

# ASSISI 2020

17-23 August 2020

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

## **THE SHAMBHALA PATH & CLAIMING ONE’S SOVEREIGNTY IN CHRIST**

*(with Cosmic & Sacred Dance and Sophia Grail Circle)*

**ONE WEEK WORKSHOP/SEMINAR WITH ROBERT POWELL**

**Musical accompaniment by violinist Vitale Cotofana**  
**English/German – with translation into Italian by Uberta Sebregondi**

Rudolf Steiner (1861-1925) had in 1899 a profound experience like that of St Paul—expressed in Paul’s words “Not I, but Christ in me.” Steiner was, as a Christ initiate, later able to enter into Shambhala and draw from there new forces. He emphasized, however, that this is only possible through Christ. He indicated: *“The path is a true one; but it is very difficult.”* He was able to communicate the foregoing italicized words on the basis of his experience—through Christ—of Shambhala—see also Rudolf Steiner’s words below (italicized). His entire teaching was in order to prepare human beings for the onset of Christ’s second coming, his manifestation in the etheric realm, the realm of life forces, at the center of which is the golden realm of the Earth Mother—the realm known as *Shambhala* in the East and *Paradise Lost* in the West. How can we connect with this sacred realm of the Earth Mother, Shambhala?

One way is through the Shambhala Path, based on powerful movement (eurythmy) exercises communicated by Rudolf Steiner through his connection with Christ and the Mother. The Shambhala Path comprises 33 aspects and is divided into five segments—an Introduction, followed by Parts 1 to 4.

*When Shambhala reveals itself again, one of the first visions to come to human beings will be that of Christ in his etheric form. Into the land declared by Oriental writings to have vanished there is no leader other than Christ. It is Christ who will lead human beings to Shambhala.... In future, Christ will become visible to human beings in the etheric and not in a physical body.*

The Shambhala Path is a means of finding one’s sovereignty in Christ and protecting oneself from the onslaught on the human immune system through electromagnetic frequencies (EMFs), 5G, etc. In this context, during this seminar there will also be at least one presentation on the protective help offered by tensor rings: *How tensor rings can help protect human beings and the Earth.* Tensor rings are copper rings, where the copper is twisted in a special way and, moreover, the rings are a specific circumference of a sacred nature—for example, based on the sacred cubit underlying the structure of the Great Pyramid. A tensor ring is, in essence, a magical ring that can be worn or placed on a mobile phone, placed under a computer, etc., and transforms the EMFs into positive frequencies.

**See daily program and workshop details below. Information and Registration:**  
**Uberta Sebregondi, Tel: +39-335-6749935 Email: [usebregondi@gmail.com](mailto:usebregondi@gmail.com)**

Accommodation and seminar are taking place at the Spiritual Retreat Centre *Oasi Sacro Cuore* (Sacred Heart Oasis), Viale Vittorio Emanuele II, 5, 06081 Assisi (Perugia).

<http://www.oasisacrocuoreassisi.com/> Map: <https://goo.gl/maps/nZZiJYtZeoH2> .

Right in front of the Bus stop from/to the Train station. Free private parking onsite.

Please note that full pension (breakfast, lunch, and dinner) is possible at Sacred Heart Oasis, however, accommodation there is limited. Early registration is advisable.

*continued on next page –*

## Daily Program

The seminar begins with dinner on Monday evening, 17 August, at 7:00 pm, followed by an introduction at *Oasi Sacro Cuore* (Sacred Heart Oasis), Viale Vittorio Emanuele II, 5, Assisi

07:30-09:00 Breakfast

09:00-09:30 Opening with movement exercises

09:30-10:45 Cosmic and Sacred Dance

11:15-12:30 Study relating to the theme of this seminar

13:00-14:00 Lunch

15:00-16:15 Study relating to the theme of this seminar

16:45-18:00 Cosmic and Sacred Dance

18:00-19:00 Break

19:00-20:15 Dinner

20:15-22:00 Celebration/Meditation with music (violinist Vitale Cotofana)

The celebration/meditation will be on two or three evenings.

During the week there will be a free afternoon and evening to explore Assisi.

The seminar ends on Sunday morning, 23 August, with lunch. Departure after lunch on Sunday, 23 August, unless you are staying for the Sophia Grail Training week from 24-31 August immediately following the Shambhala Path seminar.

**Robert Powell, PhD** is an internationally known lecturer, author, eurythmist and movement therapist. He is founder of the Choreocosmos School of Cosmic and Sacred Dance, and cofounder of the Sophia Foundation of North America. He received his doctorate from the Polish Academy of Sciences for his thesis on the *History of the Zodiac*, now available as a book from Sophia Academic Press. His published works include the following books: *Divine Sophia-Holy Wisdom*, *The Most Holy Trinosophia*, *The Sophia Teachings*, *The Mystery, Biography, and Destiny of Mary Magdalene*, *Elijah Come Again*, *Chronicle of the Living Christ*, *Hermetic Astrology* volumes 1 & 2, *The Star of the Magi and the Life of Christ*, *The Christ Mystery*, *The Sign of the Son of Man in the Heavens*, *Prophecy-Phenomena-Hope and Cultivating Inner Radiance & the Body of Immortality*. Robert is co-author with Kevin Dann of *Christ and the Maya Calendar* and *The Astrological Revolution*, with Lacquanna Paul of *Cosmic Dances of the Zodiac* and *Cosmic Dances of the Planets*, and with Estelle Isaacson of *Gautama Buddha's Successor* and *The Mystery of Sophia*. He is also consulting editor of the yearly *Cosmology Reborn: Star Wisdom* [the 2020 issue contains an article by Robert and many articles of interest by other authors, and also includes a daily star ephemeris—planetary movements (geocentric & heliocentric)—with commentaries]. He translated the spiritual classic *Meditations on the Tarot* and co-translated Valentin Tomberg's *Lazarus, Come Forth!* He teaches a gentle form of healing movement: the sacred dance of eurythmy (Greek: *harmonious movement*) as well as the cosmic dances of the planets and signs of the zodiac. Through the Sophia Grail Circle he facilitates sacred celebrations dedicated to the Divine Feminine. Robert offers workshops in Europe each summer. With Karen Rivers, cofounder of the Sophia Foundation, he leads pilgrimages to the world's sacred sites (1996 Turkey; 1997 Holy Land; 1998 France; 2000 Britain; 2002 Italy; 2004 Greece; 2006 Egypt; 2008 India; 2009 Turkey; 2010 Grand Canyon; 2012 South Africa; 2014 Peru; 2016 Holy Land; 2018 Bali; and in September 2020 a pilgrimage to Australia and to the sacred site of Uluru).  
Websites: [www.sophiafoundation.org](http://www.sophiafoundation.org) / [www.astrogeographia.org](http://www.astrogeographia.org) / [www.steinerbooks.org](http://www.steinerbooks.org)—<https://steiner.presswarehouse.com/Books/SearchResults.aspx?str=Robert+Powell>

**SEE SEPARATE BROCHURES ([www.sophiafoundation.org](http://www.sophiafoundation.org)) FOR THE FOUNDATION STONE SEMINAR FROM 9-16 AUGUST 2020 AND FOR THE SOPHIA GRAIL TRAINING FROM 24-30 AUGUST, BOTH AT THE SAME LOCATION, AT OASI SACRO CUORE, BEFORE AND AFTER THIS SEMINAR, MAKING IT EASY TO PARTICIPATE IN TWO (OR EVEN THREE) SEMINARS. For the Shambhala Path seminar, see below registration information and further details concerning cost, accommodation and registration for this 17-23 August seminar.**

### TRAVEL:

*Train: 2 hours from Rome, or about 3 hours from Florence, to Assisi/S.M. degli Angeli railway station. From Sant'Egidio airport (Perugia) to Assisi takes less than ½ hour. Here with some links:*

- [How to reach Assisi by car](#)
- [How to reach Assisi by Train](#)
- [How to reach Assisi by Air](#)

*Arrival on Monday, 17 August in time for dinner at 19:00 (7:00 pm).*

*Accommodation and seminar at the "Oasi Sacro Cuore" Retreat Centre, Viale Vittorio Emanuele II, 5, Assisi. The retreat center is just in front of the bus stop directly connecting to the Assisi train station, and to the upper historic center of Assisi.*

*Free private parking. Map: <https://goo.gl/maps/nZZiJYtZeoH2>*

*Oasi Sacro Cuore Retreat Centre is situated in a large and beautiful garden, with olive trees opening onto the road to San Damiano (5 minute walk), and also Saint Clare's Basilica is a 10 minute walk.*

*No evening closing time. Departure on Sunday, 23 August after lunch. (Lunch is at 12:30 pm).*

### COSTS 2020

**COST OF COURSE WITHOUT ACCOMMODATION AND WITHOUT MEALS: EURO 450**

**PAYMENT OF EURO 450 IS DUE UPON ARRIVAL IN ASSISI ON MONDAY, 17 AUGUST.**

**IF YOU HAVE FURTHER QUESTIONS, PLEASE CONTACT UBERTA SEBREGONDI:**

**Phone from USA: 01139-335-674-9935, from Europe: 0039-335-674-9935,**

**EMAIL: [usebregondi@gmail.com](mailto:usebregondi@gmail.com)**

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### REGISTRATION FORM FOR THE COURSE

17-23 August 2020

**Name:**

**Address:**

**Phone number and email address;**

**Amount due on 17 August for the course: EURO 450**

*Send registration form to Uberta Sebregondi: viale Guglielmo Massaia 18, Sc. N/1, 00154 Roma, Italy. Tel: +39-06-45544847, Mobile: +39-335-6749935 (39 is the country code for Italy). Email: [usebregondi@gmail.com](mailto:usebregondi@gmail.com)*

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FOR THOSE STAYING AT "OASI SACRO CUORE" Viale Vittorio Emanuele II, 5, 06081 Assisi, Italy:

<http://www.oasisacrocuoreassisi.com/>

**DAILY RATES 2020 — per person/per day —**

**Bed and breakfast: €37**

**Half board: €45**

**Full board: €52**

*Oasi Sacro Cuore is situated in a large natural park, a short distance from San Damiano [http://www.santuariosandamiano.org/home\\_eng.html](http://www.santuariosandamiano.org/home_eng.html) and St. Clare Basilica <http://www.sanfrancescoassisi.org/en/st-francis/places/basilica-of-st-clare>*

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*Assisi is located on a natural terrace facing south-west, which gives us enchanting sunsets and a wide view of the summer constellations, which is also suitable for Stargazing (weather permitting)—central to all three 2020 Assisi seminars.*