

e-Correspondence

from the Central Regional Council
of the Anthroposophical Society in America

April, 2014



Communication Support:

If you are receiving this email as the contact person 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.**

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Heads Up! APRIL 15 – TOTAL LUNAR ECLIPSE

It is not too soon to start gathering information and making plans for the April 15 eclipse.

There is LOTS of information to be had on the internet, but here, too, is an easy article with good details (from Astronomy Magazine): <http://www.astronomy.com/observing/sky-guide/2013/11/sky-guide-2014>

Details to note: Totality will last for 78 minutes! Moon will be in the region of Spica, in Virgo with Mars upper right and Saturn upper left.

NASA Science News for March 27, 2014 -- A total lunar eclipse on April 15th marks the beginning of a remarkable series of eclipses, all visible from North America.

Check out this VIDEO: <http://www.youtube.com/watch?v=5gzgSuJM5O8>



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Regional Conference Call Invitation

Speaking with the Stars project: Gathering Beehive Clusters for our June Retreat

Join us for our next regional conference call

April 9, 2104 – 7:15 – 8:15 pm CST (8:15-9:15 EST)

This will be a “GO-TO-MEETING” CALL

Dial + 1 (619) 550-0003

Access Code: 961-777-653

This call will take another step toward our June 2014 planning retreat for our region-wide initiative of ***Speaking with the Stars***. We will discuss in greater detail how we imagine partnering with those groups who have self-identified as beehive clusters, present a broad overview of our June retreat, registration details and ask who is interested in joining us in northern Michigan.

Scribed notes and resources mentioned during our calls will be posted onto our Central Region webpage. <http://www.anthroposophy.org/groups/central-region.html>

Here is a link to a talk given by Mary Stewart Adams at the Ann Arbor Library – in this talk she refers to the beehive cluster within the constellation of Cancer.

http://www.aadl.org/aadl_events_Beyond_The_Telescope

Self-Education and Research

- ⊕ **Keep A Journal** ~ Consider building your relationship to the cosmos through an awareness of the moon's phases, contemplating your own biography in relationship to the new and full moon.
- ⊕ Explore and **understand the terminology** used for phenomenological events in the night sky. See the new *Terms and Definitions* list posted on the webpage to help familiarize us with some of the terms.
- ⊕ **Study the resource** articles mentioned.
- ⊕ Be actively **aware of events occurring in the world** and how they relate to what is occurring in the heavens.
- ⊕ Notes from the call and many of the resources mentioned during our conversation have been sent out and are posted on the Central Region webpage on the Anthroposophical Society's website.

Follow the link: <http://www.anthroposophy.org/groups/central-region/>

Spring Labyrinth song

Balance for the Earth
Light taking form
Rising to Rebirth
Spirit seed Reborn

Sun & Moon dancing in the Springtime
Sun & Moon dancing in the Springtime

Flower Stars Return
Flower Stars Return...



The labyrinth is an ancient symbol that relates to wholeness. It is a tool of Mystery, which is anchored in the Earth. Combining the imagery of the circle & the spiral into a meandering but purposeful path, it represents a journey to our own center & back again out into the world; much like the seed in spring.

Labyrinths have long been used as meditation & prayer tools. It is an archetype with which we can have a direct experience. Walking the labyrinth can be considered an initiation, awakening the Divine knowledge encoded within our DNA; a sacred geometry revealing the presence of a cosmic order connecting us with the deeply rooted urge to honor the Sacredness of All Life. Thus, the labyrinth experience is a potent practice of Self-Integration as it encapsulates the spiraling journey in & out of incarnation.

“Solvitur Ambulando... it is solved by walking”



Besides being a body prayer, a walking meditation, & a potential spiritual experience, another dimension of the Labyrinth for schools or workplaces (according to educational kinesiology reports) is to provide a balancing for the participant, leading to improved concentration.

~ Hazel Archer Ginsberg

– Inspiration for the Spring Labyrinth song

“Offspring of all the worlds
thou form of light
firm framed by Sun
with Luna’s might...”

~Rudolf Steiner’s Easter poem

*In service to the divine father.
The lamb of God has shown the way.
May we offer our egotism upon the altar of the higher ego and in service to the world,
ennoble the I Am within our whole being.*

*In the play of life what do we find
We see some of the cast, some of the time.
But if we look past where the bright lights shine.
We may see the curtain and what lay behind.*

*May I work to consciously devote myself with love and appreciation to the karmic process and it's
guiding impulse. Striving to be enlivened and joyful in the opportunity to heal that that I have
injured.*

*Perhaps in part, the feeling of beauty is recognizing higher wisdom shining out of the
organization of something we perceive.*

A thief finds no peace in what's not his.

*Selflessness
Not to lose,
but to gain awareness of the self,
then consciously offering oneself
to the uplifting of mankind in service to divine will.*

*It is with independence from the outer world that humankind can gain a revitalized perspective of it.
Working to see again the divine script of wisdom written within. Through the light of this wisdom
learn to understand the human beings relationship to the living cosmos. Investigating where the
outer world is a true representation of its spiritual foundations and where it is not.*

*Perhaps the lack of peace or unrest in the feeling of one's soul is in part a deep yearning to orientate
the truth of the inner world with the truth of the outer world and the striving to find the balancing
impulse of love between the two.*

*If I do not see the light within you.
It is because of the darkness within me.*

*Tread lightly in the judgment of others.
For if I judge another based on my inner content and not from their inner content, I may not see
beyond myself.*

*In guiding word he can be found.
To open ear a loving sound.
Harmony of divine worlds resound.*

*In our time on earth shall human beings pour forth our life into the desires and comforts of the material bodily processes, letting them rule within us.
Or shall we work to coronate the higher I within us and from that exalted throne of the divine spirit work upon the soul, lovingly ruling the kingdom of the body.*

Offered with love from David Howerton, member of the Anthroposophical Circle of St. Louis

Ostara and The April Fool, an imagination.

by Hazel Archer Ginsberg

You are walking in a dense forest. The sky is overcast, and the woods are gloomy, although occasionally, a feeble ray of sunlight makes its way through the clouds and the trees. The branches of the trees are bare,



although the tips are just beginning to bud. Old leaves from last year's fall scurry about your feet as an occasional gust of wind blows them about. The ground is, for the most part bare, with occasional patches of snow in the shade. Hints of new green life make their way up through the snow and dead leaves.

As you walk, you notice a grove of beautiful white birches, the pale glint of their trunks and branches, a pleasant contrast in the otherwise dark woods. You walk towards the birch grove and then deep into it. When you are surrounded by the birches, you notice a large tree that looks as if it has been struck by lightning. Its upper trunk has been split in two, the inner wood has been exposed to the air, dead leaves have blown their way into the nooks of the tree, in every way this tree looks as dead as it can be.

Suddenly you hear a whimsical whistle from behind the fallen lightning struck branches. Out pops "THE FOOL" in his colorful patch work coat, holding his knapsack up on a stick, a white rose in his hand, with a wolf cub snapping at his heels...

“OH DON’T MIND THE WOLF FAWNING ABOUT, HE KEEPS ME HONEST.

I SEE YOU WERE LAMENTING ABOUT THE TREE. DO YOU REALLY THINK IT’S DEAD (He laughs) REMEMBER, EVERY ENDING IS BUT A NEW BEGINNING. IT’S ALL ABOUT TRUST. BELIEF, IN THE ULTIMATE GOODNESS OF CREATION - THAT LIFE HAS A POINT. THAT DEATH IS TRANSFORMATION. THAT SUFFERING CAN BE PURPOSEFUL, WHEN WE BEGIN LIVING CONSCIOUSLY, IN THE HOPE OF A BRIGHT ETERNAL NOW.

OK, I KNOW, AT FIRST GLANCE THINGS SEEM DARK, AND YES, IF YOU LOOK AT THE EVIL OF GREED AND WAR IN THE WORLD, AT THE LOSS OF YOUNG LIVES, THE FAILURE OF PRINCIPLE, BELIEVING IN PEACE, HAVING HOPE & TRUSTING, CAN LOOK PRETTY (clears his throat) FOOLISH. BUT BELIEVE ANYWAY!!! THAT’S MY MOTTO. SOMETIMES YOU HAVE TO RISK, TO JUMP INTO THE ABYSS OF BELIEF, TO GO AGAINST EVERYTHING SOCIETY SAYS IS SENSELESS. IT MEANS TRUSTING THE HIGHER GOOD. THE INNER FORCES. WHICH ARE AT THE HEART OF GREAT EVOLUTIONARY ENDEAVORS. RISK LOOKING LIKE A FOOL. LIVE IN THE MOMENT, OF HOPE FULFILLED. BE PEACE & PEACE WILL PREVAIL.

HEY WHAT’S THAT OVER THERE... (laughs,) MADE YOU LOOK...

And with that “THE FOOL” is gone. Make sure your shoe laces aren’t tied together as you walk closer to the tree.



You are surprised to see a bright light outlining the figure of a woman. She is clad in brilliant greens and sunny yellows. She holds a large golden basket. Her gaze is steady, her eyes make you think of clear streams running in the middle of old forests, her skin reminds you of the first fair flower of spring, and her hair is long and unbound. At her feet sits a small brown rabbit nuzzling the hem of her skirt. She gestures, indicating that you should come forward. You walk towards her. She points at her covered basket, and lifts the cloth. Inside, you see an astounding array of pastel eggs, all colors, all patterns. You can think of nothing better than to pick one of these beautiful eggs, and have it for your very own. Your hand reaches out, and she shakes her head. You realize that while she wants you to have an egg, she wants you to pick it sight unseen. So, you close your eyes, reach out your hand, and reach into the basket. Eyes still closed, you draw your hand back, holding an egg. You open your eyes, and look upon your egg. What does it look like?

Think to yourself what the decoration on the egg means, and why Ostara, The Goddess of The Spring Resurrection wants you to have this particular gift for the coming season.

After you have looked at your egg, you raise your head to thank the Goddess, but she is gone. You look about for her in vain. You wonder if it has all been a dream. The reality of your heart tells you otherwise, and you know you have received the blessing of the Green Goddess.

As your attention moves from yourself to the forest, you realize that the trees now have tiny, but beautifully formed green leaves at the end of their branches. And you notice that the birch tree struck by lightning, the one that looked dead, now has green shoots rising from its split trunk. As you make your way out of the birch grove, it seems that the clouds have lightened, and even as you think this, the sun comes out. Small, barely formed flowers lightly scent the forest floor, birds are singing, and the rich smell of moist earth fills your nose.

Softly at first you hear that care-free whistling coming from what seems like everywhere. As you mount the crest, you see “THE FOOL” once again. He’s playing catch with the wolf, precariously close to the edge of the precipice. He calls out to you...



“A MONK WAS OUT WALKING IN THE MOUNTAINS OF ANCIENT JAPAN. HE ENCOUNTERS A WILD TIGER. AND AS HE IS FLEEING, HE SLIPS OVER A CLIFF, BUT MANAGES TO GRAB HOLD OF A GNARLED ROOT AT THE EDGE. HE LOOKS DOWN, & SEES SHARDS OF BROKEN ROCKS FAR BELOW. HE LOOKS UP & SEES THE WILD CAT, SNARLING AT HIM IN HUNGER. AS HE LOOKS AROUND, HE ALSO SEES BESIDE HIM A BUSH WITH A SINGLE BRIGHT, SUCCULENT BERRY ON IT. HE LOOKS UP. HE LOOKS DOWN. HE SMILES, & PLUCKS THE BERRY, & POPS IT INTO HIS MOUTH... HOW SWEET IT TASTES!”

(He begins to whistle, letting it swell & then fade out)

This is the way of the wise fool. He knows that a life lived in trust is sweet. Take this Zen teaching into your heart, into your mind, into your body.

As you make your way out of the forest, you wonder how you could have found this green growing place gloomy, it seems so alive, and pleasant to walk through, full of hope and positive forces, which you can call on anytime, to influence your choices, as you take the leap, into the joys of Spring.

What’s happening in our Region?



Greetings from our Friends in Austin, Texas

February 2014
Dear AS Central Region,

Las Estrellas Teacher Training opened in Austin, Texas in the fall of 2012 with 12 trainees and has just crossed the halfway point! This pioneering group will complete their training in the spring of 2015. We meet on Saturdays on the campus of the Austin Waldorf School from mid-August to mid-May overall for 3 years, and take off every fourth Saturday or thereabouts. It’s been a deeply rewarding time together so far. The Executive Council consists of three teachers from the Austin Waldorf School each with over 35+ years of experience in the classroom, plus myself Kathryn King as the Executive Coordinator. Then other experienced faculty members teach specific subjects as needed. We have long days from 9:15 to 5:30 with 3

main lesson sessions and two artistic hours, but the time literally whizzes by once we get started. Everyone is always surprised that 5:30 arrives so soon!!!

We've covered Steiner's basic books plus several other lecture series, and studied human development, phases of childhood, storytelling, details of the curriculum, temperaments, learning, challenges, festivals, etc., and are looking forward to presentations of the first practice main lessons in April. We engage in the arts of painting, clay modeling, eurythmy, handwork, spacial dynamics, and music as much as time allows! There is plenty of homework as well as major projects to complete in the summers. Classroom observation days are arranged during the week.



Hilmar Moore



12 senses with Betty Jane Enno

We are especially fortunate to start off each morning with 30 minutes of Werbek singing exercises with Giselle Whitwell, music therapist and pre-natal caregiver. Marilyn Fox, class teacher from Shining Mountain Waldorf School in Boulder, comes each year to do a day of painting through the curriculum. Then we continue with blocs of painting classes as time allows. Robyn Brown, curative teacher from Mulberry School in CA, comes in August each year to lead us through movement therapy and ideas for outdoor activities and indoor games. Christian Breme came from the Basel, Switzerland Waldorf School last February to teach a day of embryology through clay modeling. We've had other great visiting faculty such as Dennis Klocek, Hilmar Moore, Dr. Ross

Rentea, and John Wulsin. The out-of-towners usually give a workshop that we open as a public forum. Still to come this spring will be Paul Gierlach for teaching history, and his wife Karen will lead a biography workshop over two weekends. We are extremely lucky to have already booked Stephen Lloyd, curative eurythmist from South Africa, for a weekend next Fall.

One of our trainees, AWS alumni, was already hired as first grade teacher at AWS last fall, and one other had a baby so stays at home now. Our most courageous trainee drives in from Houston every Saturday so he's on the road way before sunrise and long after sunset. It's a very special circumstance to have this extended family for support as we delve deeper and deeper into the marvels of Waldorf Education. It will be a grand celebration indeed when the course culminates in a little over a year from now. Some wonderful candidates will be ready to join a Waldorf classroom at schools that will be very lucky to hire such eager and dedicated teachers.



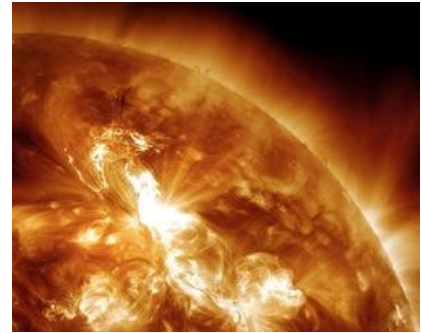
Dolls by teacher trainees

For further information contact: Kathryn King at 512-356-9243 or kking003@austin.rr.com

The Human Heart - Its Physiology in the Context of Reincarnation and Karma

May 16 – 18, 2014 - Weekend Workshop at Camphill Village MN, Sauk Centre, MN **Dr. Armin Husemann**, will present an understanding of the heart spanning from physiology to soul life and destiny. His four lectures will consider the following:

- 1) **Is the Heart a Pump?**
- 2) **Life and Soul in the Movement of the Blood**
- 3) **The Upright Human - An Awakening for the Heart**
- 4) **The Heart as Organ of Karma.**



Eurythmist Lynn Stull, founder of Arts2Thrive <http://arts2thrive.com/> will bring artistic understanding and expression to the concepts of the heart. More workshop details and registration information will be sent out in early March. In the meantime, we hope you will consider joining us and save these dates on your calendar. If you have questions now, please e-mail Carol Nichol (cawa12@charter.net).

Chaparral Eurythmy - Noontime Concert Series

May 29, 2014 - Central Presbyterian Church 12 noon – Austin, TX
Half hour performance - Family friendly. Free. Reservations for lunch at <http://www.cpcaustin.org/worship-and-music/music/thursday-noon-concerts/>



If you have any suggestions or contributions for upcoming issues, please send them to Marianne Fieber at 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: 3rd Saturday of the month
- * Electronic submissions only to 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
With Hazel Archer-Ginsberg, Chicago, IL