

E-Correspondence

from the Central Regional Council
November, 2012



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.**

Awakening to our Regional Community

In response to the call throughout the region to share with us what is happening the following have been received. Thank you for those who have contributed for this month. We hope to continue this work of weaving our regional vessel to hold the courageous work that has the power to impact the world through many points of light.

Genesis of a biodynamic group in Central Minnesota

Mary Swank mary.mariachi@gmail.com

Many local members know I have wanted to develop a regular biodynamic group in order to create an effective biodynamic presence in our area (MN). Many of us have participated in the Springtime 500 prep stirring with friends in Little Falls and St. Cloud. I have been stirring and spraying my vegetable garden for several years now, and receive increasing compliments from the neighbors on my street at the beauty and intensity of my raised beds. I have gotten a small start on the practical side of things, with the kind assistance of Angela Michieli, who visits our area from Camphill annually.

I would like to join with a regular group at least once a month to learn--practically and intellectually--much more about the craft and work of biodynamic gardening. Angela, the Steiner Study Group and I have agreed that a study of Steiner's book, "The Agricultural Course" would be very beneficial for the intellectual side. I am also hoping to keep in contact with the agricultural rhythm taking place at our very own nearby Camphill Village in Sauk Centre, organizing field trips to watch and learn, as well as help with the work.

Anyone interested in doing this? LET ME KNOW IF YOU ARE. Once I have a list of people who want to create this impulse, I would like to get together and visit about meeting times and venues, as I know we are a bit spread out (Camphill, Brainerd, St. Cloud and Little Falls are all candidates for meeting). I have the book in this link, if you want to order the book we will use.

Reports from Around our Region:

Home Funeral feature on Minnesota Public Radio (with Marianne Dietzel and Linda Bergh)

On October 24th, Minnesota Public Radio presented a lovely video on home funerals in Minnesota. This is a beautiful presentation of the work by regional members dedicated to presenting people with an option in supporting a loved one's journey across the threshold. This describes the gift not only to those recently deceased but also to those who remain and are held in the mourning. Take a moment to view this story. [Home vigil honors a mother's last wish | Minnesota Public Radio News](#)

*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*

Verse for America ~ Rudolf Steiner

One Member's Approach toward Welcoming New Members

The first thing I do when 'being human' arrives is check the *new members* page to see if there are any new members in our area of Minnesota. In the summer issue 2011, I found "Linda Hass Knudson, Deerwood, MN". Deerwood is about 50 miles to the northeast of our home in Little Falls. I proceeded to call her and left a message on her answering machine. I did so again a couple days later. When I didn't hear from her, I waited for awhile and then decided to give one last call, and this time Linda answered!

In our conversation, I learned that Linda had met Anthroposophy while taking an art class at Black Hills University, Spearfish, South Dakota where her teacher introduced the class to Goethe's color theory. The next step was the taking up the study of Anthroposophy on her own, leading to her decision to become a member of the Anthroposophical Society. Linda had never met another Anthroposophist and was elated to know there were others not too far away. To her amazement, another member of the Society lives only a mile from her home.

Linda's enthusiasm upon finding other Anthroposophists was a warm gift to the rest of us. The six members in our area gathered to meet Linda in October 2011. We decided to begin a study group which has been meeting now for over a year, every other Saturday morning at the Brainerd library. We study *Theosophy* for two hours and then go to lunch at one of several favorite restaurants to enjoy more time together.

We are ever grateful for each other and to Linda for bringing us closer. Our experience confirms for us the significance of the decisions we make and the appointments we keep in the fulfillment of our karma.

Wayne Smith, Little Falls, MN

Straight from the Heart(land): Building Regenerative Communities: Conversation and Resource Guide Update on February 2012 Conference

You may recall seeing notices last year about the collaborative event held in Minneapolis, MN in February as part of the Great Lakes Region of AWSNA annual gathering. The event was part of a larger impulse on the theme of engaging in conversations around elements of Rudolf Steiner's ideas for the renewal of social life. The CRC's May 2010 gathering in Ann Arbor, MI entitled *Currency, Community Culture: Beginning the Conversation* included an introduction and practice of Focused Conversation with Luigi Morelli, laying some initial groundwork for our Group and Branch Leaders on these themes. A resource guide based on the themes of the February 2011 conference was part of the grant proposal for which funding was received through RSF Social Finance. The intention of the guide is to create a supportive tool for any group, branch, school or initiative as they attempt to host enlivened social discourse and self-education opportunities on associative economics, threefold social principles, regenerative communities and ecology-based economy among other topics. During the November 2012 meeting of the Fund Sharing Group (one of the initial collaborators), a working draft of the resource guide was presented by Marianne Fieber, Mary Christenson and newcomer to the project, Youth Section member Seth Jordon. The *Conversation and Resource Guide* had a trial run during the meeting and is planned to be complete by January 2013 and made available online. More information will be forthcoming when the guide is ready to go "LIVE".

Video Project from the August Conference: follow the link below to view and hear what some of our Anthroposophical Society members had to say during the August conference in Ann Arbor. We had the opportunity to record a number of members speaking about what inspires them about the work of Rudolf Steiner. It is the hope of the Society to continue exploring this medium as a method for sharing the fruits of anthroposophy with others in the world. I wish to express sincere thanks to Pablo Leon Luna for his warm-hearted work on site as well as the hours of meticulous editing.

[Some Voices & Faces of Anthroposophy, 2012 - YouTube](#)

- Marianne Fieber, Video Project Manager

"The Christ Event of the 21st Century--" A Workshop with Yeshayahu Ben-Aharon November 10-11, 2012 - Fargo, ND

What does the Future contain? Is the Past dead and gone? How shall we anthroposophists practice spiritual science in the 21st century? Will our present practice help prepare the world for a future speeding toward us at a dizzying velocity?

Clay, the Red River and prairies edge of Fargo, North Dakota drew 35 anthroposophist/spiritual seekers from the Fargo area, Central Minnesota, the Twin Cities area and beyond, to a workshop which addressed these questions in detail. The Fargo anthroposophy fellowship, "Circle of Friends," hosted Dr. Yeshayahu Ben-Aharon November 10-11, 2012 for a workshop which he is offering internationally entitled: "The Christ Event of the 21st Century."

A viewing of "Transcendent Man," a documentary about living futurist Ray Kurzweil, opened the sessions in the comfort and beauty of the Plains Art Museum. The movie introduces the notion, which Dr. Ben-Aharon shares, that technology, (specifically AI) is rushing toward us with such increasing speed, that we will certainly merge with it in the near future--2045, to quote Kurzweil-- in an event coined by him: "The Singularity."

Saturday and Sunday were spent taking in two lectures, and practicing introductory exercises for practices he calls "social yoga" and "cognitive yoga" in a lovely facility, in which we were all well-coffeed and fed throughout with a cornucopia of healthy snacks, meals and chocolate as our individual needs dictated!

I shall attempt here to summarize our time together, since a full explanation of Dr. Ben-Aharon's material is not yet fully mine to share--not by a long shot!

WWSD?

Dr. Ben-Aharon presently travels the world promoting what he calls "The Global School" in order to find those who would "do as Steiner did" rather than necessarily "what he said." He warned and brow-beat us (good-naturedly, but seriously) about resting too comfortably on Steiner's faded, hundred-year-old laurels without finding new ways to create and research the spiritual world to which Steiner opened the way. Taking great care not to use anthroposophical "jargon," in order to circumvent his audience's complacency, he never-the-less highly recommends the book "Philosophy of Freedom"* as a necessary starting point for this research, on account of it's focus on the nature of Thinking. I believe the workshop itself was a taste of what this "Global School" practices.

The Cosmos Is Changing: Social Yoga

As our human individuation transforms, so does the cosmic order. Humans will be doing without their traditional "guardian angels" as these beings begin their training as arch-angels. Because of this lonely, fearful state of affairs, we must find our transforming selves too--in each other. No amount of singular meditation will seal the deal, according to Dr. Ben-Aharon; but rather, a regular practice of social yoga. Our exercises were comprised of one-on-one listening to each other describe a very simple thing (object and/or life event) in turn, then responding in light of this opening question: "Would you be willing to listen to me and tell me who I am?" These exercises are designed to penetrate the "soul envelope," thus developing skills to truly communicate on soul level. Doing this for one another has the dual effect of taking over the work of angels (i.e., becoming angels) and consciously initiating the process Dr. Aharon calls "Reversal."

"Reversal"

I quake not a little at the prospect of explaining Dr. Ben-Aharon's meaning of this term in this overview. I had the good fortune to learn the German translation from a German workshop attendee: umstülpung, which means to peel from outside in. The individuation of human beings must draw the cosmos into itself as free thinkers. The Group Soul phenomenon of the past will no longer be enough to build our future that is the "Christ Event."

Reversal is happening, whether we are aware of it or not. And not just in the kingdom of humanity: minerals are enlivening, plants, en-sensing, animals en-souling. They, with humans assimilate and appropriate the cosmic streams unconsciously. Simple nutrition exemplifies this process: we eat, transforming external nutrients to part of our working physical system. We transform external forces to internal forces, only to be externalized again. But how if humans could consciously practice this process with Christ in mind? With the upbuilding of each other in mind? With the discovery of our True Self in mind, free of the illusions of Lucifer and Ahriman? What would I do if I experienced Steiner's words on the inside and looked ahead to the world he experienced? Dr. Ben-Aharon referred throughout the workshop to three streams seeking entry: Lucifer, Christ and Ahriman; but our middle Christ stream is the road we must consciously take for the good of the wide world order as well as our self-discovery. In so-doing, we actually spiritualize the past, while condensing our future.



The Global School: An updated School of Spiritual Science

Lively discussions in the round wove throughout our listening and soul-listening exercises. Some expressed fear at the spectre of a future bombarding us so fast that we can borrow from it. Soul listening as self-discovery stirred in some of us a fear of losing our self. Although Dr. Ben-Aharon encouraged questions, his attitude was always to lead each of us to mine out our own answers, without the crutch of traditional anthroposophical terminology. "This is the work...," he says. He sees his own Work as spreading this impulse and encouraging those in whom it resonates throughout the world. Groups of people who intentionally and regularly practice social yoga are in the, so-to-speak, "101" stage of the Global School. Dr. Ben-Aharon intends to help strengthen and unify the Work of these sprouting groups internationally by regional visits at least once a year and electronic updates (internet).

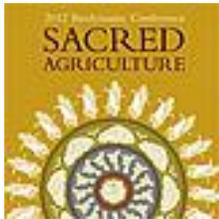
Although people weren't breaking down the doors to join, many certainly had full hearts and heads--new ideas to consider. I, for one, will dig out my dusty copy of Philosophy of Freedom and begin experimenting. Isn't that what scientists do? Respectfully submitted by Mary Swank, St. Cloud, MN

Yeshayahu Ben-Aharon information:

Books: The New Experience of the Supersensible, The Spiritual Event of the 20th Century, America's Global Responsibility, The Event in Science, History Philosophy and Art

Website: www.event-studies.org - Dr. Ben-Aharon can be found on Facebook and Twitter

* Philosophy of Freedom is published presently under the following title: Intuitive Thinking As a Spiritual Path: A Philosophy of Freedom.



2012 Biodynamic Conference

November 14-18 in Madison WI

Nearly 700 attendees were present at this remarkable gathering held in the Monona Terrace convention center with Lake Monona glistening in the bright sunshine through floor-to-ceiling windows along the grand terrace. Robert Karp, Administrative Director (and previous Central Regional Council member) opened the conference on Friday morning with a challenge to carry forth the intent of this gathering and create sacred meetings throughout the weekend - *meet in the Spirit of Sacred Agriculture*. There were many “first-timers” present at this gathering, myself being one of them, and I was inspired by the mood infused with grounded humor, deep reverence and sacred intent to work with this most basic deed of producing food that nourishes not only our human body and soul but additionally brings healing to the earth. The keynote lectures as well as a number of the workshops were recorded by Aurora Recording and are now available to be purchased through their website. [Aurora Recording - 2012 North American Biodynamic Conference](#). There will be a full report on the conference posted to the BD website which you may wish to check out further.

There had already been a great deal of activity underway before the conference even started; both Wednesday and Thursday were filled with pre-conference workshops. Thursday evening some participants marched together along Martin Luther King Jr. Blvd. from Monona Terrace to the capital building singing: *Freedom is Coming* in support of family farmers adversely affected by recent raw milk legislation. Quotes by Martin Luther King, Jr. and Mahatma Gandhi were read and at the top of capital stairs, with the lit columns behind us, we sang John Lennon's *Imagine* before dispersing peacefully to continue our exploration of “Sacred Agriculture”.

One of the great liabilities of history is that all too many people fail to remain awake through great periods of social change. Every society has its protectors of status quo and its fraternities of the indifferent who are notorious for sleeping through revolutions. Today, our very survival depends on our ability to stay awake, to adjust to new ideas, to remain vigilant and to face the challenge of change.

— [Martin Luther King Jr.](#)

It is impossible to capture all the profound events which occurred during these days. In an effort to give you but a taste, I am presenting a series of thoughts scribbled in my notebook. Unfortunately I can't always be certain if these were quotes by another or the speaker at the moment. Please forgive this and accept these as thought offerings from various presentations.

Opening Words from Robert Karp:

- Heal the earth. Heal ourselves.
- Regardless of how wise we are we have something to learn. Regardless of how humble we are, there is always something to teach.
- Our “social fields” need tending as much as our soils!



Sacred Earth: The Spiritual Scientific Foundations of Biodynamics (workshop w/Jim Barausky & Rachel Schneider):

- The most important task of humans is to connect to truth and connect heaven & earth.
- Biodynamic farming is a Rosicrucian path.
- The earth is hardening too quickly which may prevent human beings from incarnating. Biodynamics is a kind of therapy for the planet and human beings are responsible for all creation. All of nature made sacrifices to allow us to develop consciousness so we owe the nature beings for this gift.

Peak Money and Ecological Transition - Charles Eisenstein:

- We are in a transition.
- Everything we've been doing from a mechanistic point of view falls short of what is needed. We need to consider Spirit.
- There is a transition occurring in our mythology - our story: the old story is a separate self, the new story is the connected self.
- What was previously seen as real and permanent is now seen as illusion and there is created an abyss - a space between these two stories - a sacred space.
- We are being initiated into being a full member of the human race where we are to use our gifts for the good of all.
- A miracle is something possible that seems impossible. Can we be a miracle for the other?

Practicing Sacred Agriculture - Dennis Klocek:

- Behind every sacred experience there is a mystery - a numinous experience.
- Science has become a new religion yet science kills numinous experiences because there are no "answers".
- Nature is wise but not free - Humans are free but not wise.
- Rhythm replaces power to bring together space and time. We must create new rituals.
- The human heart, as an organ of rhythm, understands transcendent and numinous reality.

Poetic contributions by writer/poet Louis Alemayhu opened various keynote addresses and sessions. An opening panel of farmers presented on the theme *Building a Sacred Relationship with the Land*. They were: Katrina Frey (Frey Vineyards), Farmer John Peterson (Angelic Organics), Steffen Schneider (Hawthorne Valley Association) and Deb Soule (Avena Botanicals Herbal Apothecary and Medicinal Gardens). There were open space sessions for ad hoc conversations, sidewalk consulting opportunities, screenings of *The Challenge of Rudolf Steiner* and *Symphony of the Soil*.

On Saturday morning, the Madison Farmer's Market was held in the lower level of Monona Terrace. For several hours the main hallway in which Biodynamic posters, the Anthroposophical Panels, Josephine Porter Preps and SteinerBooks was a thoroughfare for numerous individuals heading to buy local produce and goods. It was a sacred synergy. The closing ceremony began with an honoring of Ruth Zinniker and her family followed by songs, a Sacred Folk Eurythmy of Saturday, Sunday and Monday rhythms of the Foundation Stone Meditation led by eurythmist Lynn Stuhl, a Native American blessing and Eurythmic Alleluia with the entire group. The reverberations of this gathering will surely be felt as there were, throughout the weekend many sacred meetings and connections.

~ Marianne Fieber

I invite any other Central Region member who was in attendance at the conference to submit their impressions of this potent event. Our ideas and thoughts can be like seeds scattered on the breeze of our *e-correspondence* and bring soil and soul renewal to our part of the earth. This, in turn, will ripple out and impact the world and cosmos.

What's going on in our Region?

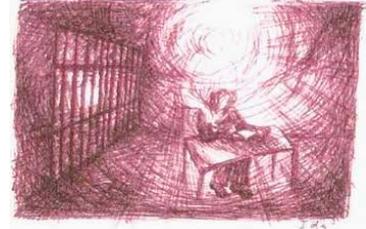
Follow the link below to the events listed on the Anthroposophical Society's website.

[Anthroposophical Society in America: Central Region Events](#)

Enter Light - Voices from Prison

Wednesday, December 12, 2012

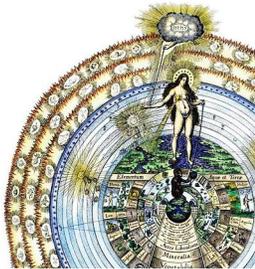
Rudolf Steiner High School, 2230 Pontiac Trail, Ann Arbor, MI
Students from local high schools and poets will dramatize poems and biographical material authored by prisoners in their inner journey to self development.



Transformational Thinking: A New Look at "Looking"

Retreat January 4-5, 2013; then online for 13 subsequent weeks.

Contact Lori Barian, Director of Administration, lori.barian@greatlakeswaldorf.org or 414-616-1832 for registration materials, course syllabus and other information. Visit <http://greatlakeswaldorf.org/events-5/transformational-thinking/> for faculty biographies, a registration form and online registration. (See flier)



MA in Transpersonal Psychology: Concentration in Anthroposophic Psychology Beginning July 29, 2013

Central Region Member **Roberta Nelson, PhD** is a core faculty member of this program along with Dennis Klocek, Orland Bishop and James Dyson MD and others.
(See program flier attached.)

For more information visit: www.SteinerCollege.edu
or call 916.961.8727, x145 ask for Dr. Bento.

SAVE THE DATES: Central Region Annual Meeting - May 3 - 5, 2013 - Location TBD



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

Activities taking place within the Central Region

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, Ann Arbor, MI
Mary Louise Hershberger, Fargo, ND
Alberto Loya, Ann Arbor, MI