



The Sophia Sun

Newsletter of the Anthroposophical Society in North Carolina

March 2009

Vol. II No. 2

The Virtue For March (PISCES)

Magnanimity Becomes Love

(Opposites: Fraud, Narrowness, Miserliness, Romanticism)

May loss find itself in the lost,
May gain lose itself in the gained.
The grasping seek itself in the grasped
And sustain itself in sustaining.
Through becoming, raised to existence,
Through existence with becoming interwoven.
May the loss be a gain in itself!

Rudolf Steiner

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(Logo: “The Woman Clothed With the Sun” by Baron Arild Rosenkrantz (1870-1964))

From the Editor:

Signs of Spring are stirring all over North Carolina, both overtly and within. All over the country feelings of new life and energy are dawning. This issue is chock-full of activities going on in our community, as well as in our country and even in the world (e.g. we have included an article about a Templar Conference in England, whose featured speakers include Judith von Halle and Peter Tradowsky among others!)

Especially inspiring is a report about a Youth Conference which our dear former ASNC member, Nathaniel Williams, led in Portland, Oregon. The zeal of these young people is awe-inspiring and gives us hope for the future. I was especially impressed with the beautiful poem of Karl Koenig's they shared in the article about the Knighthood of the 21st Century. This reminded me of Ed Stone's call to today's reincarnated Templars to be "Warriors of Compassion" and this fits right in with the Parzival Study that began on Sat. Feb. 28. (This newsletter is going to press before it transpired.) Compassion is the virtue that most needs to be developed in this Age of the Consciousness Soul. This was the lesson of Parzival. It is also the virtue that Judith von Halle states is the most important for developing the "Phantom" or Resurrection Body of the Christ. This ties in so perfectly with the Virtue for March: "Magnanimity becomes Love". Compassion is intimately linked with the capacity for Empathy – a word that means intuiting what the other feels. If we can develop this faculty, then we would most certainly be led to compassion.

At last week's Elective Affinity Study group, Roger Schultz brought us an article by Baruch Urieli, entitled "Karmic Experience, Karmic Research and the Power of Empathy", an excellent article, from which we learned that the term "empathy" was only first coined in 1912! Urieli states that: "Empathy is not synonymous with sympathy. It is a newly developing faculty of man. What is entirely soul experience in sympathy, becomes permeated with a selfless will to help, to care, to love – and thereby starts to gain a spirit quality....The empathetic person begins to behold more and more consciously the inner reality of the person or of the interacting group of persons and the setting he or she returns to." Urieli tells that in 1907 Steiner foretold of this new ability of empathy in one of his Esoteric lessons where he told of an "Organ of Gabriel" that would become active in humanity starting in the 20th century, which would eventually lead to a capacity for beholding the destiny of others "if they open themselves to the Etheric Christ, thus forming the space of selflessness in which the new cognitive faculty for destiny can unfold."

Urieli goes on to say that since the 1950's "hearts have begun to open in the world and so in Anthroposophical circles. It (empathy) is a growing faculty, and decade by decade more people will learn to use this..." One of the most important and beautiful passages in the article is: "Human love unites with the spirit force of the Christ stream of our time and thereby becomes able to order and transform the etheric web of old karma until it becomes a light-filled part of present life. This is a realm where human encounter can become a sacrament – and human encounter is to become a sacrament in a not too distant future, as Rudolf Steiner repeatedly pointed out. A true priesthood of our time is called to be pioneers on this path."

Let us seek this Path during this Lenten season!

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The Sophia Sun is the newsletter of the Anthroposophical Society in North Carolina (ASNC), a 501(c)3 non-profit organization. It is published 9 times a year (no issues in Jan., July and Aug.). Members are encouraged to receive the newsletter electronically by contacting our website at www.anthroposophyNC.org. If this is not possible, you may receive a hard copy of the newsletter by mail for free if you are a dues-paying member of ASNC, or if you are not a member, you may send a check for \$45. per year to **ASNC, P.O. Box 16024, Chapel Hill, NC 27516**. Back issues are \$5.00 per copy. This includes postage.

Note: On line, the newsletter is in color; mailed copies are in black and white, except for the cover; this is due to the high cost of color printing.

Submitting articles, letters and ads: Please send UNFORMATTED text in Microsoft Word (never send a pdf!) to kathleenwright51@peoplepc.com. All calendar items should be sent to: lfolsom@nc.rr.com. If you have any questions, please contact: **Kathleen Wright, Editor at 919-309-9622 or 919-672-0149 or kathleenwright51@peoplepc.com**

ASNC and Initiatives, March 1 – April 4, 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For information about events, or to add events for upcoming months, please email: lfolsom@nc.rr.com , or phone Linda Folsom at (919) 493-8323, or mail to 3118 Dixon Rd, Durham, NC 27707. Events need to be sent by the 20th of the month prior to appear in the next month's newsletter.						
1 Fifth Gospel Study Group-3:30p Elective Affinity Study Group-4:45p W/S/YValley SG-6p Greensboro SG-7p	2 Staying Connected to the Dead SG-3:30p Meditations on the Tarot-7p ASNC Festivals Committee Meeting-7:15	3	4 CC Steering Committee-6:30p Rose Cross SG-7:30p Wilmington SG-7:30p	5 Adult Eurythmy-8:30a	6	7
8 Meeting of the First Class-10:45a (<u>Review-9:30a</u>) Fifth Gospel Study Group-3:30p Elective Affinity Study Group-4:45p <u>W/S/YValley SG-6p</u> Greensboro SG-7p	9 Staying Connected to the Dead SG-3:30p Meditations on the Tarot-7p	10 Near-Death Experience Study Group-7p	11 Rose Cross SG-7:30p Wilmington Study Group-7:30p	12 Adult Eurythmy-8:30a Biodynamic Study Group	13 Christian Community Conversation-7:30p Contemporary Issues Group-7:30p	14 Christian Community Priest Talk-7:30p
15 CC Act of Consecration of Man-10:30a (<u>Children's story and service-9:30a</u>) Fifth Gospel Study Group-3:30p <u>W/S/YValley SG-6p</u> Greensboro SG-7p	16 Staying Connected to the Dead SG-3:30p Meditations on the Tarot-7p	17 ASNC Board Meeting-7:15p	18 Rose Cross SG-7:30p Wilmington SG-7:30p	19	20	21 ASNC Annual General Meeting 2-5p
22 Fifth Gospel Study Group-3:30p Elective Affinity Study Group-4:45p W/S/YValley SG-6p Greensboro SG-7p	23 Staying Connected to the Dead SG-3:30p Meditations on the Tarot-7p	24	25 Rose Cross SG-7:30p Wilmington SG-7:30p	26 Adult Eurythmy-8:30a	27	28 Biodynamic Study Group Hands-On Gathering-9a
29 Fifth Gospel Study Group-3:30p Elective Affinity Study Group-4:45p W/S/YValley SG-6p Greensboro SG-7p	30 Staying Connected to the Dead SG-3:30p	31	April 1 Rose Cross SG-7:30p Wilmington SG-7:30p	2 Adult Eurythmy-8:30a	3 Resurrection of Sophia Painting Workshop Contemporary Issues Group-7:30p	4 Resurrection of Sophia Painting Workshop

Calendar Details: March 1 – April 4, 2009

ASNC

March 2 and April 6, 7:15p – **ASNC Festivals Committee** meets at the home of Linda Folsom, 493-8323. Please join us if you are interested in bringing the Festivals to our community.

March 8 and April 5, 9:30a – **The School for Spiritual Science, Meeting of First Class.** Review of previous lesson at 9:30a, 10:30 AM Class Lesson 7.

March 17, 7pm - **ASNC Board Meeting** – Meeting at the home of Peg Carmody. Contact one of the Board officers for more details: Peg Carmody, (919)768-7470 / mcarmody@nc.rr.com; or Kathleen Wright, (919)309-9622/ kathleenwright51@peoplepc.com To contact the ASNC: PO B0X 16024, Chapel Hill, NC 27516.

Mar 21, 2-5p – **ASNC Annual General Meeting** – at Emerson Waldorf School

April 3 – 4 – **Resurrection of Sophia: A Painting Workshop with Martha Loving Orgain** – Please see flyer in this newsletter for details.

April 6 - Martha Loving Orgain available for one-on-one or parent-child **painting therapy sessions**. Call Margaretta Bornhorst at 237-1021 to schedule a time. If necessary, Martha will also be available on Tuesday.

Christian Community

March 4, 6:30p – Christian Community **Steering Committee Meeting** – at the home of Margit Gratzl, 519 Wheeling Circle, Durham, 27713. Please call Margit if you have questions - (919) 484-2764.

March 13-15 – **Christian Community Priest visit.** Patrick Kennedy will be here from Washington DC/Baltimore congregation for the weekend. Individual sacramental consultations, a Community Conversation, a Public Talk, and the Act of Consecration of Man are planned. See this newsletter for more details, or you may call Linda Folsom at 493-8323.

Other Activities of Interest

Thursdays, 8:30a - **Eurythmy for Adults.** Adult Eurythmy on Thursdays 8:30 - 10:00 am at EWS. We will not meet the week of April 6 (spring break). Cost is \$10 per class, scholarships available. For information call Eve Olive 489-2564

March 10, 7p - **NDE Study Group** - a once-a-month study group, on the 2nd Tuesday of the month, for near-death experiences (NDEs). the Raleigh/Durham Friends of IANDS group, part of the [International Association for Near-Death Studies](#). This is part of our research work in the fields of consciousness studies, neuroscience and NDEs. We welcome all people who are interested in NDEs, especially those who have had an NDE are invited to share their experience with the others. At the home of Robert and Suzanne Mays, 5622 Brisbane Dr, a few miles north of Chapel Hill, just north of I-40, off Mount Sinai Road. See this [Google map](#) for directions. For more information, please call us at 919-929-1073 or mays@ieeee.org. The April meeting will be April 7.

Mondays, 7p, for eight consecutive weeks - **Meditations on the Tarot, a Journey into Christian Hermeticism.** Through the living power of this very deep and rich text, we will endeavor through heart cognition to enter into the living stream of John. .Eight consecutive Monday evenings, 7 - 9 beginning Monday, February 2 through Monday, March 23. At the home of Kelly Calegar: 919-361-0691

Please note: Calendar events for the April Sophia Sun need to be sent out by Friday, Mar 20th.

Please send calendar items to Linda Folsom at lfolsom@nc.rr.com or call 493-8323. Send articles and flyers directly to Kathleen Wright at kathleenwright51@peoplepc.com by the same date.

Study Groups:

Biodynamic Study Group – The Biodynamic Study Group is meeting twice a month. On the 2nd Thursday of the month they meet together from 7:30 - 9 pm to read Maria Thun's book: *"Gardening for Life: the Biodynamic Way"*. On the last Saturday of the month, the group meets for work mornings. Usually the work mornings are in member's homes, but sometimes they can be a community outreach. For more information and meeting locations contact Jon Lyerly at 357-1453 or Sandy Demeree, 341-8934

The Elective Affinity Study Group – Sundays at 5pm, check with Roger for dates. The Elective Affinity study group is dedicated to developing "the capacity for conceiving pictorially the other human being." We plan to do this by reading various lectures, sharing biographical details that emphasize how others have shaped us, and sharing meals together. We meet at 5 on Sundays at the home of one of the members, which changes weekly. The host provides the meal as a gift to the group. Dinner is at 6:30. Please contact Roger Schultz for more information: (919) 475-7180, or email rms333@nc.rr.com

Child's Needs Study Group - monthly, on a selected Saturday morning, from 10a – 12n. Location varies between Chapel Hill and Durham. Currently reading: *"The First Seven Years: the Physiology of Childhood by E. Schoorel"*. Please call Lauren Mills Nyland with any questions – 968-7721, or mills.lauren@gmail.com.

Contemporary Issues Group –The group is currently meeting about every three weeks on a Friday, with the location changing. For more information, please contact Jon Lyerly at 357-1453.

Greensboro Study Group - Sunday nights, 7 pm. Contact Sandy LaGrega (336) 292-7947 or Judy Boyd (336) 454-2451.

Rose Cross Study Group – Wednesdays, 7:30p, at the home of Judy Granberry, 95133 Vance Knoll, Chapel Hill, NC 27517, phone 967-4671. Newcomers are welcome! Please call Judy with any questions.

Staying Connected to the Dead - study group meets on most Mondays from 3:30-5:30pm at the home of Sandy LaGrega or Jo Leeds in Greensboro. Please call Sandy at (363) 292-7947 or Jo at (336) 299-4361 for latest information about meeting place.

Fifth Gospel Study Group – Sundays at 3pm, at the home of Martha and Dirk Kelder, 120 Kenan Street, Chapel Hill. Phone: 942-4795. Please park as far down the driveway as you can go - no parking is allowed on the street. The Sunday Group is reading *The Fifth Gospel*, by Rudolf Steiner. We hope that everyone will feel welcome to join us.

Threshold Group – the group will not meet in February. Please check this newsletter next month for more information, or contact Suzanne Mays at (919) 929-1073 or suzannemays@yahoo.com.

Wilmington Study Group – each Wednesday, 7:30pm. Contact Anna Bowman, (910) 792-0959, for more information.

Winston-Salem/Yadkin Valley Study Group – The Winston-Salem/Yadkin Valley Study Group meets from 6-8 every Sunday at the home of Sarah Putnam, 118 Fox Run Drive, Mocksville, NC 27028. Call 336-940-6004 for information and directions. We are currently reading *An Outline of Occult Science*, the 1972 edition, translated by Maud and Henry B. Monges and revised by Lisa D. Monges.

From the Board...

I hope you are able to join us on March 21 for our Annual General Meeting. We will review the past year and look forward to what we have planned for our community from now until next March: two weekend conferences, weeknight talks, monthly branch meetings, several festivals and continued study in small groups are all ways we hope to assist you in your self-development and work.

Membership drive letters will be appearing in your mailboxes soon. Thank you to those who have sent in their 2009 dues without waiting for the new letter!

We are looking forward to seeing you at a watercolor workshop Friday, April 3 and Saturday, April 4. The theme is "The Resurrection of Sophia" and will be led by Martha Loving Orgain. Look for the details in the newsletter article.

If you are not on the ASNC list-serve, this would be an excellent time to join. There are many things happening this spring and you will get reminders between newsletters. To join the [ASNC List-serve](#), follow these steps:

Log onto our website: www.anthroposophync.org

Click on the "News" or the "Join" tab along the top of the text box.

Look for the phrase [ASNC List-serve](#)

Click once on this phrase.

You will be connected to an information page about the list-serve. It has instructions about using and subscribing to the list-serve. Follow the directions to subscribe by entering your e-mail address in the text box. All other information is optional. Scroll down, click on "subscribe" and you are on! You will get a confirmation e-mail.

Warmly,
Peg Carmody

*You are cordially invited to the
ANNUAL GENERAL MEETING
Of the
Anthroposophical Society of North
Carolina
Saturday, March 21, 2009
2-5 PM
In The Richards' Room
Of The Emerson Waldorf High School*

Agenda

ASNC ANNUAL GENERAL MEETING

MARCH 21, 2009

Opening Verse- All

Welcome- Peg Carmody; Introductions- All

Members Who Have Crossed the Threshold since March 2008

Natalie Slapo, Ruth Pearson, Eric Diener , Geoff Southworth, Henry Barnes

Review of Past Year

John Alexandra Conference

Festival Celebrations

Branch Meetings

Foundation Studies Course

Eastern Regional Council Report

First Class Update

ASNC Board Report

Update on board members

Financial Report

Local Initiatives Report

Medical Practice of Mark Eisen

Emerson Waldorf School

Infinity Farm –

Christian Community –

Study Groups – Various

Arts Council

Other NC Initiatives Report

Greensboro

Benson

Wilmington

Asheville

Others?

Preview of Coming Year:

Resurrection of Sophia- Painting Wkshp with Martha Loving Orgain

Festivals

Branch Meetings

Steven Usher Conference

Other Business - ?

Closing Verse

If you have questions or items to add to the agenda, please contact Board President, Peg Carmody at mcarmody@nc.rr.com

The Motto of the Social Ethic:

The healthy social life is found

When in the mirror of each human soul

The whole community finds its reflection,

And when in the community

The virtue of each one is living.

- Rudolf Steiner



**Rev. Patrick Kennedy presents
Part Two of his series:
"A Logos-Filled
Christianity"**

Saturday March 14, 7:30pm, Part 2:
**"The Death of the Word and the
Bible: Passiontide"**

Please mark your calendars and plan to join us for some of the events planned when Patrick Kennedy, priest for the Christian Community, comes to Chapel Hill again the weekend of March 13 - 15. He will give the second in a series of talks focusing on the topic, "A Logos-Filled Christianity". The remaining talks in the series include:

**March 14, Part 2: The Death of the Word and the Bible:
Passiontide**

**May 2, Part 3: The Resurrection of the Word in Human Beings:
Easter and Pentecost**

Please note – CAMP NEW HOPE LOCATION: The talk Saturday and all events Sunday including the brunch will be held at the New Hope Camp. We will be using the Dining Hall building, next door to the Fletcher Room that we used last time. There are both a camp and church at the New Hope site. We are using the camp. **Please do not park in the church parking lot. There will be signs directing you to the camp parking.** Driving directions below. Website directions and map to the camp is <http://www.newhopeccc.org/conference.htm>

**WEEKEND SCHEDULE FOR The Christian Community
Friday 3/14/09 – Sun 3/15/09:**

Friday 3/13 and Saturday 3/14 (all day as scheduled in advance):

Sacramental Consultation or other private conversations

Private conversations with Patrick. Consultations will be at the home of Margit Gratzl, 519 Wheeling Circle in Durham. NOTE: Linda Finigan is scheduling the consultations – please call her at 493-2925 or email at lfinigan@earthlink.net as far in advance as possible to reserve your time with Patrick.

Friday evening, 3/13, 7:30pm:

Conversation led by Patrick, "**Christian Community 101**". Patrick likes to use this time to answer our questions about The Christian Community, and he also talks about news of the wider movement. It is a wonderful evening of learning and sharing, and we strongly invite you all to attend if you can manage it. This evening will be hosted by Margaret Heath, at the home of Linda Folsom, 3118 Dixon Dr. Durham, 919-493-8323 or email

christosarts@earthlink.net. Please note: this is not a potluck and you do not need to bring anything. A dessert and beverages will be served.

Saturday, 3/14, at 7:30p: Priest Talk: Part 2 of "A Logos Filled Christianity": "The Death of the Word and the Bible: Passiontide"

A talk by Patrick Kennedy, free and open to the public. Held in the Dining Room Building at New Hope Camp, 4805 Highway 86, Chapel Hill, NC 27514. Follow directions on website or below.

Sunday, 3/15: in the Dining Room Building at New Hope Camp

9:30 am: Children's Story-for children of all ages. Everyone welcome.

10a: Children's Service, for children ages 7 – 14 (please take younger children to childcare during this short service. Bring a few books and toys to help occupy them. We will provide an adult to watch over the children. Unfortunately we cannot accommodate children younger than 3 y/o).

10:30am: Act of Consecration of Man - for adults and children over age 9 1/2. Please try to arrive early and enter the room reverently.

12:15 pm: Community Potluck - Everyone is welcome! Please bring a dish to share. Beverages will be provided. We hope you can stay after the service to talk Patrick and meet other members of the community.

For more information, contact Linda Finigan 493-2925/lfinigan@earthlink.net, or Linda Folsom [493-8323](tel:493-8323)/lfolsom@nc.rr.com

DIRECTIONS TO NEW HOPE CAMP:

If you come on Hwy 86, the New Hope Camp is about 5 minutes further towards Hillsborough on the left side. It is behind the New Hope Church.

If you come on I-40 take the exit #263 New Hope Rd. You turn right coming from east or left coming from west. Continue on New Hope until you get to Hwy 86 (about 1 mile). Turn right, and you will see the New Hope Church on your right.

For all: The camp is behind the Church. **Please do not park in the church parking lot.** There is a separate parking lot for the Camp. We will put up signs.

New Hope Camp and Conference Center, Inc.
4805 Highway 86
Chapel Hill, North Carolina 27514

ELECTIVE AFFINITY STUDY GROUP SCHEDULE FOR MARCH

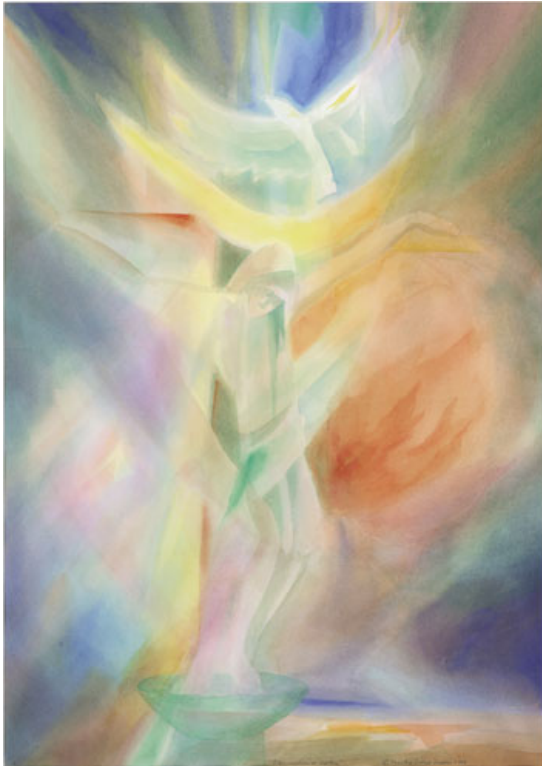
March 1 – Will Hicks

March 8 – Roger Schultz

March 15 - the group will not meet

March 22 – to be announced – call Roger for information

The Resurrection of Sophia



A Painting Workshop

with Martha Loving Orgain

Also Eurythmy and Lyre Music

April 3-4 2009

At the Emerson Waldorf High School

Brown Room and Richards Room

Sponsored by

The Anthroposophical Society of NC

Cost: \$80. for entire weekend, includes materials

Catered lunch \$10. additional

Friday evening lecture only:

\$10. suggested donation

(this is included in the workshop fee)

Friday lecture – 7-9 PM

Saturday Workshop 8:30 – 5:00

Martha is also available for private

Painting Therapy sessions. **Contact**

Margaretta Bornhorst at 824-7337 for information about private sessions.

In Cosmic Sympathy is the mightiest creative carrier of warmth, love, and gravity – the Divine Feminine / Heavenly Sophia – The DARKNESS. In Darkness lives the qualities of nursing, of goodness; the quintessential *potential* for form and movement and that which unities us and makes us whole. This Darkness yearns for it's polar opposite – the LIGHT. Between these great universally lawful Spiritual polar forces there exists a lawful, rhythmical, weaving and moving feeling life – the seat of the Soul – COLOR.

“Color is the dance between Light and Darkness.” Johann Wolfgang von Goethe
Our culture has killed the feminine, crushed the soul, BANISHED THE ARTS, and is addicted to form and the light, that which separates. We've forgotten how to nurture ourselves and each other, living in a world of technology, separated from human warmth. Now the swinging pendulum is toward

THE RESURRECTION OF SOPHIA !

Martha Loving Orgain, MFA, Artist and Collot Painting Therapist will present a watercolor workshop introducing the Laws of Light, Darkness, and Color. In exploration we begin the process of meeting the Divine Sophia. Exercises in drawing, meditation, and painting will include discussions on the theme, biography and karma, and the evolution of human consciousness. Throughout the workshop, there will be a deep healing connection between our inner life and outer social community. Please come join us.

Artwork: “The Resurrection of Sophia” by Martha Loving Orgain; printed with permission from the artist.

The Colors of Cancer

by Martha Loving Orgain

A long journey has its beginning and end. When did *this* journey begin, and where will it end? A particular journey, such as an illness in a person's life, may have started many years ago, perhaps even lifetimes ago. In anthroposophical medical terms, by the time an imbalance or "disease" becomes manifest in the physical body, it has already penetrated the Spirit (Higher Self – "I" being), the astral and etheric (life force) sheaths, all the way down into the physical body.

"As a man thinketh in his heart, so is he." Jesus Christ

How we perceive and think influences our health and well-being. We are what we think! In the greater picture, we have no beginning and no end; we are immortal, as Spirit Beings of God and are all ONE. The material world is an illusion that we are thinking into existence. Is it that we created our own imbalances as experiences to teach us the next "lessons" we want to learn? Actually, it is only here on earth that we can develop ourselves on our journey to complete enlightenment.

One day I got a call from Rachel (not her real name) who had cancer and was being referred by an anthroposophical doctor for painting therapy. Beginning my work, I describe the Laws of Light, Darkness, and Color giving examples from nature. An adult patient then does "free" renderings (pictures not guided by me): two Light and Darkness pictures in charcoal and one watercolor painting. In the "free" color exercise, the patient has a choice of about 19 colors. Once the patient does three "free" pictures, at the fourth session I translate the color picture into Light and Darkness and looking at all the pictures I ask, where is the Light, the Darkness, do they meet, what colors are used and where, which ones are not used, etc.. Since Rachel was SO fragile at first, I could not ask her to do the charcoal pictures, so we went right into the color. First she did a "free" color picture and then I had her do another painting guided by me.

Liane Collot d'Herbois, Master Artist, and Ita Wegman, the first anthroposophical doctor, who worked directly with Rudolf Steiner, developed the method of painting therapy which I practice. It is a *medical therapy* based on the Universal Laws of Light, Darkness, and Colors as we see them in nature, and they exist within the three-fold human being of thinking, feeling, and will, as well as in other more detailed aspects of the human being.

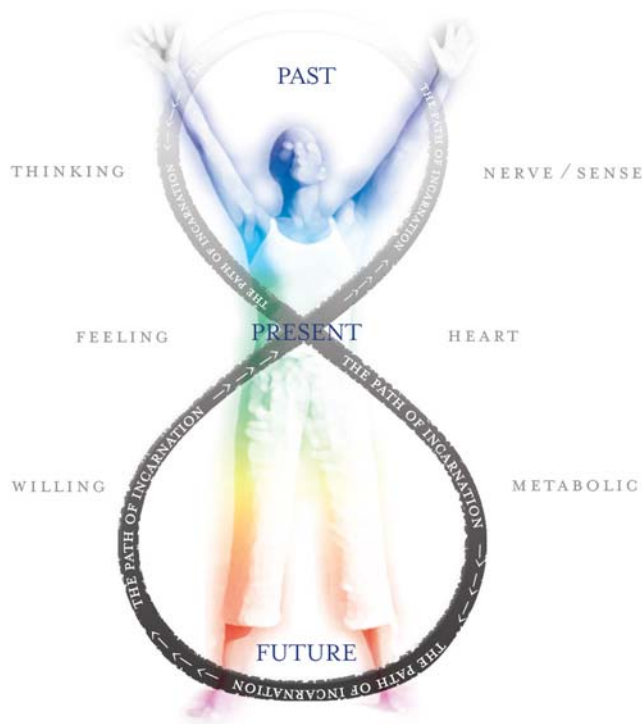
The incarnation process of the Human Being's Spirit from out of the Spiritual World is, on the one hand, through the path of Light. In the upper pole through our thinking / nerve-sense system, Light brings us into incarnation. Light is linear, straight, and brings form, order and clarity in our thinking, and is *separating*. In the lower pole of our metabolic-digestive system, the Darkness provides a "vessel" for incarnation through warmth, substance and materiality, bringing the qualities of goodness, growth, nursing, loving care, and *wholeness*. Darkness carries the impulse for movement and for our connecting with the earth itself, which is essential for transformation, healing, and to come to manifestation. We must have warmth to digest our food - warmth and the will to do the deeds we are wanting to manifest here on the earth this lifetime.

And how are these two great forces of Light and Darkness meeting one another?

"Color is the dance between Light and Darkness." (Johann Wolfgang von Goeth

It is in the middle sphere of the cardio-vascular system – heart & lung - that colors weave together Light and Darkness, in the feeling life of the soul. In most all cancer patients that I've worked with, the colors of their "free" pictures are very light, sometimes hardly visible on the paper when dry. The patient is clearly incarnating - no longer in their body. I have also seen what Collot describes with cancer - a relationship to the color VIRIDIAN GREEN, the color associated

with the Light. The patients either cannot stand green - the very color that is healing for them - or their green is a “dirty” green. And they are cold, for the light is cold. Cancer is a cold disease.



"Color is the dance between Light and Darkness"
GOETHE

It then becomes my job to introduce them, very slowly, to the warmth of the earth again, giving them warm earth colors, helping them to incarnate, and move slowly to the viridian green and paint it very clean, not muddy or dirty. Using this green is healing for the thinking for it is related to the Light, our thinking, and the incarnation process. So, really, we are learning how to think more clearly. This can take more than a year, depending upon the case. With Rachel, in the beginning she could not stand the green. Therefore I started with the warmth of burnt sienna and brown madder, working toward the greens. After working with Rachel over a period of 8 months, she was getting stronger and stronger. Slowly she was able to use the viridian green and like it.

However when a patient really wants to incarnate then my job is different. The patients themselves must decide, and I will know this through our working together, whether they want to “stay” here on the earth, or if they are ready to cross the threshold. In the former the colors used would be as described above. In the latter, one would take a totally different approach. Giving them violets helps to calm them in their journey in crossing the threshold, helping them to find the peace that passeth all understanding.

In one case, I painted with a very depressed elderly man with emphysema. In his “free” paintings he used a lot of indigo, the color associated with depression. In his last “free” painting, he took the violet, and I knew he was getting closer to the threshold. He died two months later, fully conscious, and in peace. Though the disease was different, the use of the color violet is the same for cancer patients. Violet can also be used for those having trouble with sleeping and agitation.

Painting therapy can also help, in the process of dying, for family members and friends, for those “being left behind”. To paint with violet helps to bring a calming influence and *helps to connect with the one* who is crossing or has just crossed the threshold. Violet brings a spiritual connection into greater spiritual heights and depths, and leads one into the future with something new yet to come. Collot speaks of violet as “giving us a sense-organ for our karma; violet has a memory, carrying our past to us, putting it before our eyes, lay it in our hands... makes us more consciously aware of karma”. (Light, Darkness and Colour in Painting Therapy by Liane Collot d’Herbois © 1988/2005 Emerald Foundation, third printing – Floris Books)

The awareness of karma, even on an intuitive level, leads us to our individual destiny. Working with Light, Darkness, and Color, it is my job to help each person to connect with their destiny path. The working of the Christ's Spirit between us brings the healing forces, through the warmth of love and compassion. I wish you a safe, joyous, and COLORFUL journey full of love!

"We think with the head and the heart feels the Light or Darkness of the thought."

Rudolf Steiner



Martha Loving Orgain,

MFA, Art Institute of Chicago, studied Waldorf Ed. and Goethean Studies at Rudolf Steiner College in CA. She received a diploma in Painting Therapy - Emerald Foundation, Den Haag, The Netherlands 2002; and a second diploma - First Class School of Spiritual Science - Medical Section - Goetheanum, Dornach, Switzerland in 2003, currently one of 5 in the USA.

As an Artist, Ms. Loving weaves the word and visual imagery into "Star Chart Talismans"TM using photography, drawing and watercolor, and astrology. As an Educator, she is teaching meditation, painting and drawing, and especially how to see the world differently and to think outside the box. Currently Ms. Loving has a private practice in Painting Therapy in Vermont working with health care practitioners and is teaching the teachers at Waldorf schools in the USA.

A solo exhibition of her artwork was in New York City Spring 2007 at ANTHROPOSOPHY – NYC.

A virtual exhibition can be viewed: <http://www.anyc.org> go to the gallery under past shows

Website: www.lovingcolor.org Blog: www.ThinkingwiththeHeart.typepad.com

Ms. Loving can be reached: via email: lovingcolor@earthlink.net via phone: 434.865.5330

or snail mail: Thinking with the Heart, P. O. Box 98, Alberta, VA 23821 USA

VOLUNTEERS NEEDED FOR TWO LIBRARY INITIATIVES:

Judy Frey has moved into her new home at Governor's Club and is now ready to set up the beautiful room she designed for **Phoenix Library**, the library of the Anthroposophical Society in North Carolina. Judy will especially need help cataloging the books online, as well as putting pouches in the books and creating cards for them. If you have any time to spare to help Judy with this task, please give her a call at: 928-8749 or email at damaris12@nc.rr.com to arrange a time. Thank you! Also, donations of books are always welcome.

DeeAnne Lamb has taken on the job of new librarian at the **Emerson Waldorf School**. Previously each class in the school had their own little library; however, now that the school is seeking accreditation it needs to have a library, so DeeAnne has taken on the task of gathering all the books and creating a library with them. She needs the same kinds of help that Judy needs: cataloging, stamping and pasting pockets. Please help DeeAnne if you have a little time to spare! You may call her at 732-4711 or email her at: deeanne@embarqmail.com.

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." - Margaret Mead

FEBRUARY BRANCH MEETING FOCUSES ON MEMBERSHIP ISSUES

Kelly Calegar opened her beautiful Durham home to thirteen members of our Branch for the monthly meeting on February 21, 2009.

Most of the day's discussion was about a question brought up at the last meeting about what constitutes a "member" of our Branch and should we have various "tiers" of memberships as many organizations, including the Anthroposophical Society in America. Currently our branch by-laws state that a member of our branch must pay dues to the branch, as well as to the General Anthroposophical Society in America. Since a Membership Directory has been in the planning, the question arose: should we include in it people we might call "friends" of the branch – people who attend Study groups and events and whom we may have known for 20 years who do not pay dues, yet we feel closer to them than dues-paying members whom we never see (yet are of course, very grateful for their support!). One said that she would feel her umbilical cord had been ripped from her if she were dropped from the roles because she could not afford to pay dues.

The discussion was quite enlivened and many points of view were expressed. Some were adamant that to be considered a member one must give financial support. Others felt that due to severe financial hardship people should be allowed to give time instead. Others asked: if we allow people to be called members without any fees, what incentive is there for one to pay dues? To this one member responded that our branch should offer perks for paying dues, such as discounts for conferences and lectures. To those who favored the tier-system of membership, several responded that it is important that no one feel embarrassed about how much they contribute and that such a tiered list should remain absolutely confidential. Others absolutely thought a tiered system was wrong. One member suggested that the Board contact people whose membership has lapsed, just as the National Society did this past Fall. Some people simply forget that they have not paid; others may be bearing grudges that need healing. Another member said that dues should be paid or not paid in freedom; however, we should make more of an effort to explain how important dues are and encourage all to support "the Mother" as Rudolf Steiner often referred to the Anthroposophical Society.

Another member brought up an interesting point: currently only dues-paying members can vote – should we allow non-dues paying persons to vote on what we should do with the money in our Branch Home Fund? One offered to set up a committee to discuss this issue further. Perhaps it will decide to propose a change in the by-laws. Another suggestion was for the Board to discuss it at a Retreat with a guest consultant such as Torin Finser.

Kelly Calegar reminded us that this year is the 100th anniversary of Steiner's revelation about the Parousia – the Appearance of Christ in the Etheric. She feels that this year will bring a renewed Presence of the Christ, as well as a rising of the Counter-forces.

Peg Carmody announced that Andrew Linnell has offered to do a lecture for us the week after Easter. Members voted 7-6 for the "Madonna of the Rocks" by da Vinci over "The Singularity". The lecture will take place on Thursday, April 16. One member suggested that since the vote was so close, perhaps we could ask Andrew if he is willing to do two. Peg will look into this possibility.

Peg announced that the Passaferos are selling CDs of the Christopher Budd conference for \$85 for 8 hours of audio. Most felt that they wouldn't have the time to listen to them even though most agreed that the theme is very pertinent for our time. Since there wasn't the enthusiasm anticipated, the idea has been tabled.

Mindy and Allen brought up the subject of Steve Berman coming here for a Conference. It was suggested that they form a Conference planning group and look into the costs.

Peg announced she will be writing a membership/dues letter soon.

Sally Fallon will be doing a workshop next week and we have been asked if we wish to set up a table with brochures. It will cost money. Most agreed it would be worth it.

Mark reported that his practice is growing. He has around 50 members now for his new insurance plan. He is currently giving a course on Anthroposophical Medicine for the Foundation course. Mark suggested that members offer to do lectures for the teachers. We will take this up next time. **- Kathleen Wright**

GOOD NEWS ABOUT A FORMER ASNC MEMBER

We just learned that our good friend Elaine Upton, who moved to New Mexico last year ,has been appointed to the General Council of the Anthroposophical Society as a member at large. Congratulations, Elaine! We expect good things from you and hope our paths will cross again soon!

NANCY WILLSON DOING WELL AFTER BACK SURGERY

Our Board Vice-President, Nancy Willson, who has been in Ohio for well over a year caring for her friend and former Kindergarten Assistant, Leslie Poindexter, until Leslie's death last month, had to delay her return to NC due to severe back problems. She underwent a relatively new procedure known as balloon kyphoplasty on Feb. 24 (Ash Wednesday) and it was very successful. She was able to leave the hospital the same day. As she was leaving the hospital, a friend of hers arrived to give her a Healing Touch treatment. Nancy learned Healing Touch herself while in Ohio. Nancy loves hearing news from NC, so if you have a moment, please write her at:

**Nancy Willson
C/o Eileen Frechette
5081 Woodenshoe Hollow
Cincinnati, OH 45232**

Do write soon because she will be recuperating there for just five days.

NEWS FROM NATHANIEL AND ANDREA...

I hope that you are well down there in North Carolina. I heard from a friend that you have daffodils blooming down there! It is beautiful up here, but cold.

Andrea and I have been quite well up here. Just recently a great development unfolded. Andrea received a position at the Hawthorne Valley Farm, which is full-time and year

round. She is very happy and we are looking to settle down here. She will be one of two Vegetable gardeners at the farm and will have her work cut out for her. This is the kind of situation she has been looking for, a bio-dynamic farm in a context, a community and school, and she does not have to drive to work!

I have been working as a private tutor, as a guest teacher and as an artist. I have been part of three exhibitions over the last four months and have completed one commissioned painting, which actually, went to a family in Chapel Hill. It has been a very productive time. I will be spending much of the coming spring teaching at the Hartsbrook School in Hadley, MA. I am glad to be going back in to a school and to work with young people again. It is a very impressive school. I also have a couple paintings, which have been commissioned for friends in Switzerland. Next year I am looking to start a one-year art training in painting inspired by anthroposophy with another painter up here. Her name is Laura Summer. I am also one of many supporting the development of a center inspired by the Ruskin Mill initiative. I will let you know more about these projects as they develop. I do miss North Carolina and send my greetings to everyone there. I am. Keeping an eye open for a possibility to visit during the next months!

- *Nathaniel Williams*

NATHANIEL WILLIAMS LEADS YOUTH CONFERENCE IN OREGON:

A REPORT FROM LESLIE LOY:

Dear Friends,

As I sit here and think on this past weekend, I find goose bumps crawling up my arms and down my back because something magical happened, something perhaps even historic unfolded in the basement rooms of the Portland Waldorf School. In this report, I will strive to share what we did with the same level of consciousness and heart with which the 2009 North American Initiative Meeting was planned and unfolded. What I can clearly articulate now is that when twenty individuals, each engaged with Anthroposophy in his or her own way, come together and hold space with thought, feeling and intention, a new path is created for us all. On Friday, January 16 we opened the 2009 North American Initiative Meeting with a welcoming circle and met one another, through words and gestures, in the cold winter's night. The first meal we ate together was a hearty group cooked meal, shared by candlelight. These two events quickly brought the group together and with already a communal tone and energy, everyone gathered to hear Nathaniel Williams speak on the history, and intention, behind the Youth Section. What Nathaniel brought set the quality for our work together. Over the weekend, we were each able to really began to work with the five conditions which Rudolf Steiner indicated for the Youth Section in the context of the 21st Century in North America:

Find other people who want to be together and spread the heart of Anthroposophy and who agree to meet regularly with missing as few gatherings as possible.

The mood of these gatherings should be open and tolerant so that everyone feels free to speak agreements and disagreements fully.

Develop an enduring loyalty and remain so throughout life.

Do not listen for precision or thought technique but rather try to listen into a freeing experience of others.

Pour will into thinking so that it becomes felt even in the body as experiential thinking.

Dawn Stratton then led the group in exercises which included some honest foolery and which enabled us to meet one another in a simultaneously profound and

playful way. After already five hours of work, individuals parted ways, some going to bed to rest while others gathered 'round the fire in the chilly Portland air, basking in the glory of connecting with others who we were asking interesting and engaging questions. Flames were recognized and fires were sparked! Saturday morning, Julie Griggs led some exercises in Spatial Dynamics and Peter Alexanian brought singing exercises to the group. Together, these exercises awakened and heightened our senses to something greater at work—as we hummed our tones together, an electrifying current could be felt rising up in the air and spreading out, warming hearts and minds. But, perhaps, the most spectacular experience was the sense of something sacred being formed in between individuals, as listening was enlivened and hearts quickened, in developing a sensitivity towards understanding the depth and genuine joy of our collective work. Stefan Klocek, who graciously took on the task of facilitating our discussions, guided the group through dyad and group work around six central questions over the course of the Meeting:

1. What has inspired our work?
2. What challenges are we experiencing?
3. In what form is Anthroposophy appearing in our work?
4. How can we work together to bring our work to a new level?
5. What have we learned over this weekend?
6. How do we move forward effectively?

These questions were intentionally left ambiguous, to encourage real thinking and collaboration in discussion, in the hopes of stimulating and highlighting the similarities, and differences in how each individual thought and worked. Perhaps most exciting to witness was how the group discussions allowed for the collective whole to see the commonalities and the full picture of what inspired our work and how we were experiencing the work we were doing in the world. Understanding not only our individual work but also the impact and possibility of our collective work, empowered and inspired each of us to ask, “What can we do together? What task can we leave the Initiative Meeting with and return with to our communities?” And it was this question, focused specifically on the future of the North American Youth Section, which took the stage of our final discussion on Monday morning.

Together, the group worked consciously and deeply on every level to make this weekend not only a meaningful experience, but also one with far-reaching implications.



Nathaniel playing guitar for participants

The twenty individuals who met were representative of an active and engaged body of young or youthful people who are interested in social change and in taking care of one another and the world.

Furthermore, concern for how Anthroposophy is portrayed and brought to the world and how this gesture can be enlivened and truly

nurtured in the world was discussed. Exercises in art, movement and thought allowed the entire experience to be a threefold exploration of how Anthroposophy lives within us and how we express it in our very selves.

On Sunday evening, a few Portland community members joined in the circle

discussion and shared thoughts and questions around what Anthroposophy was, whom it related to and, most importantly, how it engaged intergenerational conversations. Many of the participants were inspired by a question of bridging the gaps between generations, particularly the older and younger, and asked how this was possible. What was understood was that this could become a task of the youth to truly share their work with others and to listen and learn how others were actively seeking, researching, experiencing and sharing Anthroposophy in their own lives. While no singular answer was arrived at, what came together was a powerful group of people committed to a common task: a modern knighthood. Inspired by the flame in one another and by the call of the times to really change the world and to support one another more actively through engagement and interest in one another something was created and held, with the understanding that future work and meetings would be necessary to nourish what was born on this particular weekend. Together we walked away from our gathering with our own mantra, a verse that we can each work with, **Karl Koenig's poem on knighthood:**

**There is a knighthood of the 21st century
Whose riders do not ride through the darkness of physical forests,
as of old, but through the forest of darkened minds.**

**They are armed with a spiritual armor,
And an inner sun makes them radiant.**

**Out of them shines healing,
Healing that flows from the knowledge of the human being as a
spiritual being.**

**They must create inner order, inner justice,
Peace, and conviction in the darkness of our time.**

They must learn to work side by side with angels.

We invite you to join us and have chosen, by group consensus, to be reminded of this verse and our commitment to one another by the full moon and by any ambulance with its sirens sounding—a call to attention and to consciousness. This will enable us to elevate our awareness and to imbue the poem with our own conviction and sense of connection in that moment.

Many individuals came to the Initiative Meeting with the desire to feel less alone in the world and in their work and to find trust that the work that we were taking on was effecting real change. If anything, they left with the sense that they met nineteen other amazing individuals who understood



their experiences in the world intuitively and who consciously supported their work. It is rare, and indeed a blessing, to meet someone who truly understands to be committed to this work and it is even more rare to find someone who inspires the continuation and

collaboration of this work. But this is exactly what we found at the Initiative Meeting. Twenty inspiring voices, all seeking to connect through the commonalities, to trust in one another's work, to stand for good and to work together for an even better future for human beings in this world, came together and united, determined to return with their inspiration and their renewed enthusiasm to their local communities.

Now we can envision the web that stretches across North America, with pockets of activity throughout and strong shiny silver tendrils that connect each and every one of us to one another. This image is strong and strengthened by the sense of a new group of knights who are stepping into the foreground to carry on good work, to strive against the darkness, to inspire the light and to seek, within each individual they meet, that flame which flickers, alive, and filled with the possibility inspired by hope and vision. I can only express the gratitude that I feel for the heartfelt support for this unique experience that our entire community demonstrated. We are awakened to the future and to the infinite possibility it presents and we are motivated to actively engage with the task that stands before us. Join us and help us usher Anthroposophy into a new and enlivened era, focused on community, compassion and striving in these most intriguing of modern times. I also extend my appreciation for the incredible commitment of my fellow planners, for each individual who took on a leadership role and for those who followed—each of us met our tasks with enthusiasm, with love and with a gesture of kindness that is simply moving to remember. Thank you, each and every one of you.

Warmly,
Leslie Loy

NEWS From Tammy Hughes In China.....

It seems every taxi driver these days in Beijing wants to engage me in a conversation about the economic crisis in the U.S. once he knows I am American. Taxi drivers make very little money, as taxis are very cheap here. Over the years, money has often been a topic during the ride. Mostly drivers see you are a westerner and assume you are making a good salary. The drivers love to ask what you are making. In the beginning, I tried to answer, but I am sure they never really understood that I was here volunteering or on low wages. Obviously my Chinese wasn't enough to explain this, but also their assumptions about foreigners having money would have been difficult to overcome. Now I joke with them that we are all in Beijing to make money, as the drivers are not from Beijing. They come to the city to make money.

Many of the foreign Waldorf teacher trainers have come to China with an assumption that they would be helping the poor children receive Waldorf Education. In China, however, it is not the poor and the undernourished on a physical level that are seeking Waldorf Education. Those seeking Waldorf education are those that have been able to meet the basic needs and well beyond. In many ways, I think it is similar to the U.S. The rich keep getting richer and the poor poorer. Our kindergarten tuition is 3,000 rmb a month, which is the annual salary of a farmer whose son was just diagnosed with leukemia.

As a foreigner in China I have often struggled with the thought: why travel half way around the world to help affluent parents? Often the parents are struggling to get a perfect life for their one child. The parent's work can be very difficult. Now and again I have gone into the countryside to do some teaching or to look how can I do some teaching. The countryside is beautiful, but the living conditions are substandard. It is not straightforward how to help. In the beginning, I thought money can fix things, but actually a sudden influx of money or sudden new ideas doesn't seem to be the answer. My friend, Eckhart Loewe, feels it takes time, and one needs to stay in the countryside to live within the culture to really help the development.

I am making my work plan for the year, so I get another chance to see what is the real work I need to do in China.

Thank you for all your ASNC work. I love to hear how the development is going.

Sophia Foundation of North America
Choreocosmos School of Cosmic and Sacred Dance
The Apocalypse Code



*Behold, a great sign appears in the heavens:
 a woman clothed with the Sun, with the Moon under her feet,
 and on her head a crown of twelve stars.*
 Revelation 12:1

The Healing Power of Christ's Miracles through Cosmic Dance
July 24-26, 2009
A weekend workshop given by Robert Powell, PhD
Chapel Hill, NC 27516

Cosmic dance is a schooling through music and movement, engaging the body, soul and spirit, with the intention of aligning oneself harmoniously with the spiritual-cosmic world, leading to a living experience of the movements of the planets against the background of the zodiac. Alongside the saying of Apollo "Know thyself", Christ spoke the words "Heal thyself". A path towards self-healing can be found through the hidden power of gesture and sound which form the basis of eurhythmy, meaning "harmonious rhythm", applied therapeutically to healing through movement. Body, soul and spirit are harmonized through the wisdom-filled eurhythmy gestures underlying cosmic dance. No previous experience is required to participate in the healing power of the cosmic dances.

John's *Apocalypse* requires a key to unlock its mysteries. Such a key is to be found in the heavens. The precession of the equinoxes is the "hour hand" of the cosmic clock, allowing broad correlations between the pictures of the *Apocalypse* and the occurrence of historical events since John first recorded his visions. A "minute hand" is needed if these pictures are to serve as precise guides for the present and future. We find the "minute hand" by following the Apocalypse code to understand the present moment in history. The Apocalypse code offers a means of understanding how the seed for the future course of world history grows and bears fruit, allowing us to discover what is of *eternal* significance amid the rhythm of life perennially repeating in new cycles of Time. We shall learn to follow Time in this workshop - Time that is illumined by the light of Sophia, "the woman clothed

with the Sun,” who is the bearer of the Cosmic Wisdom that offers the key to reading the heavenly script.

Conversation and presentations on the theme will complement the cosmic dance of eurythmy. **We shall also endeavor to penetrate to an understanding of the present world situation with the help of star wisdom in the light of Sophia, Divine Wisdom, who in the *Revelation to John* is referred to as the “Bride of the Lamb”.**

Pianist and composer Marcia Burchard will play for the course, which is open to newcomers. For further information concerning Choreocosmos School of Cosmic and Sacred Dance:

www.sophiafoundation.org

Program

Friday, July 24, 7.30 –9.00 PM: “Unveiling the Present Time, 2009-2012” (public lecture)

Saturday, July 25: 9.30–10.45 AM: Cosmic Dance: Healing Power of Christ’s Miracles

11.15–12.30 PM **“The Apocalypse Code”**

2.30–3.45 PM **“Sophia and the Rose of the World”**

4.15–5:30 PM **Cosmic Dance: Healing Power of Christ’s Miracles**

7.30 –9.30 PM: **“Meditation, with Music, on the Seven Seals of the Apocalypse”**

with introductory talk preparing for the experience of the meditation in the context of the Sophia Grail Circle, comprising a community of people who join together to form a vessel for peace on earth.

Sunday, July 26, 9.30 AM–10.45 AM: Cosmic Dance: Healing Power of Christ’s Miracles

11.15–12.30 PM **“Penetrating the Mysteries of Time”**

About Robert Powell, PhD: Robert is an internationally known lecturer, author, eurythmist and movement therapist. He is founder of the Choreocosmos School of Cosmic and Sacred Dance, and co-founder of the Sophia Foundation of North America. He received his doctorate for his thesis on the *History of the Zodiac*, now available as a book from Sophia Academic Press, and he is on the adjunct faculty of Wisdom University. His published works include: *The Sophia Teachings*, a six tape series (Sounds True Recordings), as well as the following books: *Divine Sophia-Holy Wisdom*, *The Most Holy Trinosophia and the New Revelation of the Divine Feminine*, *The Sophia Teachings*, *The Mystery*, *Biography, and Destiny of Mary Magdalene*, *Elijah Come Again*, *Chronicle of the Living Christ*, *Christian Hermetic Astrology*, *The Christ Mystery*, *The Sign of the Son of Man in the Heavens*, and *The Morning Meditation in Eurythmy*. Robert is co-author with Kevin Dann of *Christ & the Mayan Calendar: 2012 and the Coming of the Antichrist*, and with Lacquanna Paul of *Cosmic Dances of the Zodiac* and *Cosmic Dances of the Planets*. He teaches a gentle form of healing movement: the sacred dance of eurythmy (from the Greek, “harmonious movement”) as well as the cosmic dances of the planets and signs of the zodiac, and through the Sophia Grail Circle he facilitates sacred celebrations dedicated to the Divine Feminine. Robert offers workshops in Europe and North America, and leads pilgrimages to the world’s sacred sites (1996 Turkey; 1997 Holy Land; 1998 France; 2000 Britain; 2002 Italy; 2004 Greece; 2006 Egypt; 2008 India). Visit the websites: www.sophiafoundation.org and www.astrogeography.org

Workshop details:

Location: The Emerson Waldorf School 6211 New Jericho Road, Chapel Hill, NC 27516

Lodging: Contact The East Coast School of ChoreoCosmos 919-824-9948 (Kelly Calegar)

Notes: Please bring eurythmy or light gymnastic shoes, and a picnic lunch for Saturday.

Sponsor: The East Coast School of Choreo Cosmos School of Cosmic and Sacred Dance

(Registration Form on next page)

REGISTRATION :

“The Healing Power of Christ’s Miracles Through Cosmic Dance”

Name: _____

**Send \$50 Deposit and
Registration**

Full Address: _____

Payable to : ECSC

To: 18 Haycox Court Durham,
NC 27713

Phone Number: _____

Email address: _____

Cost \$200 add 3% if paying by credit card

***** Registration by June 15, 2009 saves \$50 *****

*Isis-Sophía
Wisdom of God:
Lucifer has slain her,
And on the wings
Of the world-wide Forces
Carried her into Cosmic space.
Christ-Will
Working in man
Shall wrest from Lucifer
And on the boats of Spirit-knowledge
Call to new life in the Souls of man:
Isis-Sophía
Wisdom of God*

Rudolf Steiner, December 1920

AROUND THE COUNTRY

“The Myth of Me: Finding the Root of Personality”

A Workshop with Dennis Klocek

Camphill Kimberton Hills

Friday evening May 8th - Saturday May 9th

In daily life, when we experience our self we refer to this as an experience of “I”. In a deeper sense, a *true* experience of my human “I” is a rare soul changing event. The common level of self-experience is actually an experience of “me”. In the life of the soul, the “me” experience typically drowns out the more subtle, and profound “I” experience. Learning to recognize the differences between these two states is the essence of spiritual practice. The “me” experience arises out of the fabric of the waking dream of the subconscious flow in daily life. This subconscious flow is the source of myth. It is also the root of the personality structure that supports the myth of “me”. It is the fountain out of which my gifts and my shortcomings flow out into the world. This retreat will focus on the use of myth as a tool for exploring the myth of “me”. Working with myths from ancient times, we will structure dialogues designed to bring into consciousness the ways in which my beliefs about myself play into my daily life and into my relationships with others. The goal is to see that my myth of “me” is not really who I am as a spiritual being and that a dialogue between “I” and “me” is not only possible, but very healing. **Dennis Klocek**, founder of the Coros Institute, is the Director of the Consciousness Studies Program, a study of alchemy and transformation at Rudolf Steiner College. Dennis is in great demand as an international lecturer and is author of five books including *Seeking Spirit Vision* and *The Seer’s Handbook*. He is also known as DocWeather to those who visit his website, docweather.com, for weather predictions and articles on climatology.

Cost of the workshop: \$100, plus lunch at the Café.

Please pre-register your interest. **Inquiries: Gillian Schoemaker 610 469 0864 or gillian_schoemaker@yahoo.com**

AN ESOTERIC QUEST FOR INNER AMERICA WOODSTOCK, NY

....COMING IN AUGUST, 2009

LOOK FOR DETAILS IN NEXT ISSUE

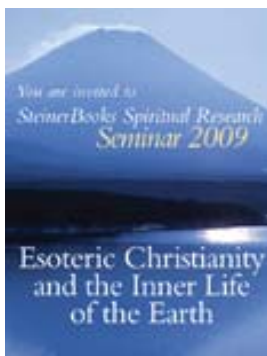
Beholding the Threshold Workshop With Marianne Dietzl and Linda Bergh

Beholding the Threshold Workshop. Minneapolis, Minnesota. A Workshop on conscious dying, caring for our own, and staying connected. March 27-28, 2009. Friday 7-9 pm, Saturday 9am - 4pm. City of Lakes Waldorf School. 2344 Nicollet Avenue South. Minneapolis, MN 55404. Cost: \$80. Bring your own lunch. How can we prepare ourselves to meet the transition of death - whether it is our own or that of a loved one? Our presenters will share insights and experiences around conscious dying, care of the body, a three-day vigil, and bereavement. The format includes presentations with legal information, visualizations, group sharing and discussion, hands-on training, and rituals with music and poetry. Participants will come away with a broader perspective of the choices available, more clarity for their own wishes, and an

empowered sense that one can be present for self and others in this threshold experience. Presenters Marianne Dietzel and Linda Bergh lost their teenage daughters Nina and Kirsten in a car accident in 1996. These mutual losses led them through grief to work together assisting others at the threshold. They have given workshops on Death and Dying in Minnesota and Wisconsin for the last three years. As part of the Twin Cities Threshold Group they are a resource to families at times of loss. For more information or to register, contact Marianne Dietzel at m_dietzel@yahoo.com or 651-633-0432, or visit www.beholdingthethreshold.org

SteinerBooks Spiritual Research Seminar 2009: ESOTERIC CHRISTIANITY AND THE INNER LIFE OF THE EARTH: A PATH FOR EARTH AND HUMANITY
Friday, March 13 - Saturday, March 14 Rosenthal Pavilion (10th floor)
Kimmel Center, New York University
60 Washington Square South, New York City

Guest Speakers: Christopher Bamford, Orland Bishop, Marko Pogacnik, Robert Powell and Rachel Ross



. Something is happening in the world—everywhere, in all domains, there is an accelerated sense of change and transformation. It seems a world is ending as another is being born, and we are in between, in an intermediate state, which we can experience either as chaos and confusion or as a call to change our lives, to act and know differently. How can we respond appropriately—selflessly and unconditionally—and help a new world to be born? This is the theme of our seminar. We bring together five spiritual researchers, each bringing a different perspective and unique vision of the transformations occurring in all areas of life, cosmic, planetary, and human. Everyone can

agree that the situation is urgent, and that, as humans, we are called on to respond. We can all agree, too, that it is not just our visible, earthly world that is suffering upheaval. The inner Earth, the elemental worlds, the worlds of the nature spirits, the worlds of the ancestors, and the angelic worlds also suffer the current upheavals in their own way, only awaiting humanity's awakening to our true mission so that we can all be healed. Implicit in this call—underlying our evolutionary moment—is the need to respond anew to the meaning of the deed of Christ, who became flesh, united with the Earth and the substance of the Earth, descended into her, and rose again to become the guide, teacher, and inner ferment, not just of humanity but also of the Earth herself as well as the cosmic spiritual worlds within and around her. Come join us for what promises to be an exceptional and transformative experience.

The 9th Annual Viroqua Anthroposophy Conference: A Midwest Gathering. Viroqua, Wisconsin. Turning Crisis into Opportunity: The Challenge of Individual Growth & Community Development For Our Time. A series of three Lectures and a Roundtable Discussion with James Ulness, PhD, keynote speaker. March 20-22, 2009. Old Main & Pleasant Ridge Waldorf School, Viroqua, Wisconsin. James Ulness, longtime professor of psychology at Concordia College in Morehead, MN, developed a psychology in the light of spiritual science. Dr. Ulness lectures on Anthroposophy throughout the U.S and is deeply concerned with the

role Anthroposophy could play in our lives and in the world events of our time. Workshop choices: **"Community Building in the 21st Century: Creating New Social Forms for the Future"** with Robert Karp. This workshop will explore new perspectives on community, initiative, work and compensation, drawn from the insights of Rudolf Steiner. We will look at some ways in which these ideas are already beginning to emerge in society as well as some new ways they could be embodied on a broader scale, for example in the Waldorf School movement.

"The Opportunity in the Economic Crisis: Transforming Capital & Ownership" with Robert Karp. This workshop will introduce some new perspectives on finance and ownership, drawn from the insights of Rudolf Steiner. We will look at some ways in which these ideas are already active in innovative businesses and non-profit organizations as well as explore how the current economic crisis may create opportunities for new forms of ownership and finance to arise. Robert Karp has been a student of anthroposophy for more than 25 years and has been active as a teacher and leader in the Anthroposophical Society at the local, regional and national levels. Robert has a Masters degree in education and works as an organizational consultant and as a social entrepreneur in the field of sustainable agriculture. He lives in East Troy, WI.

"Flow and Harmony through Music - Singing, Improvisation and Movement" with Monika Sutherland. In music and in life, it's all about flow. Monika Sutherland will facilitate group singing, improvisation and movement to invite, out of chaos and individualism, beauty and wholeness. Monika Sutherland, professional musician and cellist, directs the music program at Pleasant Ridge Waldorf School in Viroqua. She holds degrees in music from Indiana University and Northwestern University. She has studied Waldorf music education with Fabian Lochner, Eleanor Winship, Thomas Adam and Par Ahlbom at Sunbridge College in New York.

"Permaculture: Way of the Future" with Mark Shepard. Mark Shepard has applied a permaculture model to an entire farming operation of the better part of 100 acres. No annual plowing and exposure of the soil, no artificial fertilizers, no herbicides, no pesticides, no fancy irrigation system, and still, he gets a larger and larger crop every year. This workshop will introduce some of the basic Permaculture principals and how anyone can apply them to a large or small piece of property: urban, suburban or rural, apartment or estate. Permaculture design principals address how to integrate the built environment with the living environment to create sustainable systems that are ecologically harmonious, economically profitable and beautiful! Mark Shepard is the owner and manager of New Forest Farms in Viola, WI - a typical row-crop farm that has been converted to a perennial agricultural ecosystem. It is one of the first generation of permaculture farms in the USA. Mark has a Diploma of Permaculture Design from Bill Mollison, the founder of the Permaculture movement worldwide. He has been designing Permaculture systems across the US and Canada and has been teaching Permaculture workshops and design courses for over a decade.

Permaculture Mini-Film Fest. There will be a showing of a series of three-½ hour DVDs throughout the conference of permaculture in action in real places: "Permaculture: the Global Gardiner" with Bill Mollison "In the Tropics" • "Arid Lands" • "Urban". Saturday Night Community Dinner. Sponsored by the PRWS 7th Grade Class and Special Entertainment. Cost: \$90/full conference or \$80 if pre-registered by March 13. Or \$15 per Lecture/Workshop/Roundtable Discussion. More details will be posted on our website soon: www.ViroquaConference.com For more information, contact Sheila Andersen at Sheila@leadingedgereview.com

**CONFRONTING THE FUTURE:
 TEMPLAR IMPULSES IN THE 21ST CENTURY
 THE 9TH HISTORIOGRAPHY CONFERENCE
 At Emerson College, Forest Row, England
 August 16-22 2009**

This major conference will explore the esoteric significance of the Knights Templar and how their spiritual impulse has continued – and still continues – to evolve and work further. We shall explore their history, their rites, their cultural impulse and also the ways in which this impulse is opposed or misrepresented.

There will be a profound array of lectures and workshops – **Judith von Halle, Pete Tradowsky, Christine Gruwez, Jaap van de Haar, Sylvia Francke** and others – illuminating the Templars from different esoteric angles; an outing to a local Templar site; discussion groups, artistic workshops and performances.

Our attempt will be not only to understand, but also to make a living connection to the inspiration behind the Templars. This influence manifests spiritually, politically, economically (the Templars are seen as the first bankers), as well as culturally and artistically. There will therefore be a strong artistic element to the week – with singing, visual arts, a unique musical performance of a new composition by Gregers Brinch and a workshop with Adrian Locher and Alexander Gifford) on the Templar reincarnation drama within Rudolf Steiner's Mystery Dramas. There will be a separate trip to Argyll, Scotland before the Conference, guided by one of the speakers, Horst Biehl, to visit sites holding recently researched evidence of the Order's mysterious final years.

**Contact Gill McHattie at 01342 824817 or email Gill at gilmchattie@dsl.pipex.com.
 An application form can be found at <http://www.emerson.org.uk/index.php?id=371>**

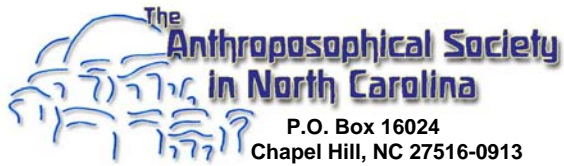
Comments on Last Month's Articles On Harry Potter and Barack Obama:

In reference to the interesting research information on the Harry Potter books which appeared in last month's *Sophia Sun*, I would like to add some remarks of my own.

I have read all the books (borrowed from my young adult grandchildren) and I admit I found them quite fascinating. Being interested in children's literature, I wanted to find out what all these millions of youngsters were attracted to. These are a far cry from the schoolgirl boarding school stories I was reading at their age – *The Twins at St. Clair's*, *The Girls of Mollory Towers*... a co-ed multicultural, multi-racial boarding school is a step forward: A Michaelic community! The thing that struck me most forcefully in book after book was the sense of the Threshold that occurs in various ways. Harry sets out to solve the mystery of his parents' death; he loses his godfather during the series, also a school friend, and finally his beloved headmaster. At the very end, Harry actually crosses the Threshold and returns. For all the high jinx and fun and games, this is no ordinary 'children's' book. There are now millions of young people on the planet who have the *possibility* of a very different kind of consciousness. J.K. Rowling herself lost her Mother as a teenager and I suspect this sense of the Threshold has informed her own life.

Rudolf Steiner intended to write seven mystery dramas. Due to his untimely death, we only have four. Are the seven Harry Potter books another way the spiritual world is attempting to work into ours? Those who have brushed aside or denigrated the books might want to give them a chance to work their magic.

In contemplating the destiny of our new President with all the cultural and racial threads woven into his background, I am reminded of Dr. Steiner's remarks on how an incarnation is planned centuries ahead. One feels this particular incarnation must be the work of high spiritual beings. - **EveOlive**



What is Anthroposophy?



Anthroposophy, which means “the wisdom of man”, is a spiritual philosophy and path to self-knowledge, which “leads the spiritual in the human being to the spiritual in the universe”, according to its teacher, Rudolf Steiner (1861-1925). Rudolf Steiner was a brilliant “Renaissance man” from Austria who was a philosopher, scientist, artist, playwright, architect, social activist, teacher and meditator, who had a direct perception of the spiritual worlds. Anthroposophy, which is also known as Spiritual Science, teaches, among other things, the laws of reincarnation and Karma. It has a Christ-centered view of world evolution. Steiner founded the School of Spiritual Science, as well as the General Anthroposophical Society, which he described as “a union of people who desire to

further the life of the soul – both in the individual and in human society – on the basis of true knowledge of the spiritual world”. In addition to giving over 6,000 lectures most of which have been made into books, he helped to found many initiatives that are still thriving today including: the Waldorf School movement, anthroposophical medicine, biodynamic farming, and Eurythmy. Based on his indications, hundreds of initiatives have developed such as: the Curative education movement, the Camp Hill Villages for the handicapped, Weleda remedies, Dr. Hauschka cosmetics, WALA, True Botanica, Astrosophy, Rhythmical Massage, the Alliance for Childhood, The Christian Community, Anthroposophic Prison Outreach, Lazure painting, Demeter, advancements in architecture, science, social and economic reform (The Threefold Social Order, community banks), mathematics and painting. In addition, there are many publishing houses and libraries dedicated to his works throughout the world. For more information, check the national website at www.anthroposophy.org or our local website at www.anthroposophyNC.org