



Anthroposophic Meditation Week

**Foundation Stone Meditation and
connecting with the deceased**

Tue. 16 to Sun. 21 February 2027

in Czech Republic

Location: STAP, Pod Hradem 167,
471 52 Sloup v Čechách, Liberecký kraj
100 km north of Prague. Carpools are formed.

Course leaders: Agnes Hardorp, Thomas Mayer

Language: English with translation into Czech

Times: Arrival day 6 pm - 10 pm,
seminar day 9 am - approx. 9 pm,
departure day 9 am - 2 pm

Course fee: 7.000 CZK

Accommodation and meals: 5.500 CZK

To register please contact Jitka Černá:
jitjinak@volny.cz or phone 00420 774 965 249

www.anthroposophical-meditation.info

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. We will go out into nature and practice perceiving the elemental beings at work there.

Foundation Stone Meditation

Rudolf Steiner's "Foundation Stone" meditation contains a sacred, pure power that can renew us from within. The text encapsulates the entirety of anthroposophy in concentrated form. It addresses humanity's mission and the future collaboration between human beings, elemental beings, and angels. This gem of linguistic creation is inexhaustible and can anchor us in the spiritual world. In this course, we will work through and meditate on the Foundation Stone Meditation step by step, share our experiences, and discuss its background.

Connecting with the deceased

We will meditate on mantras for the deceased

and explore our relationship with those who have passed away and were close to us. We will examine the stages of life after death, the influence of the deceased on the living and learn ways in which we, as incarnate beings, can help those who have passed on. Eurythmy, in conjunction with meditation, is an important part of this weekend.

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. Meditating 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.

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Seminar house STAP:

Address: Pod Hradem 167,
471 52 Sloup v Čechách, Liberecký kraj,

Getting there: By car, approx. 1.5 hours north of Prague. We will connect participants in advance so that carpools can be arranged.

Costs for accommodation and meals: 5.500 CZK



Directly below the famous rock castle (Skalní hrad):



Course leaders:



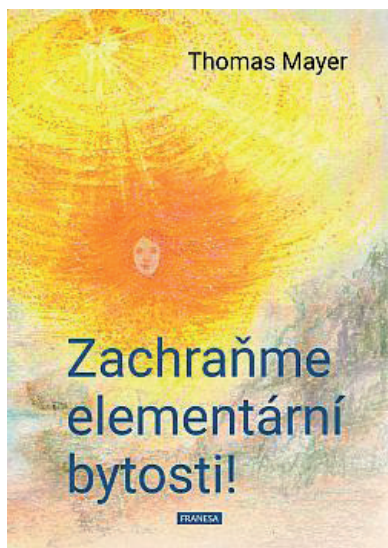
Agnes Hardorp was born in Hamburg, Germany and grew up in the United States. She has worked as a professional singer, voice teacher, pianist and eurythmist. For the past 20 years she has been teaching courses in Anthroposophical Meditation all around Germany, Switzerland, Holland and Austria.



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.

Book by Thomas Mayer in Czech:

Jaký je svět elementárních bytostí?



Autor nám jej přibližuje na základě vlastních zkušeností a prožitků. Popisuje nejen svá setkání s elementárními bytostmi přírody, ale v knize nám představí i bytosti tvořící naši auru, sociální bytosti žijící v lidských společenstvích nebo strojové elementární bytosti. Poměrně novou skupinou, s níž se v knize seznámíme, jsou bytosti spojené s Kristem. Autor rovněž nastiňuje možnosti naší spolupráce a spolupůsobení s těmito bytostmi v nejrůznějších oblastech života.

<https://franesa.cz/produkt/zachranme-elementarni-bytosti/>

Books by Thomas Mayer in English:

- Co-Creating with the Elementals – How Humans Are Engaging with Elemental Beings
- 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

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.”

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„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)

