions are deepening, people no longer understand each other. Can meditation counteract these tendencies of our time? Can we build bridges with meditation – to the world, to our fellow human beings and to ourselves?

The third major conference on anthroposophical meditation will take place at the Goetheanum in Dornach (CH) from the 8th to the 11th of September 2022. As a spiritual research method appropriate to our time, anthroposophical meditation can be practised by anyone seeking a way to take deep questions of life to heart and question them in an enquiring way.

- o How can I find the inner peace to gain insight and overview in a complex and rapidly changing world?
- o How can I distinguish what is valuable for me to shape and direct my life and work?
- o How do I stay connected to myself to make a creative contribution in a challenging time?
- o How can I start meditating and how do I move on when I reach my limits?
- o In summary, how can I become sustainable?

Experienced course leaders will share their methods and experiences – in lectures, panel discussions and in working groups, where you can get to know anthroposophical meditation and its many possible applications in practice. Contributions on content, discussion groups, joint practice, getting to know different meditative approaches and questions, professional and biographical questions about meditation, open spaces for your own contributions, meditative practice paths through music, eurythmy, poetry and visual forms of work, as well as an artistic path into stillness. The workshop offers the opportunity to enter into a living connection with anthroposophical meditation and the human being.

**Living Connections** wants to build bridges: between people, developments and questions. In this spirit, we cordially invite you to get in touch with us!

Markus Buchmann, Inessa Burdich, Clarine Campagne, Andreas Heertsch, Claus–Peter Röh, Joan Sleight, Silke Sponheuer, Wolfgang Tomaschitz, Marjatta van Boeschoten, Bart Vanmechelen, Ulrike Wendt

**Living Connections 2022**

**Goetheanum (and online)**

**8. – 11. September 2022**

<http://living-connections.info/>

# Living Connections: Bridging the Abyss

## Conference on questions of anthroposophical meditation

### PANEL TALKS „Knowledge – Transformation – Impact“

#### Between Science and Enlightenment

with Christine Gruwez, Fiona Henze, Dorian Schmidt. Moderation: Wolfgang Tomaschitz/ Markus Buchmann (DE/EN)

#### Meditation and everyday life

with Corinna Gleide, Milena Kowarik, Salvatore Lavecchia, Claus-Peter Röh and a representative of the audience.  
Moderation: Andreas Heertsch (DE/EN)

#### Meditative capacities for a social future

with Pim Blomaard, Andrea de la Cruz, Joan Sleigh. Moderation: Clarine Campagne (EN/DE)

### WORKING GROUPS

#### English:

|     |                                   |   |
|-----|-----------------------------------|---|
| E17 | Pim Blomaard                      | Spiritual community building (EN/NL)  |
| E18 | Inessa Burdich/Frank Burdich      | Research in Spiritual Science   |
| E19 | Frans Romeijn                     | Phenomenology of One's Soul   |
| E20 | Joan Sleigh                       | Meeting myself – meeting the Guardian: threshold experiences in our time                                |
| E21 | Auke van der Meij                 | Practicing Meditation with the Foundation Stone   |
| E22 | Ineke van den Bosch/Paul van Dijk | Creating inner space  |
| D5  | Claude-Mario Jansa                | Übungen zur Sternenwirksamkeit/ Practising the Stars' Effectiveness (DE/EN)                             |
| D6  | Ursula Flatters                   | Bedeutung der Grund-Stimmungen für die Meditation/ The Importance of Basic Moods for Meditation (DE/EN) |

#### German:

|     |                                  |   |
|-----|----------------------------------|---|
| D1  | Rudi Ballreich                   | Die Schöpfung aus Nichts – Meditative Bewusstseinsklärung und die Praxis der dynamischen Entscheidungsfindung |
| D2  | Matthias Bölts/Johanna Lamprecht | Ich meditiere, also höre ich?!  |
| D3  | Laszlo Böszörményi               | Vom Denken zum Nicht-Denken<br>Einführung in den Schulungsweg nach G. Kühlewind                               |
| D4  | Christine Gruwez                 | Der Prolog des Johannes-Evangeliums 1-4. Von der Ursache zum Ursprung   |
| D7  | Corinna Gleide                   | Farbmeditationen  |
| D8  | Rolf Heine                       | Vom Spruch zur Meditation zum Mantram   |
| D9  | Kirstin Kaiser                   | Sprüche und Patientenmeditationen von R. Steiner sprechend erleben  |
| D10 | Uli Johannes König               | Übersinnliche Wahrnehmung als Quelle zum Handeln in der biodynamischen Landwirtschaft                         |
| D11 | Salvatore Lavecchia              | Wege der Ich-Erfahrung  |
| D12 | Thomas G. Meier                  | Meditation und Heilung bei Daskalos   |
| D13 | Andreas Neider                   | Gesunden im Licht – Übungskurs nach G.Kühlewind   |
| D14 | Antje Schmidt/Dorian Schmidt     | Vom Wort zur Meditation   |
| D15 | Jaap van de Weg                  | Meditation als ein Weg zum Geist (DE/NL)  |
| D16 | Gunhild von Kries                | Den Raum der Zukunft durch Meditation erfahren  |

### ONLINE WORKSHOPS

|     |                    |   |
|-----|--------------------|---|
| O25 | Rob Gordon         | Making Experience of the Spirit Conscious (EN)                        |
| O26 | Silke Sponheuer    | The Word in Meditation: Deepening through Eurythmic Elements (EN)     |
| O23 | Markus Buchmann    | Erwachen – forschende Meditation für Fortgeschrittene (DE)            |
| O24 | Anna Cecilia Grunn | Wahrnehmen und Selbstwahrnehmung in der Begegnung mit Naturwesen (DE) |