

# The Inner Light

## Transformation through Anthroposophical Art Therapy

*An **online** Course for Anthroposophical Therapists to deepen their Therapeutic Practice*



When practicing anthroposophical therapy — whether in Rhythmical Massage Therapy or another therapeutic field — it is essential to continue developing yourself, not only at the level of technique and treatment, but also at the level of the soul.

Anthroposophical Art Therapy can become an important path of **inner development, renewal and transformation.**

Through drawing, painting and modelling, **we work with the soul forces of thinking, feeling and willing**, gradually bringing them into greater balance. Artistic work can nourish and transform our inner life, allowing a deeper and more authentic therapeutic presence to emerge.

This autumn and winter course follows the movement of nature from outside to inside. As the outer light diminishes, we are invited **to discover our own inner source of warmth, vitality and light.**

### From Outer to Inner Light

In autumn and winter, nature withdraws. The visible abundance of summer disappears, while life continues hidden beneath the surface.

We can experience a similar movement within ourselves.

Going inward may bring us into contact with uncertainty, resistance or places where movement has become blocked. This asks for **Michaelic courage**: not to fight the darkness, but to meet it consciously and bring warmth, movement and light into it.

At the same time, we may rediscover what lies deeper within us: our **inner gold** — creative forces, trust, vitality and the capacity for renewal.

The heart becomes a centre where **warmth, courage, love and consciousness** can come together, strengthening inner guidance and new life forces.

What is discovered and nourished inwardly can gradually begin to move outward again — renewed and more deeply connected with our own centre, our heart and our I -presence.



## For Whom & Why Participate?

This course is intended for **Rhythmical Massage therapists, eurythmy therapists, body therapists, art therapists, biographical counsellors and other therapists working from an anthroposophical perspective** who wish to deepen both their personal and therapeutic development.

**The course supports you in:**

- Refining your **sensitivity, perception and therapeutic presence**
- Deepening body awareness and awareness of **touch, skin and personal boundaries**
- Learning to **receive while giving**, helping to prevent energetic depletion
- Moving more consciously **from head to heart to hands**
- **Becoming aware of and transforming** your own inner responses, **blind spots and blockages** within the therapeutic relationship
- Strengthening **courage, trust, intuition and creative potential**
- Reconnecting with your **inner light and the golden forces of the heart**

- Deepening your capacity to accompany people **through illness, exhaustion, grief, uncertainty and profound life changes**, supporting them in reconnecting with their own **inner source of strength**

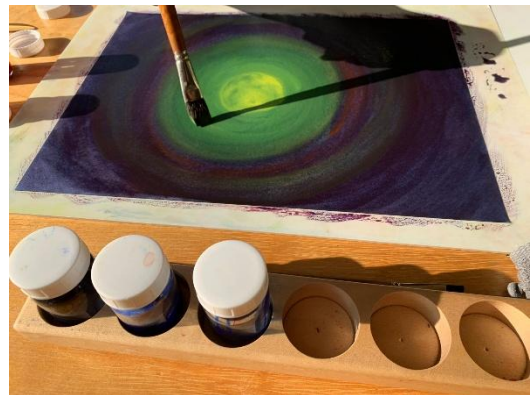


## How Will We Work?

We will explore **essential therapeutic qualities and dynamics** through movement, form, image and colour.

During the course, we will work with experiences such as:

- **The sense of touch**
- **Warmth, grounding and feeling held**
- **The breathing and flowing principle**
- **The metamorphosis of movement and form**
- Moving from **outer light to inner light**, discovering hidden resources within ourselves
- Bringing renewed movement **from inside to outside**, awakening vitality and new energy



## Artistic Techniques

- Dynamic drawing
- Form drawing
- Pastel and charcoal drawing
- Wet-on-wet painting
- Watercolour painting
- Clay modelling
- Beeswax modelling



## Practical Information

*Online course - Live zoom sessions – In English*

### Dates

Thursdays 22, 29 october, 5, 12, 19, 26 november and 3 december 2026

### Time

5:00 – 7:00 p.m. Brussels time (CET/CEST)

All sessions will be recorded. If you cannot attend live, you can follow the course at your pace and rhythm.

### Price

295 euros for the full 7-session course (materials not included)

### Registration

[lore@centerofhealingarts.com](mailto:lore@centerofhealingarts.com)

0032494125430

*Interested but can't join this time?*

Stay updated for future courses by sending  
an email to: [lore@centerofhealingarts.com](mailto:lore@centerofhealingarts.com)



## Biography

Lore Verhaeghe is an anthroposophical visual arts therapist based at the coast of Belgium, working internationally. She holds a Master's degree in Visual Arts and specializes in anthroposophical art therapy.

Together with Sam Deraeve, her husband and Rhythmical Massage Therapist in training, she founded 'Center of Healing Arts'. Offering therapeutic art groups, individual sessions, workshops, trainings and retreats both at the center and abroad, whilst also developing her own artistic work.

At Clinic Zeno, she accompanied several years chronic patients through art therapy. Through artistic processes, Lore guides participants to reconnect with their creative strength, their dreams, and their capacity to shape a healthy and meaningful life.

[www.centerofhealingarts.com](http://www.centerofhealingarts.com)

## Materials

After registering, participants will receive a list of materials needed for this course, which they can purchase themselves. Most materials are standard anthroposophical art therapy supplies such as drawing paper, colored pencils, pastels, charcoal, watercolors, brushes, clay and beeswax.