

Workshop Theme – “The Descent of Christ to Shambhala”

*“It is Christ who will lead human beings to
Shambhala”*

Rudolf Steiner

This 5-day workshop is being held in conjunction with a pilgrimage to Uluru. On behalf of the Sophia Foundation (USA), Robert Powell PhD and Karen Rivers PhD are leading a group to Australia, as part of the biennial program of pilgrimages to the Earth’s seven chakra centres, to visit Uluru the Earth’s root chakra.

The 5-day Choreocosmos workshop (28 September to 2 October 2020) precedes the pilgrimage to Uluru (3 – 10 October 2020). *It is possible to attend the workshop only, or just the pilgrimage only, or both (see Workshop flyer).*

The main theme of the Choreocosmos workshop is to explore the Shambhala Mysteries, focusing upon the descent of Christ to Shambhala, and deepening into both the Mystery of Golgotha and Christ’s work now in the etheric realm.

We will move to live music played by concert pianist Clair Hiles, performing eurythmy gestures as Cosmic and Sacred Dance. *No prior experience is necessary*, as Robert teaches both the movements and accompanying gestures.

In addition to Cosmic and Sacred Dance, Robert will talk on profound themes related to the Shambhala mystery, Star Wisdom, and Uluru as the root chakra of planet Earth. The Shambhala mystery is something new for our time, and Robert’s new work “The Shambhala Path” follows on from his work presented in his book *Cultivating Inner Radiance* published in 2012. The Shambhala Path offers a profound way of connecting with Christ in the etheric realm through eurythmy.

The intention of this workshop is to gather together to serve as a spiritual bridge—to bridge the time of Christ’s first coming some two thousand years ago and the time of his second coming.

The seven last words spoken by Christ on the cross were a preparation for his descent into the Earth, which was a descent to the Mother in the realm of Shambhala. Through eurythmy movement and music composed by Haydn on the Seven Last Words, we are able to enter into the

profundity of this aspect of the Mystery of Golgotha which has remained veiled until this time of Christ’s return from cosmic heights into the Earth’s etheric aura—the event known as Christ’s *second coming*.

The time of Christ’s second coming began around 1933 and will last for some 2,500 years. It is a return in a spiritual form, in the etheric realm of the earth, within the earth’s etheric aura permeated with the life forces of Mother Earth—permeating the whole of Nature, extending out into the cosmos as far as the Moon’s orbit, and reaching down into the Earth’s interior all the way to the heart of the earth—the golden realm of Shambhala at the earth’s centre. At this time of his second coming, Christ is opening the path to the Mother’s realm in Shambhala, and the Shambhala Path offers a way to connect with Christ and his work at this time.

Our spiritual work at this workshop will be to serve as heralds to the kingdoms of Nature on the one hand—letting Nature’s realm know and experience, through ourselves, more about the great spiritual event of the second coming—and on the other hand to work more intensively in conjunction with the angelic realm. For the Angels are now active, making preparation for the events that are soon to unfold in connection with the second coming.

The seven last words of Christ from the Cross were—and still are—keys to prepare us for the opening of the seven gates within the Earth’s interior, which relate to the subearthly layers on the path of descent to Shambhala.

“When Shambhala reveals itself again, one of the first visions to come to human beings will be that of Christ in his etheric form. Into the land declared by Oriental writings to have vanished, there is no leader other than Christ. It is Christ who will lead human beings to Shambhala... In future, Christ will become visible to human beings in the etheric... From the middle of the twentieth century on, and continuing for the next twenty-five hundred years, this will happen more and more often... Human beings will enter the land of Shambhala. They will see its radiant light, as Paul saw above him—the light that streamed from Christ... The portals of this realm of light will open to them, and through them they will enter the holy land of Shambhala.”

Rudolf Steiner

Celebration – “The Seven Last Words from the Cross in Preparation for the Descent to Shambhala”

We will also celebrate the sacred liturgy of “*The Seven Last Words from the Cross in Preparation for the Descent to Shambhala.*”

The final sayings of Christ from the Cross were spoken by Christ in preparation for his descent to Shambhala.

Music composed by Joseph Haydn will be played by Clair Hiles. This great work by Haydn offers musical meditations on the profound words of Christ—his seven last words (sayings) from the cross. Haydn regarded this as his greatest composition. All seven of these musical meditations composed by Haydn focus upon Christ’s sacrifice at the Good Friday mystery and form a profound basis for this celebration.

Through these meditations we are able to deepen into the Mystery of Golgotha. The workshop on “The Descent of Christ to Shambhala”, together with the celebration of “The Seven Last Words from the Cross in Preparation for the Descent to Shambhala” will also help to prepare us for the visit to Uluru, the Earth’s root chakra. The Earth’s root chakra is a portal to Shambhala, just as the root chakra in the human being is a portal to the realm of the Earth Mother, Shambhala, which is described by Rudolf Steiner as a “golden realm” in the heart of the Earth.

Structure of the Celebration, expressing the Three Aspects of the Mystery of Golgotha

Good Friday Mystery

Opening music: Introductory piece by Haydn to the *Seven Last Words of Christ*

1. It is fulfilled
2. Behold thy son, behold thy mother
3. Father, forgive them, for they know not what they do
4. Today, you will be with me in paradise
5. I thirst
6. My God, my God, why hast thou forsaken me?
7. Father, into thy hands I commend my spirit.

Holy Saturday Mystery

After the sacrifice on the Cross took place, the Golgotha earthquake signified the commencement of the descent to Shambhala, where Christ received his resurrection body

from the Earth Mother. Christ receiving his resurrection body from the Earth Mother is expressed musically by Mozart’s *Ave Verum* for which there is a piano transcription by Franz Liszt.

Easter Sunday Mystery

Christ’s encounter as the Risen One with Mary Magdalene—the resurrection signifies the start of the Risen One’s forty days of manifestation to his disciples, beginning with his appearance to Mary Magdalene.

Expressing the resurrection in this celebration, we hear the closing music to Beethoven’s *Choral Fantasy*, for which a piano transcription has been created by Marcia Burchard. This triumphal music can be thought of in connection with the *mystery of birth*—this birth is the great event of the *birth of the Risen One*—“the firstborn of the dead” (Revelation 1:4)—signifying the resurrection, which is the Easter Sunday mystery. This is the closing music to this celebration.

Following each piece—except for the closing music—is a reading of a sacred text relating to that which the foregoing musical piece brings to expression spiritually.

This celebration thus comprises the pieces of music composed by Haydn—after much meditation on the *Seven Last Words of Christ* spoken from the Cross. Then follows Mozart’s *Ave Verum*, followed, lastly, by the closing piece of Beethoven.

During the week we shall be working with cosmic dance to this sublime music.