



Anthroposophic Meditation Week

Connecting to the
Angelic World
and to Christ

New Zealand
Dec 14 to 19, 2026, Mon-Sat
in Āio Wīra Retreat Centre

8 Aio Wira Road, Waitākere,
www.aiowira.org.nz , 20 km from Auckland

Course leaders: Agnes Hardorp, Thomas Mayer

Times: Arrival day 6 pm - 9.30 pm,
seminar day 9 am - approx. 9.00 pm,
departure day 9 am - 2 pm

Course fee: 850 NZD, reduction possible
Accommodation: Between 350 and 650 NZD
Meals: 325 NZD

To register: meditation333@protonmail.com
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.

Connecting to the Angelic World

How do the angels work in our lives and in our aura? What is a landscape angel? How do you connect with the angel of another person? How can we contact the angel of a family or a social community?

Connection to Christ

We will meditate on texts of Rudolf Steiner connecting us with Christ and remind ourselves of what anthroposophy says about Christ. We will work with the "I am" words, immerse ourselves in Grünewald's depiction of Christ and connect to Christ in the etheric.

Many people would like to make meditation a solid part of their daily life. Meditation is a fun-

damental 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.

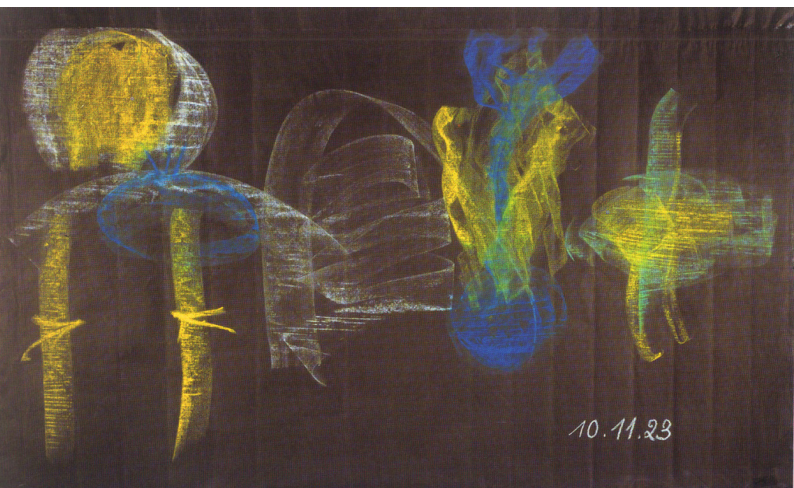
In the course we aim to find the “eye of the hurricane”. In meditation you find a place of inner quiet. You become centered and enlivened. Meditating regularly helps you with the challenges of everyday life. The constant inner dialogue and



Hódosi Helga, Saint Michael, 2020, www.naputasok.hu

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.

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„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)

About the organisation

Location: Āio Wīra Centre, 8 Aio Wira Road, Waitākere, Auckland 0653, www.aiowira.org.nz

Āio Wīra Centre is located in a beautiful, peaceful natural setting about 20 km west of Auckland. Bethells Beach on the Tasman Sea is about 10 km away. Āio Wīra has 4 triple rooms, 3 double room, 5 single rooms and a lot of space for camping. There are four shared bathrooms, dining hall, cosy guest lounge and a meditation hall.

Participants need to bring their own pillowcase, sheets and towels for the bathroom and sauna.

The **course fee** is NZD 850; discounts possible.

Accommodation costs for five nights:

Bed in a triple or double room: NZD 500

Bed in a single room: NZD 650

Camping: NZD 350

Meals: 325 NZD

A caterer will provide lunch and dinner for us. We will prepare breakfast ourselves. We will do the grocery shopping, but we ask each participant to bring something as well.

We will begin on Mon., Dec. 14th at 6:00 p.m. with dinner and end on Sat., Dec. 19th with lunch.



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.”

www.anthroposophical-meditation.info