

# **E-Correspondence**

from the Central Regional Council  
of the Anthroposophical Society in America



July, 2013

## **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.**

## **Social Imagination: Weaving Past and Future through Presencing**

More reflections from Central Region members

Dear friends,

The following are poetic renderings of living spiritual experiences. They may be incomplete, due to my limited capacities to fully understand them and my present ability to shape them into word, that they may be shared with others. Yet I feel they express at least some of the spirit of these experiences.

*Of what the I says through the higher self,  
seek to lay no claim  
Of the response to the effects of the lower self,  
seek to bear full responsibility  
Prepare the Holy Grail  
of the human being  
to be spirit-filled*

*In the darkness there shined a light  
the light was not born out of the darkness  
for the light was from the life of the I am  
and the light pierced the veil  
and your pain, was my pain  
your child, was my child  
my heart, was your heart*

*And the dreamer dreamed  
of a radiant sun close above  
and the word flowed forth forming into the being of man  
saying "the heart of the sun is love"  
and the heart of the sun close above increased in its radiant light  
the light shined forth into the heart of man  
and the dreamer began to awake*

If one feels something of value is contained within these poetic impressions, please share them where they may serve to uplift. It is not necessary to include my personal name. For the personal I within me was not the source of these experiences, only a witness.

It is with great appreciation, that I send these words before you now. Among you, brothers and sisters, brought together in the spirit of Anthroposophy, I feel a sense of family and a feeling of something very special in motion within us.

Within the Central Regional Conference we worked to seek a healthy impulse to strengthen the Anthroposophical communities, connect with people that may have recognized reasons to be interested in Anthroposophy and explore how to become more visible to new people who may develop an interest. I certainly do not have all the answers, mostly questions, but I have prayed and investigated this to some degree and will share some of the feelings that came forth.

Most, if not all of us, see in today's world, a great need for change, a change that true Anthroposophical striving can create. Maybe instead of seeking to change others, we could seek to change ourselves and the way in which we relate with others. We could seek to nurture, strengthen and enliven them and their awareness out of the deep love, compassion and understanding that sincere Anthroposophical striving can grow within us. If we act out of independent love for another being, and not out of our love for them to become more pleasing to us, they may begin to change and grow from within, of their own free will. Then, we have been part of a process of planting the living seeds of Anthroposophy in the heart of the human being, possibly without even mentioning the word Anthroposophy. Like the plant, as the individual grows and develops in a healthy way, there may come a time when they begin to seek the light radiating from the divine wisdom of the human being, through their own forces.

If we are to strive to bring an impulse into the light of our understanding in all of its fullness and dynamic effects, we must not shy away from understanding the counter impulses. They will surely arise from within us and from without. Let us seek to interact with them through love, compassion and understanding, not through the anger, mistrust and prejudice that can feed them. Some of the most poisonous plants to the human being, worked with in the right way, have the potential to be some of the greatest healing agents of the plant kingdom. I have a strong sense that many counter impulses can be worked with in a similar way, if only we put forth the effort to establish the right relationship to them. This takes the love, courage and healthy sense of truth that Anthroposophical development can cultivate. Maybe we could call it impulse dynamics, write a book and sell a million copies or maybe we could honestly strive to deepen our understanding of these impulse and counter impulse dynamics, taking it in to ourselves in a living way, that we may help even one human being, even if that one human being is the one that the counter impulse is being presented through.

It is this type of living interaction that can speak the word of Anthroposophy in a way needed for today. Many people are thirsting for the real relationships with themselves, each other and the worlds around them which the living waters of Anthroposophy can help to germinate. Dr. Steiner's writings are invaluable, but we are the living body of Anthroposophy and if its spirit is to grow, flower and fruit in the hearts of mankind in a healthy way, we must prepare the ground of the heart and allow the spirit of Anthroposophy to speak through us in our relationships. Let us humbly make our lives the evidence of Anthroposophy's gifts, to forward the divine progress of humankind and be worthy of our divine creation.

What has been offered here has not been perfected in my presentation, nor in myself; it is in an unfinished form. My hope is that we can finish it together. It was wonderful to meet you and I thank all involved for sharing this experience with me.

David Howerton - Member of the Anthroposophical Circle of St. Louis

David Howerton has generously offered to provide a poetic contribution to each CRC e-Correspondence until the next annual meeting. The following two are for May and June to catch us up.

We are indeed grateful for this initiative to enliven our regional newsletter.

The following is suited to May's character:

*I stood before my window to the world  
working to shape my mood of soul into a fit vessel for the voice of prayer  
when upon me a spirit came, a buzz, a rush,  
a swarm of honey bees gathered around me  
they flew upon the light of day and it flashed from off their bodies  
my feeling heart did open, like a flower to the sun  
they pollinated the flower of my heart  
and the seeds of grace, truth and love began to grow within  
to bear their fruit out into the world of men*

And for June's character:

*Man  
is a world within himself  
and love, a sun to light his way*

*I poise my ready ear as if to nurse  
On loving word and cosmic verse  
From the ever flowing bosom of the universe*

*Streaming silver, shining bright  
In the height of golden light  
May we not be blinded in our sight  
By the trappings of worldly might  
Through day or darkest night  
Nurture our sense for what is right  
Tying bonds of love o so tight*

## CRC May Event Musings from an Organizers point of view.



The Central Regional Council approaches our annual May gathering as a collaborative experience, and with this year's theme "Social Imagination" inspired by Whitsun, we were presented with a real live laboratory for practicing the theme. Our collaboration extends to the many human beings involved: CRC members, local volunteers who help with all kinds of logistics, eurythmist, speaker, cooks, and the participants themselves. Beyond the human beings, we also hope for cooperation from nature and the weather, since a significant part of our experience together is an outside "Songtrail" in the natural elements. As an organizer this can be a bit nerve-wracking, since we don't control the weather or each other.

With a very rainy spring in the upper mid-west we were prepared for a wet and cold experience, and indeed when the CRC gathered a few days before the event to walk the Songtrail route we were greeted with a very wet walk. However, on the day of the event the clouds lifted just before our walk and we were blessed with sunshine. We would have walked in the rain, but it was certainly nice to have the sun.

Friday evening began with a lovely experience of eurythmy led by Annette Conlon, a local Viroquan. We have come to appreciate the ability of a trained eurythmist to bring depth to this amazing art form and especially to those of us who are "eurythmically challenged". We were much chagrined to learn on Saturday morning that our dear eurythmist had fallen ill and that somehow our Saturday evening festival pageant (which was to be eurythmy-filled) would have to be rethought in this light. Everyone pulled together to create a wonderful evening, with a somewhat simplified eurythmy form. One of our participants, Hazel Archer-Ginsberg from Chicago, just happened to bring a cloth labyrinth with a chant to go along, which we incorporated into the pageant.

If jazz musicians can improvise, why not anthroposophists?

On Sunday morning the CRC held its annual AGM, and with the help of our guest speaker, Albert Linderman, we "presenced" the future of our work in the Central Region. Albert indicated that we would ideally have two days to do this, and we had less than two hours, but again, everyone pitched in and we made some good progress toward a picture for the future.

There were many other aspects to our May event, but I have tried to bring some highlights, as one of the organizers, in which our experiences stretched us and brought our Whitsun theme into a real experience, where the whole is greater than the sum of the parts.

**In the heart the weaving feeling  
In the head the light of thinking  
In the limbs the strength of willing**

**Weaving enlightening  
Strengthening weaving  
Enlightening Strengthening**

**Lo! This is the Human Being.**

**~ Rudolf Steiner**

*Dennis Dietzel – Roseville, Minnesota*

## Presencing in the Driftless

Victorious spirit!  
Flame through the impotence  
Of irresolute souls  
Burn out the egoism  
Ignite the compassion  
That selflessness  
The life stream of humankind  
Wells up

As the source of spirit rebirth.

*Rudolf Steiner Michaelmas 1919*

My plane flew past beautiful downtown La Crosse, Wisconsin, following the Mississippi river as it approached the airport on Thursday, May 2nd. A late spring snow storm had affected the main highway between the Twin Cities and La Crosse, but there was no snow east of the river. Dennis arrived about an hour later, his drive slowed down by the snow, and we had lunch together in La Crosse before heading into the hills towards Viroqua. The CRC team had a planning meeting that afternoon, and then we had a delicious dinner that evening at Marianne's apartment, together with the local planning team: Mary Christenson, Brian Wickert, Rich Grams and Sarah Caldwell. This warm and generous atmosphere that would pervade the weekend was evident from that first encounter.

Viroqua is a small town with a lot of character, surrounded by organic and biodynamic farms, in the middle of the Driftless region of Wisconsin. We would later learn from Jacob Hundt – our local historian – that the Driftless region was never covered by ice through the various Ice Ages thanks to the mountains to the north that diverted the ice east and west. The advancing ice would meet again further south, forming a ring around this Driftless region.

It was very nice to greet old friends and meet new friends during the weekend. Most participants were from the upper Midwest, but we were blessed with the participation of colleagues from further south, such as St Louis and Houston. Albert Linderman provided the background on Theory U and helped the group practice “presencing” social



techniques, first in small group settings and then as a single group

as an experiment in format for the Annual General Meeting. Several new insights were obtained through this exercise, and the CRC is further developing a vision in preparation for our next regional meeting, which might be different in format, in collaboration with other colleagues and cosmic events!



Thanks to all who participated and collaborated to make this another successful conference. As my colleague Mary Louise likes to say: “Onward!”

*Alberto Loya – Ann Arbor, Michigan*

### From our Treasurer

*Now I walk in beauty  
Beauty is before me  
Beauty is behind me  
Above and below me.*

It was both a dramatic & dynamic early May weekend in Viroqua, WI. We travelers made our way through serious snow from points North and West and heavy rains elsewhere to gather for community building in the Central Region. Thirty three of us met one another through creative group experiences that included "Presencing" work with Albert Linderman, an introduction to the driftless area through a Songtrail walk with verses, songs, quotations and area history and geology and our annual meeting where we used the "Presencing" process to help us sense our emerging future.

*Mary Louise Hershberger-Treasurer, Fargo, ND*

## FINANCIAL SUMMARY:

Our event was financed through registration fees, donations and the support of the Anthroposophical Society. It has been our goal to set registration fees at a level which invites many of our Group and Branch partners to attend. We have also had great support through additional donations which supports our Central Region community.

\$1835.00	<u>EVENT INCOME</u>	
	\$1590.00	Registrations
	\$ 245 .00	Donations
\$3215.35	<u>EVENT EXPENSES</u>	
	\$200.00	Venue
	\$1,111.99	Meals
	\$817.90	CRC Travel
	\$303.84	CRC Lodging
	\$675.00	Facilitator support
	\$106.62	Materials
\$1380.35	<u>CRC SUBSIDY</u>	

*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*

## ***Finding the Loving Presence of Mother Earth (Gaia) within the Land***

Report from notes taken at a talk given by Marko Pogačnik - May 7, 2013, Spring Green, WI

Two days after the May conference in Viroqua, Marko Pogačnik was scheduled to speak in the driftless region. I took the opportunity to head south east along HWY 14/61 with Mary Christianson and our colleague Diane Mamroe and hear once again this amazing practitioner of geomancy, earth sensing and earth healing. He was beginning a whole new training program in this special area of Wisconsin and this was the one talk open to the public!

The evening was delightful, a warm early May day slowly fading. A gentle breeze under the shade of a huge old tree added to our comfort and gratitude for the wonderful gifts offered freely by the natural world. We sat outside near the 43/90 North Earth shop. Marko Pogačnik began with an unexpected yet humbly offered announcement; the grand tree upon whose roots we sat and whose branches rayed out above our heads, wished to offer us a gift. With gentle and instructive words, Marko led us in a visualization meditation during which we experienced the tree's roots cradling us and from above a jewel, sparkling and light-filled, was presented to each participant. The jewel was placed above each of our heads or crown chakra. We were silent and reverent as this unexpected treasure was visualized. This was just the beginning of a remarkable evening. In an effort to share the other treasures presented by Marko, I offer these lines which I have recreated from out of my hastily jotted notes.

For the past 14 years the earth has been in the process of creating a new body, a new stability. Pogačnik writes about this in a paper which can be found on his website [markopogacnik-GEA Culture](http://markopogacnik-GEA Culture).



He spoke of a “pluridium” or multiple parallel fields of energy which is a force of life. Elemental energies, ancestral energies and angelic energies are three of the multi-dimensional energies which are available to us without taxing Earth. He went on to outline specific steps to guide our co-creative gesture with the Earth as she continues to dissolve her old form which has become too dense. She’s trying to crack and shed it like an old snake skin.

We are challenged to accept the reality of this pluridium of parallel energies co-existing. If we can accept this, we may strengthen our perception using our sense to move inside what we perceive. We must learn a new language and instead of experiencing our separateness, we enter into wholeness and learn to communicate with the different dimensional beings through dialogues with nature or place. By turning our attention toward these energies, we not only learn a proper way to communicate but increase our sensitivity to what a particular place needs to support health. Earth healing is a supportive gesture and can be offered to counteract destruction or illness caused by human beings through less than conscious development practices.

Nature works through ritual as a creative language. Rituals for the earth are not so much to bring healing, but rather to send impulses of movement into a place where healing can occur. Earth changes are occurring and we have the opportunity to accompany the process the earth is going through of abolishing the outer “physical” structure. Marko spoke of the Earth in the process of changing her “code system” which lies behind reality. For the code system change to be lasting, the change must be an inner one, much like when we as humans attempt to change a habit. This inner change then needs to include an inner change within humanity, human culture as well as within the earth.

Marko Pogačnik refuted the charge often made that “human beings are a disease upon the earth”. Rather, the Earth loves human beings and is trying to help us awaken to the reality that we are part of Gaia. Human beings are beings of the future and highly creative. It is through Art that we can step into a co-creative relationship with earth, to cultivate her gifts while also considering what we should not do from an ethical point of view.

*Abundance is a communal act, the joint creation of an incredibly complex ecology in which each part functions on behalf of the whole and, in return, is sustained by the whole. Community not only creates abundance—community is abundance. If we could learn that equation from the world of nature, the human world might be transformed.*

Parker Palmer – There is a Season

Some specific practices were offered to support our enlivened relationship with the Earth and Nature. One was to relate with our hearts rather than only with our heads when we are outside. He spoke of how trees, longing to see us, cannot if we are only in our heads as we walk through a forest, park or even along the street. We must lift out of our intellectual self and relate from our hearts into the heart of nature.

Harmonious singing can also allow a place to attune or re-tune to harmony. Love streaming to those involved with “fracking”, genetic seed manipulation or any outwardly destructive deeds demonstrating little consciousness or worse, without care is our most powerful tactic to support human and earth transformation. We easily underestimate our own human power to uplift that which appears destructive.

The evening was inspiring and held the attention of the group of 25 or more attendees. We could have listened longer however the sky had darkened, the stars appeared and it was time to depart. The powerful message of inner development being a key to other healing was a familiar one to hear and quite welcome in

this fresh context. The power is in our hands and hearts to participate in transformation or... resist or ignore the call.

Notice the next time you are out for a walk; are you in your head or are you communicating through your heart?

~ Marianne Fieber, Viroqua, 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>



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