



Serving Social Healing

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

AN INTRODUCTORY SERIES IN SAN RAFAEL

Course teachers: Dietlind Kionke-Thoemmes and Saima Jamshed

October 11-12, 2025: *The Logic of the Heart, The Logic of the Will, Image Dialogue*

Over this weekend, we will practice the *Logic of the Heart* which will enable us to find inner peace and the connection to our Higher Self. On this foundation we will then learn how to find healing in a social context through the *Logic of the Will* and through *Image Dialogue* work.

November 8, 2025: *Working with Chains of Repeated Occurrences*

Working with both the *Logic of the Heart* and the *Logic of the Will*, this class introduces a method to foster healing for our life experiences, connecting us to the Grail stream. Participation in the October weekend class is a prerequisite for this class.

Location: 108 Greenwood Avenue, San Rafael 94901

Time: 10 am to 7 pm (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 for first-time participants is \$100 per day.
The fee for participants who have taken the class previously is \$60 per day.

To register: please contact Dietlind at dietlind@mailbox.org
There is more information about the basic practices here:
<https://social-healing.org/basic-methods>.

This course will be embedded in the awakening spirit of Michaelmas and its healing influence