

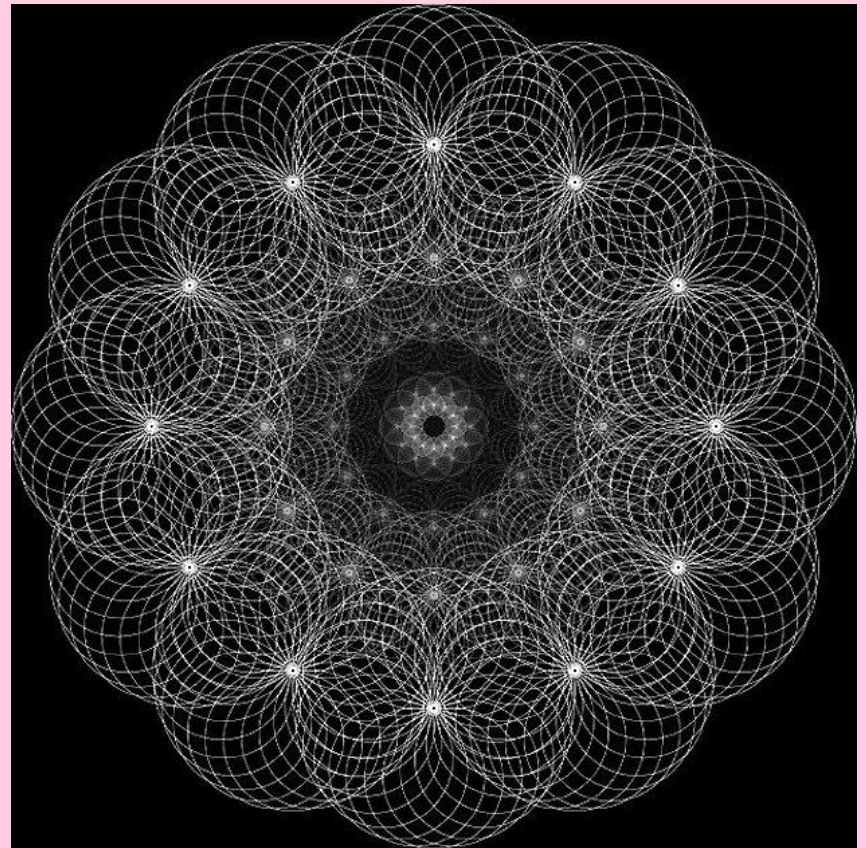


Anthroposophy is a path of knowledge, to guide the spiritual in the human being to the spiritual in the universe.

Rudolf Steiner



Robert McKay has been studying anthroposophy for over thirty years. He has a special interest in the anthroposophical meditative path. He works as a psychotherapist and as a policy analyst in the Ministry of Health and Long-Term Care. He lives with his wife Linda and daughter Thea in Toronto.



## An Introduction into Anthroposophical Meditation

with Robert McKay

5 Thursdays – 7 pm to 8:30 pm  
Over September and October 2017

# An Introduction into Anthroposophical Meditation

A Five Week Course  
Led by Robert McKay

Rudolf Steiner makes the most extraordinary knowledge claims! He claims to know how spiritual beings over unimaginable oceans of time have worked to create the universe and humanity. He claims to know what happens after we die, and why we eventually reincarnate. He claims to know how we must now join with these spiritual beings to cooperate in the process of our own becoming.

All of Rudolf Steiner's astounding knowledge claims are based on a form of development through which one can become a spiritual scientist. This path is nothing less than a new scientific method that over time will transform our lives more deeply than current scientific practices.

In this course, you will learn how the meditative practices of the anthroposophical path enable a person to become capable of uncovering deeper secrets of human existence. You will come to understand why becoming a spiritual scientist is so much harder than becoming a scientist as this is currently understood, and why for every one step in spiritual knowledge, one must take three steps in moral development.

## Course Details

### Dates

5 Thursdays in September and October  
Sept. 14, 21 and Oct. 5, 19, 26

### Time

7:00 pm – 8:30 pm

### Location

Waldorf Academy  
250 Madison Avenue, Toronto

Provided at no cost

All materials are provided

To register or for more information,  
please contact Robert McKay at:

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(647) 981-6298

For more on anthroposophy see

[www.anthroposophy.ca](http://www.anthroposophy.ca)

Sponsored by the Toronto Branch of  
The Anthroposophical Society in Canada