



Anthroposophic Meditation Workshop

Connecting to your higher self

Hastings

Fri. 21. to Sun. 23. Nov. 2025

Course leaders: Agnes Hardorp, Thomas Mayer

Friday, 21. November 2025, 6 pm - 9 pm

Saturday, 22. November, 9 am - 7 pm

Sunday, 23. November, 9 am - 1:30 pm

Location: Rudolf Steiner Centre Hastings
Corner of 500 Nelson St. N and 401 Whitehead Rd.

Course fee: 350 NZD or reduced rate 250

To register: meditation333@protonmail.com

Living with the Deceased

and effects of materialism on the afterlife

Thursday, 20. November 2025, 7.30 pm

Lecture by Thomas Mayer, Rudolf Steiner Center
Independent of the workshop. Donation welcome

www.anthroposophical-meditation.info

How do I come into a meditative deepening that connects me to my own spiritual source?

In this course we will become familiar with Rudolf Steiner's approach to meditation which meets the western mind quite differently from many forms of meditation originating in the east. The work always involves a heightening of consciousness, becoming more awake through the focus on an object, an inner picture, or a text before releasing this and seeing what "wants to happen". This has a very rejuvenating and empowering effect. The aim of this introductory course is connecting to your higher self. For this we will do many different exercises, always followed by a sharing of our experiences. We will go out into nature and practice perceiving the elemental beings at work there.

Many people would like to make meditation a solid part of their daily life. Meditation is a fundamental source of nourishment for body, soul and spirit. But this is not easy if you are on your own with it. Agnes Hardorp and Thomas Mayer have been offering courses in meditation for over 20 years in order to help people overcome their obstacles.

In the course we aim to find the "eye of the hurricane". In meditation you find a place of inner quiet. You become centered and enlivened. Meditating regularly helps you with the challenges of everyday life. The constant inner dialogue and the worries that circle around in your head stop. Essential things come into focus. In meditating you arrive deeply in the home of your own soul

and wake up to subtle, supersensible spheres. In the course we explore many facets of meditation and do many types of exercises so that each person can find their point of access.

To register please contact
meditation333@protonmail.com

„When one begins to meditate,
one accomplishes the only really free deed
in this human life ...

we are completely free in this.
Meditation is the archetypal free deed.“

Rudolf Steiner (GA 214, 20.8.1922)



Course leaders:



Agnes Hardorp was born in Hamburg, Germany and grew up in the United States. She has worked as a professional singer, voice teacher, pianist and eurythmist. For the past 20 years she has been teaching courses in Anthroposophical Meditation all around Germany, Switzerland, Holland and Austria.



Thomas Mayer was born in Kempten, Germany. He was co-founder and director of “More Democracy” and has organized many local referendums in Germany and Switzerland. He has published books on elemental beings and nature spirits and “Covid Vaccines from a Spiritual Perspective – Consequences for the Soul and Spirit and for Life after Death”. For the past 20 years he has been teaching meditation together with Agnes.

Feedback from participants:

Christoph: “Your work enlivened and refreshed me and showed me a way back to the anthroposophical roots I had painfully left many years ago.”

Annette: “I want to heartily thank you again for the wonderful dense seminar that brought everyone very close. I found a new loving connection to meditation and think I will be able to stick with it better now.”

Daniela: “The last seminar fell for me into a time of great questions and insecurity about my job. Since then everything has turned out the best possible way and I knew, already during the weekend that your seminar, the people I met there, the experiences and the assistance from the spiritual world that had become possible had much to do with this development.”

Ruth: “The weekend has warm and good resonances. I was particularly touched by your didactic method that with great empathy leads step by step into ever greater depths.”

Irene: “What did I learn in the meditation schooling? My life became more structured through meditating. I am more conscious and feel more connected to what wants to become. The sharing of experiences in the group is very enlivening right into my life forces. I notice more and more how I am guided and my questions are answered. My sense of self has transformed from wanting to understand the world to feeling embedded in becoming. What was important to me? The bringing down of Anthroposophy out of intellectuality into the heart.”

Lecture: Living with the Deceased and effects of materialism on the afterlife

We all live together with the deceased. The souls who are in spiritual regions support us from within with strength, love, trust and inspiration. The more we open ourselves to them and reciprocate their friendship, the better they can do this. Thomas Mayer has been in conscious contact with many deceased people for over 30 years and will talk about this in his lecture.

He will also describe how the normal after-death path leads to the next incarnation. Nowadays however, many souls can no longer find their way into the light, spiritual world, and end up in dead ends, in entangled unhealthy states. The materialistic approach to life can cause major blockages after death. In their distress, these souls then occupy other people, siphon off energy and cause spiritual, mental and physical difficulties and social strife. Thomas Mayer has been helping such deceased people for many years and has observed that energy blockages in places and houses, as well as depression, panic, fears or deep grief that people carry, have been released as a result. Such connections have so far been underestimated in the public consciousness. The good news is that we are not at the mercy of this. It is possible to help affected people and the deceased.

Books by Thomas Mayer in English:

- Answering the Call of the Elementals – Practices for Connecting with Nature Spirits
- Co-Creating with the Elementals – How Humans Are Engaging with Elemental Beings
- Overcoming Fear – Exercises for spiritual self-defense
- Covid Vaccines from a Spiritual Perspective – Consequences for the Soul and Spirit and for Life after Death