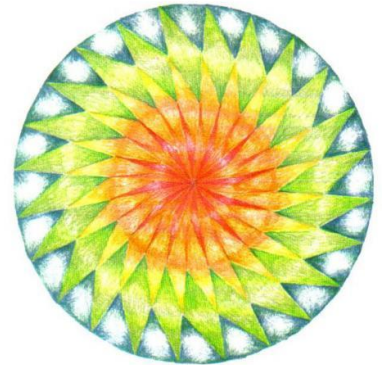




Developing Inner Certainty

A practical course in Inner Development



- Dates:** Wednesday Evening
15 Feb, 7 Mar, 28 Mar, 16 May, 6 Jun & 27 Jun
- Time:** 6pm-8pm
- Location:** Rudolf Steiner House, 307 Sussex St, Sydney
- Cost:** \$35 per session \$200 for the lot.

PAYMENT MUST BE MADE THROUGH THE OFFICE BY CHEQUE OR BANK TRANSFER
BEFORE ATTENDING

Rudolf Steiner left a wealth of meditation exercises specifically directed to help modern individuals steer their way through the chaos, pressures and confusion of modern life and to penetrate the threshold into the spiritual world.

The course consists of six sessions. There is a commitment to some exercises throughout the entire course and some exercises can be chosen for three weeks. In the sessions there will be some sharing of meditation journals as well as introduction and deepening of the exercises. The course serves as a support to persistence and as an instigation of individual inner work research.

- 15 February **Intensification of Attention, Focus and Concentration**
* Thought exercises * Mercury staff * Reversing
- 7 March **Directing the Will**
Will exercises, steadfastness, impulse mastery
- 28 March **Taming the Astral**
* Restraint, courage & equanimity
- 16 May **Imaginative Cognition**
* "I" into Astral * 7 Seals * Rose Cross* Karma Exercise 1
- 6 June **Inspiration**
* Extinguishing the picture and meeting the void * Karma Exercise 2
- 27 June **Intuition**
* Penetrating the spiritual world sense * Free perception * Karma Exercise 3

Facilitator Karla Cryer

For more information please contact Sydney Rudolf Steiner College:

Email: admin@sydneyrudolfsteinercollege.info Website: www.sydneyrudolfsteinercollege.com

Phone: 02 92614001 Postal address: 307 Sussex St, Sydney 2000



Developing Inner Certainty - Enrolment Form

COURSE LOCATION

Developing Inner Certainty will be held at the Sussex Street Campus, 307 Sussex St, Sydney.

PERSONAL DETAILS

Surname _____ Given Names _____

Street _____ Suburb _____ Postcode _____

Telephone - home _____ work/mobile _____

Email _____

Date of Birth _____ Age _____ Male Female

Next of Kin _____ Phone Number/Mobile _____

Do you have any special needs? If so, please provide details: _____

ENROLMENT INFORMATION

Course Fees: \$200 per semester or \$35 per session

Payment Method: (Please note that the College does not accept cash or credit card payments)

Cheque

Bank Deposit

Please make payable to Bank:
Sydney Rudolf Steiner College
& send to:
307 Sussex St, Sydney NSW 2000

ANZ
BSB: 012 110
Account Number: 904771561
Account name: Sydney Rudolf Steiner College

I am paying for the whole course: (\$200)

I am paying for individual sessions: _____ \$35 _____ \$35 _____ \$35 _____ \$35
Date Date Date Date

Please enroll and make payment before the course begins. Course fees are subject to GST.