



LIVING CONNECTIONS 21
EXPLORING ANTHROPOSOPHICAL MEDITATION
AS A PRACTICE FOR PERSONAL & PROFESSIONAL DEVELOPMENT –
A REAL-LIFE CONFERENCE
GOETHEANUM 22 – 25 APRIL 2021

22 – 25 April 2021: **Open Exploration Conference**

Dornach, 18 December 2020

Dear...

We warmly invite you to the Living Connections Conference II responding to the inner and outer needs of this time, from

22 – 25 April 2021 at the Goetheanum

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 intends to enhance personal and professional development and efficacy in the face of the complexity of our time. Personal, to practice entering and navigating the inner response to outer challenges, in the common understanding of meditation as an essential tool; professional, to tap into a well-spring of resources within the human soul (psyche), with which to meet the urgency for change.

The Living Connections Team, as part of the Goetheanum Meditation Initiative Worldwide will be offering this conference exploring the following themes:

In an ever-changing world

- I: finding resilience in your Self
- II: Understanding your Self in relation to other beings
- III: Aligning your Self within universal responsibility

If you feel the interest and urgency to develop such personal tools as reflection, contemplation and meditation, recognizing these as vital elements of personal and professional life, this conference is for

you. Participants will have the chance to explore different approaches and practices (artistic, practical, experiential) in commitment to the health of self, society and the earth.

Location and Registration:

The location is at the Goetheanum, in Dornach, Switzerland (near Basel) and common lunches at the 'Speisehaus' will be included in the participation fee. We are aware that in this unpredictable time much can change between now and April, and should the conference need to be cancelled, your participation fee will be refunded

To register for the conference or find out more, please see our Living Connections website (www.living-connections.info). Registration is already open and can be done [here](#) to confirm your attendance, along with payment either in full, or with a deposit and a subsequent payment plan. We look forward to coming together in April! Please feel free to share this invitation with friends, colleagues and those you feel would benefit from attending, or becoming involved, with this Living Connections impulse and anthroposophical meditation.

'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)

„Wenn der Mensch einmal beginnt, Meditationen zu machen, so vollzieht er damit die einzige wirklich völlig freie Handlung in diesem menschlichen Leben“ (GA 214, 20.8.1922)

Please address any questions via the [website](#).

With warm greetings,

Joan Sleigh and Claus-Peter Röh

for the Living Connections Organizing Team