



english

deutsch

français

español

July 7–9 2017 Goetheanum

# Living Connections

Worldwide Perspectives  
on Anthroposophical  
Meditation

## Living Connections

### Worldwide Perspectives on Anthroposophical Meditation

This is an introduction to anthroposophical meditation. It is intended for everyone interested in taking a deeper look into the foundations of meditation and its methods, as a living practice and form of experience. Contributors from many different parts of the world are coming to share from their own practice out of the fields of science, art, many vocations and daily life. The event focusses on sharing and developing experiences, offering insight into what anthroposophical meditation already is – and what it might become.

The title <Living Connections> refers, on the one hand, to the relationship each and every one of us carries to ourself, an inner dialogue connecting us to something higher, beyond the limitations of our physical boundaries. On the other hand, it refers to the connections with everything we meet outside of us: people, nature and other beings in the world. The intention for this event is to open intimate and exploratory spaces through encounters and conversations, in which living connections may emerge as a possible support for a fragile, unknowable future.

Everyone is welcome, regardless of background knowledge and experience. We encourage co-workers in anthroposophical institutions as well as in non-anthroposophical contexts, students, unemployed, parents and the retired, people of all ages from the north, south, east and west to take part in this exploration, to be part of the living connections for which the Goetheanum will provide a supportive environment in July!

The background of this event is the <Goetheanum Meditation Worldwide Initiative>. This network started 10 years ago with a small group of people – today it encompasses several hundred people worldwide. Its motivation is to bring anthroposophical meditation into conversation; to research, improve and make visible the inspirations of anthroposophical meditation in today's world.

#### So far

Alain Tessier  
Alexandra Traun  
Andreas Heertsch  
Anna-Katharina Dehmelt  
Antje Schmidt-Kühl  
Arthur Zajonc  
Aina Aasland  
Auke van der Meij  
Bart Vanmechelen  
Bodo von Plato  
Carina Schmid  
Clarine Campagne  
Dorian Schmidt  
Doris Dodrimont  
Don Jamison  
Elaine Upton  
Edward de Boer  
Elaine Beadle  
Elizabeth Wirsching  
Emil Schibler  
Emily Fletcher  
Fergus Anderson  
Franz Romeijl  
Friedrich Glasl  
Gia van den Akker  
Gunhild von Kries  
Hilda Boersma  
Ian Trousdell  
Ignaz Anderson  
Inessa Guseva  
Jaap van der Weg  
Jana Loose  
Jean-Michel Florin  
Joan Sleigh  
Johannes Nilo  
John Ralph  
Josien de Vries  
Lela Prangulasvili  
Louis Marie Dêfeche  
Luke Fischer  
Marjatta van Boeschoten  
Mark Geard  
Matthias Bölts  
Michael Howard  
Michael Mösch  
Milou Dunselman  
Nodar Belkania  
Nathaniel Williams  
Paul Mackay  
Perry Havranek  
Peter Neurath  
Philipp Tok  
Pim Blomaard  
Praxede Dahan  
Regula Nilo  
Remco Bakker  
Rik Ten Cate  
Rinke Visser  
Robin Engelen  
Robin Schmidt  
Ron Dunselman  
Rudi Ballreich  
Rudy Vandercruysse  
Seija Zimmermann  
Silke Sponheuer  
Simon Reakes  
Terje Sparby  
Tho Ha Vinh  
Torsten Arncken  
Tristan Chaudon  
Ueli Hurter  
Uli König  
Ursula Flatters  
Ursula Zimmermann  
Willem Meesters  
Wolfgang Kiltbau  
Wolfgang Tomaschitz

### Friday, July 7

15 h Welcome and Opening  
15½ h World Café  
16½ h Workgroups  
18½ h Dinner  
20 h Intersections  
Poetry and Meditation  
21½ h Late evening refreshments

### Saturday, July 8

9 h Panels  
Meditation and Science Today  
10¼ h Tea  
11 h Workgroups  
13 h Lunch  
15 h Open Space  
18 h Dinner  
20 h Intersections  
Music and Meditation  
21½ h Late evening refreshments

### Sunday, July 9

9 h Panels  
Meditation and Society Today  
10¼ h Coffee  
11 h Workgroups  
12¾ h Closing  
13½ h End

Leadership

First Steps

Biography

Research

Daily life

Destiny

Serving

Health

Earth

Art

explore and join

[www.living-connections.info](http://www.living-connections.info)

## Pre-Conference July 5–7 2017

The 19 Class Lessons – a path of Meditation  
This Pre-Conference is for Members of the <School of Spiritual Science>\* and focuses on the meditative path formed by the 19 <Class Lessons>. These lessons were given by Rudolf Steiner in 1924 to open a contemporary path of spiritual development leading to a living connection and dialogic participation with today's world and its deeper spiritual dimension. With its different elements this conference provides an exemplary deepening and an orientation of the whole path of these 19 meditations. \*See: [www.goetheanum.org](http://www.goetheanum.org)

### Wednesday, July 5

19 h Opening  
Plenum 1 <School of Spiritual Science>:  
Questions and Intentions of the Participants  
20½ h Contemplations on the 1st to 7th Class  
Lesson, introduced through Contemporary Music

### Thursday, July 6

9 h Contemplations on the 7th to 11th Class  
Lesson, introduced through Contemporary Music  
11 h Round table conversations 1  
Practices, Exercises and Conversations on  
the Meditations in the Class Lessons  
16 h Round table conversations 2  
19 h Plenum 2 <School of Spiritual Science>:  
Exchange of Best Practice Experiences  
20½ h Contemplations on the 12th to 16th Class  
Lesson, introduced through Contemporary Music

### Friday, July 7

9 h Contemplations on the 17th to 19th Class  
Lesson, introduced through Contemporary Music  
11 h Round table conversations 3  
12 h Plenum 3  
<School of Spiritual Science>:  
Intentions for the Future