



“When one begins to meditate, one accomplishes the only really free deed in this human life.”

- Rudolf Steiner, 1922

31st March 2021

Dear Friends and Colleagues,

On 18th December we invited you to Dornach, Switzerland for the Living Connections II Conference, from 22-25 April 2021.

Back then, we wrote:

“In a time marked by severe crises that affect humanity as a whole and each of us individually, it has become clear that the call for an inner practice is strong among many individuals and workplaces. Anthroposophical meditation supports this and offers a way of ‘knowing ourselves’ in relation to an ever-changing world in order to step up to what is asked of us in this time. Together, we aim to develop the capacities for warmth and healing for ourselves, our communities and our world.”

This conference aims to support our personal and professional development and effectiveness in light of the challenges of our time:

- Personally, to practice meditation and find ways to transform external challenges through inner development.
- Professionally, to tap into a well-spring of resources within the human soul (psyche), with which to meet the urgency for change.

Unfortunately, due to the current regulations, we cannot meet in-person for this conference. However, we feel that these times call us to continue and find ways to meet and work together despite distance, and we have therefore transformed the conference into an online offering, to inspire and nourish across time and space, and as an exploration in how the digital platform can support our work.

The conference will be on the same dates, now online via Zoom:

Thursday 22nd April 2021 to Sunday 25th April 2021



Especially during this time, rather than postpone, we wish to deepen our meditative efforts and the impulse to create Living Connections. We therefore offer a multi-day event, with input and keynote contributions to inspire group work and individual practice online or offline. The following theme will run through the deepening research components of the conference for experienced participants, as well as support the open offerings for those new to Anthroposophical meditation:

Thinking, Feeling, Willing at the Threshold: Imagination, Inspiration, Intuition - a path of self-knowledge

There will then be a daily shared exchange about the experiences of individual research and meditation, with time in the program for this offline individual work to take place.

There is also an additional offer of several online workshops in the mornings, in which you can exchange ideas with other participants on these topics. In the afternoons, there will be webinars in the form of introductory sessions for people who are not yet familiar with anthroposophical meditation, and who wish to explore the digital medium for meditation. The evenings are shaped by content and artistic contributions, with again the opportunity to exchange ideas and discuss with others in Zoom break-out rooms.

You can see the complete program schedule and you can **register** on the Living Connections website: www.living-connections.info. For the financial outlay of this conference, we ask for voluntary donations to be made via the website.

In this format, the conference and impulse for Anthroposophical Meditation can become very accessible worldwide. Please forward this invitation to friends, colleagues, and all those who may wish to participate, or who you believe will be interested in this impulse of anthroposophical meditation. The two languages of the conference will be German and English.

In some locations, there will also be in-person workshops available locally. For example, in South Africa, Germany, the Netherlands, Belgium, Switzerland and the UK there are planned gatherings where possible. More information will be available in the first weeks of April on the website.

If you have any questions, please email the team at livingconnectionsconference@gmail.com

We are looking forward to seeing you soon,

With kind regards,

The Living Connections Organising team

Supported by the General Section of the Anthroposophical Society at the Goetheanum