



Anthroposophic Meditation Week

Connecting to the
Angelic Realms
and to Christ

Australia

Dec 26 to 31, 2026, Sat-Thu
in Newcastle Waldorf School

30 Reservoir Road, Glendale NSW 2285

Course leaders: Agnes Hardorp, Thomas Mayer

Organizer: The Pedagogical Section in Australia in
conjunction with the Newcastle Waldorf School

Times: Arrival day 6 pm - 9.30 pm,
seminar day 9 am - approx. 9.00 pm,
departure day 9 am - 1 pm

Course fee: \$1,150 (including catering of teas and
lunch and dinner \$250), reduction is possible.

There is a need to gauge interest by September
15th. For expressions of interest and bookings
please contact: pedagogicalsectionaus@gmail.com

www.anthroposophical-meditation.info

About the organisation

The Pedagogical Section in Australia in conjunction with the Newcastle Waldorf School invites all those interested to a 6 day course from December 26th 6pm until December 31st at 1pm.

The course runs over 6 days (5 nights) and includes daily anthroposophical meditation practices, group conversation and sharing, Paneurythmy dances each day and also working with elemental beings in nature.

Daily schedule is from 9 am until 1pm. Then lunch and a rest time, resuming from 3.30pm until dinner followed by evening work until 9pm. On Tuesday, December 29 we have a free afternoon. We expect a small group course of around 20-30 people.

The course will be held at the Newcastle Waldorf School at 30 Reservoir Road Glendale about two hours north of Sydney. The school is set on 11 acres of undulating land about half an hour from several beaches and only a short distance to the Lake Macquarie foreshore.

Course fee: \$1,150 (including catering of teas and coffee and lunch and dinner \$250), reduction is possible.

Accommodation: There is a possibility of accommodation in air conditioned classrooms at the school for \$10 per night or private arrangements.

There is a need to gauge interest and to have booking deposits by September 15th.

For expressions of interest and bookings please contact pedagogicalsectionaus@gmail.com

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

In this course we will become familiar with Rudolf Steiner's approach to meditation which meets the western mind quite differently from many forms of meditation originating in the east. 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.

Each morning we will do paneurythmy, a dance to connect us to the elementals. On two afternoons we will go out into nature and practice perceiving the elemental beings at work there.

Connecting to the Angelic Realms

How do the angels work in our lives and in our aura? What is a landscape angel? How do you connect with the angel of another person? How can we contact the angel of a family or a social community?

Connection to Christ

We will meditate on texts of Rudolf Steiner connecting us with Christ and remind ourselves of what anthroposophy says about Christ. We will work with the "I am" words, immerse ourselves in Grünewald's depiction of Christ and connect to Christ in the etheric.

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.

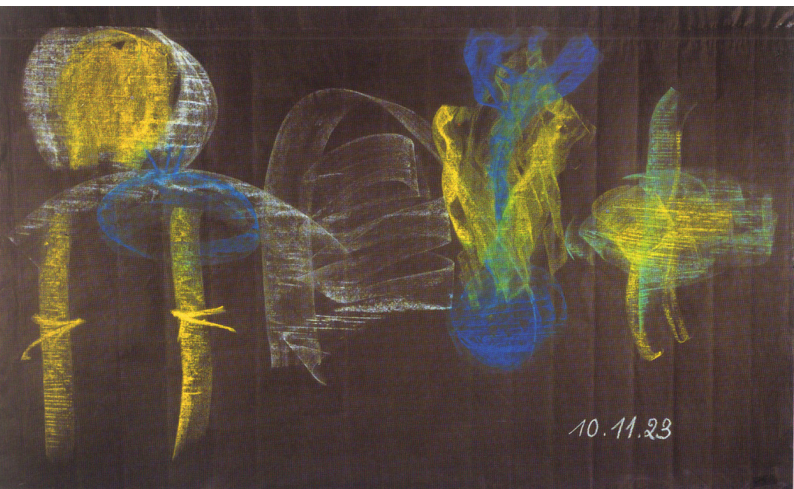
In the course we aim to find the “eye of the hurricane”. In meditation you find a place of inner quiet. You become centered and enlivened. Medi-



Hódosi Helga, Saint Michael, 2020, www.naputasok.hu

tating 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: pedagogicalsectionaus@gmail.com



Blackboard drawing by Rudolf Steiner

„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)

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.

Feedback from participants:

Christoph: “Your work enlivened and refreshed me and showed me a way back to the anthroposophical roots I had painfully left many years ago.”

Annette: “I want to heartily thank you again for the wonderful dense seminar that brought everyone very close. I found a new loving connection to meditation and think I will be able to stick with it better now.”

Daniela: “The last seminar fell for me into a time of great questions and insecurity about my job. Since then everything has turned out the best possible way and I knew, already during the weekend that your seminar, the people I met there, the experiences and the assistance from the spiritual world that had become possible had much to do with this development.”

Ruth: “The weekend has warm and good resonances. I was particularly touched by your didactic method that with great empathy leads step by step into ever greater depths.”

Irene: “What did I learn in the meditation schooling? My life became more structured through meditating. I am more conscious and feel more connected to what wants to become. The sharing of experiences in the group is very enlivening right into my life forces. I notice more and more how I am guided and my questions are answered. My sense of self has transformed from wanting to understand the world to feeling embedded in becoming. What was important to me? The bringing down of Anthroposophy out of intellectuality into the heart.”

www.anthroposophical-meditation.info