

## SOPHIA GRAIL TRAINING

with Robert Powell, PhD

24-30 August 2020

*“Oasi Sacro Cuore” (Sacred Heart Oasis) Retreat Centre  
Viale Vittorio Emanuele II, 5, Assisi, Italy*



Grail Triptych painted by Anna May, based on Rudolf Steiner's indications

The Sophia Grail Training, founded in 2007 in California, commenced twelve years later in Europe, led by Robert Powell, who is known for his books *Chronicle of the Living Christ*, *Cultivating Inner Radiance and the Body of Immortality*, *History of the Zodiac*, *The Sophia Teachings*, and many other works.

The 2019 first European Sophia Grail Training took place in Saint-Guilhem-le-Désert, France, where Robert had presented in 2016 the findings of his research into the “destiny mystery” of the Grail knight Kyot, who was the source of Wolfram von Eschenbach's Grail book *Parzival*. There is a deep connection between Kyot and the location Saint-Guilhem-le-Désert, which is why the Sophia Grail Training took place in this small town that is referred to as a “jewel of France.”

In the year 2020 the second European Sophia Grail Training will take place in Assisi, Italy, another Grail center in Europe. What is the purpose of the Sophia Grail Training? It is a training in the mysteries of Sophia and the mysteries of the Grail *on a practical level* to enable participants to be able to conduct in their local communities *Sophia Grail Circles* and, eventually, be part of the *Grail priesthood (men and women)*—as indicated in the Apocalypse: “To him who loves us and has freed us from our sins by his blood, and has made us... priests to serve his God and Father” (Revelation 1:5-6).

As well as offering the Sophia Grail Training, Robert will teach *Choreocosmos*, with sacred movements and gestures for prayers directed to Christ and Sophia as well as for “putting on the resurrection body” (see the book *Cultivating Inner Radiance and the Body of Immortality*)—the resurrection being the ultimate goal of the human being's spiritual evolution. Robert will also deepen into to the sacred movements and gestures of the Shambhala path, which is the theme and the focus of the preceding week (17-23 August) workshop in Assisi. In the words of Rudolf Steiner: “Knowledge of the Grail...is the new initiation knowledge with the Christ mystery at its center. Therefore, modern initiates can also be known as Grail initiates” (*An Outline of Esoteric Science*, p. 388).

*Accommodation at Oasi Sacro Cuore, Assisi, is limited. Early registration is advisable (see next page).*

SEE SEPARATE BROCHURES ([www.sophiafoundation.org](http://www.sophiafoundation.org)) FOR THE FOUNDATION STONE SEMINAR FROM 9-16 AUGUST AND FOR THE SHAMBHALA PATH SEMINAR FROM 17-23 AUGUST, BOTH AT THE SAME LOCATION, AT OASI SACRO CUORE, AND BOTH PRECEDING THIS GRAIL TRAINING SEMINAR, MAKING IT EASY TO PARTICIPATE IN TWO (OR EVEN THREE) SEMINARS.

## Daily Program of the Grail Training:

From Monday 24th to Sunday 30th August 2020  
Starting with dinner on Monday 24th at 7 pm and  
ending on Sunday at 12.30 pm for lunch—departure  
after lunch.

Each day starts with 9 am meditation.

9.30 - 10.45 am Choreocosmos / Eurythmy

11.15 - 12.30 pm Study/Conversation

3.00 - 4.15 pm Study/Conversation

**Sophia Grail Circle some evenings, 8.30—10 pm**

## Sophia Grail Training Details:

**Note:** Please bring suitable, light, soft-soled shoes, or Eurythmy shoes if you already have them, if you are participating in the Choreocosmos / Eurythmy.

### Accommodation at Oasi Sacro Cuore in Assisi

[www.oasisacrocuoreassisi.com](http://www.oasisacrocuoreassisi.com) (see prices below) includes breakfast, lunch, and dinner (full pension). Space is limited. Early registration is advisable. If requested, a place will be reserved upon receipt of the registration form, which should be sent to Uberta Sebregondi (address below).

## Choreocosmos — sacred dance to prayer & meditation:

- Comprises movement to sacred texts—prayers and meditation.
- Derives from eurythmy, an art form introduced to the world by Rudolf Steiner during the first quarter of the twentieth century, bringing to expression—through movement and gesture—the invisible life forces of the cosmos and nature
- Awakens healing rhythms and harmonies through the gestures and forms of eurythmy
- Attunes participants to the cosmic dimension of Divine Love and Divine Wisdom, offering a path toward spiritual awakening and cultivating an awareness of the weaving together of Love and the divine essence of Wisdom foundational to all creation

“In eurythmy we are renewing the primeval temple dance of the Mysteries, mirroring that which was spoken...from heaven down to human beings. One must once again discover the potential of really seeking the inner meaning in the corresponding gestures out of the essence of spiritual knowledge. ~Rudolf Steiner

**Sacred Dance:** prayer and meditation in movement, with wisdom filled eurythmy gestures expressing the inner context of the sacred aspects of the prayers and meditations.

**Divine Love** is the source of all existence and it is the goal of Choreocosmos to unite with the Divine Love that pervades all existence.

One afternoon and evening will be free in order to be able to explore Assisi and the sacred sites in the area.

### Registration—please send form to Uberta Sebregondi (contact information below):

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Choice of room—single/double—at *Oasi Sacro Cuore* \_\_\_\_\_ or if staying elsewhere, please indicate where (if known) and whether you wish to eat with the group at *Oasi Sacro Cuore*

### The course fee without meals and accommodation is EUR 450

Add to this the price of accommodation and all meals at *Oasi Sacro Cuore*, Viale Vittorio Emanuele II, 5, Assisi, Italy: Bed and breakfast €37, Half board €45, Full board €52.

For those staying or eating at ‘Oasi Sacro Cuore’, the meals are primarily **vegetarian—although meat or fish may be available—** please inform Uberta of any special dietary requirements.

**UBERTA SEBREGONDI, VIALE GUGLIELMO MASSAIA 18, Sc. N/1, 00154 ROMA, ITALY.**

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