

## Introduction to spiritual development Weekend-seminars near Lake Garda, Italy

Today a great many exercises, paths and training schemes face someone interested in spirituality. With this seminar we want to present to you the main features of spiritual training in our time.

Spiritual training has always existed and the esoteric programmes on offer today originate from this tradition, which has lived in all cultures and eras. However, the more the consciousness evolves to greater individualisation and the "I" develops, the more people require a training based on independence, replacing mere practice-schemes and belief-formulae with a lively activity of their thinking, feeling and will. This means that practitioners do not tread a set path, but learn how, through their own activity, they become more and more radiant and giving people in life and towards others.

Beyond this, a further intention of ours is to open up for you as seminar participants the possibility of an initial, free and uncomplicated meeting with the spiritual teacher Heinz Grill who works here at Lake Garda. In this meeting participants can have the living experience of a spiritual presence, which can be felt inwardly in the company of an initiated person.

### The seminar will include the following themes:

- Differentiating between a mystical orientation and a spiritual-mental activity of concentration.
- The sense and significance of exercises within a spiritual path.
- Introducing spiritual content into different areas of life, like for example nutrition, teaching, communication and leisure.
- How can we as human beings develop a creative and giving attitude in the whole life through training our thinking, feeling and will?

As preparation we suggest the booklet: "The Approach and Aim of Yoga out of the Purity of the Soul" by Heinz Grill (downloadable from [www.heinz-grill.com](http://www.heinz-grill.com)). The book "Knowledge of the Higher Worlds" by Rudolf Steiner is also suitable as background reading for the seminar.

**Times:** Fridays at 6 pm – Sundays 12 noon

**Registration and enquiries:** [www.yoga-initiation.de](http://www.yoga-initiation.de)  
tel: 0049 (0)6221 3268374

**Cost:** The seminar is free of charge. However donations to help us maintain our training programme are welcome.

With best wishes

Bernhard Spirkel and Stephan Wunderlich  
(Seminar leaders)