

Living-way

... bringing Spirit to Life



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Trials and Thresholds

In difficult life circumstances we may feel as if losing the ground from under our feet, being swept away by a wave, or feeling consumed by a fire. On the course we learn to distinguish the distinctive dynamic of each trials as they appear in daily social life. We aim to explore ways to meet them with more courage, equilibrium and presence of mind.

Mental Health

This workshop helps to better recognise when someone may be facing a mental health crisis and needs accompanying or help to find appropriate treatment. We aim to cultivate an empathetic understanding of mental crises in order to better accompany individuals carrying such phenomena as part of their biography.

The Self in Search for Meaning

Spirituality is part of the here and now and part of us. Images taken from world myths, fairy tales and movies suggest that the development of our 'silent self' is nourished by a 'water of life', which can be found as a hidden fountain within the 'ordinary world'. Exploring our biographies we trace life-giving, life-supporting and life-changing influences.

Workshop Times

Thu – Sat: 9.00am–6.00pm / Sun: 9.00am–4.00pm

Fees

\$330 including a non-refundable deposit of \$80

Information and Enrolment

Sydney Rudolf Steiner College

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Information

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Karl-Heinz was born in Germany 1955. He is a Naturopath for Psychotherapy and works as lecturer, teacher, trainer, adult educator and consultant. He studied Social Sciences and Psychology in Berlin. From 1992 to 1997 he attended training in Biography Work, adult education and organisation development.



2015 Life Story Work Part 3

April
24/4–26/4
9am–6pm

Trials and Thresholds
**Reflecting on Peak-, Abyss-
and Transition Experiences**

August
7/8–9/8
9am–6pm

Mental Health
**Developmental Crisis,
Spiritual Madness or what?**

September
18/9–20/9
9am–6pm

The Self in Search for Meaning
**Life as an Inner and Outer
Developmental Journey**

Facilitation **Karl-Heinz Finke**

Venue **Sydney Rudolf Steiner College**
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www.SydneyRudolfSteinerCollege.com