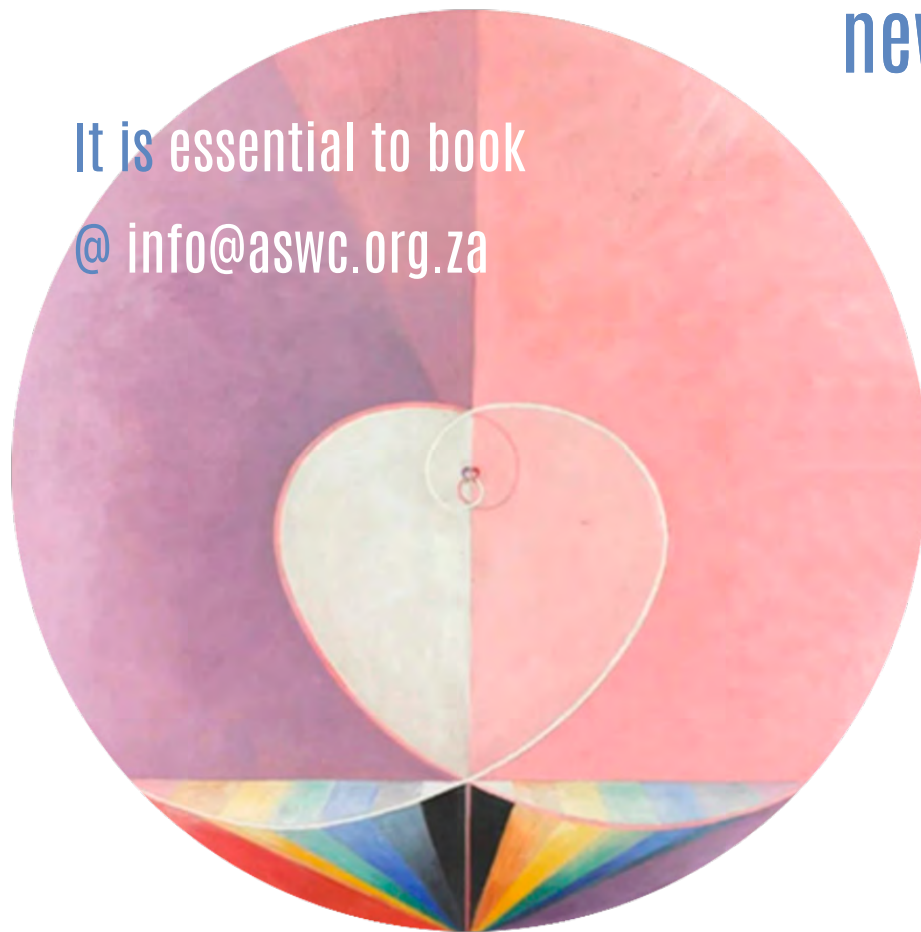


# Reincarnation & Karma

**15 – 17 JUNE 2024**

Conference Programme



It is essential to book

@ [info@aswc.org.za](mailto:info@aswc.org.za)

## new perspectives beyond mere superstition and belief

Karmic necessity in relation to the idea of Freedom

Comprehending principles of karma

Practical individual examples

How impulses from one life work into subsequent lives

Exercises for developing karmic perception

Karmic streams within Humanity

Karma–understanding builds healthy social life

## Conference Saturday 15 - 17 June 2024

**Venue:** Sophia House, 18 Firfield Road, Plumstead

**Cost:** R 800 (with lunches and teas)

**Queries and possible concessions contact Caroline 0769799388**

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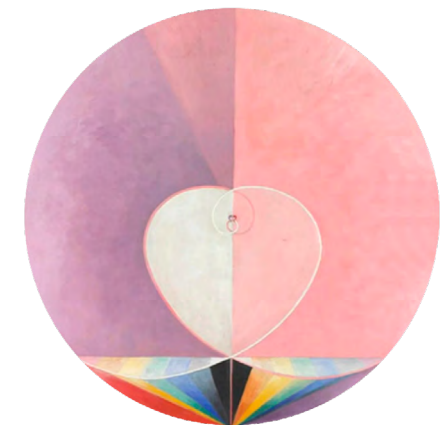
Our hearts hurt for all the suffering, violence, pain, identity attacks, and uncertainty in the world today. Amid all of this our conviction is that by exploring Reincarnation and Karma through Anthroposophy, we can point a way towards discovering who we truly are as Human Beings – that we may become Beings of Freedom and Love in service of the Future.

Time	Saturday, 15 June	Sunday, 16 June	Monday, 17 June
9.30	Welcome & Introduction	Harvesting from the night	Harvesting from the night
10.00	Singing	Singing	Singing
10.15 Lectures	Understanding Karma – Meeting Myself Martin Wigand	Facets of Karma Research Bernard Hurner	What is a 'Karmic Stream' and what is a 'Mystery Stream'? Cyril Coetzee
11.15		Tea and coffee	
11.45	Conversation Groups: Questions and deepening (Choose your group daily)		
12.45	Lunch		
14.00	Practical and artistic workshops (see next page)		
15.30	Tea		
16.00	All together a review of the day - Listening to questions that arose		
16.45 (10min)	Closing activity		

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## Practical & Artistic Workshops

**Exploring Karmic Themes in our Lives** — led by Martin Wigand: In this workshop we will look at situations in our lives where we overreact or become anxious or paralyzed. We will use elements of a process called “Destiny learning” to get an inkling of the possible karmic background to them and develop tools to overcome these issues. These exercises will connect us with the “inner karmic stream”, which can reveal the origin of these patterns in our lives.

**Opening Oneself to Karmic Realities** — led by Christiane Wigand. In this workshop we will prepare ourselves with the help of Eurythmy movements to approach karma and reincarnation on a personal, practical level: how to make ourselves more “transparent” in order to find images and situations of a previous life. We will use the so-called “brick exercise”, in which an outer event changed our life’s path.

**Working with karma in relation to the people I know** — led by Bernard Hurner. The people we meet are karmically connected with us in various ways from a former life or lives, this is why we meet them. They reflect something of our own spiritual history and support our development. Working consciously on our biographies can influence our current and future lives significantly.

**Artistic exercises as tools for Karma research** — led by Cyril Coetzee. Three contrasting exercises will be undertaken by the group involving, respectively: Painting, Writing and Shared Narrative.

**Mind The Gap – towards grounding the ‘I’** — led by Joan Sleigh. In this workshop we will explore how the soul becomes the stage upon which the human ‘I’ grounds its biography in the tension field of freedom and karma.

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### Venue

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18 Firfield Road, Plumstead

### Cost

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