



Across the Threshold

A First Class Conference

for Professionals who work Psychotherapeutically

September 6 (15:00) - September 9 (12:15), 2025

Goetheanum, Dornach, Switzerland

Blue Cards Required

We often hear it said that humanity as a whole is “across the threshold,” but mostly unconsciously. Much confusion arises in modern life as it becomes more and more difficult to tell truth from lies and reality from illusion. A certain level of exarnation occurs, but without consciousness, allowing hindering forces entrance for particularly strong influence. Without the foundation of the body (and the body social) to unite thinking, feeling, and willing in everyday consciousness, humanity lacks orientation for fruitful decisions regarding both personal and political life, resulting in the great personal and political unrest we see today.

How can we recognize when we cross the threshold truly, with consciousness, and enter into a real spiritual world that has an objectivity beyond any personal ideology or inclinations? What is the proper attitude once we have achieved the first steps in this direction? In the First Class Lessons, we learn the importance of not forgetting our earthly tasks as we begin to explore spiritual realms. We are asked to turn and look back at the earthly from the perspective of the spiritual world. The work we can then do from out of our spiritual nature and experience can be brought back to fructify earth existence. How do we, as individuals who work psychotherapeutically, learn and master the needed capacities to help bring greater harmony to our earthly companions?

Our First Class conference for psychotherapists will look at Class Lessons 8 and 9 and the Recapitulation Lesson 7 which augments Lesson 8. In these lessons, we are across the threshold; we experience the transformation of the soul forces of thinking, feeling, and willing in the spiritual world, and we are invited to look back at our earthly self from the perspective of the spiritual world. We also look at the four elements from this heavenly perspective and are asked to remember our nature as spiritual beings. How does this new perspective, grounded in the real spiritual world, impact us and our work with our fellow human beings?

The conference is participatory, with small group work. The conference will include Class Lessons, conversations, and eurythmy.

Interested First Class members from healing professions are welcome to attend, especially psychotherapists and all professionals who work in a psychotherapeutic way with clients. Please bring your School of Spiritual Science **blue card** for admittance. The conference will be offered in the **English language**, with additional reading of the mantras in German.

To receive further emails about this conference, and to register, please email the initiative group with your contact information at FCPsych@GoogleGroups.com.

Warmly,

Giovanna Bettini, Wolfgang Drescher, Jacqueline Gerbrands, Boris Krause, Susan Overhauser, Tatiana Pavlova, and Ursula Schöbel.

A Conference of the Medical Section of the School of Spiritual Science.

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2025 Conference Schedule

Time	Saturday, Sept. 6	Sunday, Sept. 7	Monday, Sept. 8	Tuesday, Sept. 9
9.00-10.15		Class Lesson 7R Reading <i>(Wolfgang Drescher)</i>	Class Lesson 9 Free Rendering <i>(Giovanna Bettini)</i>	Class Conversation on Lessons 8, 7R & 9
10.15-10.45		<i>Break</i>		
10.45-12.15		Small Groups: Working with Lesson 8 & 7R	Small Groups: Working with Lesson 9	Review and Preview Closure, with Foundation Stone Meditation
12.15-14.00		<i>Lunch Break</i>		
14.00-15.00		Eurythmy <i>(Silke Sponheuer)</i>	Eurythmy <i>(Silke Sponheuer)</i>	
15.00-15.30	15:00 Registration	<i>Break</i>		
15.30-17.30	Introduction ~17:00 Viewing the Sculptural Group	Small Groups: Psychotherapeutic Implications	Small Groups: Psychotherapeutic Implications	
17.30-19.00	<i>Dinner Provided</i>	<i>Dinner Provided</i>	<i>Dinner Provided</i>	
19.00-20.30	Class Lesson 8 Free Rendering <i>(Boris Krause)</i>	Group Conversation on Meditations & Exercises	Group Conversation: Psychotherapeutic Implications of 8, 7R & 9	
20.30-20.40		Foundation Stone	Foundation Stone	

We will meet most likely in the Glashaus building near the Goetheanum in Dornach. To indicate your registration, please email the initiative group with your contact information at FCPsych@googlegroups.com. The conference is offered in the **English** language; simultaneous translation in the same room is not available. Conference cost is Swiss Frank **CHF. or Euro**. Please bring exact cash. Dinner on Saturday, Sunday, and Monday evenings will be provided. Please remember to bring your **blue first class membership card**.