

## Central Region's Bridging Project

Offering by Lynn Stull

May 3, 2017

7:15-8:15 pm CST

### Co-Creating with Loved Ones Who Have Died

"... it must be said that our social, ethical, and religious lives would be endlessly enriched if the living allowed themselves to be advised by the dead."

Rudolf Steiner

Through Rudolf Steiner's work we know reading to our loved ones who have died is of extreme importance. What does it look like to take our work with our loved ones who have died to the next level — taking the advise of our loved ones and consciously co-creating with them everyday?

Opening Introduction and Verse

15 minutes — Learn three ways we receive collaborative communication from our loved ones via imagination, inspiration, and intuition

15 minutes — Learn the five basic steps of co-creating with loved ones

20 minutes — Experience a color exercise to support collaborative work with loved ones across the threshold.

This exercises is based on Liane Collot d'Herbois technique of Light, Darkness and Colour in Painting Therapy. Lynn will briefly explain the spiritual nature of each of the colors we will use in this exercise. No painting/artistic experience is necessary. If you would like to do the exercise in your own home; please have the following art supplies ready:

Nupastel Pastel Color Sticks: Carmine Red, Cobalt Blue, Viridian Green,  
White, Lilac, Violet  
9x12 sheet of drawing paper 60-90lb  
hand towel

You can also do this color exercise as a purely imaginative activity:

"When we think of the deceased we can help them by visualizing colors and especially violet — the color that is so intimately connected with everything that is holy, with the depth."

— Liane Collot d'Herbois

Closing Closing remarks and eurythmy Halleluia.

“The mother stated that of all activities, eurythmy brought her the closest to her deceased child.” — Carol Ann Williamson, therapeutic eurythmist

Lynn Stull has been a student of Anthroposophy for over 20 years, a professional eurythmist, and has studied Light, Darkness and Colour in Painting Therapy. Spring 2016 Lynn released *Wonders at the Veil, Creating a Living Relationship with Your Loved Ones Who Have Died*. In *Wonders at the Veil* Lynn shares a hands on look at the spiritual practices she has been engaged with for over 19 years after the death of her daughter in 1997. For information about the products and services Lynn offers, please visit [www.lynnstull.com](http://www.lynnstull.com).