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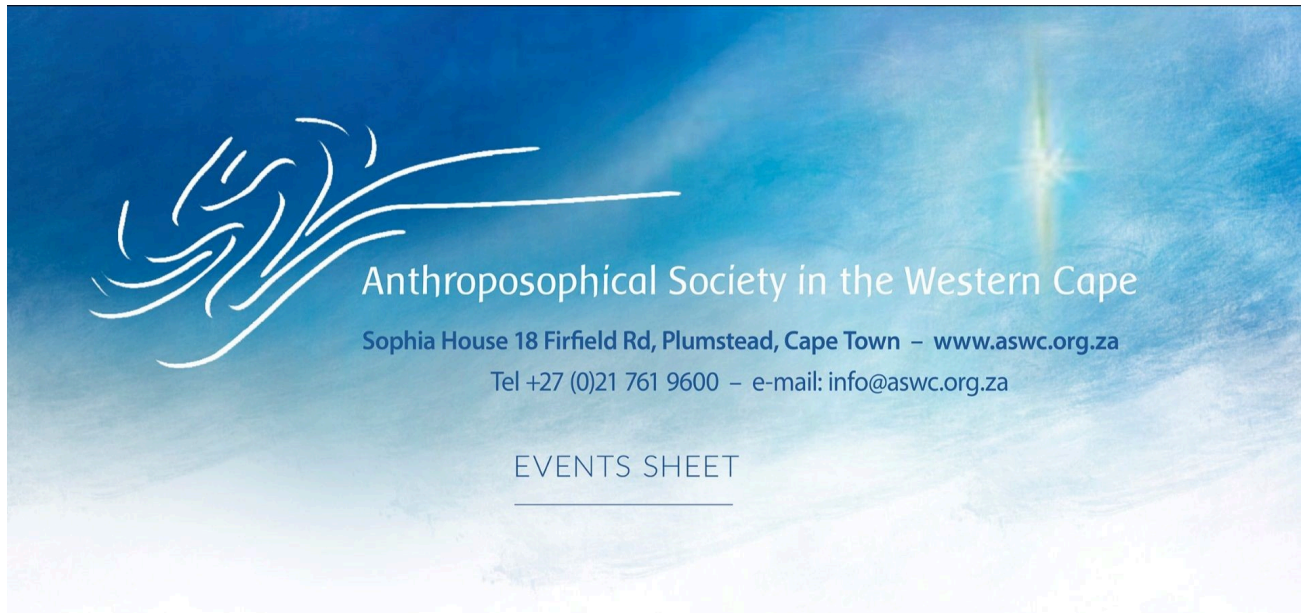
Latest Events Sheet from the ASWC

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From The Anthroposophical Society in the Western Cape <info@aswc.org.za>

Date Wed 2025-01-15 11:16 AM

To Librarian <info@aswc.org.za>



## NEW YEAR GREETINGS

Many of you will be aware of the significant planetary relationships happening and increasingly happening in *Our Time*. Their 'echoes' are revealed in our world events, which take us into critical areas of human development. This brings us, we feel, to an urgent awakening call to search ever more deeply for the font of what it is to be truly human. To seek not exclusively in the realms of sense, but also into the realms of soul and spirit. In olden times this was known as a 'quest' .... to find one's spiritual purpose - one's prebirth destiny 'written' in the script of the stars - and to know that that our journey is impossible without the aid and accompaniment of others.

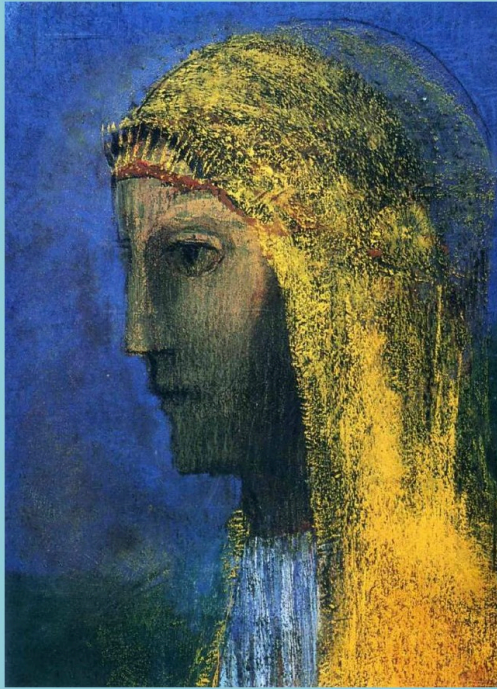
May we gain strength now through our appreciation and wonder for the working of spirit in the depths of the soul and the widths of the world. When we look up to the stars may we sense the ever-present accompaniment of our spiritual companions along life's pathways. May we be inspired to creativity, inner mobility, to anchor ourselves within our network of relationships, to root ourselves in love, and so serve the good.

With heart felt wishes for our shared year together from Sophia House

Caroline and Debbie

You are warmly welcome to attend - **a unique event to be held this Saturday evening by Mike Chase.** Mike, who is visiting from the UK, is well known to many of us as an ardent student of Anthroposophy, a free thinker, an artist and a deep researcher/facilitator of the inner life.

Read below of all that he will be offering in Cape Town, he stresses that financial concerns should not inhibit those who wish to join his workshops – speak to Caroline at 0769799388.



## **KARMA DRAMA - A Karmic Biography**

a talk  
with Mike Chase  
at Sophia House  
7 pm Sat. 18 Jan 2025

Mike will give a talk demonstrating the process and outcome of his research into karma and past lives. Mike had a breakthrough in past-life research several years ago while working in a therapeutic prison with violent male offenders.

The past life exercises brought him imaginations, and intuitions of past lives and the karmic relationships playing out in distant times and faraway places. While working with these insights, relationships with colleagues and residents started improving. He could see the fruitfulness of this work and began practicing daily.

His talk will focus on different exercises by Rudolf Steiner and ways of entering artistic processes including masks to come to karmic imaginations and intuitions of past lives. Participants of his work have described how they are beginning to harmonise unresolved karma in the depths of the soul and obtaining more clarity and insight into what has led them to their present life and what steps need to be taken into the future.

This is a dynamic, interactive talk using processes of embodiment. The following weekends 24<sup>th</sup> to 26<sup>th</sup> January and 7<sup>th</sup> to 9<sup>th</sup> February, he will be running a workshop on a number of these processes, also at Sophia House, 18 Firfield Road, Plumstead, Cape Town.

**All are welcome. Donations at the door.**



# Karma Drama Summer 2025

Two weekend workshops  
through Art and Drama  
24th to 26th January  
7th to 9th February  
at Sophia House, 18 Firfield  
Road, Plumstead, Cape Town.

...

**Mike Chase**, psychodrama psychotherapist and teacher, and  
**Angela Katschke**, art therapist and consultant

are combining forces to bring 2 unique workshops around biography and karma to you. Both have been interested in the work of Rudolf Steiner and their very own work finds plenty of inspiration from Anthroposophy, dedicated to spiritual science.

## **Researching past lives and karma through safe and effective karma exercises inspired by Rudolf Steiner**

There are a number of very affective past life and karma research exercises which enable one to go back into past lives. This gives us perspective on our present life situation, our relationships, family, colleagues and purpose to take on what life is asking of us. Karma work helps us to prepare for the future and take our destiny on more consciously. These processes are deep, playful and transformative.

## **Workshop 1, The Biographical-Karma Exercise:**

Friday - Sunday 24th to 26th January

The Biographical Karma Exercise by Jostein Saether and Mike Chase has been developed from Rudolf Steiner's indications around the Imaginary Life Tableau. Using biographical moments from our lives and going back through seven-year cycles to our first memory we can establish our life tableau. By going further back in time to birth and conception through moral imagination, takes us into the soul world. This moral imagination of the journey before birth, and after the death of a previous life, enables us to step into a previous incarnation.

Through artistic processes of drawing, moving, and mask work followed by imaginative meditations through the soul and spirit worlds, we are enabled to go back to a previous life we had on earth. This process is to take on our karma consciously to prepare for our present and future tasks on earth.

Times: Friday 19h00 - 21h00, Saturday 9h00-18h00 and Sunday 9h00-13h00 from 24th to 26th January 2025. Mike will lead this process with Angela's support.

## **Workshop 2, Karma-Drama and Destiny Learning:**

Friday - Sunday 7th to 9th February

Another profound and far-reaching karma research process is that of Destiny Learning. Founded by Koen van Houten, the invitation of Destiny Learning is to acquaint oneself with our karmic double, a shadow side of our being which wants to be transformed. Through the process of small group work we are invited to take hold of our doubles and enter an intimate process of transforming it. This leads us to the origin story behind this double which inevitably arises in a past incarnation.

Through artistic processes of drawing, moving, and mask work followed by imaginative meditations and supportive group processes, we are enabled to go back to a previous life we had on earth. During this process we will be using embodiment exercises and masks to identify past life personalities and determine what they are asking of us today. This process helps to take on our karma more consciously and to take hold of aspects of our double which keep raising their heads at the cost to ourselves and others.

Times: Friday 19h00 - 21h00, Saturday 9h00-18h00 and Sunday 9h00-13h00 from 7th February to 9th February 2025. Mike will lead this process with Angela's support.

1. Price: ZAR 2000 per workshop or R 3500 for both. Bursaries are available for anyone who is not able to pay the full fee. Please do not hesitate to contact us to apply for these, it is very simple.
2. Refreshments will be available during the workshops, and a lunch will be served on Saturday. This is included in the price.

For bookings and enquiries contact Caroline at [coordinator@aswc.org.za](mailto:coordinator@aswc.org.za)

**THE SOUL CALENDAR** and **CURRENT AFFAIRS CAFÉ** groups, will resume their activity in February.

**THE BASIL GIBAUD LIBRARY** at Sophia House is open Tuesday – Friday 11 am till 2pm. Membership to the library is free to members of the ASWC and at a nominal fee to non-members. Contact [info@aswc.org.za](mailto:info@aswc.org.za) for further information.

# Open Circle



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## Learning to Listen a 7-week course

**COURSE 1 of 2025:**

**Thursdays 18:30 to 20:30**

**6 February to 27 March (excluding 20 March)**

- grow awareness of the levels of listening
- cultivate inner leadership
- learn to hold spaces for deeper knowing
- transform the quality of meetings and conversations

Engage with the theme through self-observation, practice, reflection, journalling and movement

Fee: R1 190 (Reduced fee, on request: R980)

The Library, Sophia House, 18 Firfield Road, Plumstead

Minimum 5, maximum 8 participants

**Call or WhatsApp: Cobie Roelvert - 074 030 5251**

Cobie Roelvert has been facilitating inner work courses since 2004. She offers the *Learning to Listen* course (centred around the *Theory U* framework developed by Otto Scharmer), *Story Circles*, *Coaching Circles* and *Open Circle Conversations*.



# Preparation for Dying - Before and After

*It's always too early until it is too late.*

Please join us at **Sunset Books**  
**for an Introductory Talk**  
about the uplifting process of  
putting things in place for the  
closing scenes of Life.

Speaker: Eastlynne Nelson-Tansley  
End of Life Companion  
on **Sat. 8 February 2025 at 3pm - 5pm**  
**Donation of R150 includes**  
**Tea / Coffee and Cake**

**Venue: Sunset Books - Heinecke Street, Strand**  
**Booking is necessary for our preparations.**  
**Please contact Eastlynne to confirm your seat:**  
**082 830 1758**



**Eastlynne Nelson-Tansley**  
**Care for a Life Lived**  
Trained at  
All Paths Divinity School  
End of Life Companionship



ONLINE EVENTS

**FROM STRESS TO SERENITY: THE SEACRET WISDOM OF THE JOURNEY** - a zoom talk by Angus Jenkinson on Friday 17<sup>th</sup> January at 9 pm SA time. Hosted by the London Branch. This talk draws on Angus's book, *From Stress to Serenity, Gaining*

*strength in the trials of life.* To be born inevitably means finding oneself in a life likely to seem stressful. This is worse still when the meaning of life is lost and we find ourselves separated from nature. The deepest stress lies in the loss of true self-knowledge. Curiously, many of the difficulties become keys to discovery, as in the fire trial. Karma can be another source of stress, difficulties that we have paradoxically chosen for ourselves. Angus will explore these and other aspects of how to deal with stress on the journey to Christ and the angelic self. On this journey, we learn to take responsibility for our own inner life. In so doing we journey towards what was called harmony of feelings. Zoom link <https://us02web.zoom.us/j/82632129836> Meeting ID: 826 3212 9836, Passcode: 755359.

**KNOWLEDGE OF THE HIGHER WORLDS AND ITS ATTAINMENT** - a zoom study of this Rudolf Steiner book is held by Michaël Merle, every Monday at 19h00. Contact John-Peter at [hello@anthroposophy.joburg](mailto:hello@anthroposophy.joburg) to receive notifications of the ZOOM link.

## NEWSLETTERS, ARTICLES, RECORDINGS

Recordings are available from presentations hosted by the Sacramento, California Faust Branch of the Anthroposophical Society in America over the Holy Nights. Open [LINK HERE](#) to access. **For example: Elijah, John the Baptist, and Zarathustra - a lecture by Brian Gray and Illness and Healing in Luke and in the Evolution of Consciousness by John Beck**

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**Our mailing address is:**

The Anthroposophical Society in the Western Cape  
Sophia House, 18 Firfield Road, Plumstead  
Cape Town, Western Cape 7800  
South Africa

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