

# HOW TO KNOW REALITY

PUBLIC LECTURE Saturday February 29<sup>th</sup> 7.30 pm  
WELLINGTON SEMINAR Sunday March 1<sup>st</sup> 2020, with a  
PRIVATE CONSULTATIONS Saturday February 29<sup>th</sup> afternoon

Ian Trousdell

Learning Rudolf Steiner's system of self-transformation  
to develop intuitive perception engaging with non-physical reality



**SEMINAR Sunday 1<sup>st</sup> February**, Ian will lead intuitive exercises for personal experiences and explain Rudolf Steiner's famous book *Knowledge of Higher Worlds*, aided by handouts. Methods of spiritual research based on trained intuition will be introduced and practiced. This topic of higher intuitive capacities is core to Steiner's aim for real progress in human evolution.

Intuition is 'direct knowing with no intermediate steps of logic' and can be clear and accurate. Most of humanity's present problems are caused by inadequate thinking unable to relate to full reality. Because of this gap between human consciousness and what the world actually is, our

species is failing to co-exist properly with nature or indeed with ourselves. Intuitive knowing brings about a direct communication with reality and the harmonious powers that are working within it. Everyone has early phase capacities in seeing-imaging, hearing-meaning and meeting-being. These can be developed into a finely tuned ability to know.

**Confidential CONSULTATIONS** are available on Saturday 29<sup>th</sup> February afternoon, with Ian using his capacities to enable insights into whatever questions you bring. This is 45 minutes of private discussion where your own higher self and angel can help you via their conversation with Ian, as well as your and Ian's own insights.

## INTRODUCTION

Ian Trousdell leads Spiritual Science seminars in Europe, China and NZ based on forty years of anthroposophical practice, and works with spiritual scientists in Europe. His teaching is based on personal experience and spiritual research capacities developed over many years' practice.

*'Thank you for the wealth you have given to us during this seminar. You have given me my first real insight into the importance of this for the world. There is so much I can do now!'* Maria, NZ

## PROGRAMME:

- SATURDAY 29<sup>th</sup> February
  - Personal Consultations, 45 minutes each. \$120 per session. Book with Ian directly.
  - 7.30 to 9pm Lecture with practical exercises in direct knowing, discussion, questions and answers. Venue, see below
- SUNDAY 1<sup>st</sup> March Introduction to the topic. 9am to 5pm
  - Four sessions: Explanations, self-development exercises, group discussions, spiritual scientific research methods, self-generated insights and sharing.
  - Handouts describing exercises for stages of self-transformation of perception.

## VENUES

**The Seminar** – in Raphael House hall up the hill at Rudolf Steiner School, 27 Matuhi Street, Tirohanga, Lower Hutt 5010. Morning and afternoon tea provided.

Please organise your own lunch and accommodation.

**The Lecture** is in the Anthroposophical Centre, 19 Bristol Square, Hutt Central 5010

**Consultations** - yet to be finalized.

**BOOKING:** To confirm a seminar place contact [ian.trousdell@gmail.com](mailto:ian.trousdell@gmail.com) or phone 021959112

**FEES:** > Saturday evening Lecture \$5 > Private Consultation \$120

> Seminar 9 a.m to 5.00 p.m \$120. Early bird \$95 if paid before February 15<sup>th</sup>.

To confirm your place please make payment to A I Trousdell, BNZ 02-0655-0036530-003 with your name in as reference.