

Choreocosmos

School of Cosmic and Sacred Dance

DEEPENING INTO **THE SHAMBHALA PATH**



Seminar with **Robert Powell, PhD**

July 8-15, 2024, at Ecotopia Österlen, Sweden

In this 6-days seminar we will work in the true spirit of the content of the words that Rudolf Steiner directed to Russian eurythmist Tatiana Kiselev: “If you take on leading the Eurythmy here [in Dornach], then I am certain that...you will give it [Eurythmy] its cosmic-sacral background and you will be able to maintain this.” (from the German language book: *Tatiana Kiselev: A Life for Eurythmy*, 2007, p. 114) Through this statement by Rudolf Steiner the cosmic- sacral dimension and intention of eurythmy becomes evident; a dimension and intention that has been at the core of the *Choreocosmos School of Cosmic and Sacred Dance* since its founding in the year 2000, embracing different themes and areas within the cosmic/sacred aspects of eurythmy. The theme for this seminar will focus on *connecting with the sacred realm of the Earth Mother: Shambhala*.

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 comprises 33 aspects and is divided into five segments.

For the practice of the exercises, we shall be moving each day in the beautiful hall at Ecotopia: “The Workshop 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 six full days (Tuesday to Sunday), including one afternoon excursion to *Ales stenar*; an ancient site, a Sun Temple that has connections with Stonehenge in England. The excursion will also include a visit to the outdoor meditation site of Dag Hammarskjöld: *Pax*.

There will also be two evening celebrations during the course of the week, and one cultural evening with contributions from the participants.

Daily Program from Tuesday July 9 to Sunday, July 14:

8.30 – 9.30 am: Breakfast

9.30 – 10.45 am: Shambhala Path practical exercises

10.45 – 11.15 am: Break with refreshments

11.15 – 12.30 pm: Shambhala Path esoteric lecture

12.30- 2.30 pm: Lunch Break

2.30 – 3.00 pm: Singing

3.00 – 4.15 pm: Shambhala Path esoteric lecture/ questions and conversations on the theme

4.15 – 4.45 pm: break with refreshments

4.45 – 6.00 pm: Shambhala Path practical exercises

6.30 pm: Dinner

7.30 – 9.30 pm: Wednesday, Friday, Sunday: Celebrations/ Cultural Evening

Monday, July 8: Arrival in the afternoon. Dinner at 6.30 pm followed by Welcome and Introduction.

Monday, July 15: Departure after breakfast.

Accommodation at Ecotopia from Monday, July 8 for 7 nights with check out on Monday, July 15, 2024

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 sheep's wool have been used. Two shower rooms and four compost toilets are available in the service unit at "Mötesplatsen" ("The Meeting Point"), where we will also have our meals, close to the cabins. Ecotopia also offers a stay in the old farmhouse: "Skånelängan" (a traditional Scandinavian agricultural house). A carefully renovated house from 1820 with 7 beds, kitchen, and bathroom. (It is also possible to bring a tent and camp on the grounds.)

COST OF SEMINAR: 350 EURO

ACCOMMODATION (7 nights with shared accommodation)
INCLUDING ALL MEALS (starting with dinner July 8 and ending with
breakfast July 15): **400 EURO**

To register for the seminar/ workshop and for more information, please contact:

Maria Linden Thell: mariasophia22@gmail.com

For further information about Ecotopia, visit

<https://www.ecotopia.se/sv>

The website is in Swedish, German, and English. (It is currently under reconstruction, so it might still only be in Swedish.)

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, where you will catch the bus SkåneExpressen line 4 towards Kristianstad, bus stop Mariavalls Kloster. There you will be picked up by a car. Travelling from the airport to Ecotopia takes about two and a half hours.

