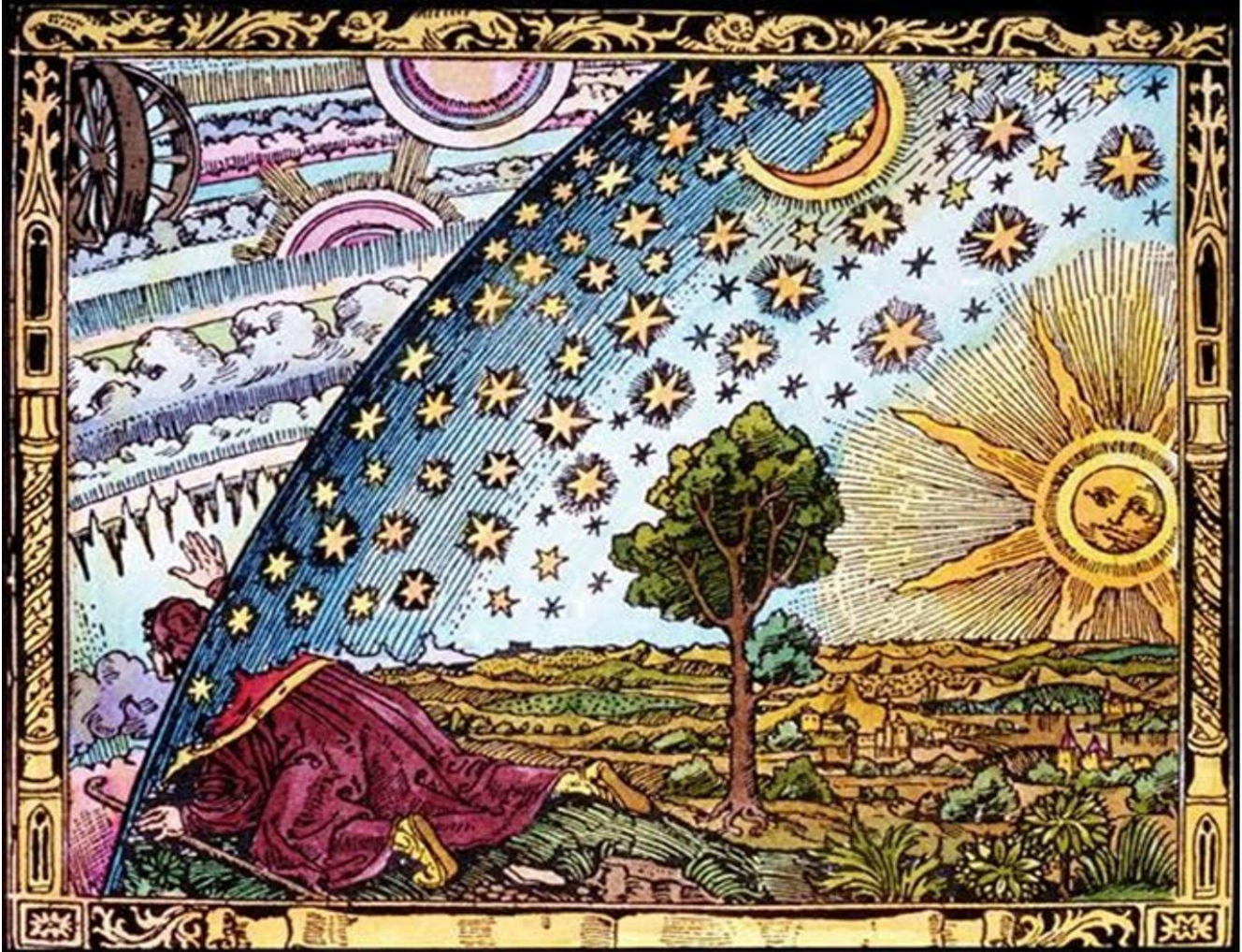


HOW TO KNOW REALITY

WELLINGTON SEMINAR Sunday 1st March 2020, Raphael House, 27 Matuhi St, Tirohanga, Lower Hutt.

PUBLIC LECTURE Saturday 7.30 pm at 19 Bristol Square, Lower Hutt Central

Describing Rudolf Steiner's system of self transformation
developing intuitive capacities to engage with further dimensions of reality



With practical group exercises giving rise to personal experiences, Ian will provide clear explanations about Rudolf Steiner's famous book *Knowledge of Higher Worlds* and his methods of spiritual research.

Ian Trousdell leads Spiritual Science seminars in Europe, China and NZ based on forty years of practice, and can teach from personal experience regarding this topic. Private consultations are also offered.

'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

FOR FURTHER INFORMATION EMAIL Ian Trousdell at ian.trousdell@gmail.com