



Anthroposophic Meditation Workshop

Connecting to your higher self

**San Francisco:
March 21 - 23, 2025**

Course leaders: Agnes Hardorp, Thomas Mayer

Friday, March 21, 6 p.m. - 9 p.m.

Saturday, March 22, 9:00 a.m. - 6:00 p.m.

Sunday, March 23, 9:00 a.m. - 1:30 p.m.

Location: Golden Bridges School
503 Cambridge St., San Francisco, CA 94134

Course fee: \$220, reduction possible

Catered lunch for a donation

To register please contact Karen via email:

naniapana@gmail.com

Living with the Deceased

and effects of materialism on the afterlife

Lecture by Thomas Mayer

Independent of the workshop, entrance fee \$20

Wednesday, March 19, 7.00 p.m. - 9 p.m.

Location: San Francisco Waldorf High school,
470 W Portal Ave, San Francisco, CA 94127

www.anthroposophical-meditation.info

How do I come into a meditative deepening that connects me to my own spiritual source?

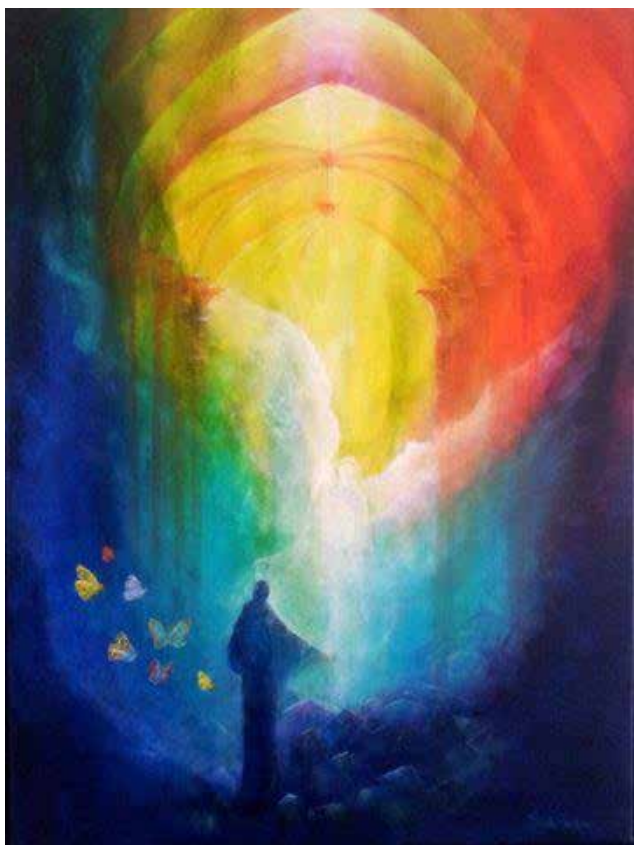
Spiritual seekers around the world, throughout time, have sought to deepen their understanding of their purpose here on earth through meditation. Rudolf Steiner (1861-1925) was such a seeker and developed a form of meditation which meets the contemporary mind in a unique way. The work always involves a heightening of consciousness, becoming more awake through the focus on an object, an inner picture, or a text before releasing this and seeing what “wants to happen”. This has a very rejuvenating and empowering effect. The aim of this introductory course is connecting to your higher self. For this we will do many different exercises, always followed by a sharing of our experiences. On Saturday afternoon we will go out into nature and practice perceiving the elemental beings at work there.

Many people would like to make meditation a solid part of their daily life. Meditation is a fundamental source of nourishment for body, soul and spirit. But this is not easy if you are on your own with it. Agnes Hardorp and Thomas Mayer have been offering courses in meditation for over 20 years in order to help people overcome their obstacles.

In the course we aim to find the “eye of the hurricane”. In meditation you find a place of inner quiet. You become centered and enlivened. Med-

itating regularly helps you with the challenges of everyday life. The constant inner dialogue and the worries that circle around in your head stop. Essential things come into focus. In meditating you arrive deeply in the home of your own soul and wake up to subtle, supersensible spheres. In the course we explore many facets of meditation and do many types of exercises so that each person can find their point of access.

To register please contact Karen via email:
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Lecture “Living with the Deceased”

Cooperation with the deceased and effects of materialism on the afterlife

We all live together with the deceased. The souls who are in spiritual regions support us from within with strength, love, trust and inspiration. The more we open ourselves to them and reciprocate their friendship, the better they can do this. Thomas Mayer has been in conscious contact with many deceased people for over 30 years and will talk about this in his lecture.

He will also describe how the normal after-death path leads to the next incarnation. Nowadays however, many souls can no longer find their way into the light, spiritual world, and end up in dead ends, in entangled unhealthy states. The materialistic approach to life can cause major blockages after death. In their distress, these souls then occupy other people, siphon off energy and cause spiritual, mental and physical difficulties and social strife. Thomas Mayer has been helping such deceased people for many years and has observed that energy blockages in places and houses, as well as depression, panic, fears or deep grief that people carry, have been released as a result. Such connections have so far been underestimated in the public consciousness. The good news is that we are not at the mercy of this. It is possible to help affected people and the deceased.

Books by Thomas Mayer in English:

- Answering the Call of the Elementals - Practices for Connecting with Nature Spirits
- Overcoming Fear - Exercises for spiritual self-defense
- Covid Vaccines from a Spiritual Perspective - Consequences for the Soul and Spirit and for Life after Death

Course leaders:



Agnes Hardorp was born in Hamburg, Germany and grew up in the United States. She has worked as a professional singer, voice teacher, pianist and eurythmist. For the past 20 years she has been teaching courses in Anthroposophical Meditation all around Germany, Switzerland, Holland and Austria.



Thomas Mayer was born in Kempten, Germany. He was co-founder and director of “More Democracy” and has organized many local referendums in Germany and Switzerland. He has published books on elemental beings and nature spirits and “Covid Vaccines from a Spiritual Perspective - Consequences for the Soul and Spirit and for Life after Death”. For the past 20 years he has been teaching meditation together with Agnes.

**„When one begins to meditate,
one accomplishes the only really free deed in this
human life... we are completely free in this.**

Meditation is the archetypal free deed.“

Rudolf Steiner (GA 214, 20.8.1922)