

Anthroposophy Atlanta

Branch News & Events

May 2017



Sophie Bourguignon-Takada

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Hints on How to Meditate (Part 1 of 3)

By Martina von Limburger (1869 – 1956)

[A summation of various directions concerning meditation that were given to the author by Rudolf Steiner]

The following article first appeared in the German newsletter: "Mitteilungen aus der Anthroposophischen Arbeit in Deutschland" (*Communications from Anthroposophical work in Germany*) in 1950. Later in 1976 this article was translated into English by Maria St. Goar for the newsletter of the Anthroposophical Society in America. Then in 1994 it became a chapter in the book, *Guidance in Esoteric Training*, by Rudolf Steiner, published in England. Now this content on how to meditate appears once again below. The second and third parts of this article will follow in subsequent newsletters. *Submitted by Edward St. Goar*

Prefatory Note by the Author

Since I am perhaps one of the oldest members of the society now, it often happens that I am asked to give advice concerning meditation. In this regard I believe it is best to let Rudolf Steiner himself speak. I was permitted to join his more intimate group of pupils in 1906, and thus often had an opportunity to speak to him alone as well as with others. The statements he made concerning meditation I have loosely put together here, and in addition have selectively added other related remarks from certain lectures. Information already set forth in his written books I have omitted since members are usually familiar with that material.

Meditation and concentration are not some kind of strange or wondrous activities; they are simply mental activities that occur in everyday life, but both are now intensified to a high degree. Meditation is utmost (potentially unlimited) *surrender of the soul* as we know it, for example in the purest feelings of religious life. Concentration is intensified (potentially boundless) *attentiveness* which we must learn to utilize in normal life.

We become more attentive if we do not allow our concepts and feelings to skip aimlessly over various surrounding objects but instead make a conscious effort to direct our attention to one particular object. This attentiveness can be increased immeasurably, particularly by placing certain thoughts transmitted to us by spiritual science in the focal center of our soul life. So, disregarding all else — worries, sorrows, sense impressions, will impulses, feelings and associations — our entire soul life can be concentrated for a certain length of time on these thoughts that are placed in the center of our soul. However, we have to understand that the content of these thoughts, though important, is not of primary importance. What is most important is the activity — the inner effort — that is brought to bear in focusing on the thoughts in question. Depending on individual predisposition and aptitude, varying lengths of time (often

decades) are required for the ever-repeated exercises to work and let the soul develop and strengthen itself inwardly to a sufficient degree. Then through such intensified *attentiveness* and *surrender of the soul* (devotion), forces that are ordinarily dormant are brought forth in the human being.

What is of special importance here is the experience. By virtue of the above-described activity, the soul is ever more enabled to liberate and separate itself as a spirit-soul entity from the physical-corporeal nature.

In time one can grasp the real meaning of the words:

“You experience yourself as a spirit-soul being without making use of your senses and limbs; you experience yourself outside the body.”

A person has reached a certain fruitful point of development when one has become able (at this level of soul-spirit experience) to view one’s own corporeality (with all that is attached to it insofar as the physical world is concerned) in the same manner as one looks at an object confronting us in the physical world. As a rule we initially succeed in freeing our conceptual capabilities of soul in this way from our corporeal tools, namely the brain and nervous system. Thus, one experiences oneself in a free weaving of self-supported thinking, but now outside the nervous system and brain.

The first experience bestows on an individual the awareness of knowing:

“You live, thinking, as if in the surroundings of your head; you live and weave not unlike the way you experience yourself when you make use of the instrument of your brain. Now, however, you are absolutely certain that this living and moving in the thinking element takes place outside the confines of your head.”

One particular impression that we then receive during re-entry into the nervous system and brain remains unforgettable. Since both these components are of material substance, both offer resistance to our re-entry. One must therefore dive into the bodily organization with forceful effort after having experienced oneself outside of it for a while.

By means of the above-described activity, one is able at first to separate the conceptual thinking ability from the corporeal realm but not as yet the life of feeling nor the will-endowed activities of soul. Eventually feeling and will must also be freed from the body for the purpose of true spiritual researching, and it is only the utmost intensification of devotion and surrender of the soul that leads to this freeing. An idea of this intensified ability of devotion and surrender can be gained by comparing normal daytime wakefulness with sleep when the soul of a human being is separated from the body. One’s body then becomes immobile while the soul takes on

the overall life of the cosmos. We do not, however, mix any of our conscious thinking, feeling, or willing activities into the condition of sleep. This natural condition must be induced by meditation, but with the difference that here the intensified ability of surrender and devotion leads to a heightened condition of consciousness.

The spiritual seeker must bring about a silencing of all the senses by means of a purposeful act of soul in which — just as in sleep — one's attention is withdrawn from any impressions of the outer world. But whereas the soul sinks into unconsciousness during sleep, now when one is enveloped in spiritual surrender and devotion the soul of the seeker then awakens into a divine-spiritual stream of cosmic forces all the way to a higher level of awareness which in contrast to ordinary day consciousness appears like a sleeping condition. By completely halting and stilling conceptual life and then the entire speech capacity, the spiritual researcher thereby attains the ability to develop the same forces inwardly that otherwise manifest outwardly in one's thinking and speech via the body.

The morning, soon after awakening, proves to be the most suitable time for meditative contemplation. After waking up we should strive to sink back into the spiritual world as quickly as possible through our meditation, but now in full consciousness. This should be done similarly to the way in which we prepare to enter the spiritual world in the evening. Upon awakening an individual who is about to meditate should remain in mental stillness for a few moments while fully conscious. By doing this he enkindles the "holy fire", the inner warmth that is necessary for this mental endeavor. During the ensuing meditation, one should try to form clear, sharp, well-defined thoughts in a soul activity that takes place in full consciousness and presence of mind. During this time one's physical and etheric organisms must remain unaffected since through correct meditation a person can eventually experience oneself outside the physical and etheric bodies within a newly developed content of thought forces. Thus, one attains to a relationship of relative objectivity regarding one's life of personal experiences. A person confronts this content, and what he or she then experiences in the ether is radiated back in thought form.

How long should one meditate? This cannot be expressed in ordinary concepts of time. An individual should persevere with one word as long as one can gain inner strength from it, meditating with one's entire being. Streams of spiritual life are continuously flowing through the world, but as long as we are occupied with ordinary everyday thoughts, these streams cannot flow into us. The words of our meditation should be considered as portals into the spiritual world. They are winged messengers that lift the human being up into the spiritual realm. They have the power to open our soul so that the thoughts of our great leaders, the Masters of Wisdom and the Harmony of Feeling, can stream into us. Total silence must reign within us for this to happen.

The words that have been given us by the great leaders of humankind, and that we let live in our soul after awakening, must not be used as material for speculation during this time. The remainder of the day gives us ample time for that. During the meditation we must abstain completely from deliberating about the content of these words and guard against simply

repeating these words mechanically. Instead we should realize that those words facilitate the in-streaming of divine beings into our soul just as flower petals open to receive the sun's rays. Lofty spiritual beings stream down upon us during a meditation, particularly the thoughts of those whom we call the "Teachers of Mankind". They guide us and are near us during a meditation.

We find that pupils are united with their teachers in the soul world during the night in as much as they have created a bond with their teacher through meditation. A pupil thus has a relationship that draws him or her to the teacher during the night, and anyone can reach up to their higher self and achieve participation in such interactions by inward contemplation of appropriate texts. That entity which in a few thousand years will be our higher nature now reposes in the midst of the Masters. In order to become acquainted with our higher self we must seek it where it can be found even today; and that is within the dimension of higher individualities. Through meditation an interaction between pupil and master actually takes place. The potency of the words in our meditation does not lie primarily in their content, but in their rhythmic nature and sound; to these we should pay attention. Through them, the spiritual world then resounds within our soul. For this reason, one cannot easily translate a meditation verse into a foreign language. What we possess of meditation verses in the German language, for example, was brought down directly out of the spiritual worlds. Every verse, every prayer, has its greatest effect in its original language. We learn to live in the sounds of the words when we bring true life into our thought images. One can achieve this by forming thoughts as vividly and realistically as possible; for example, with a word like *schöpfen* [to scoop or ladle]. The sound and nature that is implicit in this German word can allow one to experience the act of scooping water out of a container.

All "name-concepts" (names given as labels to things and objects) that exist only on the physical plane must be excluded during a meditation. However, certain attributes connected with sense impressions—such as color, light, sound and smell—also exist in the astral world. For this reason it is good to form mental images filled with such content because in everything that our outwardly-directed senses observe spiritual beings express themselves. For example, one can call forth a bright light-filled image in one's mind with the word "light" by experiencing inwardly how streams of light pour down on us.

By dwelling on certain concepts and eternal thoughts in this manner, one creates life-sustaining organ-forming impressions in one's ether body. In addition, one can meditate about the concept "wisdom", not in sharply outlined definitions but rather by awakening mobile conceptions about impressions. [Impressions, for example, concerning the inner experience one has when listening inwardly to a word such as "wisdom" — *Note by translator.*] If one meditates properly about the concept "wisdom", then something of true wisdom itself will flow into us, and enlightenment from higher worlds is then imparted to us.

In earlier times, communication with divine-spiritual worlds could only come about through mantras; that is through sound. Today, human beings can aim for union with the Christ force by means of meaning-filled words within his inner being. When the pupil succeeds in

completely shutting him or herself off from external influences and noises during meditation; when he or she is able to tune out the physical body, then one lives only in the ether body, astral body, and ego. As if in a magnetic field, we are then drawn to the spiritual worlds in our meditation. We are then in the right spiritual frame of mind.

Again, the words are not what are of primary importance; what is most important is that the right meaning streams into us from the spiritual worlds as a life awakening force, and that the words themselves become filled with such meaning through the Christ force. The words in a meditation are chosen in such manner that the verses themselves seem completely emotionless, but in this way they become the garment in which the Logos that streams through the universe can envelop itself. These words must accommodate themselves to these streams of the Logos, and this is why they are set down in a definite, particular form.

If our meditation has been conducted correctly it leaves us with spiritual sustenance, and we should not think that this strengthening of our soul has not taken place if we are as yet unaware of it. It is often the case that we reap the fruits of our endeavors years later; fruits that we had not expected. One who is patiently content with the least, and does not demand maximum spiritual growth with impatience and greed will always receive a spiritual strengthening, because every meditation sooner or later results in invigorating energies for us.

(To be continued....)

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Submitted by Edward St. Goar. Edward is a Class Reader for the First Class of the School of Spiritual Science. He lives in Chattanooga, TN.

Upcoming Events and Activities

YOUTH SECTION OF NORTH AMERICA: Gathering in Atlanta

Friday, May 26th-Monday May 29th



You are invited to join other young adults who will gather in the great southern city of Atlanta, to spend time in conversation, share in word and art, and to discuss the heart and future of Anthroposophical youth work in North America.

We intend to meet and share vital questions together, to discuss the political and social challenges of our moment, and to be awake to possibilities for the future. All are welcome, but the intention is to create a space primarily for youth and young adults to speak, listen, and work with ethical and spiritual questions. Offerings thus far include Education, Health and Meditation, Meeting and Social Justice, Future Skills, Spirituality of Language, and Democratizing Currency. Sponsored by the Section for Spiritual Striving of Youth in North America. Suggested contribution is \$50 to cover accommodations and food. However, do not let money be a barrier if you would like to attend.

To register or inquire about financial support, contact Ethan Sudan ethan.sudan@gmail.com
<https://www.facebook.com/events/230725600739478/>

UNDERSTANDING THE CHRISTMAS CONFERENCE: Invitation to Study

Saturday June 3, from 9am to 2pm at the ARC 761 Scott Circle, Decatur, GA 30033

What was the significance of the Christmas Conference that was held in Dornach in 1923? If this is a question that interests you, please join us for a Saturday of reading and discussion around this significant event in the Anthroposophical Movement and Society. We will be reading from Rudolf Grosse's *The Christmas Foundation: Beginning of a New Cosmic Age*. We will start at the beginning and read through as much as we can in the time we have set aside. There will be 3 extra copies of the book on hand for sharing, or a few used copies are available through Amazon, as well as a Kindle version. If you have other resources that you'd like to bring, please do. It will be a casual and friendly gathering, no experts in attendance- just students seeking the Spirit. Snacks will be available; feel free to bring something to contribute. No charge to attend, but an RSVP is helpful for planning seating & snacks. Please email Angela for more info at: arc@thirdbody.net

CALENDAR OF THE SOUL, the St. John's Mood and the Writing on the Earth

Saturday July 1st, from 10am to 3pm at the ARC 761 Scott Circle, Decatur, GA 30033

We will meditate, discuss and explore with pastel on paper the mood of the season, St. John's Tide, in a workshop led by Sophie Takada.



Sophie Takada was an art teacher and a mentor at the Oakland Steiner School, in Michigan where she lives. She has studied Anthroposophy for nearly 20 years, and is a member of the esoteric class. She has worked on Rudolf Steiner's Calendar of the Soul for many years and had three different series of the 52 weeks exhibited in Ann Arbor and Paris. Her husband, Tatsuo Takada, created books of the Calendar with her paintings and original translations by Michael Brewer; copies will be available for purchase at the workshop.

Workshop suggested fee: \$30-80, includes art materials plus beverages, snacks and a vegetarian lunch.

Email Angela at arc@thirdbody.net for more information or to reserve your spot.

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Announcing the Second Annual Anthroposophy Southeast Regional Gathering September 22-24, 2017

Please save the date! Details to come!

What: The Second Annual Anthroposophy Southeast Regional Gathering

Who: YOU! Members and Friends of the Anthroposophical Society in America

When: Weekend of September 22-24, 2017 (Friday evening through Sunday morning)

Where: A retreat center in the beautiful foothills of the Appalachians, approximately 90 minutes north of Atlanta

Cost: Approximately \$75 per person will cover the conference expenses and homemade meals and snacks. Rooms will be in the range of \$80-\$150 (total for both nights) depending on level of privacy desired. There are also B&B's, camping, couch surfing and work trade opportunities to accommodate varying needs.

Offerings: The offerings for the weekend are gifts of love from folks in the southeast region, including exploration into a deeper understanding of the Foundation Stone with Joe Savage and work in Astrosophy with Brian Lynch. These offerings will be supported by group artistic activity in Eurythmy and Creative Speech with Anne Nicholson and friends. Plus there will be ample opportunities for individuals, groups and branches to share and connect.

Hearing from You: What would you like to experience during the gathering? Please email anthroposophysoutheast@gmail.com. The conference planning group will meet in midsummer and review everyone's responses before finalizing and announcing the program.

Yours in Light and Warmth,

Anne Nicholson

for the Anthroposophy Southeast Conference Planning Group

Students Seeking Human Beings Seeking the Same Goal

A group of adult students is now forming the **Atlanta Cooperative for Anthroposophical Study**. In partnership with the [Anthroposophical Society in America](#) and the adult education program of [The Waldorf School of Atlanta](#), we will be hosting workshops and classes over the next year to study anthroposophy together.

Topics will include:

- The foundational work of Rudolf Steiner
- The evolution of human consciousness
- Human biography
- Cosmology
- Biodynamic gardening & farming
- Waldorf education
- And much more!

We will schedule lectures, book study and peer-led discussions, and we will offer many opportunities for Art- painting, drawing, eurythmy, woodworking, and speech & drama. Classes and workshops will take place in a variety of formats and at different times of day in order to accommodate as many people as possible. If you have been considering foundation studies, this co-op will be a great way to join in with local folks who are eager to study for spiritual and self development. Whether you are new to anthroposophy or have been around for a while, taking up the study in community is rich and infinitely rewarding~ we invite YOU to join us now!

Currently, we are looking for people who can join in as a Core Member with a one-year commitment and \$1000 suggested donation in order to start scheduling the classes. For anyone who cannot commit now, we are planning opportunities for folks to participate a la carte, so stay tuned for updates.

For more info about the Atlanta Cooperative for Anthroposophical Study, email Angela Foster at ACAS@thirdbody.net

The Anthroposophy Atlanta Planning Committee is interested in ideas for speakers, events and workshops that local friends want to participate in. Let us know what you are interested in and let's work together! Email us at anthroposophyatlanta@gmail.com

Community Contributions

Notes from the Good Friday Gathering, April 14, 2017

Submitted by Katherine Jenkins

Even though the group was small, we had an experience of the quality that can be brought to an observance, such as this. We appreciated the contributions that were offered by everyone.

We first had a meal together – an important nourishment for body and soul. Then we found our spirits also nourished by the content of the study of the seven “I AM’s...” of Christ in the Gospel of John.

There were many more questions about the verses, and their relationships to the Sacraments of The Christian Community, and the healing that the Sacraments bring to our developing Ego, than there were answers. As a result, several of the participants have started a seven week study to be held between Easter and Whitsun. Please contact me at katjenks@negia.net for more information, if you are interested.

The Easter Sunrise Experience, April 16, 2017

Submitted by Katherine Jenkins

We could not have had a more beautiful morning to await the sunrise. As expected, we were greeted by the singing birds. Even though expected, this, too, was a pleasant way to start the day. Although the horizon was obscured by a fence and trees, we could see the blue sky, dotted with clouds, and the still shining morning star. We sat in silence, soaking in the dawn, thinking our own thoughts and feeling our own feelings around the significance of Easter morning.

There were four in attendance, 3 women and a “John.” Our guests were from as far away as Kenya, and New Orleans, LA; and as close as Comer and Decatur, GA. John brought a horn, to sound before we retired inside.

Our breakfast Blessing was the Easter Mood from Rudolf Steiner’s “Calendar of the Soul”. We shared a simple meal, and got to know one another better.

I related some thoughts from “The Mysteries of the Human Being’s Nature and the Course of the Year,” given by Dr. Steiner in Dornach on December 24, 1922. Other participants brought their thoughts, and we had a conversation around those.

Our closing was the last panel of Dr. Steiner's "Foundation Stone Meditation." This was introduced with written comments from S. Prokofieff, W. von Emmichoven, and Dr. Steiner himself.

We left feeling that the effort was well worth the time - that we had had a real experience of the True Light, and its contrast of darkness. Without this comparison there might never be a recognition of the hope and grace made available to us through the sacrifices of Christ and the events surrounding the whole Mystery of Golgotha. Our hearts were filled with gratitude, as we made our way out to our other encounters of celebration on that special Sunday. He has risen. He is alive.

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Katherine Jenkins is a member of the Branch Planning Committee, the Anthroposophical Society, and the First Class of the School for Spiritual Science.

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*Do you have an artistic creation, poem, article, event or anything else you would like to share?
Please send it to anthroposophyatlanta@gmail.com. We welcome contributions!*

Ongoing Area Study Groups

Group or Text	When	Meeting Time	Location
Apocalypse of St. John	First Monday of the month	1-2:30pm 'Bring your own' lunch at noon for those who can make it	ARC
Mystery Dramas	Tuesdays	10-11:30am	ARC
Theosophy	Tuesdays	5:30-7pm	Midway Woods
Cosmic Memory	Wednesdays during school year	7-8:30pm	Academe of the Oaks
Knowledge of Higher Worlds	Thursdays	8:30-10am	Decatur

If you would like more information on any events or activities, or have a calling to take up a new study, please email us at anthroposophyatlanta@gmail.com

This Month at the Atlanta ARC

On display across several of the walls at the ARC this season are 150+ painted panels with mantric verses calligraphed across them. After seeing the bare walls for the last months, you may walk in and wonder, What is going on here? In an effort to honor Spring and the Easter Mood, we now host three years' worth of visible results of one individual's striving to get to know Rudolf Steiner's Calendar of the Soul. The Soul Calendar, as it is sometimes referred, is but one of the many gifts that Dr. Steiner has offered to humanity. It's a series of 52 meditative verses that follow the course of the year and offer one the possibility of finding a relationship to the respiration of the Earth. Intrigued? You are invited to visit the ARC and view the paintings in person. We have several resource books available in the lending library, and a few for sale



on the shelf by the door, if you want to deepen your experience through study.

The dining room wall displays a year's worth of verses written in Dr. Steiner's original German language. Two walls in the back study room offer a view of the verses in English. The south wall is arranged with the verses in a circle, as the cycle of the year is easily imagined, while the north wall is an attempt at a lemniscate, albeit a bit squashed due to space constraints (hey! I think we need a bigger art space!). Imagining the annual cycle of the earth and the Soul

Calendar verses as a lemniscate can take one's study to a whole new level of richness. Barbara Betteridge's The Soul Calendar and the Lemniscate is an excellent resource for this and we do have a copy in the library. There is also a year's worth of verses in the blue binder, so that one can take a closer look at each individual verse. This installation is on display not as an example of some Great Work of Art, but humbly offered as an example of how one individual American is striving to awaken a conscious relationship to the Self and to the Spirit. There are countless ways that one might do so, Dr. Steiner emphasizes in his foreword to the original Calendar in 1912-1913:

The aim is a "feeling self-knowledge." This feeling self-knowledge can be experienced through these typical weekly verses expressive of the soul-life's circular course as timeless in relation to time. However, let it be clearly stated: our intention is to create the possibility of a path of self knowledge. "Rules" are not given on the model of theosophical pendants. Rather, indications are given for what could be living weaving of the soul. Whatever is appropriate for souls always takes on an individual coloring. Precisely for this reason each soul must find its way in relation to its own individually honed path. It would be easy to say: If it wishes to cultivate a bit of self knowledge, the soul should meditate exactly as it is laid down here. But this is not said, because each person's own path should get its directions on its own, and not just pedantically follow "a path of knowledge." -Rudolf Steiner



The Calendar of the Soul offers beautiful possibilities! The verses begin anew each year at Easter, so now is a great time to take it up.

Want to know a little more about COTS but no time to visit Atlanta ARC? This edition of *Being Human* from 2012 has excellent articles on the Calendar :

<http://www.anthroposophy.org/fileadmin/being-human/bh-7-2012-Fall/bh07-web.pdf>

For more info on the ARC, how to view the paintings, schedule a personal tour, or just coffee and conversation, email Angela Foster at arc@thirdbody.net

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Angela Foster is a member of the Branch Planning Committee, the Anthroposophical Society, and the First Class of the School for Spiritual Science.

ARC Apartment Available

The studio apartment adjacent to the ARC is available now for short term rental. The ground level has a kitchen with a small dining area, while the upstairs loft has a bed, bathroom and private balcony overlooking the fenced backyard and happy hens. This is a furnished apartment and is available for summer rental at \$250 per week. It would be a great option for in-laws visiting over the summer (or a staycation if you need a little space away from the kids this summer!). Longer term rental can be discussed for the right fit- an ARC caretaker could have a reduction in rent in exchange for caretaker responsibilities. Just think how easy it will be to check out books from the Anthroposophical Lending Library when you are right next door! The ARC is in the quiet residential neighborhood of Medlock Park in Decatur and is convenient to Emory, CDC, WSA, AO and I-285.

Contact Angela at ARC@thirdbody.net for more information

The Anthroposophical Resource Center (ARC) is a private residential space offered by Patrick and Angela Foster in service to human enlightenment, growth and healing through Anthroposophy and the Arts. If you have an idea for a class, study group or workshop and are looking for an ensouled space, consider renting a room at the ARC. The building is available room-by-room, or as a whole space for parties, retreats and larger gatherings. The ARC is located at 761 Scott Circle, Decatur 30033. For more information about how you can support the ARC, or to inquire about guest reservations, email Angela at arc@thirdbody.net

Anthroposophical Lending Library

The Anthroposophical Lending Library of Atlanta (ALLA) is located at the ARC, 761 Scott Circle, Decatur 30033. The two large bookshelves in the front room are stocked with over 300 titles, more than 100 of which are by Dr. Steiner. There is sure to be something to meet your interests! **The library is open on Tuesdays from 9am to 2:30pm with other times by appointment.** There is a check-out form for on the desk between the shelves.

Donations are always welcome, and can be left in the donation basket near the bookshelves. If you would like recognition, please leave a note in the book with your name. If you have multiple books, you can bundle them or place them in a bag.

If you have a love of books, we can always use a helping hand with cataloguing, labeling, and shelving. We have a large batch of books to be catalogued from a variety of topics.

To receive check availability, volunteer, or reserve a book, please send an email to the ALLA email address: anthrolendinglibraryatl@gmail.com

A list of current holdings is now available on our website:

<https://anthroposophyatlanta.org/library/catalogue/>

Calendar of the Soul

(May 7, 2017 - May 13, 2017) Fourth Week

I sense a kindred nature to my own:
Thus speaks perceptive feeling
As in the sun-illuminated world
It merges with the floods of light;
To thinking's clarity
My feeling would give warmth
And firmly bind as one
The human being and the world.

Ich fühle Wesen meines Wesens:
So spricht Empfindung,
Die in der sonnerhellten Welt
Mit Lichtesfluten sich vereint;
Sie will dem Denken
Zur Klarheit Wärme schenken.
Und Mensch und Welt
In Einheit fest verbinden.

English translation by Ruth and Hans Pusch

<http://www.calendarofthesoul.net/>

Based on adjusted dates for 2017-18 suggested by Herbert Hagens

<http://www.anthroposophy.org/fileadmin/calendar-soul/Calendar-of-the-Soul-dates-2017-2018.pdf>

Memorial Day WEEKEND



YOU ARE INVITED

TO JOIN OTHER YOUNG ADULTS
WHO WILL GATHER IN THE
GREAT SOUTHERN CITY OF

ATLANTA,

MAY 26TH-28TH

TO SPEND TIME IN CONVERSATION, SHARE IN WORD AND ART,

AND TO DISCUSS THE HEART AND FUTURE

OF ANTHROPOSOPHICAL YOUTHWORX IN NORTH AMERICA.

WE INTEND TO MEET AND
SHARE VITAL QUESTIONS
TOGETHER, TO DISCUSS
THE POLITICAL AND
SOCIAL CHALLENGES OF
OUR MOMENT, AND TO BE
AWAKE TO POSSIBILITIES
FOR FUTURE
COLLABORATIONS.

ALL ARE WELCOME, BUT
THE INTENTION IS TO
CREATE A SPACE
PRIMARILY FOR YOUTH
AND YOUNG ADULTS TO
SPEAK, LISTEN AND WORK
WITH ETHICAL AND
SPIRITUAL QUESTIONS.

SEND US YOUR IDEAS SO WE
CAN TRY TO INCORPORATE IT
INTO OUR WEEKEND.

SEND YOUR IDEAS TO FRANK AT
PALEPHAGRAMA@GMAIL.COM

OR NATHANIEL AT
NATHANIEL79@GMAIL.COM

-----TO REGISTER-----

OR INQUIRE ABOUT FINANCIAL SUPPORT

CONTACT ETHAN SJUDAN
ETHAN.SJUDAN@GMAIL.COM.

WHAT ARE YOU THINKING?

WHAT ARE YOU WORKING ON?



WE INVITE YOU TO SHARE YOUR LIVING QUESTIONS
AND ANY IDEAS YOU HAVE FOR ACTIVITIES, PRESENTATIONS
AND CONVERSATIONS FOR OUR TIME TOGETHER IN ATLANTA.

ARE THERE EXERCISES WE COULD ALL PRACTICE
DURING THE MONTH BEFORE WE GATHER?

ARE THERE TEXTS WE COULD STUDY IN PREPARATION?

WOULD YOU LIKE TO OFFER A PRESENTATION,
AN ARTISTIC CONTRIBUTION, OR FACILITATE A DISCUSSION
ON A CERTAIN THEME OR QUESTION?

SOME OF THOSE ATTENDING HAVE BEEN GETTING TOGETHER IN SUCH WAYS OVER THE LAST FEW YEARS, SOMETIMES IN PERSON, SOMETIMES OVER CONFERENCE CALLS. MOST RECENTLY THERE WERE MEETINGS IN LOS ANGELES, WINNIPEG CANADA AND SPRING VALLEY, NEW YORK AROUND NEW YEARS. THESE GET TOGETHERS HAVE SPURRED US TO CREATE THIS UPCOMING OPPORTUNITY TO CONNECT MORE DEEPLY, TO ASK, AND BE INVIGORATED, BY ONE ANOTHER'S PRESENCE, AND TO SEEK THE IMMEDIATE, EMERGENT YOUTH SECTION OF NORTH AMERICA.

ACCOMMODATIONS ARE SPARTAN, AND CORRESPONDINGLY AFFORDABLE. WE SUGGEST A \$50 CONTRIBUTION FROM ALL THOSE WHO WOULD LIKE TO COME TO COVER EXPENSES OF ACCOMMODATION AND FOOD. HOWEVER, DO NOT LET MONEY BE A BARRIER FOR YOU IF YOU WOULD LIKE TO ATTEND.

<https://www.facebook.com/North-American-Youth-Section-129112537157061/>

About the Anthroposophical Society in America and Anthroposophy Atlanta

The Anthroposophical Society in America is a non-sectarian, non-political “association of people who would foster the life of the soul, both in the individual and in human society, on the basis of a true knowledge of the spiritual world.”

The Anthroposophical Society in America supports the development, communication, and practice of anthroposophy in the United States. Anthroposophy is a discipline of research as well as a path of knowledge, service, personal growth, and social engagement. Introduced and developed by Rudolf Steiner, it is concerned with all aspects of human life, spirit, and humanity’s future evolution and well-being.

As a branch of the Society, **Anthroposophy Atlanta seeks to nurture the life of anthroposophy in the Atlanta area and in the Southeast. Our branch supports the individual path of self-development and community path of social health and renewal in the light of anthroposophy.**

Opinions expressed in the newsletter are those of the individual authors, and do not necessarily reflect the opinion of the Anthroposophical Society or the Anthroposophy Atlanta Branch. Activities and events are listed for informational purposes and not as an endorsement.

<https://anthroposophyatlanta.org/>

Anthroposophy Atlanta

As a branch of the Anthroposophical Society in America, Anthroposophy Atlanta seeks to nurture the life of anthroposophy in the Atlanta area and in the Southeast. Our branch supports the individual path of self-development and community path of social health and renewal in the light of anthroposophy.

☐ Yes, I would like to be connected with Anthroposophy Atlanta

Please add/keep me on the mailing lists for Anthroposophy Atlanta so I can know about speakers, events, study groups, and other activities in the area

Name: _____

Email address: _____

Mailing address: _____

I am: ☐ A member the Anthroposophical Society in America

☐ Not a member of the Society but interested in Branch activities

☐ I am able to support the activities of the Anthroposophy Atlanta with a donation:

☐ \$80

☐ \$40 (suggested)

☐ \$5

☐ I can provide time or materials during the year

Donations can be made by mail with checks payable to Anthroposophy Atlanta and sent c/o 225 East Hancock Street, Decatur GA 30030. For questions about making a tax-deductible contribution, please contact us by email at anthroposophyatiana@gmail.com

Areas of Interest:

☐ Education

☐ Medicine

☐ Visual Arts

☐ Agriculture

☐ Literary Arts, Humanities

☐ Social Sciences

☐ Music, Eurythmy, Drama, Speech

☐ Inner Development

☐ Youth Initiatives

☐ Math and Astronomy

☐ Natural Sciences

☐ Other:

Suggestions for Branch activities: