

Serving Social Healing

Presents

Basic Methods

The Preparatory/Introductory Course

*You are invited to a 3.5 day in person course.
An anthroposophical inspired meditative work and spiritual schooling.*

You will practice:

- A sense for inner Peace and Truth—*Logic of the Heart*
- Learn to harmonize one's actions in the world—*Logic of the Will*
- Learn to strengthen one's connection to one's Higher Self through spiritual dialogue meditation methods—*Perspective Switch; Zodiac Meditation; Image Dialogue Work*
- Learn to unfold and consciously apply moral capacities in one's life—*Zodiac Meditation*

When:

October 24-27, 2024
Thursday 3-7 pm
Friday-Sunday 10 am-7 pm

Where:

San Rafael, CA

Please RSVP for the exact address by contacting:

social-healing.org/contact

Fee:

\$350-\$450 (Sliding Scale)
\$250 (Repeat Practitioners)

Course Instructors:

*Dietlind Kionke-Thoemmes
Max Guenther*

*Serving Social Healing is a non-profit organization that teaches meditation techniques based on Rudolf Steiner's *How To Know Higher Worlds*.*