***Meditation as a Path***

***Towards Becoming Human***

A Weekend Workshop

with Christine Gruwez

October 7-9, 2016

Waldorf School of Baltimore

4801 Tamarind Rd, Baltimore, MD 21209

Friday, 7pm–9pm

(Introductory Lecture)

Saturday, 10am–4pm

(Interactive Workshop with Questions & Dialogue)

Sunday, 10am–1pm

(Continuation of Workshop)



The world, in an ever accelerating pace, is shaken by violence and destruction whereas there is an increasing sense of despair and helplessness. What to do?  Can something be done? How to face this outburst of the evil forces? Is there a safe place where to hide?

Meditation, as Rudolf Steiner has developed it, could very well be the only realistic answer to this questioning.

First of all meditation is not only a deed but as Rudolf Steiner put it once in a conference: the only free deed possible for human being in this era so far.

Then, indeed meditation can offer a ‘safe place’ to each of us. But not to hide away, but in order to truly come in contact with oneself, with the other and with the world. To become present!  Meditation teaches us about what it means to become human.

And last but not least, meditation opens a new realm of perceiving and understanding how the spiritual and the human are interwoven. It is a path of listening with the heart to the pain of mankind, wounded in its being human and to hear what is asked of each of us.

This is where the Manichaean impulse, as Rudolf Steiner has spoken of, enters. Only through this inner work of meditation can we develop an organ to listen to what needs to be done. In the words of the Dutch anthroposophist Bernard Lievegoed: “More and more people will find methods to help others in the most surprising ways. To put yourself in the service of the difficulties of another person, that is what meditation is about!”

**Christine Gruwez** studied philosophy and linguistics at the KU Leuven, the Catholic University in Louvain, Belgium. She met Anthroposophy through the Waldorf school in Antwerp, which her four children attended, and where she taught from 1976 to 1986. She also taught for a decade in the Waldorf Education Training Program. Since 1997, Christine has led seminars and conferences at Emerson College, at the Goetheanum, in Europe, Asia and the US.



**Contact for Registration:** Spyros Papadimas, spyridon.papadimas@gmail.com, 513.739.6568

**Cost:** Introductory Lecture ($15); 3-day workshop ($95)

**For payments by check:** Make check out to “Raphael Branch”