



## Serving Social Healing

**An Invitation:** Come and feel nourished and harmonized in body, soul, and spirit!  
Learn practices for inner and social healing based on methods of concentration and meditation born out of Anthroposophy.

### *A Special Introductory Series in Santa Cruz*

Course teachers: Dietlind Kionke-Thoemmes and Saima Jamshed

#### *October 4: Working with Chains of Repeated Occurrences*

Looking back at life experiences there are those events that seem to form a chain of recurring situations. Time and again things happen to us and cause us to respond with the same habitual reaction. Working with both the *Logic of the Heart* and the *Logic of the Will*, we will try to come to the root causes of such a pattern and start a healing process within ourselves by forming new spiritual capacities. The next question is how to apply these capacities in everyday life. The realization that it is the right time to use one's capacities and the decision to do so is the beginning of an adventure which will cause the world to respond differently. We thus foster healing and well-being in our community connecting us to the Grail stream.

#### *November 22: Working with Adventures*

**Location:** Paloma Hall, Camphill California, 4096 Fairway Drive, Soquel

**Time:** 9:30 am to 6:30pm (with breaks)

Snacks, fruit, water, tea and coffee will be provided for the snack breaks.  
You are welcome to bring your own lunch or go out for lunch.

The fee is \$100 per day.

Commitment to the series is not required. Participation in one of the first two classes is a prerequisite for the third class.

**To register:** please contact Dietlind at [dietlind@mailbox.org](mailto:dietlind@mailbox.org)

There is more information about the basic practices here:

<https://social-healing.org/basic-methods>.