



**Inessa Burdich** graduated as a physicist after which she embarked on an international business career spanning two decades. Her first passion was chess and she was a professional chess player and a chess-coach for several years. She gained her MSc in the UK and now lives in Germany. She has been practicing meditation throughout all her life from a very young age. Along with her husband she founded the research company Applied Spiritual Research which offers supersensible research in different fields.

Her main domains of activity are:

1. Supersensible research in the development and production of mistletoe-based remedies; investigation of spiritual sources that lie behind illnesses, especially oncological and psychiatric illnesses, and others.
2. Counselling organisations and individuals, carrying out spiritual audit of buildings and places.
3. Workshops and talks on Research in Spiritual Science and on methods of supersensible perception and their applications.



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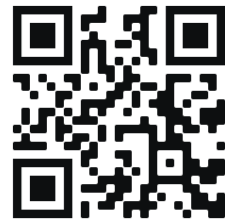
For booking the course  
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[spiritual-research.eu](http://spiritual-research.eu)



[emerson.org.uk](http://emerson.org.uk)



# Research in Spiritual Science

Inner development  
through “Learning  
by Doing”



## Research in Spiritual Science

### Inner development through “Learning by Doing”

We are pleased to present an experiential course on Self-development based on the teaching of Rudolf Steiner who dedicated a significant part of his work to individual spiritual development through meditation exercises. In fact, Steiner’s entire Spiritual Science or Anthroposophy is not only a revelation of spiritual perceptions but also a call for us to embark on a personal path of Inner Development, a vital prerequisite to fulfilling our mission here on Earth.

Inessa Burdich has been practicing meditation for more than 30 years and using her resultant supersensible perceptive abilities – acquired through this meditative work and continuously fine-tuned through her ongoing work with many clients – will guide you through a practical approach to Inner Work.

The educational course is designed for people who are searching for or have already embarked upon a personal spiritual path and are eager to consciously work on their inner development.



## What is the content of the Research in Spiritual Science course?

The path of self-development based upon Spiritual Science presented in this course will focus on you strengthening your “I” (your sense of Self) as a foundation of all spiritual work. You will learn approaches to increasingly focus your thinking, purify and refine your feeling life, and strengthen your will. Please note: All talks and workshops are based on our direct supersensible observations of a large number of people.

Every weekend includes Friday and Saturday evening talks and Workshops on Saturday and Sunday. In every workshop we will explore and apply practical exercises to deepen the topics of the talks.

### 11–13 December 2020 Meditation and Self-Development

**Friday Talk:** Meditation as a path of spiritual development and as a method for spiritual scientific research.

**Saturday Talk:** The characteristics of Etheric realm (vital forces) in human beings and in nature (Part 1).

**Workshop:** Self-development and research. How to control your thoughts. Becoming aware of the Etheric realms.

### 29–31 January 2021 Etheric and Astral Realms

**Friday Talk:** How can I live with vitality? The Etheric realm (vital forces) in human beings and in nature (Part 2).

**Saturday Talk:** How to master your feelings. The Astral realm (emotional forces) in human beings and in nature.

**Workshop:** How can I gain Self-control. Becoming aware of the Etheric and Astral realms. How do I master my feelings and quieten my soul.

### 19–21 March 2021 Spiritual Dimensions

**Friday Talk:** Dimensions of the sense of Self (I-manifestation) and its relation to hypersensitivity.

**Saturday Talk:** The spiritual parts of the human constitution: Spirit Self, Life Spirit, Spirit Man.

**Workshop:** How can I become aware of the strength of my own I-manifestation? How can I reinforce myself? The role of objectivity in research

### 7–9 May 2021 Mechanics of the Mind and the Soul

**Friday Talk:** The soul parts of the human constitution. The Sentient and the Consciousness parts of the soul.

**Saturday Talk:** Mechanics of the Mind. The Intellectual part of the soul (mental processes).

**Workshop:** How can I gain equilibrium and balance of soul? Empty mind. Developing research questions.

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Friday 7.30pm — Sunday 1pm

#### **Dates:**

11-13 December 2020

29-31 January 2021

19-21 March 2021

7-9 May 2021

#### **Cost:**

Standard for one weekend: **£150**

Concession for one weekend: **£120**

Complete course (four weekends): **£400**

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