

Meditation as Knowledge of the Heart:
From Self-Understanding to Becoming a Contemporary

Interactive Workshop with Christine Gruwez

May 1-3, 2020

Waldorf School of Baltimore, 4801 Tamarind Rd, Baltimore, MD 21209

Friday, 7pm–9pm: (Introductory lecture)

Saturday, 10am–4pm: (Interactive workshop with exercises, sharing and questioning)

Sunday, 10am–1pm: (Continuation of Workshop)



“In our times, meditation is the only truly free act a human being is capable of.” (Rudolf Steiner, 8.20.1922, Oxford Lectures, CW 305)

According to Rudolf Steiner, meditation can only be practiced out of free will. At the same time, to meditate allows us to make small steps on the path towards freedom. It is the path between the human I as potentiality and as realization. As a contemporary, all of us are challenged on this path by the forces of Good and Evil. The key is the soul when in an unconditional way she opens herself to the meeting between love and freedom, both converging in the steps of meditation.

Christine Gruwez studied philosophy and linguistics at the KU Leuven, the Catholic University in Louvain, Belgium. She met Anthroposophy through the Waldorf school in Antwerp, which her four children attended, and where she taught from 1976 to 1986. She also taught for a decade in the Waldorf Education Training Program. Since 1997, Christine has led seminars and conferences at Emerson College, at the Goetheanum, in Europe, Asia and the US.



Contact for Registration: Spyros Papadimas, spyridon.papadimas@gmail.com, 513.739.6568

Cost: Introductory Lecture (\$20); 3-day workshop (\$130)

For payments by check: please make check out to “Raphael Branch”

Housing: few private homes and local hotels