

# E-Correspondence

from the Central Regional Council  
of the Anthroposophical Society in America



August, 2013 (This is the one-year anniversary issue!)

## Communication Support:

If you are receiving this email as a leader in your area, **please forward it on** to all the members in your group, branch or initiative. We want to ensure that all our members in the region remain connected. If you prefer that another member of your group be responsible for receiving and passing this on, please let us know.

**We need your help and thank you.**

We are in the midst of summer and have already celebrated the feast of St. John. I turned my thoughts to the Archangel Uriel. This Being may be seen as an emissary of the sun and in Adrian Anderson's book *Living a Spiritual Year* there are many pictures and offerings leading us to a new relationship to this season and how we may approach the creation of a summer festival. Some of these pictures of Uriel are extremely challenging with others inspiring a renewal in our attempts to live consciously on the earth participating in

the evolution of the earth. In the autumn we consider the Archangel Michael and the expression of courage in the slaying of the dragon, an awakening of our will and this seems to be prepared in mid-summer with a turning toward our will and cultivating a greater awareness of our will-forces and their effect not only for ourselves but for the world and cosmos. At this time, much like in our reflections during the transition from one year to the next, we can look deeply inward at ourselves and take stock of our social and anti-social gestures that may find expression in subtle and not subtle ways. Human existence is a study in dichotomy. We are both selfless and selfish. We give

***Virtuously shining silver, streaming bright  
Towards the radiance of cosmic golden heights  
Into Uriel's dazzling vesture of light  
Gazing downward on human deeds in earnest sight  
Guiding in dark of day and light of night  
Uplifting moral sense for what is right  
Human feeling intoning cosmic harmony, in divine will unite***

***For my eye to see  
It cannot see me  
For I am revealed in thee***

***May the human being celebrate an independence of the soul  
Casting off the tyranny of the shadow of selfishness  
Choosing to take up the light and liberty of selflessness  
In freedom, evolving and uplifting love to its highest form  
Weaving independent love into the light our awareness  
Shinning loving light into our deeds  
Independently uniting with divine will***

David Howerton, St. Louis MO

and withhold patience, love and understanding. Taking stock of this duality in all its variations can illuminate for us the next steps in our individual development which in turn supports our planetary move toward spiritualization. The Sun's light in summer shines brightly into the depths of our earth and nurtures growth. During this mid-summer out breath, consider a review of the year. What does it reveal? Where are your next steps? What is being asked of you?

Marianne Fieber, Viroqua, WI

## Member Reports:

Dear Friends of the Central Regional,

Our local study group is observing its summer recess from our weekly study, which for the past nine months has been Steiner's Philosophy of Spiritual Activity—A Philosophy of Freedom. It was a lively nine months (we are 12 in our group), and we plan to continue with this same book in the Fall, 2013. We have an interesting time confronting the different translations, of which there are at least three in our group. This group has been meeting regularly for the last five years (after a speedy and failed attempt to get a kindergarten started), and more loosely for the last 11 years.

This year, I had the marvelous opportunity to travel to Dornach and to participate in and present at a conference there, which inspired two other members of our group, a husband and wife, who were traveling to Europe with their children, to also visit there. This family is deeply interested in biodynamics, and spent time working at a Swiss biodynamic farm, and they have brought their inspiration back to the small bd group that has grown up out of our anthroposophical efforts in the community.

One of our intentions for our resumed study is to consider Christopher Houghton-Budd's book Towards Christmas 2023, with its focus on sustainable funding for the Society by the 100th anniversary of its re-founding at the Christmas Conference 1923. We are considering the idea of recapitulating the Christmas Conference during our Holy Night's season (as described in the book), and as this takes a great deal of planning, we are already planning amongst ourselves about it. I will also attend the Associative Economics Conference being convened by the Economics Conference of the Social Sciences Section in Quebec, June 27-30, 2013.

*The Stars spoke once to Man.  
It is World-destiny  
That they are silent now.  
To be aware of the silence  
Can become pain for earthly Man.*

*But in the deepening silence  
There grows and ripens  
What Man speaks to the Stars.  
To be aware of that speaking  
Can become strength for Spirit – Man.*

– Rudolf Steiner

## Spiritual Science, a Necessity for the Present Time

Rudolf Steiner

These old legends dealing with the thirteen holy nights are not based on superstition. For it is indeed a fact that there are two seasons of the year which, are cosmically like opposite poles in relation to soul-life of man living in his physical body. The festival around St John's day, which is celebrated in the summer, is especially suited to draw out into the cosmos, through the forces of the Sun which then reach their greatest strength, all the passionate impulses of the human soul, so that it becomes united with the cosmos. In ancient times, when people forgot themselves and lost themselves in the strong physical forces outside in the cosmos, the festival of St. John was called upon to pour into the human souls the divine-spiritual forces surging through the cosmos. But the spiritual forces which are also active in the darkness unfold their greatest strength in the middle of the winter, when the sun's forces reach the lowest point of their physical unfolding.

–Thanks to Sonja Michael,  
Little Rock, AK for sending in this excerpt.

There are also some interesting celestial events worth sharing, which include a rare configuration known as a 'grand sextile' which will take place between seven planets (not all visible to the naked eye) around July 29, 2013. A grand sextile is like a six-pointed star, which is the figure one can arrive at when following the superior and inferior conjunctions of Mercury with the Sun each year (please see Willi Sucher's book Cosmic Christianity and the Changing Countenance of Cosmology for more about this pattern of Mercury's). It is interesting to note that while the six-pointed star (aka grand sextile) is the pattern of Mercury, Mercury is not one of the planets involved in this summer's configuration. It is almost as if the other planetary bodies are gathering to confirm Mercury's gesture.

So what meaning is there in Mercury's gesture?

A little condensed (and hopefully not 'dense!') history will build context for such consideration: The 'seed' of the human astral body is received during the Old Moon phase of Earth evolution. With this seed comes the capacity for developing Individuality, but there is also the danger that the individual will separate too much from his spiritual origins. This 'danger' is as though inscribed in the Mercury sphere. Rudolf Steiner explains that, whereas with the Moon sphere we live in the realm of imagination, in the Mercury sphere we move into the realm where imaginations become their reality. It is perhaps for this reason that, when Rudolf Steiner laid the Foundation Stone for the first Goetheanum, on September 20, 1913 (100 years ago this year), he included a document that ended thus: "...as Mercury, as evening star, stood in the sign of Libra, the Balance." Mercury is conspicuous in being the only planet mentioned, so one can imagine that the laying of this stone was Rudolf Steiner's way to address the threat inscribed in the Mercury sphere (that of the human being separating too much from the spiritual world). If this threat is inscribed in the Mercury sphere, then so must Mercury be invoked as witness to the deed of laying the Foundation Stone, which is to serve as a foundation for the home of the human spirit on the physical plane.

*May our feeling penetrate  
To the center of our hearts  
And seek in love  
To unite with those  
Who share our goals  
And with the spirits  
Who look down benevolently  
On our heart's earnest strivings  
Sending us strength  
From realms of light  
As they illuminate our love.*

*Verse for America ~ Rudolf Steiner*

As we approach the 100th anniversary, seven planets align in a grand sextile, the gesture of Mercury, as though to witness what Mercury bears within its rhythm, which must now be recognized both as the threat of separation and the opportunity for the type of community joined through shared spiritual striving, which is a prerequisite to the World Pentecost. The seven planets involved are: Moon, Venus, Pluto in trine aspect; and Mars with Jupiter trine Saturn and Neptune).

For now, with the intent to develop this more, as time and interest permit!

Mary Stewart Adams on behalf of the  
Harbor Springs Study Group, Michigan

## ***The Spiritual Scientific Tasks of 2013***

Lectures and workshop with Dr. Yeshayahu Ben-Aharon, Fargo, ND

On June 8-9th a group of approximately 23 persons gathered in Fargo, ND for a workshop with Dr. Yeshayahu Ben Aharon on "The Spiritual Tasks of 2013". The program included 3 lectures; "The Philosophy of Freedom as a future seed of Spiritual Science", "Becoming Creative: the Science and Art of Creativity", and



"The significance of the coming 12 years until the centenary of the Christmas Foundation Conference (1924-2024): The future of the Christmas Foundation Conference and the School of Spiritual Science in the 21st Century" and an introduction to the Michaelic Yoga practice of "Social Yoga".

The workshop was held in downtown Fargo at the Howard Johnson Inn. It was sponsored by The Circle of Friends-An Anthroposophical Fellowship and included our meals for the ridiculously small price of \$50 for the whole weekend.

Judging from the responses received at the end of the conference something special had occurred.

*“...I am working to do as Steiner did and move into being a more agile, flexible thinker and doer, open to new forms and new creative impulses.”*

*“...I got greater clarity as to what our task is... with emphasis on the social considerations rather than going it alone where it is safer.”*

*“I am ready to joyfully take on the tasks that have come toward me, which up until this moment have caused me to pause.”*

Dr. Ben Aharon's theme for the weekend revolved around the question “What is a creative modern individual supposed to be doing in these times?” He began to answer that question by discussing the biography of Rudolf Steiner as a model for the creative individual. Dr. Ben Aharon's vision of Rudolf Steiner's biography was truly moving. He explained Steiner's biography as a search for an audience that would allow Steiner to speak creatively out of his own experience but what happened is that the most creative and highly insightful personality of those times, Rudolf Steiner, only found an audience and really began his life's work after WWI and shortly before his death. It is that body of work at the very end of Steiner's life and “The Philosophy of Freedom” which is the foundation for Ben-Aharon's spiritual research.

Ben- Aharon explained, in a vast landscape of ideas, the contrast between the work which Steiner started in those final years and the body of ideas and insights which he lectured about for all the years preceding that final creative output. He made the interesting observation that Steiner brought out a second edition of “The Philosophy of Freedom”, his seminal work and one that was published early on in his career, saying that now there was an audience who was prepared to read and understand its message. He illumined the conflict between the older Anthroposophists who had been his pupils for so many years and the younger ones who were eager to have ideas that would rebuild Germany after the devastation of WWI. This contrast left no doubt in anyone's mind that both parts of this work are valuable but that Steiner's final, socially creative output after WWI has a different tone. It requires serious Anthroposophists to take up Anthroposophy as a creative task in their life and move forward with their own creative ideas.

*Truly, YBA was a joy and filled me with enthusiasm.*

*What I have been thinking about is the rigid, old structures in my life and how to modernize them. How to emerge into the unknown. How to paint that picture that has never been painted. How to discover myself in the other. How to meet another person without all my preconceived ideas about who he/she is and find something new about that person.*

Dianne Judd, Bayfield WI

In describing his own efforts to do this kind of research Ben- Aharon segued into the most pressing idea of the weekend; the idea of the “reversal”. Ben- Aharon's research led to this insight; that events occurring in the spiritual world are having their effects reversed on the physical plane. This pertains especially to the Christ event or the

reappearance of Christ in the etheric realm. Dr. Ben- Aharon told the story of his research into the Reappearance in the middle of the 20th century. What Ben-Aharon discovered is that although the event actually happened, it was not only obscured by a dark cloud of evil but its effects were manipulated and reversed and its energizing presence used for destructive purposes.

This leads directly to a discussion of “The Singularity” of Ray Kurzweil fame. Dr. Ben-Aharon maintains that another emphasis or vitalization of the Reappearance will occur near the middle of the twenty first century and that the technological singularity will not only hide that reappearance but will also reverse its positive spiritual forces to be used as material forces for the digital singularity.

In response to this reversal Dr. Ben-Aharon introduced the theory and beginning exercises of Michaelic Yoga. This is a state of consciousness which can be utilized during the day hours when we are socially engaged. It does not take the place of our other, traditional meditation practices but rather gives us control of our



human condition and interpersonal relations which are now used by Ahrimanic forces which well up in us as the structures in our intelligence. This, Ben-Aharon insists, is the legitimate realm of Ahriman, to have control of intellectual, brain-bound consciousness which has become our default social condition.

In the conference we were only able to get a start on this process but in the exercises of Social Yoga which we did, one becomes aware of how we meet other people with a complete set of reactions that rise up without effort as judgments, criticisms, likes and dislikes and in these structures we have surrendered our freedom and creativity. We take it back by being aware of who is in

charge of our mindset and by awakening to the living and immediate realization of “who you really are”. That is the beginning of Michaelic Yoga.

I highly recommend the interview for more details. (The full Interview is posted on the Central Region’s webpage of the Anthroposophical Society in America [Interview Yeshayahu Ben-Aharon June 2013.pdf](#))

Rich Grams, LaCrosse, WI

## What’s going on in our Region?



**SAVE THE DATES** for the  
Anthroposophical Society in America  
Annual Conference  
**October 11-13, 2013** – Monadnock  
Waldorf School, Keene, NH

*“In anthroposophy, it is a question of the truths that can be brought to light by it. In the anthroposophical society, it is a question of the life in it.”*

– Rudolf Steiner

<http://www.anthroposophy.org/conference-2013.html>

## *Cosmic Cycles, Earthly Rhythms ~ Our Speaking to the Stars*

**November 15-16, 2013**

a stellar weekend event in preparation for the Holy Nights

with **Mary Stewart Adams** in Viroqua, WI - sponsored by The Turning Place

For a complete brochure, contact Marianne Fieber – marianne.fieber@yahoo.com



There are a number of verses to which we may turn our thoughts which bear fruit in our soul. This one is offered below is a favorite of mine uniting the images of the Sun and the human heart.

**YOU'RE INVITED!** To join the members of your CRC on phone calls in August and October.

We have scheduled two calls; one in August and one in October. We'd like leaders or members in Central Region Groups, Branches or Initiatives to join us for a conversation.

**August 26<sup>th</sup> 7:15 - 8:15 pm CST**

TOPIC: Conversation around the *e-correspondence*; thoughts, suggestions, wishes, offers?

**October 28<sup>th</sup> 7:15 - 8:15 pm CST**

TOPIC: Follow-up from our Presencing AGM with a Peek into the Future. We have been working with a number of the images coming out of our work together last May and we want to bring more voices into the conversation.

We will be using the Anthroposophical Society in America's go-to-meeting system and will be sending out invites in advance of the calls. We would love for you to respond to those invites, letting us know who will be joining us.

We will post the agenda and any questions/thoughts to ponder on our Central Region webpage prior to our conversation.

We look forward to speaking with you.

Did any groups or branches *Speak to the Stars* during the Grand Sextile on July 29, 2013? If you did, please share with us your Social Astronomy offering! Send a picture if you have one or a report - Thanks!

*Sun, thou bearer of rays,  
Thy light's power over matter  
Magics life out of the Earth's  
Limitless rich depths.*

*Heart, thou bearer of soul  
Thy light's power over spirit  
Magics life out of the human beings  
Limitless deep inwardness.*

*If I gaze upon the Sun,  
Her light speaks to me in radiance  
Of the spirit, filled with grace  
Wielding through the beings of worlds.*

*If I feel within my heart,  
The spirit speaks its own true word  
About the human being, loved by him  
Through all time and eternity.*

*Looking upwards, I can see  
In the Sun's bright disc  
The mighty heart of worlds.*

*Looking inwards, I can feel  
In the heart's warm beat  
The human Sun ensouled.*

~ Rudolf Steiner



If you have any suggestions or contributions for upcoming issues, please send them to Marianne Fieber at [marianne.fieber@yahoo.com](mailto:marianne.fieber@yahoo.com). In the subject line, indicate that they are for the e-correspondence. We hope this format will help us reach members in a timely way with information that is of interest.

Some simple guidelines for submissions:

- \* Deadline: 3<sup>rd</sup> Saturday of the month
- \* Electronic submissions only to [marianne.fieber@yahoo.com](mailto:marianne.fieber@yahoo.com)
- \* Poetry or thoughts coming out of your work with anthroposophical ideas
- \* Activities taking place within the Central Region
- \* Reports and photos from anthroposophical events offered by Groups, Branches or Initiatives
- \* Activities which are led and/or developed by members living within the Central Region

Note: We reserve the right to edit contributions as needed.

**The Central Regional Council is:**

Dennis Dietzel, Roseville, MN  
Marianne Fieber, Viroqua, WI  
Mary Louise Hershberger, Fargo, ND  
Alberto Loya, Ann Arbor, MI