

## **Serving Social Healing**

# **Preparing for Spiritual Awakening**

## **Course 1**

### **Awakening to the Supersensible and Elemental World**

Course teacher: Dietlind Kionke-Thoemmes

**January 24 – 25, February 7, 2026**

In this course, we will learn and practice methods for awakening to the supersensible and elemental world. Invited are participants of a preparatory course (or equivalent experience) including previous Course 1 participants who want to deepen their understanding and practice. Attendance is required for all units.

Participation in one of the basic method courses is a prerequisite for this course.

**Location: 108 Greenwood Ave. San Rafael, CA 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 \$300.  
The fee for participants who have taken the class previously is \$175**

**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>.