

# *e-Correspondence*

from the Central Regional Council  
of the Anthroposophical Society in America

May, 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.**

## **Contents:**

[Organ of thinking illuminated bright - by David Howerton](#)

[Beltane](#)

[Lunar Eclipse Reports](#)

[Last Night As I Was Sleeping](#) ~ Antonio Machado

[Star Poem](#) ~ Joseph Dhara

[Full Moon in May](#)

[What's Happening In Our Region?](#)

[Speaking With The Stars Planning Retreat](#)



## **Speaking with the Stars project**

Scribed notes and resources mentioned during our April 9<sup>th</sup> regional call are posted onto our Central Region webpage.

<http://www.anthroposophy.org/groups/central-region.html>

*Organ of thinking illuminated bright.  
Reflecting hearts warm loving light.  
Shadow casting a darkness not lasting.  
Unconsciously sinking into cold dry thinking.  
To what is not lasting comes the eternal passing.  
Sun shining warm loving heart light.  
Overcoming darkness in thinking's night.*

*The whisper of wisdom.  
The hum of the hive.  
The rhythm of life,  
it can be revived.  
Do not seek to contrive.  
But be alive, bee alive.  
In what's eternal we survive.*

*Freely surrendering the robe and crown of selfish rule.  
Reverently seeking to adorn one's self with the chastened garments of the  
beggar for the Spirit.*

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

## BELTANE

May 1<sup>st</sup>, called Beltane by the ancients, is a Cross-Quarter on the wheel of the year, which marks a joyful festival of growth and fecundity, heralding the promise of Summer.

Beltane means 'Good Fire' or 'Bel-fire', named after the solar deity Belenus - "Bright and Brilliant Regenerator", "Protective Shepherd", "The Fiercely Shining One", a Pan-Celtic solar god, who was also known to be a rainbow rayed healer associated with curative springs.

Rudolf Steiner, when lecturing about the Mystery Schools, speaks of this time as being ruled by the Mercurial Archangel Raphael, who holds the caduceus and brings healing in his wings.

Lighting a fire is customary at Beltane, and traditionally it was composed of wood from nine sacred trees. On Beltane Eve all hearth or house fires were extinguished and then rekindled from the sacred "need fires" lit on Beltane. People would leap through the flames and drive their cattle through them for purification, fertility, prosperity and protection.



Originally Beltane was a movable feast controlled by the condition of the flowers and crops; it is believed to have been instituted in 238 BCE under the command of an oracle in the Sibylline Books, with the purpose of gaining from the goddess the protection of the blossoms.

Anyone who went out into the woods and found a branch of flowering hawthorn would bring it triumphantly into the village (thereby bringing in the May) and announcing the start of planting season. However there were warnings about bringing hawthorn into the house, since it would invite the fairies in. Sometimes flowers were given as messages: plum for the glum, elder for the surly, thorns for the prickly, pear for the popular.

Games were instituted in honor of the goddess Flora. Gift-giving for the season included vegetables as tokens of fertility. (Use your imagination)

Choosing a May King, symbolized by 'The Green Man', and the May Queen, a woman dressed in white, representing the Spring Goddess in her maiden aspect, is part of the celebration. (The merry month of May and the word maiden both come from the same source - a word which simply means young)



Beltane marks the union of the polarities, bringing new life to the earth. It is a traditional time for Hand-fastings (a marriage that lasts for a year and a day), and was a time for couples to lie together outside to bless the crops and the earth.

The tradition of the Maypole is a circle dance alternating male and female dancers, weaving in and out in a maze movement, plaiting ribbons as they go. Maypole dances fulfilled social and sacred functions. They helped people flirt and mingle socially. They also raised energy in a patterned and focused way.

In England, May Day was also an occasion for Morris dancing and mummer's plays. Scholars have speculated that the exaggerated leaps of the Morris dancers serve as charms to show the crops how high to grow (similar dances are reported from early Roman times) and the clashing of their sticks may represent a ritual battle between summer and winter. The mummer's plays feature odd characters including Green (or St) George, a hobbyhorse (or dragon), a male/female, a teaser, a jester and chimney sweeps with their brushes. Sometimes the hobbyhorse has coal under his skirts and he tries to trap young women under them. Only those who are marked with coal can dance around the maypole. Sometimes when the play portrays a battle between summer and winter, Summer squirts Winter with water and seizes the garland from winter and presents it to the May Queen.

There were other May Day customs; such as walking the circuit of one's property, repairing fences and boundary markers, processions of all kinds, archery tournaments, sword play, And of course making merry with music and May wine...

May morning is a time when the veil between the worlds can easily be pushed aside; but instead of the spirits coming into our realm from the other side, which is the case with Halloween, the polar opposite of Mayday on the wheel of the year; the fairies can enchant us over into their mystical realms.

At Beltane the Pleiades star cluster rises just before sunrise on the morning horizon, (whereas winter begins when the Pleiades rise at sunset) The Pleiades is a cluster of seven closely placed stars, the seven sisters, in the constellation of Taurus, near his shoulder. When looking for the Pleiades with the naked eye, remember it looks like a tiny dipper-shaped pattern of six moderately bright stars (the seventh can be seen on very dark nights) in the constellation of Taurus. It stands very low in the east-northeast sky for just a few minutes before sunrise.

Beltane is a precarious time, the crops are still very young and tender, susceptible to frost and blight. As was the way of ancient thought, the Wheel would not turn without human intervention. People did everything in their power to encourage the growth of the Sun and His light, for the Earth will not produce without the warm love of the strong Sun, and the nourishing, healing powers of rain.

Water has special properties on May Day. A Mother Goose rhyme tells us:

*The fair maid who, the first of May  
Goes to the fields at break of day  
And washes in dew from the hawthorn tree  
Will ever after handsome be.*

Other sources suggest using the dew found under oaks or on ivy leaves. Make a special wish as you wash your face or drink from a well before sunrise. The first Sunday and first Monday in May are traditional days for dressing (decorating and honoring) wells.



When we acknowledge these creative forces in the dance of our lives, it takes us to our own personal, modern-day version of dancing around the maypole; where we weave and combine the opposing energies within ourselves; blending them into one balanced source.

Our body, like the body of the earth, instinctively knows its Beltane; the time of vitality, passion and new growth. And the wisdom of our spirit seeks the natural union of opposites that occur at this time; giving us the opportunity for integration, in the alchemical dance of our souls. Because under all the sexual innuendo and frivolity, it's really all about the inner mystic marriage, the symbolic union of fire and water, two polarities complimenting each other, to become one in wholeness, bringing all the elements into balance. (You'll just have to go dancing naked in the forest preserve on your own time ; >)

For now, what would it be like to - Work to unify the polarities of our being, by sparking the new fire of creative fertility and passion; and marrying it with the beautiful, healing waters of compassion and pure love; So we can truly celebrate the marriage feast of our lives, with a grounded, mindful joy...?

~Hazel Archer Ginsberg - **Festivals Coordinator and Council Member of the Rudolf Steiner Branch of Chicago.**

# Lunar Eclipse Reports

## From Hazel Archer Ginsberg

A group of 30 folks celebrated Passover at the Lucchesi-Archer-Ginsberg household on Monday 14 April 2014. Around the Seder table we discussed freedom. We came to understand that freedom isn't only something that our Jewish ancestors struggled with long ago, and it isn't just something we hope to experience on an individual internal level now, (freedom from fear, traumas, and constriction) in its fullness freedom is a universal longing that all of humanity strives for.

After the wine and food and prayers, eight intrepid souls camped out on the sofas and floors to rest and wait for the full lunar eclipse.

It was snowing at 1:30am on Holy Tuesday when we roused ourselves, but we bundled up and went out into the night to walk around the neighborhood, singing Easter songs through the quiet streets. When we returned it was still snowing so we made some hot drinks and recited the Foundation Stone Meditation together.

At 2:45am I looked out the backdoor and lo and behold the sky was completely clear, so we went out to greet the red Moon filling the sky in full eclipse. Our dog went wild, running around and around in circles, exciting the children. We made a fire in the pit and watched as a line of white light slowly made its way across the red face of the Easter Moon. We did the Hallelujah in eurythmy and spoke the Verse for the Michaelic Age by Rudolf Steiner:

***We must eradicate from the soul all fear and terror  
of what approaches us from the future.***

***We must acquire serenity in all feelings and sensations about the future.  
We must look forward with absolute equanimity to whatever may come.***

***And we must think only that whatever comes is given to us  
by a cosmic guidance full of wisdom.***

***It is part of what we must learn in this age, namely,  
to live without any security in material existence  
and to live with pure trust in the ever-present help  
of the spiritual world.***

***Truly, nothing else will do if our courage is not to fail us.***

***For this let us seek awakening  
to the reality of the spirit  
from within ourselves,  
every morning and every evening.***

When we went back inside, we were greeted by the heavenly scent of the Easter lily which had completely opened in our absence, filling the room and opening our hearts to the hopeful fragrance of freedom in full bloom.

## From Cheryl Lynch Lawler and Laura Iturralde of the St. Louis Anthroposophical group.

On the day of the full-moon eclipse we hiked under overcast skies for most of the afternoon. At dusk we stood and watched in awe as the heavens parted above us. We looked up and spotted Jupiter and Mars which just happen to rule our respective sun signs. But even better, this was Laura's birthday, and was she ever in for a treat. The clouds were racing past at lightning speed on either side when, for the first time that day the Sun peeked through in beautiful orange tones just in time to wink at the rising moon. We felt honored to be at the heart of their moment of affection.

Hours passed as the entire sky continued to clear and the moon climbed higher. Around 1 a.m. the shadow of the Earth became apparent and we began our vigil. We felt the tugging at our core as we were immersed in the growing darkness outside. We summoned our will forces to kindle the light inside us as our offering to the heavenly hierarchies. As we were invoking the Christ spirit, three shooting stars from three different directions greeted us and we simultaneously reached out, taking one another's hands and began to dance with joy as we celebrated our communion with the cosmos. With gratitude we began to pray the Lord's Prayer.

## From Mary Louise Hershberger ~ Fargo, ND (viewed from Florida's Gulf Coast)

After what seemed like ages of watching and waiting, the return of the light was spectacular! On the East side of the bronzed orb, appeared a lens of such brilliance that I fully expected to see something of even greater brilliance illuminating it from the East. But there was only darkness. Oh great mystery! It must have been a giant cosmic eye, gazing towards the East. I didn't wait around to see what it saw, but I've heard amazing stories!

### Last Night, As I Was Sleeping

*Last night, as I was sleeping,  
I dreamt – marvelous error! –  
that a spring was breaking  
out in my heart.*

*I said: Along which secret aqueduct,  
Oh water, are you coming to me,  
water of a new life  
that I have never drunk?*

*Last night, as I was sleeping,  
I dreamt – marvelous error! –  
that I had a beehive  
here inside my heart.  
And the golden bees  
were making white combs  
and sweet honey  
from my old failures.*

*Last night, as I was sleeping,  
I dreamt – marvelous error! –  
that a fiery sun was giving  
light inside my heart.  
It was fiery because I felt  
warmth as from a hearth,  
and sun because it gave light  
and brought tears to my eyes.*

*Last night, as I was sleeping,  
I dreamt – marvelous error! –  
that it was God I had  
here inside my heart.*

~ Antonio Machado (1875-1939)

From the research of Linda Nagel, Ontario after participating in the April 9<sup>th</sup> conference call.  
[www.candlesconnectinghearts.com](http://www.candlesconnectinghearts.com)

### *Star Poem*

Oh stars,

Oh stars

Please can you reach me

Oh stars,

Oh stars

Carry my heart in your sacred lemniscate

Oh stars,

Oh stars

I have ignored you for too long

Oh stars,

Oh stars

You deserve my devotion

Oh stars,

Oh stars

As the night sky opens towards the eclipse

Oh stars,

Oh stars

I feel the purity inside and outside me

Altogether

Oh stars,

Oh stars

I am waking up, inside of community.

Oh stars,

Oh stars

You have reached me, please teach me

Carry my heart

Home

~ Joseph Dhara, Viroqua, WI

### **From Joseph Dhara and Marianne Fieber, Viroqua, WI**

We set out from Viroqua around 12:40 am and the shadow of the earth had already begun to crawl across the face of the moon. After a 45 minute drive to a large wilderness area of the Kickapoo Valley Reserve amidst the ridges and valleys of the driftless region, we prepared a spiral of crystals, shells and stones in the still shining moonlight. We then opened our cosmic celebration with the following verse:

*My Head bears the being  
Of the resting Stars.  
My Breast harbors the life  
Of the wandering Stars.  
My Body lives and moves  
Amid the elements.  
This Am I.*

-Rudolf Steiner

It was a cold 19 degrees, but we had dressed warmly, and were prepared with plenty of hot water, sleeping bags and snacks. We spent two hours outside as the moon was shadowed completely by the earth. When the moon appeared red-orange in the peak of the eclipse we spoke the verse for the Michaelic age by Rudolf Steiner. By speaking this verse into the night, as the stars strengthened in their sparkle we held the imagination that this was a way to counter any negative energies which may be released as the safety valve lay open at the height of the eclipse. We sang and contemplated what we were witnessing; remarking on the beauty. We did some shared work alternating with viewing the eclipse as it was occurring. We read Wordsworth's Poem "The Daffodills", inspired on this day in 1804. We took time for art/sketching /journaling, and for meditation. Joseph recalls feeling a strong sense of purity just before the height of the eclipse. Marianne recalls an expansion in consciousness to feel a part of the universe.

When we realized we became frost-covered, we spent about two hours inside the warmth of the car where we continued to hold the space of love and deep peace for the world. The shadowing of the Moon seemed to stand still at one point and hover before beginning its movement onward. A sliver of golden light seemed to travel along the right edge of the moon, under its belly and up the left edge before moving off more swiftly.

As the departing shadow reached the halfway point and the light of the full moon began to dim the stars, we sang:

*Though my soul may set in darkness,  
It will rise in perfect light  
I have loved the stars too fondly  
To be fearful of the night, fearful of the night,*

Then we closed by speaking:

*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 this speaking  
Can become strength for Spirit-Man.*



We returned to Viroqua, and spent time at the kitchen table copying the planetary seals for the moon, and some of the other planets. The work moved us deeply this night, and left me (Joseph) with a strong sense of the importance of community on my spiritual path.

## The mystically auspicious time of the Full Moon in May...



According to ancient wisdom, The Buddha was born, attained enlightenment, and ascended into Nirvana, during the Full Moon in May, many hundreds of years ago. Now, every year, that fullness of May is known as the *Wesak Festival*...

The Buddha Moon is considered to be the greatest moment of spiritual contact for the entire year. Great polarities are synthesized and united at this festival. Hope is revived in the world, and great seeds of beauty, truth, and goodness are planted within us – qualities needed for the Unity of Humankind.

Ancient Wisdom asserts that there will be a new coming of the World Avatar (a different name for each culture) and those beings that assist them. But the reality set forth and embedded within this festival, is that WE, as a living unit called Humanity, are to be that World Avatar! The Wesak Festival provides us each year with a further reception of the tools of Love and Wisdom, to fulfill this ancient prophecy.

Experience the power of the Wesak Moon, 14 May 2014, by tuning into these powerful cosmic energies, filled with the remembrance of Saints and Avatars, beloved and respected by countless generations - a significant metaphor for the possibility of spiritual growth.



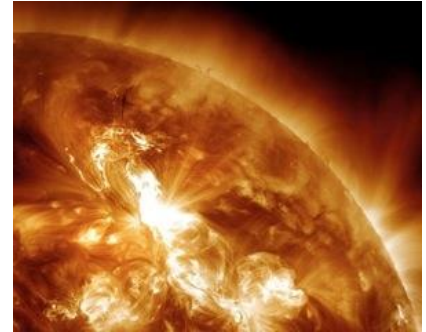
## What's happening in our Region?

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

### 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](mailto: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/>

## Speaking with the Stars

### PLANNING VISIONING RETREAT – June 1-4, 2014

#### RETREAT CONTENT

Our **Speaking with the Stars** gathering will be a working retreat filled with opportunities to explore our inner relationship to the stars and cosmic rhythms through the lens of Anthroposophy as we begin to shape our region-wide events for 2015.

#### Our goals are

- \* to study together
- \* to define some possibilities for beehive clustering activities in the Central Region coinciding with the cosmic events in 2015
- \* to help prepare each other to be an organizer/leader of a beehive cluster

To begin this work we would like to ask each participant to bring personal remarks, a poem or other artistic contribution inspired by your connection with the stars.

## RETREAT LOCATION

The Headlands International Dark Sky Park west of Mackinaw City, Michigan  
(see website: <http://www.emmetcounty.org/darkskypark/>).

## LODGING and MEALS

The group will be staying and meeting at the Guest House within the Dark Sky Park.  
We will accommodate one to two representatives per branch.

Mary Rapin from the local Biodynamic farm will prepare meals during our retreat.

## DAILY WORK SESSIONS

Morning: 8AM to 12:30PM.  
Afternoon: 2 PM - 5 PM.  
Evening: 6:30 PM - 9:30 PM

For more details and registration information please go to our Central Region website:

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

Or by contact Alberto Loya, 734-395-0151 or Email: [aloyavaca@peoplepc.com](mailto:aloyavaca@peoplepc.com)



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  
With Hazel Archer Ginsberg, Chicago, IL