

Choreocosmos

School of Cosmic and Sacred Dance

THE SHAMBHALA PATH

with

Robert Powell, PhD

**Seminar/Workshop at Ecotopia Österlen, Sweden
from July 13 - 19, 2023**

Arrival on Thursday, July 13 / Departure on Wednesday, July 19

Description of the Seminar/Workshop

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.

From the middle of the twentieth century on, and continuing for the next twenty-five hundred years, this will happen more and more often. Enough people will by then have experienced [something like] the event [that Saul who became Paul experienced] at Damascus that it will be taken to be a common

occurrence all over the world... In full consciousness human beings should enter this land [of Shambhala] under the guidance of Christ.

Even now the initiate can and must go often to the land of Shambhala in order to draw from there new forces. Later, other human beings, too, will enter the land of Shambhala. They will see its radiant light, as Paul saw above him—the light that streamed from Christ. This light will stream toward them, also. The portals of this realm of light will open to them, and through them they will enter the holy land of Shambhala.

~ Rudolf Steiner

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.” Thus he was able to communicate the foregoing italicized words on the basis of his experience—through Christ—of Shambhala. 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 is divided into five segments - an Introduction (Part 1: Working with the Christ Mantra), followed by Parts 2 to 5. On the first day of the seminar/ workshop (Friday, July 14) we shall focus on the introductory exercises.

For the practice of the exercises we shall be moving each day in the beautiful hall at Ecotopia: ”The Hall of Future”, which is set in a beautiful location in Nature adjacent to the main building, where our meals will be.

The seminar/workshop extends over five full days (Friday to Tuesday) and just as Friday will be dedicated to the Introduction to the Shambhala Path (Working with the Christ Mantra), so each of the four following days (Saturday to Tuesday) will be devoted to one of the following four parts of the Shambhala Path.

Part 1: Introduction: Working with the Christ Mantra (Friday, July 14)

Part 2 Putting on the Rose Cross (Saturday, July 15)

Part 3: Becoming a Grail bearer (Sunday, July 16)

Part 4: Activating the Sephiroth within, the Spheres on the Tree of Life (Monday, July 17)

Part 5: Connecting with Shambhala (Tuesday, July 18)

There will also be two evening celebrations during the course of the week, in honor of Christ and the Earth Mother. One of the evenings will offer an excursion to Ales stenar (stones); an ancient site, a Sun Temple that has connections with Stonehenge in England.

Daily Program from Friday, July 14 to Tuesday, July 18:

08.30-9:30am: Breakfast

9:30-10:45am: Shambhala Path practical exercises

10:45-11:15am: Break with refreshments

11:15am -12:30pm: Shambhala Path esoteric lecture

12:30 - 2.30pm: Lunch Break

2.30-3.00pm: Singing

3:00-4:15pm—Shambhala Path esoteric lecture

4:15-4:45pm—Break with refreshments

4:45-6:00pm—Shambhala Path practical exercises

6:30pm: Dinner.

7:30-9.30pm (Saturday, Sunday, Tuesday) Evening Celebration/ Excursion

Wednesday, July 19: Departure after breakfast

Accommodation from Thursday, July 13 for 6 nights with check out on Wednesday, July 19 2023

Ecotopia offers five eco-cabins for overnight stay, in several different natural environments. Each cabin has 2-4 beds. The eco-cabins are built differently from each other, both construction-wise and the eco-friendly materials used, such as hay, mud, mud bricks, slate and wood. As insulation, flax, hemp, wood and sheeps wool have been used. Two shower-rooms and four compost toilets are available in our service unit at "Mötesplatsen" (the Meeting Point), where we also have our meals, close to the cabins. Ecotopia also offers a stay in the old farm house, "Skånelängan" (a traditional Scandinavian agricultural house). A carefully renovated house from 1820 with 7 beds, kitchen and bathroom.

COST OF SEMINAR INCLUDING ACCOMMODATION AND ALL MEALS: 7400 SEK. (Seminar: 3500 SEK, Accommodation and all meals: 3900 SEK)

The price for the Seminar includes:

- Five day workshop: The Shambhala Path
- 6 nights with shared accommodation
- All meals, starting with dinner July 13 and ending with breakfast July 19.

For further information about Ecotopia, visit <https://www.ecotopia.se/sv/>
The website is in Swedish, German and English.

***To register for the seminar/workshop and for more information, please contact:
Maria Linden Thell: mariasophia22@gmail.com***

Travel:

The address of Ecotopia is:
Bondrum 1334, Skåne Tranås (by road 19 between Skåne Tranås and Brösarp)

Public transport:

Bus SkåneExpressen line 4, Kristianstad-Ystad, bus stop Mariavalls kloster. There you will be picked up by a car.

If you are traveling from abroad you will fly to Copenhagen Airport and take a train to Ystad. Traveling from the airport to Ecotopia takes about two and a half hours.