



The Sophia Sun

Newsletter of the Anthroposophical Society
in North Carolina

May 2010

Volume III, Number 3

The Virtue For May (TAURUS):

Balance Becomes Progress

Opposites: covetousness, apathy, inertia

May 5-11 from *The Calendar of the Soul*:

Within the light that out of spirit depths
Weaves germinating power into space
And manifests the gods' creative work:
Within its shine, the soul's true being
Is widened into worldwide life
And resurrected
From narrow selfhood's inner power.

- Rudolf Steiner

(translation by Ruth and Hans Pusch)



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Logo: "The Woman Clothed With the Sun" by Baron Arild Rosenkrantz (1870-1964)

ASNC and Initiatives, May 1 - 31, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Poetry reading 7:00p
2 First Class-10:45a (Review-9:30a) Potluck at Mays's The Goethean Conversation SG-3p Asheville Soul-Weaving SG-2p Winston-Salem SG-5p W/S-YValley SG-6p Pittsboro SG-6:30p Greensboro SG-7p	3 Basic Books SG-7p Festivals Comm. 7:30p	4 Werbeck Singing 6:30	5 Rose Cross SG-1:30p ASNC Board Mtg 7:30p	6 Asheville Bio- dynamic SG- 10a Reading to the Dead 7p	7	8 Painting workshop with Carol Brick
9 Choreocosmos <u>Classes</u> <u>1p</u> The Goethean Conversation SG-3p Asheville Soul-Weaving SG-2p WS Anthroposophical SG-5p W/S-YValley SG-6p Pittsboro SG-6:30p Greensboro SG-7p	10 Basic Books SG-7p	11 Werbeck Singing 6:30	12 Rose Cross SG-1:30p ASNC Board Mtg-7:30p	13 Ascension Day Asheville Steiner SG-7p CC Steering Committee- 6:30p	14 CC Priest Visit- CC 101	15 CC Priest Talk- 7:30p
16 CC Act of Consecration of Man Services and <u>Brunch-10:30a</u> <u>Choreocosmos 1-3p</u> The Goethean Conversation SG-3p Asheville Soul-Weaving SG-2p WS Anthroposophical SG-5p W/S-YValley SG-6p Pittsboro SG-6:30p Greensboro SG-7p	17 Basic Books SG-7p	18 Werbeck Singing 6:30 Culture of Death group 7-9p	19 Rose Cross SG-1:30p	20	21 Lazure talk 7p At EWS	22 Lazure Workshop 10-4p
23 WHITSUN The Goethean Conversation SG-3p Asheville Soul-Weaving SG-2p WS Anthroposophical SG-5p W/S-YValley SG-6p Pittsboro SG-6:30p Greensboro SG-7p Lazure Wkshop 10-4p	24 Basic Books SG-7p	25 Werbeck Singing 6:30	26 Rose Cross SG-1:30p	27	28	29 ASNC Branch Meeting 3p

Study Groups:

The Basic Books Study Group - Meets weekly on Monday evenings, beginning Feb 1, at 7 pm. at the home of Bruce and Margaretta Bornhorst, 5800 Prioress Dr. in North Durham, off Guess Rd. Please call Bruce 225-0825 or Margaretta 824-7337 for directions or questions. This group began meeting last fall to present an opportunity to deepen our understanding and relationship to Anthroposophy by reading together Rudolf Steiner's (5) basic books. We have begun with *Occult Science*, and will eventually also read *Theosophy*, *Knowledge of Higher Worlds*, *Philosophy of Freedom*, and *Christianity as Mystical Fact*. Please call first to confirm that we are meeting as planned.

Biodynamic Study Group –The Biodynamic Study Group will have a meeting in March to determine if there are enough people committed to continuing the group. Please write an email to Tatjana Zybin at tzybin@att.net if you wish to be notified when the meeting date is determined.

Child's Needs Study Group – meets 10-12 a.m. one Saturday per month, currently reading *The First Seven Years: Physiology of Childhood* by Edmond Schoorel. Please call Lauren Mills Nyland for further information – 968-7721, or mills.lauren@gmail.com

Companions of St. John Study Group – an online Study Group in which members read the Gospel of St. John on their own one chapter daily each week. Members then discuss their observations and insights online and do various activities such as journals, artwork, etc. which they can report on via the group's list-serve. The group is led by Judy Frey: 928-8749 or damaris12@nc.rr.com

The Goethean Conversation Study Group - Marjorie Spock, in her book *Group Moral Artistry*, suggested substituting Goethean conversations for the reading or lecturing which many felt to be an outmoded form of Anthroposophical group life. The Goethean Conversation Study Group (formerly *The Fifth Gospel* study group) will begin its exploration of what Goethe considered to be the art of arts by reading Marjorie Spock's book. It will hold its first meeting on Sunday, January 31st from 3-5 PM at the home of Martha and Dirk Kelder in Chapel Hill. Copies of the reading material will be available. For more information please call 919-942-2112.

Greensboro Study Group – currently reading *The Fifth Gospel* by Rudolf Steiner. Sunday nights, 7 pm. Contact Sandy LaGrega (336) 292-7947 or Judy Boyd (336) 454-2451.

Pittsboro Study Group - Focuses on the social question. We will be reading *Spiritual Science as Foundation for Social Forms*. The group meets at the home of Jeff Barney at 760 Millbrook Dr, Pittsboro on Sundays at 6:30p. Contact Jeff for more information at 919-260-0066 or email Jeff at ethicindiv@yahoo.com

Rose Cross Study Group – Wednesdays, 1:30 p.m., at the home of Judy Frey or Judy Granberry. We are just beginning *From Jesus to Christ*. Upon completion of this we will then read *The Karma of Untruthfulness Vol. I and II*. Newcomers are welcome! Please give call Judy Frey at 928-8749 or Judy Granberry at 967-4671 before attending the first time.

Wilmington: Although no group is meeting currently, please contact Anna and Tony Bowman if you are interested in starting one. Call (910) 792-0959.

The Winston-Salem Anthroposophical Study Group meets every Sunday evening, from 5-7 at various members' homes. We plan to read and work with the Gospel lectures in the forthcoming year. This new group focuses on awakening and strengthening the Christ and Sophia impulse in the world and deepening its presence in both a personal and universal way. All are welcome. Please contact Beth Bean (336) 924-8068 for further information.

Winston-Salem-Yadkin Valley Study Group – The Winston-Salem-Yadkin Valley Study Group meets from 6-8 every Sunday at the home of Sarah Putnam, 7719 Whitehorse Dr, Clemmons, NC. The group is studying *Philosophy of Freedom*, Wilson translation. This group reads all the basic books and is now reading them in earlier translations/ editions, as a way of studying them in more depth. Call 336-972-8243 or 336-766-5445 for information and directions.

Asheville Study Groups:

Steiner Study Group – 1st and 3rd Thursday's, 7-9pm. We are reading *Theosophy*. Contact Marie Davis at 828-273-5647

Soul-Weaving Study Group for parents - 1st Sunday of the month, 2-4pm.

Biodynamic reading group - 2nd Thursday, reading group (book to be determined) and 4th Saturday 10-12am hands on in garden.

New Study Groups Forming:

Reading to the Dead

Dear Friends in the Spirit:

I would like to offer a regular reading for the dead beginning Thursday May 6th at 7:00 pm. At our first gathering, we can determine how often we wish to meet I am suggesting that we read Steiner's Vienna lectures from April 14, 1914 called *The Inner Nature of Man and the Life Between Death and a New Birth*. These are profound lectures, which will be nourishing for the readers. I am proposing the time to be 7:00-8:30. We will open with small verses for the dead, some music and then our reading. We will meet at my home in Carrboro. We welcome any and all. Please consider attending. Thank you.

Joanna Carey 919-240-7291.

Renewing the Culture of Death

This group had its initial meeting on March 17. We will meet again on Tuesday, May 18th from 7-9 PM at the home of Jenny Bingham. The group will meet monthly. The first half of the meeting will be discussion. The group will be studying Stephen Levine's book *A Year to Live* this month. The second half of the meeting will be around practical issues of creating a group who will be available to assist those in the community who want to care for their loved ones at home after death.

Place: Jenny Bingham's : 208 Murray St., Hillsborough, NC 27278
Email: jennybingham@yahoo.com
Phone: 919-241-4304

ANNOUNCEMENTS...

The Festivals Committee will meet on Monday, May 3 at the home of Barbara Cain, 111 Steele St. in Durham.

The ASNC Board will meet Wed. May 5 at the home of Peg Carmody, 11 Bolin Hts. In Chapel Hill.

There will be **no Painting Workshop** this month. **The one scheduled for May 8 has been cancelled.** The next one will be **Saturday, June 19.**

EWS's 12th grade will be presenting the comedy farce Noises Off May 5, 6 and 7th at 7 PM and on Friday May 7 at 1 PM in the Brown Wing. Peter Moyers and Lisa Braden have directed them in it. Donations are gratefully accepted.

Renate Wend has moved to Room 308 at the Brookshire Nursing Home. She is now in a Semi-private room. Do try to visit Renate soon!

MICHAEL HOWARD COMMISSIONED TO BUILD LECTERN FOR OUR ASNC COMMUNITY

Natalie Slapo left a generous bequest to our community after her death with which the ASNC Board has decided to put toward purchasing a beautiful anthroposophically-designed lectern for our community. While it will primarily be used for the First Class, it will also be available to all initiatives in the community. We are delighted to announce that Michael Howard, the well-known Anthroposophical sculptor, has agreed to do the task of building the lectern for us. Michael has just submitted some designs, which he created, and the Board will decide which one they like best. He hopes to have it ready for us in the Fall. Every time we view this beautiful podium we will remember Natalie and how generous she was to our community.

NEW YORK TIMES DOES IT AGAIN: A FAVORABLE ARTICLE ABOUT ANTHROPOSOPHY!

We were delighted to see yet another favorable article in the *New York Times* relating to Anthroposophy. This latest one, was published in the *NY Times* Style Section on April 11, 2010. It was written by Kimberton Waldorf alumnus Douglas Brenner and was entitled "Soul Man". It was all about Rudolf Steiner, especially focusing on his art and architecture. It included a photo of Steiner standing by his great statue of Christ as "The Representative of Humanity". Be sure to check out the *Times's* website to see a reprint of the article.



The North Carolina Affiliate of The Christian Community welcomes Rev. Patrick Kennedy for his spring visit to our congregation May 14 - 16 and a special Ascension Weekend Workshop. This will be our last priest visit until the fall. We hope you can join us!

All events take place in the Dining Hall of Camp New Hope. Tentative schedule:

- Friday Evening Talk:
"Christ & the Earth: Beyond Conservation and Preservation to Transformation"
 Close of Day Service of Prayer for the Earth.
- Saturday:
 AM: Act of Consecration. Light breakfast (provided).
 Morning & Afternoon Workshops: *The Act of Consecration of Man & the Earth*
 (How the Spirit of Christ works to lift up and transform the elements of the earth.)
 AFTERNOON: Nature walk & Festival of Ascension Cloud observations
 late afternoon break followed by evening program (to be announced)
- Sunday:
 Regular schedule of services: Children's Service 10AM,
 Act of Consecration of Man 10:30 AM, followed by potluck.

\$35 pre-registration. \$40 at the door (boxed lunch available for additional \$10)
 Pre-registration may be sent to: The NC Affiliate of The Christian Community PO
 Box 52075 Durham, NC 27717 www.thechristiancommunitync.org

April Branch Meeting Focuses On Our Spiritual Connections

The ASNC Branch meeting took place on April 24 at Peg Carmody's home. Nine people participated in the meeting. The question that was discussed: What spiritual beings do you feel a connection to in your devotions or spiritual research? We wanted to explore if there was a recurring pattern to help us decide which spiritual Being to choose for our branch's name.

When it comes to spiritual devotions, most said that they pray or meditate on Christ, Sophia/Mary, the Trinity, the Archangels, and several mentioned their devotion to the Gospel of St. John. Names that were mentioned when it came to spiritual research were: Michael, St. John/Christian Rosenkreutz, Rudolf Steiner, Kaspar Hauser, Buddha, Parzival/Mani. If we consider St. John and Christian Rosenkreutz the same Being, that is the Being that was referred to the most. However with only 9 out of our 67 membership represented, we are far from a decision. It was proposed that next month we look at our anthroposophical deeds in this community and see what Beings we feel are represented through our works and initiatives. We hope that more people will show up next time. If you cannot make the meeting, please share your thoughts with either Peg Carmody at 537-8142 or mcarmody@nc.rr.com or Kathleen Wright at 309-9622 or sophiasun@peoplepc.com.

**NEXT ASNC BRANCH MEETING
SATURDAY, MAY 29, 2010
3 PM (PLEASE ARRIVE BEFORE THIS TIME!!!)
FOLLOWED BY POT LUCK
Place to be announced – keep posted to the list-serve**

What is the ASNC List-Serve?

It has come to our attention that quite a few people thought that by joining the ASNC list-serve, they would simply be getting the newsletter. The newsletter is actually just one of innumerable purposes the List-serve has. It is used for reminders of events and community news items – everything from deaths, births, hospitalizations. Occasionally, people express their views and then conversations or debates ensue. It really is a community forum. Basically, any member can write whatever they want, so long as they do not defame or hurt another.

Because many people on the list-serve are not members of our community, they naturally don't want all this information and so we invite them to join instead the Newsletter list. All you have to do to get on it is write to: sophiasun@peoplepc.com and state your desire to just be on the newsletter list. You will then just receive the newsletter, not all the community news and conversations.

To unsubscribe to the list-serve, the easiest thing to do is to wait for the monthly reminder that you receive usually on the first of the month, which asks you if you wish to continue. This reminder email mentions RTPnet in its title so that may confuse some as it does not mention ASNC. If you would rather not wait, just go to our website: www.anthroposophync.org and click on join. Follow the links to unsubscribe. Only you can unsubscribe yourself as you created a password when you joined to which no one has access. For any further information, please contact the editor at sophiasun@peoplepc.com

OPEN HOUSE AT INFINITY FARM WELCOMES BABY GOATS, OLD AND NEW FRIENDS

On Sunday, April 11, Joy and Bob Kwapien opened the Farm for a special Open House and Pot Luck. They wanted to introduce the fourteen baby goats that were born this Spring (**see photo on right**), and to invite the children of our community to name them. Children wrote the name they had chosen on necklaces and placed them on the baby kids.



The day was also special because a dear old ASNC member, **Eileen Bristol**, who moved away 11 years ago, returned for a visit and to introduce her new husband, Ibrahim Aminou. Ibrahim, who hails from Niger is a musician and story teller. The couple were wed in December. Eileen was very active on our ASNC Board and in all our community activities from 1991-1999. She has been living in Ann Arbor, Michigan since then and has been active in the national Society. She currently is one of the leaders of the Anthroposophical Prison Outreach. Her son Topaz lives in Austin, Texas. It was great seeing Eileen again and we wish her the best of happiness in her new marriage.



Eileen Bristol and husband Ibrahim Aminou play with the goats.

Other News at Infinity Farm: Soon several of the cows will be delivering their calves and heifers. Joy invites all to come out to the Farm and buy some raw goat's milk and cheese and the best eggs you've ever tasted. She says "it's an illusion to think the farm is far away. It's faster to get here from the Waldorf School than it is to drive to downtown Chapel Hill." Recently seven people showed up to help with the stirring and spraying of biodynamic preparations on the farm. Help is always welcome.



Another initiative of Joy Kwapien's that you should check out: The Crossroads Store, which is two miles from the farm in the heart of Cedar Grove. Recently (April 16) a **Vintage Fashion Show** was held as a fundraiser for the store. A picture of Joy moderating the event was on the cover of the April 21 issue of *News of Orange*. (**see picture on left**) Currently, the store has Music and food every third Friday of the month. It is known as "Music in the Grove". Eventually it will be selling organic and biodynamic food, handcrafts, art and will be a local coop and nonprofit. To learn more about this project, see: www.cedargrovecrossroads.com. For more pictures of the Fashion Show go to www.newssoforange.com.

LAST FIRST CLASS LESSON OF THE YEAR TO BE FOLLOWED BY A POTLUCK

The 19th lesson of the School of Spiritual Science will be given on Sunday, May 2 at 10:45 AM in the Eurythmy Room at the Emerson Waldorf School. First Class members will then go on summer hiatus and reconvene in September. Immediately following the lesson, all members are invited to gather at the home of Suzanne and Robert Mays for the annual Potluck Brunch. Please try to be there if you are a member of the First Class.

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CRYSTAL MAYS-BALSTER TO PERFORM HER POETRY AT FUNDRAISER FOR CLUB NOVA

Crystal will be performing three of her poems to music and dance at the following fundraiser. Crystal is the daughter of our ASNC members, Robert and Suzanne Mays. If you wish to attend, please contact the Mayses at 929-1073. They can give you tickets at a reduced rate. Normally \$15., the tickets are available in advance for just \$10.

The Medicine Poetry Women's Circle Presents...

Fertile Edges

Through Movement, Song, and Spoken Word, witness the journey of igniting the creative force, opening to our shadow, and believing in our capacity for compassion. Receive the healing salve of poetry:

Saturday, May 1
Doors Open 6:30 PM
Performance 7:00 PM
At Flyleaf Books
752 Martin Luther King Jr. Blvd.
Chapel Hill (next to Foster's Market)
Tickets:
\$10. in advance; \$15 at the door



Crystal Mays-Balster

A major portion of the proceeds go to benefit Club Nova, an organization in Carrboro that provides support and opportunities for individuals with mental illness to lead meaningful lives as a part of the community.

FLORIDA GROUPS GATHER AT THE SPRING EQUINOX

By Kathleen Wright

I had the pleasure of representing the Eastern Regional Council at the sixth annual Anthroposophical/Waldorf conference in Brooksville, Florida the weekend of March 18-20. The theme of the conference was: "The Healing Power of Anthroposophy and Waldorf Education". I discovered that Anthroposophy is very much alive and well in the state of Florida. Five active groups were represented at the conference and there were several college students from the University of Southern Florida. Approximately 30 people were in attendance.

The groups present included:

1. The Michael Group of Cutler Bay, which is near Miami. The leader of the group is Yvonne Cumming. This community has been meeting for 20 years. They are home to the Waldorf International School, which is a K-5 school and will be adding a 6th grade next year. They are in the process of building a "totally green" new school. They have four study groups including a Spanish-speaking one that is reading *Parzival*.

2. Clearwater, Florida is the site of "**Steiner Circumstudies**", a group led by Dr. Stephen Salamone, whom I would call "the Ernst Katz of USC", as he is a professor at the university with a large following of students interested in Steiner's works. Some attend his Study group. Barbara Beddingfield, who was the coordinator of this wonderful conference, is also a part of this Study group and is the contact person for it. The group meets at the Unitarian Church in Clearwater once a month. They are currently reading *Mystics after Modernism*. Nearby is the Suncoast Waldorf School in Palm Harbor which is a K-8 school.

3. The Sarasota Group is studying *How to Attain Knowledge of Higher Worlds* and is led by Waldorf teachers Anne and Joe Savage. They teach at the Sarasota Waldorf School, which is a K-5 school.

4. The Boynton Beach Group (near Boca Raton) is also reading *How to Attain Knowledge of Higher Worlds*. They are home to the Sea Star Initiative, an aspiring Waldorf School that currently goes from N-K to grade 2.

5. The Jacksonville Beach Group has a Waldorf initiative (N-K) and is currently studying *The Kingdom of Childhood*.

(If anyone is interested in contacting these groups, please write or call me and I will give you the contact information. – Editor sophiasun@peoplepc.com)

Conference Overview

The Conference opened with introductions and singing led by Barbara Beddingfield. The following morning, Herbert Hagens began the day with a talk about the healing nature of fairy tales. He spoke of the symbolism in Grimm's fairy tales and led into Goethe's fairy tale and Steiner's fairy tales in his Mystery dramas. He humorously

recommended that we see “Happily Ever After” a Broadway play based on fairy tales with modern themes (e.g. Peter Pan become s a gay drag queen at a night club; Gretel opens a bakery and the old witch from Snow White finds herself in a Nursing Home singing “Que sera sera”).

Dr. Richard Halford next spoke about the Healing Power of Anthroposophical Medicine. It was ingenious how he wove together his talk with Herbert's. He began with the myth of Prometheus and how the eagle eating his liver represents the sugar metabolism (the anabolic and catabolic rhythm of the liver). Dr. Halford provided a magnificent overview on all the major organs and illnesses, and told of the unique ways anthroposophical medicine helps cure them.

Michelle Cumming, daughter of Yvonne Cumming of the Cutler Bay group, is a teacher at the Waldorf School in Atlanta. She has completed the Waldorf Remedial Education Program and gave a talk about the causes of learning and behavioral dysfunctions, and how anthroposophical methods provide healing for all sensory integration issues. She gave a wealth of information for Waldorf teachers to use in the classroom as well, including a large stack of handouts.

The final keynote speaker was Dr. Stephen Salmone, professor at the University of Southern Florida. Dr. Salomone has quite an impressive resumé – his first degree was in Classical Studies from Boston University. He then went on to get degrees in Linguistics, Psychotherapy and Cultural History. He has studied in Turkey and Greece and subsequently led tours there. He has even counseled drug addicts. His talk was entitled: “Honoring the Development of the “I”. It was followed by a very animated question and answer period.

My favorite part of every conference is the conversation and fellowship that happens in between the talks. I was very much impressed by the warmth and vitality of this group of individuals. I especially enjoyed speaking with Dr. Halford's 96 year-old Mother, and leaders of the many groups mentioned above and hearing their stories. One really “cool” thing that happened was that Cherylynn Van Kirk did free facials for the women attendees with her wonderful organic cosmetics, which are called “Star Flower”. She even makes organic chocolate bars that are really delicious, and they are sweetened with agave, not sugar!

I was most elated, however, by the energy and interest expressed by the college students in attendance, especially by one young man named Jordan Stone. He is the Vice President of a Student Alliance that sponsors all sorts of events for Social Justice, alternative media, schools and spirituality (especially Waldorf and Anthroposophy). Jordan would like to start a Steiner Group at the university. When asked if he wanted to become a Waldorf teacher, he replied, “No, I want to become a banker – I want to support Waldorf education!”(Having left Waldorf teaching because I could not live on the salary, I really appreciated that remark!)

One other thing that I must mention is the beautiful and peaceful site of the conference – the Pines Conference Center, which is operated by the Unitarian Universal Church. The lodging was peaceful and rustic; we were surrounded by live oaks, palm and hollies.

Soul Calendar Dates from Easter 2010 to Easter 2011

The dates listed below are intended for individuals who follow the practice of beginning a new Soul Calendar verse each week on a Sunday, starting with verse #1 at Easter in accordance with Rudolf Steiner's own indication. The Sunday method conforms to the way in which the 52 verses originally appeared in the 1912-1913 edition of the Soul Calendar. The dating formula presented here for 2010-2011 allows one to meditate in tune with the seven-day astral rhythm of one's soul life as well as to keep in sync with the major festival moods. Furthermore, this approach is based on the recognition that there is a meditative pathway of seven verses, starting with verse #46 leading up to Easter and then with verse #1 from Easter to Whitsun. However, there are 55 weeks between Easter 2010 and Easter 2011. Accommodating 52 verses over a span of 55 weeks requires an adjustment. The repetition of three heart verses during January and February 2011 is the solution being proposed here. People may favor other verses to repeat instead. The moveable cosmic date of Easter requires the meditant to chart a new course every year, since there are never 52 weeks between one Easter and the next.

Herbert O. Hagens
Princeton, NJ

SPRING

April 4 #1 Easter Mood (2010)
April 11 #2
April 18 #3
April 25 #4
May 2 #5
May 9 #6
May 16 #7 Luciferic Temptation
May 23 #8 (Whitsun)
May 30 #9
June 6 #10
June 13 #11
June 20 #12 St. John's Mood
June 27 #13

SUMMER

July 4 #14
July 11 #15
July 18 #16
July 25 #17
Aug. 1 #18
Aug. 8 #19
Aug. 15 #20 Luciferic Temptation
Aug. 22 #21
Aug. 29 #22
Sept. 5 #23
Sept. 12 #24
Sept. 19 #25
Sept. 26 #26 Michaelmas Mood

AUTUMN

Oct. 3 #27
Oct. 10 #28
Oct. 17 #29
Oct. 24 #30
Oct. 31 #31
Nov. 7 #32
Nov. 14 #33 Ahrimanic Temptation
Nov. 21 #34
Nov. 28 #35
Dec. 5 #36

WINTER

Dec. 12 #37
Dec. 19 #38 Christmas Mood
Dec. 26 #39
Jan. 2 #40 (Epiphany)
Jan. 9 #41 (Depths of the Heart)
Jan. 16 #42 (Warmth of the Heart)
Jan. 23 #43 (Forces of the Heart)
Jan. 30 #41 (Repetition)
Feb. 6 #42 (Repetition)
Feb. 13 #43 (Repetition)
Feb. 20 #44
Feb. 27 #45
Mar. 6 #46 Ahrimanic Temptation
(Ash Wednesday March 9, 2011)
Mar. 13 #47
Mar. 20 #48
Mar. 27 #49
Apr. 3 #50
Apr. 10 #51 Spring Anticipation
Apr. 17 #52 (Palm Sunday)

Theme of the Year 2010-2011: The Destiny of the I in the Age of the Etheric Christ

Each year the Executive Council of the General Anthroposophical Society at the Goetheanum provides a theme for study in the year beginning at Eastertide. The following is a translation from the German of this year's article by Sergei O. Prokofieff:

Every person who begins the study of Anthroposophy soon notices that at its heart stands the Mystery of the Human I. This central question of anthroposophical Christology is likewise among the most important questions of all Anthroposophy.

The I Organization

In his book *the Threshold of the Spiritual World*, Rudolf Steiner gives a most concise, yet striking differentiated description of what in later lectures he calls the "I Organization" of the human being. The book's chapters are divided into three parts, each followed by a "summary of the preceding". Thus, a clear three-stage structure is presented and at each stage one aspect of the human I organization is mentioned:

"the human being as independent entity (I)"

"the human being's 'other self' which is brought to expression through repeated lives on earth" – which according to this definition corresponds to the higher I;
and "the 'true I', which forms the real core of the human spirit"

The present time is distinguished spiritually by the great event of the appearance of the Christ in the Etheric form on the astral plane. From this, and from the existential relationship of the Christ to the human I there arises the question of His relationship with the three-part I organization of the human being. Through the Mystery of Golgotha, a crucial alteration is accomplished for the earthly I. Since that event, human beings have had the ability to bring I consciousness with them into the spiritual world, and to engage this spiritual world in full awareness. But to be able to accomplish this, humanity had to await the full development of the consciousness soul and the elaboration and justification of the science of mind-and-spirit which addresses the earthly I. In this earthly I, human intellectuality also takes root. Today, following the modern path of development, this intellectuality, in the form of pure thought, can be raised up together with the I consciousness into the spiritual world, where the meeting takes place with the Etheric Christ.

This process goes hand in hand with the spiritualization of the earthly I. Rudolf Steiner describes it this way: "Progress is accomplished only when the human being develops heightened intellectuality, not just for its own sake, but also bears it up into the astral world. The etherically visible Christ can and will come to meet human beings who have advanced in this sense, through just such an intellectual clairvoyance. He will do so more often and more distinctly in the course of the next three thousand years." The raising-up of the spiritualized intellect into the astral world, in order there to meet the Etheric Christ wakefully, by means of the clairvoyance in thought – this is the most important deed which the earthly I can accomplish in our time.

Two currents of ether

Rudolf Steiner described an important aspect of this process in his lecture on the “Etherization of the Blood”. There he speaks of two etheric streams that rise from the heart to the head, in order to connect the human being with the surrounding spiritual world.

The first stream consists of etherized human blood. In it the “intellectual element” rises from below upwards. The second stream consists of the etherized blood of the Christ that flows, since the Mystery of Golgotha, in every human heart.

At first these two streams flow parallel to each other. But their coming together is the crucial precondition for beholding the etheric Christ. And how do they come together? Rudolf Steiner gives a surprising answer: the coming together happens when human beings are willing to take the new understanding of Christ up into the Soul, and to bring it to life in themselves. In other words, it takes place through the study of the Science of the mind-and –spirit, a study which activates not only the head, but above all, the heart, as a new organ for attaining knowledge (see the previous theme of the year).

The Future

The etheric revelation of the Christ will unfold over some three thousand years, starting from the 20th century. It is, however, part of a still greater context. This includes two future and still higher revelations of the Christ:

His appearance in the astral body in lower Devachan and still later, a great revelation of His I in the higher spiritual world.

Consider that, according to the above-mentioned book, the environment of the “other self” (higher I) is the spiritual world, and the environment of the true I is the higher spiritual world; elsewhere Rudolf Steiner spoke of them as lower and higher Devachan.



From this we can see a direct relationship between the two future revelations of the Christ and the higher I and the true I of the human being, just as the Christ’s present appearance is connected with the spiritualization of the earthly I.

From the foregoing it is clear how the evolution of the human I – as the purpose of the Earth – and the ever-higher revelations of the Christ are inextricably linked. To take this into our I consciousness and to further cultivate it in our soul – this is already the beginning of the path which can lead the human being of today to the Christ.

Sergei O. Prokofieff

Recommended readings for the year:

Rudolf Steiner, *The Threshold of the Spiritual World* (GA 17) in a *Way of Self-Knowledge* and *The Threshold of the Spiritual World*. Great Barrington: Steiner Books, 2006.

Rudolf Steiner, *Etherization of the Blood* (lecture of October 1, 1911) in *The Reappearance of the Christ in the Etheric*. Great Barrington: Anthroposophic Press 1983

News from Tammy Hughes in China...

Apr 25, 2010

Dear Friends,

I receive so much support and encouragement from being a "distant" member of your community. When I return this summer, I feel I surely owe the ASNC branch dues payments as the communication via email over the last nearly six years while I have been in China has been so very important to me.

I want to share with you some of my current work of the last months. In Shenzhen, Guang Dong province, near Hong Kong, I am currently advising teachers and management in a large kindergarten. This large kindergarten has four of its classrooms doing Waldorf Education. The wish is to convert more rooms to Waldorf Education. This work has been so very interesting, as the young teachers have a real wish to work out of the depth of Waldorf Education. The school allows me flexibility so that I am able to travel as needed. I have once again received generous financial support from Freunde in Berlin which has allowed me to travel to many small initiatives and to make regular trips to Beijing to aid cooperative work, where the opening of kindergartens and schools is speeding up.

In this time of rapid growth, more and more teachers are coming to support the training of teachers. In addition, international organizations and individuals are looking to see how to best support the situation.

The Waldorf communities in Mainland China and Taiwan are strengthening their communication through visits. Recently, I attended the Class Lessons for The School of Spiritual Science in Ilan, Taiwan. At the end of April, a Chinese-speaking teacher's conference will be held in Taiwan; many Mainland teachers have been able to obtain visas, which is progress.

I will return to the US in mid-July to mid-August. I hope I can meet and catch up with many of you. I'll bring along a map of China so you can feel a bit of what is taking place.

Love,
Tammy



**THE EMERSON WALDORF SCHOOL
PARENT ORGANIZATION PRESENTS:**

THE ART AND SPIRIT OF LAZURE

A MASTER WORKSHOP WITH
ROBERT LOGSDON

May 21-23, 2010

Friday evening talk – 7:30 PM

Saturday and Sunday practical
workshops - 10 AM – 4 PM



Learn this unique wall painting and color theory while actually painting a space with transparent, radiant color. Experience the beauty of this light-filled, translucent color while joining with others in this community experience. In this way, Lazure painting becomes a new social art, and a gift to the community.

To find out more about Lazure visit: www.LazurebyLogsdon.com

To register, contact Will Hicks at: contactwill@embarqmail.com

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YOUTH CONFERENCE: Touch, Life, Movement, Balance: Awakening to the First Four Senses May 29 - 30 2010 Hardwick, Vermont

Memorial Day weekend at Heartbeet Lifesharing

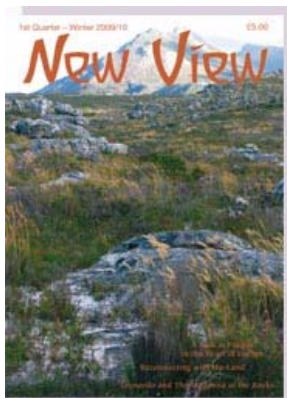
There will be lectures/talks on the theme by Becky Rutherford, Anna Schmidt and Judith Brockway. Laurie Portocarrero and Glen Williamson will co-work with the speakers to explore the themes through artistic experience. Erin Graver will lead us in singing.

On Saturday evening Glen Williamson will perform a one-man play of two pieces by Kurt Vonnegut: Who Am I This Time? The Festival of Offering Service will be held on Sunday morning for those who wish to attend. In addition, we have the rare privilege of experiencing the marionette puppet show of Oedipus the King by Sophocles, performed by Nathaniel Williams, Franz Eilers, Nadja Jiguet-Covex, and Benjamin-Jonas Meier on Sunday morning.

As usual there will be lots of conversation, delicious food and fun: a true feast for the senses !

Contact Rachel with questions at 802-472-9573.

New View is one of the most beautiful, if not *the* most beautiful Anthroposophical magazine ever published. It would have made Rudolf Steiner very proud to see this magnificent tribute to Anthroposophy. Yet, like most businesses today, it is struggling economically to keep afloat.



To ensure that this wonderful magazine will continue, it needs more subscribers. We hope that you will consider subscribing to *New View* and maybe even giving it as a gift subscription to someone you know appreciates beautiful art and spiritually progressive ideas.

New View is published four times per year and costs 30 pounds or about \$45.

To subscribe, go to www.newview.org.uk or write to:

**Tom Raines, Editor
New View Publications Ltd.
39b Tanza Rd.
London
NW3 2UA**

BIODYNAMIC WORKSHOPS in VA AT THE FLOYD COUNTRY STORE:



Presenters:

Hugh Courtney of the Josephine Porter Institute
Gunther Hawk of Spikenard Honeybee Sanctuary
Jeff Poppen of Long Hungry Creek Farm

June 12: "Rarely Used Tools" – Gunther Hawk

September 25: "Making the Autumn BD Preps" - Courtney and Hawk

November 13: "Food Does Matter!" - Gunther Hawk

Participants are invited to arrive on Friday and enjoy the Friday Night Jamboree at the Floyd Country Store:

(www.floydcountrystore.com)

Saturday Schedule:

8:00 am - Registration

9:00 am -12:30 pm – topic of the day

12:30-1:30 pm - lunch on your own

1:30- 5:00 pm - practical activity on the topic of the day

Cost: one workshop: \$65; \$45. for students and apprentices

Complete course: \$190; \$140. for students and apprentices

Meals: there are several restaurants within walking distance

Snacks, coffee and tea will be served at breaks.

Lodging: Information at : www.visitfloyd.org

Floyd's green hotel: Hotel Floyd: www.hotelfloyd.com

Directions: The Floyd Country Store

206 South Locust St., Floyd, VA 24091

Tel.: 540-745-4563; www.floydcountrystore.com

Floyd, VA 24091

May 22 **Beekeeping Workshop: "Expanding the Apiary Naturally"**

August 21 **Beekeeping Workshop: "Honey Harvest, Mite Treatments, Winter Preparation"**

For more information, check out the website at www.spikenardfarm.org



The Beekeeping workshops above are given by Gunther Hawk who has been a teacher, gardener, lecturer, biodynamic gardener and beekeeper for 35 years. In 1996 he co-founded the Pfeiffer Center in Chestnut Ridge, NY and in 2006 he and his wife Vivian Struve-Hawk founded Spikenard Farm, Inc. The Spikenard Honeybee sanctuary is in Floyd, VA. Gunther has written a book *Toward Saving the Honeybee* (2002) in which he calls for radical change in beekeeping methods. It is available from Steiner Books.

The Colors of Money©:

An Introduction to Associative Economics
A Weekend Workshop with Arthur Edwards

May 7 - 9 2010
At the Washington Waldorf School
Bethesda Maryland

Understanding Money has never been more important than today. Whether it be unfair trade, widespread poverty, burgeoning debt or bank bailouts, modern life is marked by a ceaseless and unhealthy chase after money, which then acts more as our master than our servant. Whether locally or globally, can we understand and use money in ways that enable competition to give way to more cooperative ways of doing business?

Derived from Rudolf Steiner's contribution to economic and monetary history, The Colors of Money© seminar looks at the history and purpose of money and how it can be the main instrument for bringing about real and lasting change in our economic circumstances. Grounded in associative economics – an approach that covers many schools of thought, beginning with Aristotle and leading up to today's wide range of views from mainstream to alternative, the seminar ranges from the problems of small businesses to larger questions of global finance and the power of corporations. Offering a radical, yet concrete and in-depth approach to money in our times, it is presented using colored chalk imagery on black paper, a technique intended to overcome the reputation of economics as a dismal science! The seminar is presented by Arthur Edwards, an economist based in England, who combines formal academic credentials with on-going research into associative economics and Rudolf Steiner's work in particular. The seminar also serves as Step 1 for businesses seeking to use the Guarantee Mark (see ae-mark.com) and as Module 1 of the Diploma in Associative Economics (cfae.biz/diploma).

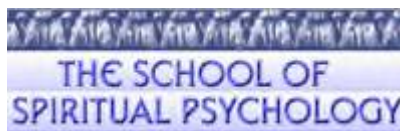
Public lecture Friday evening 8-10 PM ;
"Beyond the Market: Cooperation Beyond Collusion - The Origins,
History and Future of the Market"
at the Christian Community Parish House
4221 Metzerott Rd.
College Park, MD 20740
\$10.

**Please call Jane Ellen Parker (see below) to RSVP and to get good directions
as it is a bit difficult to find.**

Cost for the entire Weekend Workshop: \$225 excluding meals and accommodations;
\$200. if paid on or before May 1.

Local contact information: janeellenparker@gmail.com or phone 240-997-3021 or 301-949-1564

Check out www.anthromedia.com for more Conference details



Spirit Healing:

Courses for the development of interiority

May 20 to May 24, 2010
Benson, NC

This course does not propose to train professional healers. The work concerns returning the sacredness of the body, of developing the capacities to feel the body as being every moment in the process of coming into being through the activity of creating spiritual beings. The intent of the work is to foster the development of new capacities of sensing, perceiving, and knowing our bodies, to develop practices of self-healing, that is, wholeness of body, and to be a healing presence with others. Each session focuses on three central aspects of healing – spiritual knowledge, body-meditative practices, and practices of presence.

Schedule

The Spirit Healing Program meets on the following dates:

May 20-24, 2010

October 14-18, 2010

March 3-7, 2011

September 8-12, 2011

The sessions begin Thursday evening and end Monday at noon.

Faculty of the Programs

The faculty includes a distinguished staff of full-time, adjunct, and visiting lecturers. Robert Sardello, Ph.D. and Cheryl Sanders, Ph.D., co-directors of the School of Spiritual Psychology are the lead faculty.

Requirements, Tuition & Schedule

Tuition for the program is \$2,800.00. Full payment of tuition in advance comes with a \$100 discount. An additional \$50.00 non-refundable application fee must be sent in with the application. A non-refundable deposit of \$500.00 is due upon acceptance into the program.

Room and Board

Tuition does not include room and board fees, which are paid separately and for each session. Room and board for each session is \$375.00. All rooms are double, in the very comfortable Center For Spiritual Psychology, which is located on fourteen acres with a pond and a swimming pool.

Location

The Sacred Service Program is held at the Spiritual Psychology Center located in Benson, North Carolina

Application Process

Please include the following information in your application letter:

Date, Name, Address, City, State, Zip - Phone, Fax, Email, Birth date, marital status. Write a short description indicating what you hope to learn and achieve in the course you are applying for. What kind of inner growth challenges do you think this experience might hold for you? What are you currently doing for a living? What are your aspirations in relation to inner development? If you have a resume, please send it.

Send Application to:
The School of Spiritual Psychology
P.O. Box 7
Benson, North Carolina 27504

Sophia and the Spiritual Hierarchies



A weekend workshop with Robert Powell, PhD

**July 23-25, 2010
Emerson Waldorf School
6211 New Jericho Road
Chapel Hill, NC 27516**

An extraordinary Power – the instreaming radiance of the Divine Feminine – is making itself felt in the world to all who open themselves to Her. Whether we call Her the Great Mother, the Goddess, Mother Earth, the Dao, Isis, Kuan Yin, Maha Devi, Shakti, Tara, Prajna Paramita, Saraswati, Shekinah, or Sophia, She is awakening in hearts and minds around the globe. In the words of Teilhard de Chardin, from his inspired *Hymn to the Eternal Feminine*, “She is the unfading beauty of the times to come, who continues to disclose Herself.” In light of Sophia’s wisdom we can begin to understand the present situation of humanity, and at the same time we can each receive guidance for our individual spiritual path. As a community we shall come together to attune to the sublime mystery of Sophia in Her relationship with the angelic beings. Arrayed in ascending ranks extending from the Moon to the zodiacal realm of the fixed stars, known as the *spiritual hierarchies* of Angels, Archangels, Archai, Exusiai, Dynamis, Kyriotetes, Thrones, Cherubim, and Seraphim, the deeds of the spiritual hierarchies in the work of creation, and also in the shaping of human destiny, are overseen by Sophia, “the Bride of the Lamb,” the “woman clothed with the Sun, with the Moon under her feet, and on her head a crown of twelve stars” (*Revelation 12:1*). She is the bearer of the profound mystery of the interweaving of the spiritual hierarchies in elaborating the Divine Plan. We shall seek to penetrate this mystery during the workshop through talks and conversation, and through the cosmic dance of eurythmy. All who are interested are invited to join us in this celebration of the new mysteries of the Divine Feminine. Conversation and presentations on the theme will complement the cosmic and sacred dance.

We shall also endeavor to penetrate to an understanding of the present world situation with the help of star wisdom (Astro-Sophia).

Pianist and composer Marcia Burchard will play for the course, which is open to everyone.

Cost \$200 add 3% if paying by credit card

***** Registration by June 15, 2010 saves \$50 *****

For further information visit the website:

www.EastCoastSchoolOfChoreoCosmos.com

or call Kelly Calegar at 919-824-9948 Email: kcalegar@earthlink.net

Program for Sophia and the Spiritual Hierarchies

Friday, July 23

7.30 –9.00 pm: **“Sophia and the Spiritual Hierarchies: Wisdom for Our Time 2010-2012”**
(Public lecture - \$10. For participants in the weekend workshop, the lecture is included)

Saturday, July 24:

9.30 –10.45 AM **Cosmic Dances of the Planets in Honor of Sophia and the Spiritual**

Hierarchies

11.15–12.30 PM **“Approaching Sophia on Different Levels: Body, Soul, and Spirit”**

2.30 – 3.45 PM **“Sophia and the Spiritual Hierarchies”**

4.15 – 5:30 PM **Cosmic Dances of the Planets in Honor of Sophia and the Spiritual**

Hierarchies

7.30 – 9.30 PM: **Sophia Grail Circle: *Jacob’s Ladder – The Ascent through the Planetary Spheres***

(Meditation with Music on the human being’s relationship to the Spiritual Hierarchies)

The Sophia Grail Circles comprise a community of people who join together to form a vessel for peace on Earth.

Sunday, July 25:

9.30 –10.45 AM **Cosmic Dances of the Planets in Honor of Sophia and the Spiritual**

Hierarchies

11.15–12.30 PM **“Sophia and Humanity, the Tenth Hierarchy”**

Workshop details:

Lodging: Camp New Hope (Cabin w/4 sleeping rooms, living room, and full kitchen. Approx. \$40 per night)

Notes: Please bring eurythmy or light gymnastic shoes, and a picnic lunch for Saturday.

Sponsors: The East Coast School of ChoreoCosmos (ECSC) and the Sophia Foundation of North America

REGISTRATION FORM

Name: _____

Full Address: _____

Phone Number: _____

Email address: _____

Send \$50. Deposit and Registration to:

ECSC

18 Haycox Court

Durham, NC 27713

**Cost: \$200 – add 3% if paying with credit card; deduct \$50. if paying before
June 15**

Friday evening lecture only: \$10.

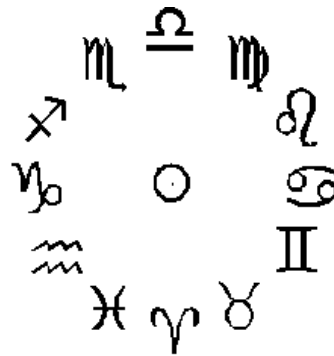
Questions?: Call: 919-824-9948 or email: kcalegar@earthlink.net

Cosmic Dance:

A Path of Cosmic Initiation

A Five-Day Workshop with Robert Powell, Ph.D.,
 Eurythmist, movement therapist, and internationally known
 author and lecturer on astronomy, cosmology, and star wisdom
July 26 – July 30, 2010
Chapel Hill, NC

*My head bears
 The being of the resting stars.
 My breast harbors
 The life of the wandering stars.
 My body lives and moves
 Amidst the elements –
 This am I.
 - Rudolf Steiner*



The dances of the 7 Planets in each of the 12 Signs of the Zodiac comprise the 84 dances of the cosmic alphabet - each of the 84 (7 x 12) dances being one letter of this cosmic alphabet through which the Cosmic Christ speaks. Through these dances *we begin to integrate the lunar, solar, and planetary levels with the zodiacal level of existence.* The integration by way of the 84 cosmic dances comes to expression through the simultaneous movement of two circles: an inner circle, moving counterclockwise, which expresses the planets (including the Sun and Moon), and an outer circle, moving clockwise, which expresses the zodiacal signs. Through the dynamic interaction between the two circles expressing the Sun, Moon, or planet (inner) and sign of the zodiac (outer), we strengthen the unity between body, soul, and spirit on the path of development of the spiritually awakened human being. In the course of these five days we will endeavor to learn 21 of the 84 cosmic dances: the seven planets in the signs **Capricorn, Aquarius, and Pisces**, to experience how the Sun, Moon, Mercury, Venus, Mars, Jupiter, and Saturn come to expression in each of these three zodiacal signs. Accompanying the dances are 21 musical pieces: one for the cosmic dance of the Sun in Capricorn, one for Venus in Aquarius, one for Mercury in Pisces, etc., where in each case the musical key is important in conveying the planetary mood within each sign.

Pianist and composer Marcia Burchard will play live piano music for the entire course.

This 5-day workshop is open to everyone. It also counts as part of the training for students of the Choreocosmos School of Cosmic and Sacred Dance.

For more information: www.sophiafoundation.org and
www.EastCoastSchoolOfChoreoCosmos.com
 or contact Kelly Calegar at 919-824-9948 kcalegar@earthlink.net

Workshop Location:
The Emerson Waldorf School, 6211 New Jericho Road, Chapel Hill, NC 27516.
<http://www.emersonwaldorf.org/about/map-and-directions>

Cosmic Dance: A Path of Cosmic Initiation

Daily Program Schedule – Monday, July 26 to Friday, July 30, 2010:

9:30 - 10:45 am	Cosmic Dance
11:15 - 12:30 pm	Presentation and conversation on the theme of Cosmic Initiation
2:30 - 3:45 pm	Presentation and conversation on the theme of Cosmic Initiation
4:15 - 5:30 pm	Cosmic Dance

There will be special musical meditations on Tuesday and Thursday evenings, 7:30 – 9:30 PM, for healing humanity and the Earth. The evening musical meditations are included in the 5-day workshop and are also open to others to attend.

About Robert Powell, PhD: Robert is an internationally known lecturer, author, eurythmist and movement therapist. He is founder of the Choreocosmos School of Cosmic and Sacred Dance, and co-founder of the Sophia Foundation of North America. He received his doctorate for his thesis on the *History of the Zodiac*, now available as a book from Sophia Academic Press, and he is on the adjunct faculty of Wisdom University. His published works include: *The Sophia Teachings*, a six tape series (Sounds True Recordings), as well as the following books: *Divine Sophia-Holy Wisdom*, *The Most Holy Trinosophia and the New Revelation of the Divine Feminine*, *The Sophia Teachings*, *The Mystery, Biography, and Destiny of Mary Magdalene*, *Elijah Come Again*, *Chronicle of the Living Christ*, *Hermetic Astrology* volumes I & II, *The Star of the Magi and the Life of Christ*, *The Christ Mystery*, *The Sign of the Son of Man in the Heavens*, and *The Morning Meditation in Eurythmy*. Robert is co-author with Kevin Dann of *Christ & the Maya Calendar*, and with Lacquanna Paul of *Cosmic Dances of the Zodiac* and *Cosmic Dances of the Planets*; also he is editor of the yearly *Journal for Star Wisdom* (the 2010 issue contains two articles by Robert and many articles of interest by other authors, and also includes a daily star ephemeris – planetary movements – geocentric & heliocentric – with commentaries). Robert teaches a gentle form of healing movement: the sacred dance of eurythmy (Greek: *harmonious movement*), as well as the cosmic dances of the planets and signs of the zodiac, and through the Sophia Grail Circle he facilitates sacred celebrations dedicated to the Divine Feminine. He offers workshops in Europe, Australia, and North America, and leads pilgrimages to the world's sacred sites (1996 Turkey; 1997 Holy Land; 1998 France; 2000 Britain; 2002 Italy; 2004 Greece; 2006 Egypt; 2008 India; 2009 Turkey). Visit the websites:

www.sophiafoundation.org / www.astrogeographia.org / www.steinerbooks.org -
<http://steinerbooks.org/author.html?au=492>

Workshop details:

Lodging: Camp New Hope (Cabin w/4 sleeping rooms, living room, and full kitchen. Approx. \$40 per night)

Notes: Please bring eurythmy or light gymnastic shoes. Lunches will be catered for an additional \$10 per day.

*****Early Registration saves money: Register by June 15 for the lower rates*****

Circle One: Tuition		Early Registration Tuition
Weeklong Workshop	\$500	\$450
Both Workshops	\$650	\$550

Tuition Assistance is available, as well as Spouse Discounts, for those in need.

Contact Kelly Calegar for more details at: 919-824-9948 or kcalegar@earthlink.net

EURYTHMY AS A SPIRITUAL PATH

By Doris Maria Spitzner

"It changed my life!" – these words from Lynne Klugman rang in my ears when I participated in the first Choreocosmos workshop with Robert Powell in January 2009. After six days of intensive Eurythmy based on the zodiac signs plus the accompanying lectures I started to feel too: this is a life-changing experience!

I thought I already enjoyed quite a rich spiritual life: being a member of the Anthroposophical Society, the School of Spiritual Science, attending several study groups, listening to lectures by invited guest speakers, and celebrating the festivals; all this in addition to my home studies, readings, and meditations.

So, when I read the announcement and saw the flyers for the workshop, there were some inner reservations at first: Do I need this? Is it real Eurythmy, real Anthroposophy? Cosmic and sacred dance, the Divine Feminine...it all sounded quite strange to me.

But during the workshop my doubts quickly dissolved: I found in Robert Powell not only a true Anthroposophist and Eurythmist, but also an honest scientist and a real servant of Christ.

So why was it different compared to other very good lectures and workshops I had attended in the past?

For me it was as if I was entering a familiar house, but there were doors I hadn't seen before, open doors, leading me into new rooms. New views appeared, new insights, new possibilities of experiences. Even the space I had known before was illuminated, became clearer and more colorful. The workshop was life changing because it was life giving!

There were two aspects I found to be the most powerful ones: The activation of my will through Eurythmy movements and the immense love and energy bond that was created between us as quite a large group of like-minded people. This "harmony of feeling", which Rudolf Steiner so often mentioned, built the vessel into which higher spiritual beings could enter. Of course, the presence of Robert Powell was a big help for us but we didn't become dependent on him. After the workshop, out of our own free will and wish, we formed a group and met regularly to practice, exchange our thoughts and feelings, and deepen the work we had done with Robert.

Other people, who couldn't attend the workshop, joined us and we felt with joy how much we grew together as a real community, in the spirit of Anthropos-Sophia.

At the end of 2009 Robert returned and I decided to do the zodiac workshop again. It was by no means a mere repeat; I was able to go even deeper into the experience, and in his lectures Robert presented a wealth of new information and insights.

This was followed in January 2010 by the workshop on the Foundation Stone meditation and then the workshop on the planets. I was fortunate enough to be able to attend both.

Every day of the workshop comprised a morning Eurythmy session, followed by a lecture where we could also ask questions. The afternoon was structured the same. For me, being an observer of Eurythmy for most of my life, either in the audience or at the piano, it was pure joy to do it myself now. For each of the 12 zodiac signs and the 7 classical planets there was a certain form, which we danced in a circle, accompanied by the appropriate eurythmy gestures and sounds given by Rudolf Steiner. For each of the zodiac dances the corresponding verse from the *Twelve Moods* by Rudolf Steiner was recited before we started. Robert used rich imagery and cosmic correspondences to support our movements. He showed us the connection between the chakras and the planetary gestures, and encouraged us to imagine the corresponding colors. Through the repetition of the planetary and zodiacal forms and gestures in the circle, I often entered into a meditative state where I started to feel a deeper spiritual connection with each zodiacal sign and planet. Ever and again Robert made us aware of the fact that with these movements we enter the etheric realm and thereby we can connect with the being of Christ and Sophia. In addition to the work with the zodiac and the planets, we did movements to sacred prayers and texts. Robert told us that his very first Choreocosmos workshop focused on sacred dance, moving prayers to Eurythmy forms and gestures. I found the sacred dances most powerful, providing a lot of inspiration for my work at home. For all the dances (cosmic and sacred) a most wonderful dimension was added by the thoughtfully selected classical music

played by two great pianists: Marcus Cox and Marcia Burchard. Through this, our hearts and souls were deeply touched and moved, and it didn't matter so much if the form we danced sometimes wasn't perfect: the music lifted us into higher realms. Robert, as a great teacher - balanced, warm, human, humble, yet with inner strength – never put any pressure on us. If we didn't understand something initially, it was patiently repeated, and he gave us time to learn.

In his lectures Robert brought various aspects of Anthroposophy into connection with one another – Christology, astrosophical star wisdom, cosmology, world evolution, and so on.

He used star wisdom in relation to cosmic events (past, present, and future) and gave insights not only into world history, but also was able to draw a clear picture of current events and problems, including the appearance of the antichrist, global warming, the significance of 11 September 2001 and the ensuing wars, and the dangers of technology – at the same time, though, opening up positive perspectives for the future. In his scientific work, Robert is a dedicated seeker for the truth, which we need if we are not to be helpless in an ahrimanic world aiming at global rulership perpetrated through lies and deception. He gives us hope and offers us help, showing us the tools we need in order to go through these dark times. One of them is the Choreocosmos work, connecting with the etheric, connecting to Christ, the counterforce to all the evil that may come toward us. And on this path we can also find our way to Sophia, the Divine Feminine counterpart to Christ. Moreover, through Christ and Sophia we are able to find a relationship to the Father-God and the Mother-God, our long-forgotten Earth Mother, who is waiting in the depths of the earth for our call to be able to participate with us in creating a sustainable future.

The Choreocosmos work is a new initiative having its roots clearly in Anthroposophy and Eurythmy. New initiatives are so important to keep Anthroposophy alive, that it does not become rigid, dogmatic, or crystallised. Rudolf Steiner stated in the third volume of his *Karmic Relationships* lectures (Complete Works vol. 237): *“This is indeed written in the karma of every single anthroposophist: Be a person of initiative...”*

This work shows a path toward transformation of our soul to become a microcosmic replica of the forces of the Divine Sophia. Therefore Robert dedicates his work to Sophia, having founded the Sophia Foundation in North America in 1994. Robert understands his work as representing *Eurythmy as a spiritual path*, a path to the Spirit through movement, which gives Eurythmy – normally considered as a performing art – a new focus. He also emphasizes the importance of community building, whereby a space can be created for spiritual beings to connect with us in our activity.

In his lecture *The Influence of Spiritual Beings on Man* (Complete Works vol. 102), Rudolf Steiner says: *“It will lie in the souls of human beings themselves whether or not they give as many as possible of such higher souls (third hierarchy) the opportunity of descending to man”* and *“The more that associations are formed, where feelings of fellowship are developed with complete freedom, the more exalted beings will descend”*

I found that the Choreocosmos workshops and lectures nurtured my whole being: through the lectures and books, the thinking (spirit); through the prayers and the music, the feeling (soul); and through the movement, the will (body).

(Doris Spitzner is a German Anthroposophist who emigrated to Australia several years ago, and is now active in the Melbourne group. She is an accomplished pianist and often accompanies Eurythmy performances.).



“Pentecost is the Festival of our True Higher Ego, which at first is only hovering above us. And at the same time, it is the Festival of the Community: not a community that comes from human intimacies, but one arising through the harmony of our Higher Egos, which are one in Christ.” - **Emil Bock**

BIODYNAMIC PREPS AVAILABLE NOW THROUGH JUBILEE AT DR. MARK'S

Dear Friends!

Recently I gave a talk at the Josephine Porter Institute for Applied Biodynamics on the nature and history of the field horsetail, or *Equisetum Arvense*. The conference was on the future of the Biodynamics Preparations.

I had several talks with JPI about making the preps available locally--apparently others had been posing the same question recently. I have permission to distribute the preps locally and will start next week. We will sell the preparations through the Jubilee Store at my practice. There are obvious problems of storage and distribution, but for now I think this plan will work well.

We will start with filling your immediate orders. I will give a 10% discount to anyone who makes an order by Monday, May 1, 2010. You can arrange this with Kenyetta (phone below)--we are asking for pre-payment. We will make occasional orders for preps as needed. We won't have a big stock to begin with and will hope for your good will.

About the Field Spray

There is a special prep developed by Ehrenfried Pfeiffer, a close student of R. Steiner that is a logical extension of the medicines for the earth for which the preparations were developed. It is the Field Spray, which is a combination of bacteria, healthy molds and organisms and other ingredients cultivated together. Farmers who have applied it have raved to me about its ability to give a wave of vitality to the soil. I am excited to try out this prep and get it on my garden and my plot of land. I actually recall being told about this prep when Dr. Pfeiffer was still alive (I think) in the 1970's by a dear friend, Dean Langendorfer, who had met Dr. Pfeiffer. Dean maintained the same thing about the Field Spray at that time. It fell out of production to my knowledge after Dr. Pfeiffer died. It is wonderful that the JPI has made the effort to reconstitute this preparation and make it available!

One Unit works for an acre, comes with instructions and costs \$20 (less 10% through Jubilee Store pre-order.) More than one application can be made on your land if it's small, or several families can divide the prep for several gardens.

Let us know as soon as possible so we can get the order in by Tuesday, May 2, 2010

Good Gardening!

Mark Eisen

at the Jubilee Store

[The Jubilee Store](#)

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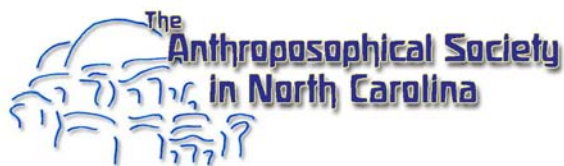
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The Sophia Sun

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If you have any questions, please contact: **Kathleen Wright, at 919-309-9622 or 919-672-0149 or email sophiasun@peoplepc.com**



Anthroposophy, which means “the wisdom of man”, is a spiritual philosophy and path to self-knowledge, which “leads the spiritual in the human being to the spiritual in the universe”, according to its teacher, Rudolf Steiner (1861-1925). Rudolf Steiner was a brilliant “Renaissance man” from Austria who was a philosopher, scientist, artist, playwright, architect, social activist, teacher and meditator, who had a direct perception of the spiritual worlds. Anthroposophy, which is also known as Spiritual Science, teaches, among other things, the laws of reincarnation and Karma. It has a Christ-centered view of world evolution. Steiner founded the School of Spiritual Science, as well as the General Anthroposophical Society, which he described as “a union of people who desire to further the life of the soul – both in the individual and

in human society – on the basis of true knowledge of the spiritual world”. In addition to giving over 6,000 lectures, most of which have been made into books, he helped to found many initiatives that are still thriving today including: the Waldorf School movement, anthroposophical medicine, biodynamic farming, and Eurythmy. Based on his indications, hundreds of initiatives have developed such as: the Curative education movement, the Camp Hill Villages for the handicapped, Weleda remedies, Dr. Hauschka cosmetics, WALA, True Botanica, Astrosophy, Rhythmical Massage, the Alliance for Childhood, The Christian Community, Anthroposophic Prison Outreach, Lazure painting, Demeter, advancements in architecture, science, social and economic reform (The Threefold Social Order, community banks), mathematics and painting. In addition, there are many publishing houses and libraries dedicated to his works throughout the world. For more information, check the national website at www.anthroposophy.org or our local website at www.anthroposophyNC.org