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# Anthroposophy Atlanta

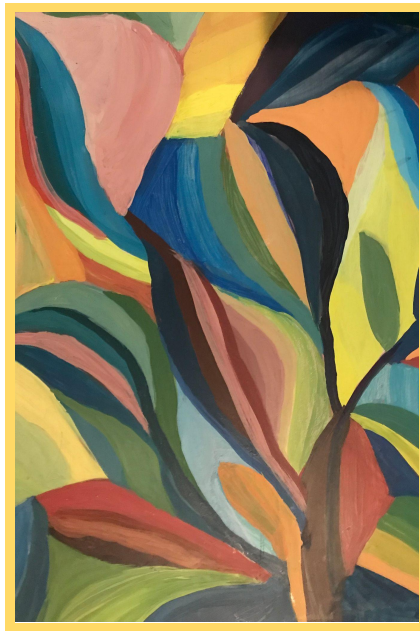
## Newsletter

Branch News, Articles & Events

### Fall 2021

#### ***In this Issue:***

- Michaelmas
- World Social Initiative Forum
- Anthroposophical Lending Library of Atlanta
- What is the “First Class?”



*Artwork by Ellen Cimino*

- Anthroposophical Society in America Annual Meeting and Local Gathering
- Applied Anthroposophy
- Six Basic Exercises Group
- Local initiatives and groups

**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.**

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## Michaelmas

By Linda Brooks Cooper

The earth is powering down. The air is cooler, and the days are growing shorter. The nights longer. In a few words, the light is waning, and the darkness is waxing.



During summer, when we are in the blooming stage of the earth, when the plants are pushing upwards, and the world is greening, human beings devoted themselves to nature. Now with the coming of the end of summer, we feel the inbreathing of the earth, the earth preparing for sleep and ourselves returning to ourselves. In summer the self has expanded into the universe, now it is time to return to our conscious selves. What humans have gained during the light days of spring and summer must now be turned inward to themselves.

When humans feel connected with all the world and what surrounds us and is within us, we can feel our very blood permeated with soul and spirit. With this fullness, one can form a Cosmic Imagination. This Imagination depicts how the human being is intertwined with the microcosm and the macrocosm: in spring and summer humans participate in and with nature. In Autumn we must choose consciousness of self over nature consciousness.

“The Imagination which comes to us through this experience is one that springs out of living together with the natural processes of the year’s course from Midsummer on towards the end of summer, the beginning of Autumn. From this experience arises before the soul the living figure of Michael.”<sup>1</sup>

Michael, who is fighting out in the cosmos the battle with animalized desire, the human being’s lower nature. **Michael shows humanity the way from animal nature to the human being’s higher nature.** Michael points the way for the human being to continue to live united with nature if we share in her dying. In spring we share with nature the sprouting, waxing, and flourishing. In fall we share with nature her dying.

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<sup>1</sup> Rudolf Steiner, *The Festivals and Their Meaning*

“Michael is a spirit who has long accompanied human development. He has cared for those human beings to become free from all involuntary domination, even from the divine world. **He waits for human beings, out of a free and self-determined will, to try to find the paths back to the spiritual world in consciousness and experience.**”

Michael waits for human beings to seek existence in the entirety, granting courage and guidance to those who try to seek a path out of spiritual darkness to the light. Michael waits for human beings to overcome prejudice and to find a view that includes all humankind. So he can help us.

**He waits for us to embrace a view of wholeness, of the interrelation of all things, a view that evokes responsibility and stewardship of the earth and humans.**

“Joining hands with Mother Earth and the kingdoms of nature, with all human society, and with the hosts of spirits aligned with true progress of humankind and the universe, Michael is the Regent of the Cosmic intelligence, the thoughts of the interconnectedness of all things and all beings, all spirits who yearn for human intelligence to grow in its compass to include the big picture.”<sup>2</sup>

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<sup>2</sup> Bernard Wolf, *Who Has Stolen Our Holidays? The Search for a Michaelmas Festival*.

***He waits for human beings, out of a free and self-determined will, to try to find the paths back to the spiritual world in consciousness and experience.***

This is the importance of the St. Michael's festival. We celebrate the return to self, the harvest, if you please of the summer. Michaelmas is a celebration of good overcoming evil, and courage over cowardice.

We celebrate St. Michael's Day (Michaelmas) to learn the importance of facing our fears and being courageous.



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*Linda Brooks Cooper is a member of the Anthroposophical Society, the School for Spiritual Science, and the Branch Planning Group.*

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## The World Social Initiative Forum Network Summit 2021 at the Goetheanum

A report on the First Keynote Address

By Ellen Cimino



In early August of this year, the [World Social Initiative Forum](#) hosted a conference at the Goetheanum titled: “*WSIF Network Summit 2021: Living in Between Spaces*.” There was a full schedule of interactive conversations, workshops, keynote lectures and panel discussions offered onsite, and there was live-streaming of the keynote lectures and the panel discussions. The four topics for the keynote lectures were *Cultural Development*, *Societal Change*, *Associative Economy* and

*Regenerative Ecology*. A description of the first keynote lecture is provided and graphical illustrations from three sessions is also included.

The first keynote presentation on Cultural Development was given by Nathaniel Williams, a co-founder of [Free Columbia](#) and the director of the M.C. Richards program in New York. The title of his presentation was “**Cultural Independence and Individual Development in the context of the USA.**” Mr. Williams spoke about the defining challenges and developments in American culture, and he described the historical polarities in U.S. history: there is the ideal of individual freedom versus the history of slavery. **How did these ideals and social sins unfold at the same time?**

When considering the Constitution and the Bill of Rights there is a clear gesture to the importance of civil society in the First

Amendment; “*Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.*” **This civil society outside of government is free and creative and part of the “cultural realm” described by Rudolf Steiner.** The money from the economic realm to support cultural initiatives should be voluntary and enthusiastic support. Steiner said that in the future schools, clinics, churches, journalism and lawyers should be supported by the socialization of capital and not by taxes.

Another important element in our cultural lives is the chance to experience diversity.

Wilhelm von Humboldt and John S. Mill stated that **we need to be exposed to a diversity of ideas, music and culture**; it awakens something new in us to help unfold our individuality. Due to slavery and racism in our history, **there has been the suppression of native tongues and religions and an active working against freedom**. These contradictions and social problems have continued throughout our history and are present today.

With industrialized capitalism there has been a division of labor, and the elites have claimed the rights to the profits. We have a new aristocracy today that considers the capital as theirs and **which they use for cultural influence**; Bill Gates has used his power in the field of education, and the Waltons (Wal-Mart) are exerting corporate influence by paying for college for employees but only for certain programs. The money is actually a social asset to be shared---it should be given to those in the cultural realm. Also, access to diversity requires money.

Empathy for others is decreasing in our society. With technology we do not really connect, and we often multi-task. **Only when we meet in person, we can truly develop empathy; an experience of a long uninterrupted conversation with another is missing for many**. Research has shown that the empathy level of a fourteen-year-old today is comparable to what was typical for an eight-year-old. We also are missing our experiences of diversity when Facebook is programmed to bring us what we want or what we know.

Free Columbia is an initiative that offers artistic instruction with no minimum cost, and the teachers invite contributions by the participants and give suggested amounts. The income is based on gratitude and enthusiasm, and no one is excluded. To support the cultural realm, there needs to be the socialization of capital and the taming of industrial capitalism and philanthropy. **There needs to be free access to funding that is directed to cultural organizations**.

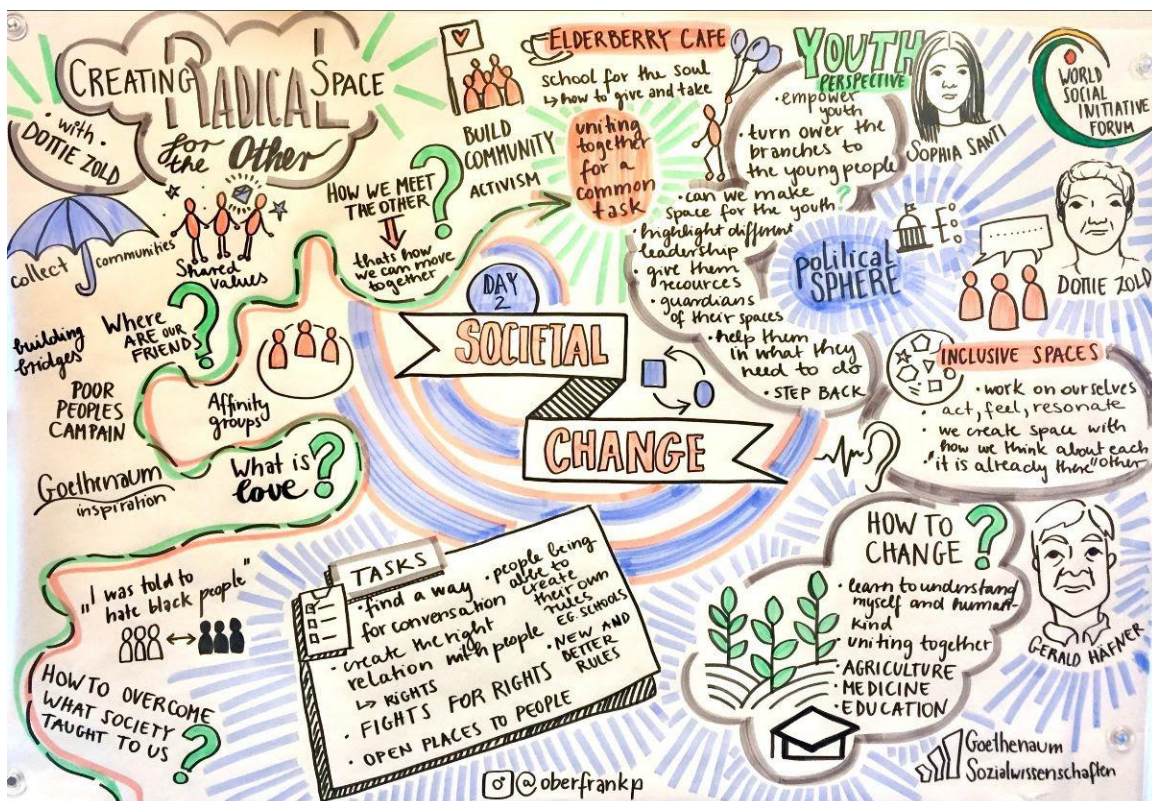
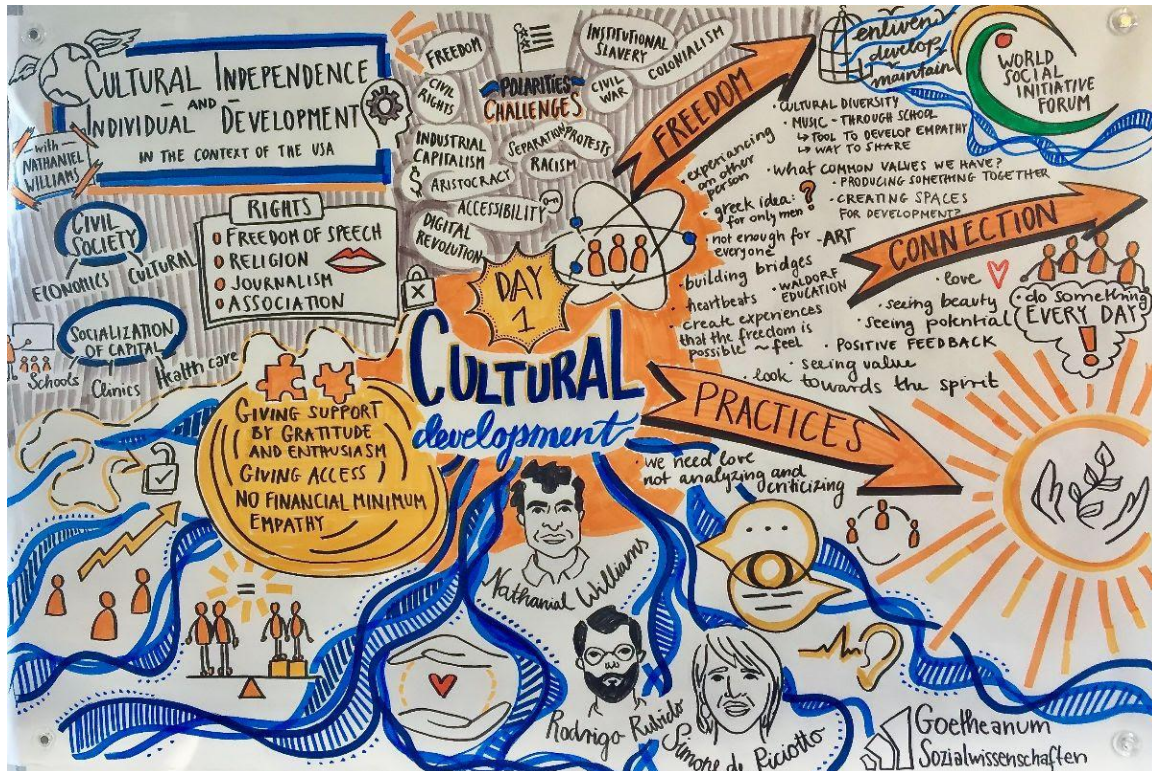
“The World Social Initiative Forum (WSIF) is an international network of initiatives and individuals that work in alleviating poverty, marginalization, and social injustice by placing human dignity at the heart of their practice. As a global agent of transformation and drawing from Anthroposophy and Spiritual Science, WSIF builds alliances and creates spaces of dialogue with others to unfold individual potential freely, practice empathy and a genuine interest in another, contribute to an associative economy in service of the needs of others, and sustain the vitality of the earth as a living organism. Founded by Ute Craemer and Truus Geraets in 2000, it is a project led by Joan Sleight since 2015 and is currently associated with the Section for Social Sciences at the Goetheanum.” (WSIF [www.wsif.org](http://www.wsif.org)).

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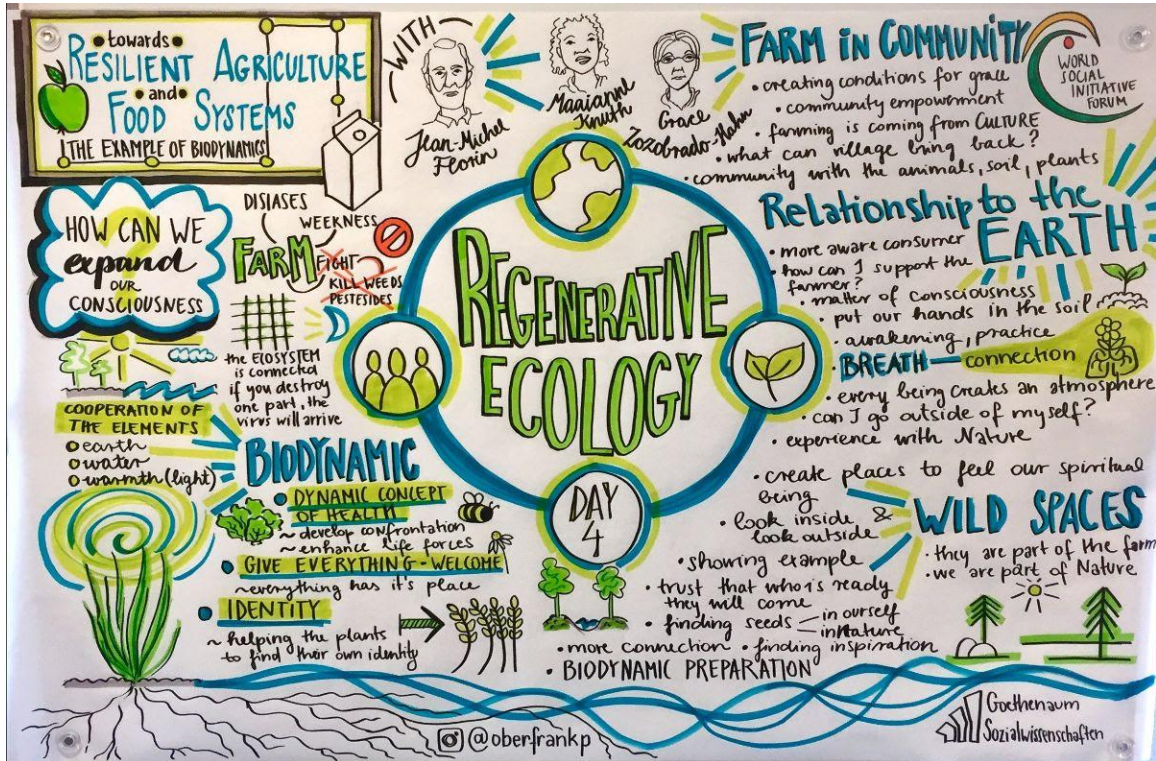
*Ellen Cimino is a member of the Anthroposophical Society, the School for Spiritual Science, and the Branch Planning Group.*



Artistic renderings of presentations from the WSIF 2021 meeting:



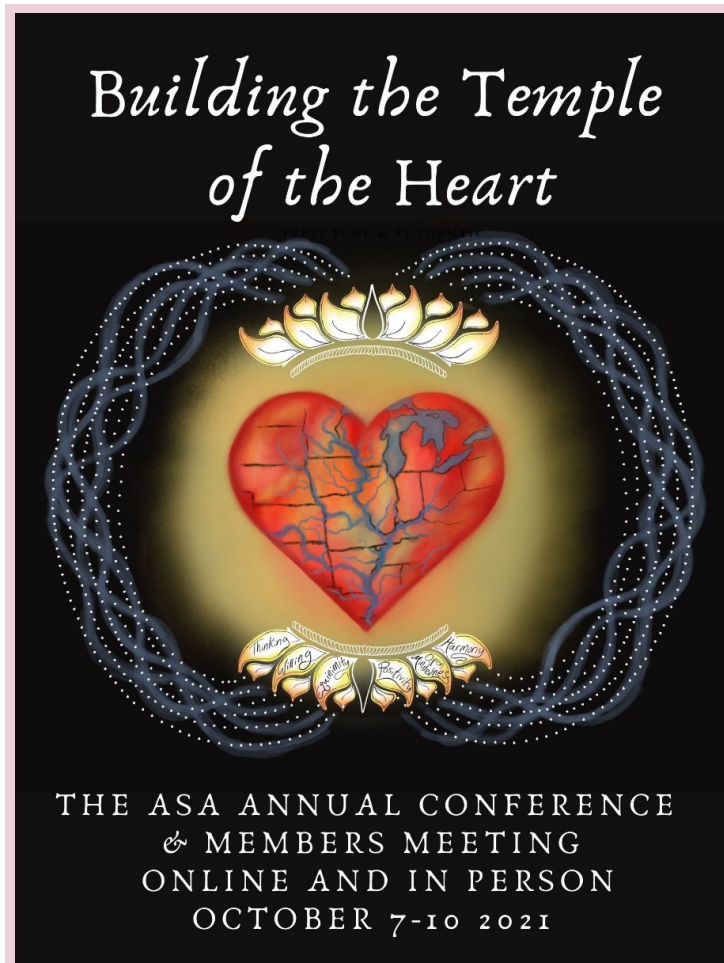




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## October 7-10: 2021 Annual Conference for the Anthroposophical Society in America

Online and with a Local Event on Saturday, October 9th from 10-3pm at the ARC.



**October 7-10, 2021**

**Keynote presentations from**

- **Dr. Michaela Glöckler**
- **Brian Gray**
- **Michael Lipson**

**For more information and to register, click [here](#) or go to [www.anthroposophy.org](http://www.anthroposophy.org)**

*Please see below for more information about the local gathering in Decatur, GA.*

Local AGM Gathering in Decatur, GA

**Saturday October 9th at the ARC 761 Scott Circle, Decatur, GA 30033**

Doors open at 10am

Reading of the Foundation Stone Meditation

11:30 Blessing and PotLuck (BYO dishes/utensils)

12:15-1:30 pm Lecture via video: Michaela Gloeckler "The Life of the Heart"

1:30: Conversation

*Donations or questions: contact Ellen [ellen.cimino9@gmail.com](mailto:ellen.cimino9@gmail.com)*



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## Anthroposophical Lending Library (ALLA): Re-Opening!

By Katherine Jenkins

You may have received an email recently about the ALLA, **The Anthroposophical Lending Library of Atlanta**, which is curating a [collection](#) of over 300 Anthroposophically related books, brochures, pamphlets, magazines, lectures, indexes, etc, in English and German. These are all available for circulation and research.



Many authors are represented, in addition to Rudolf Steiner, with a wide range of subject matter. **Come browse for your area of interest!**

The library is currently housed in the ARC (Anthroposophical Resource Center), 761 Scott Circle, Decatur, GA. The ARC is owned and maintained by Angela and Patrick Foster, with help through donations from the community. Additionally, the ARC library area can also be used for small group gatherings by scheduled

appointment. This schedule is maintained by Angela (afoster@thirdbody.net), who was the initiator of the impulse for the library. The Anthroposophy Atlanta Branch Planning Group has carried the health of the library in its consciousness, alongside Angela, and Melissa Grable. Prior to and during the pandemic, Melissa has been helping patrons to access the collection by appointment. She has been accepting donated additions, and maintaining circulation of the collection. While the library was closed for the pandemic, the books and shelving were moved from the front of the ARC to the rear. Thanks to everyone whose efforts have contributed to sustaining this resource! **The library has been reopened for several weeks now.**



We have had a few visitors, who were assisted by our volunteers. Currently, several of the members of the Anthroposophy Atlanta Branch Planning Group are acting as hosts. If you are interested in information about becoming a

library volunteer, please contact Ellen Cimino at [ellen.cimino9@gmail.com](mailto:ellen.cimino9@gmail.com). Ellen has accepted responsibility for coordinating the regular hours of operation.

List of current holdings can be found [here](#).

Here is the planned schedule for the next several months: The library will be open on select Mondays and Tuesdays from 10 am to 2 pm on the following dates:

**October 4, 5, 12, 18, 26**

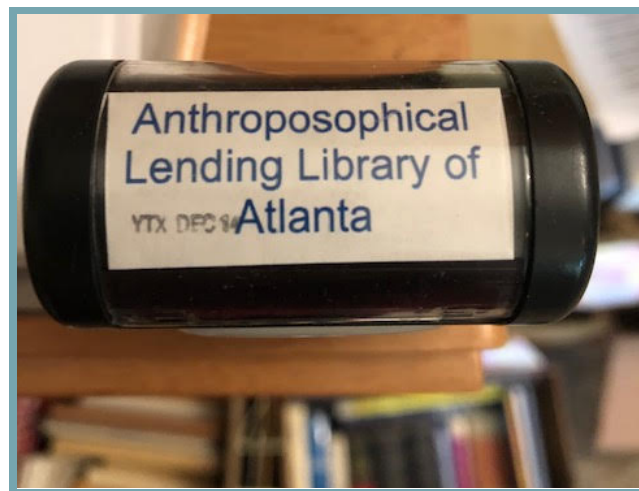
**November 2, 8, 16, 22, 30**

**December 6, 7, 14, 20, 21**

Entrance to the library is at the rear of the house. Please park on the street, and take the driveway, to the walkway which leads to a gate. Once you are in the backyard, enter through the door designated "Library

Open". Please be mindful of tenants who occupy other parts of the house.

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



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*Katherine Jenkins is a member of the Anthroposophical Society, the School for Spiritual Science.*

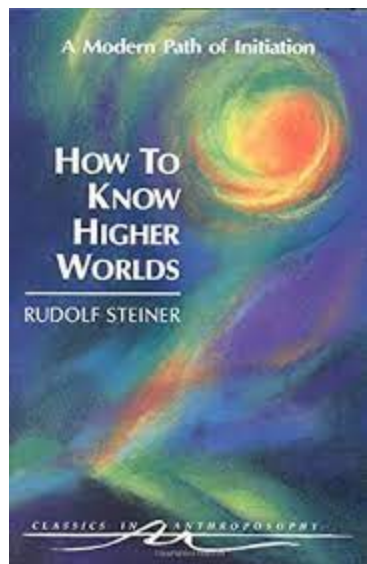
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## Back to the Basics: The Six Basic Exercises and the Human Temple of Wisdom in the Heart

by Sally Greenberg

“But before one can receive the highest treasures of the spirit, one must develop definite inner qualities to a specific high degree.” Rudolf Steiner- *How to Know Higher Worlds*



For one year, a group of individuals met every weekday to practice the six subsidiary, or basic exercises together over Zoom. These six exercises, given by Rudolf Steiner, are the subject of many

books. Their daily application cultivates such virtues as: control of thought and action, perseverance, patience, faith, and equanimity. They are key to remaining in a heartfelt, calm, and love-filled state in the face of fear and shame. Their regular practice works in service of the unfoldment of the human organs of spiritual perception to attain wisdom from the spiritual world. Rudolf Steiner tells us that they assist in the development of the 12-petal lotus (chakra) near the heart. “It is in this region we must guide the ether body’s current of life....for the faculty of ‘desiring liberation’ (love in freedom) that serves to bring the ether organ of the heart to maturity”<sup>3</sup>. Many

students of Dr. Steiner, myself included, have practiced these exercises solo, and have experienced soul-strengthening effects. After practicing with a group over the last year, I can say with confidence that the group effort has an amplifying life-giving effect. Many participants sensed something come out of the spiritual world to meet us each day. This something is *love*.

The inspiration for the group project came through Angela Foster of Decatur, Georgia. When much of the world went into lockdown in March 2020, Angela was experiencing a sense of peace and calm. She knew it was the grace and strength-giving fruit of her six basic exercise practices. “My six basic exercise practice had been preparing me to face the outer-worldly distress with equanimity. I wondered how I could share my experience and my practice,” says Angela. A year after starting her initiative the group grew from five people to 50 people.

So how did we work? Practitioners from North America, South Africa, India, and Europe met for 15 minutes in the ‘spiritual laboratory of the ethers’ and on Zoom at 12

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<sup>3</sup> *How to Know Higher Worlds* by Rudolf Steiner page 139. Steiner, Rudolf. *How to Know Higher*

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*Worlds: A Modern Path of Initiation.* Anthroposophic Press, 1994



noon ET. We all faced the challenge of varying time zones. For me in California, the group began at 9 am. I found out later when Christine Burke started a West Coast 6BE group at 1pm, that stepping out of my day at that time was not easy. The inconvenience, however, was no reason not to attend. It is this extra effort that trains the soul force of "will" to build up. Many participants logged on at their workplaces and met from inside their cars, office, or corridors of works spaces. There was a Waldorf teacher in a craft closet; many sat in parks for the 15 minute practice. The people out in the world were portals to civilization for us who were sheltering at home. For the meeting's first five minutes, there was a presentation of the day's exercise. Resources were shared from a variety of books. After the presentation, a five minute meditation took place, then two minutes of journaling time. Angels love to see their researchers scribble down meditation insights. I was inspired by the presentation of a particularly helpful technique for the control of thought exercise. Someone read from Florin Lowndes' book *Enlivening the Chakra of the Heart* and I experimented with it. While focusing on my pen for the "thinking" exercise, I directed my thinking "organically." To do this I trained my thoughts about the making of the pen into categories of Physical, Etheric, Astral, "I". After practicing this technique for four weeks, I found my focus was improved and it was easier to include the spiritual nature of existence in my day-to-day awareness. I felt more confident and safe.

Even if people did not speak aloud on the call or kept the video off, they were still contributing to the spiritual communion and were an important part of the whole. The presence of Anthroposophia, Angels, and Archangels was imagined and felt within the group. Art, music, singing, spatial dynamics, eurythmy, geometry, verses, prayer, book reports were enjoyed and shared. It felt as if we were building an etheric Goetheanum-like-temple and each participant entered through their heart.

As a ballet dancer, I know how indispensable daily practice is for perfecting efficiency and technique. Dancing alone at home is not the same as being in a class or dress rehearsal. I was surprised to discover that it's the same with these meditative exercises. The group gave me energy and helped me maintain faith in the beauty and bright colors of the Human Spirit in a time of fear, polarization. The group was a culture of active participation in the unfolding of human potential in co-creation with the spiritual world. This soul-strengthening community brought love into the world through diligent rehearsal of the six basic exercises in an artful ensemble.

**You can be part of our community practice. We commence on October 11th at noon in Atlanta Georgia, USA. Come when you can, leave when you want, bring a friend and your Angel.**

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*Sally Greenberg resides in California*

### Six Basic Exercise Practice Group (via Zoom)

Clear Thinking, Will Power, Equanimity, Positivity, Open Mindedness, Harmony  
**Begins Monday, October 11, 2021** and ends Friday, May 27, 2022.



**This group will meet every weekday for 15 minutes each day. More details and meeting information, [available here.](#)**

Or email Angela [afoster@thirdbody.net](mailto:afoster@thirdbody.net)

video summary of the exercises is available

<https://vimeo.com/308654968>

#### Schedule (Eastern Time Zone)

- 12:00 - Opening thought/reading (Six Basic Exercises or Eightfold Path)
- 12:05 - 5-minute individual practice space 12:10 - Journal time
- 12:13 - Closing thought/reading
- 12:15 - Close the space

*We intend to adhere to the scheduled time as closely as possible. Everyone is invited to participate. Come when you can and will. Free of charge.*

### Applied Anthroposophy Returns for a Second Year

Last year, the Anthroposophy Atlanta Branch was able to provide three scholarships for participation in the [Applied Anthroposophy](#) course. One of the recipients agreed to share some thoughts on her experience with the course.

Although I have wanted to study Anthroposophy for many years (since 2006 to be exact - when my now 17-year-old son started kindergarten at The Waldorf School

of Atlanta), I continually put that dream on the back burner because of finances. However, due to the incredible generosity of both the Atlanta Anthroposophy Branch and The Applied Anthroposophy Guiding Team, I was able to take part in the pioneering course - Applied Anthroposophy.

Sometimes one just needs to trust the timing of their life - the transformative experience of being

a part of this group and the richness and depth of the knowledge I have gained could not have come at a better time.

This last year has been difficult for all of us, but I don't think I could have made it through without a new spiritual lens in which to view the world and all that is happening in it. What I have learned in the Applied Anthroposophy course has enabled me to process and release countless experiences that I had previously been unable to let go. The inner work I have been able to accomplish from what I have learned has me entering this beautiful spring season with a

brand new outlook on my life and the lives of those around me.

The tale of my good fortune doesn't end with the gift of The Applied Anthroposophy Course. This May I am helping chaperone the Grade 8 trip at WSA and will get to spend four days at The Spikenard Honeybee Sanctuary. My year of transformation comes full circle as Alex Tuchman was the speaker during the first class and I was so moved by the images he shared with us of Spikenard.

With Profound Gratitude,

Anne-Marie Pope

## Applied Anthroposophy: Registration Closes Soon!



October 13, 2021 — May 25, 2022 Wednesdays at 7pm Eastern Time

<https://appliedanthroposophy.org/>

Email: [emerge@appliedanthroposophy.org](mailto:emerge@appliedanthroposophy.org)

### Exploring the Alchemy of Applied Anthroposophy

- What is contemporary culture asking for now?
- What are you being called to bring to the world?
- How will Anthroposophia assist you in the task?



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## Introduction to The First Class of the School of Spiritual Science

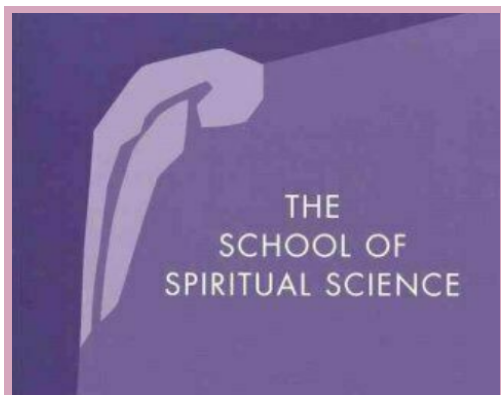
Submitted by Katherine Jenkins, as a member of First Class

For those who may not be familiar with Anthroposophical nomenclature around “First Class”, here is a brief explanation. [The Anthroposophical Society](#), which is a world-wide organization, with its home at the Goetheanum, in Dornach, Switzerland, was conceived by Rudolf Steiner. Among the many other organizations which sprang from his leadership was the School of Spiritual Science. There have been numerous Sections in the School, which allow professionals in the fields of medicine, agriculture, social sciences, education and others to conduct and share research and training. One of the Sections is called the General Section. As a part of this Section, Dr. Steiner gave nineteen esoteric lessons to select students. These lessons are known as [“First Class”](#), because this information was the *beginning* of a specific area of esoteric training.

Dr. Steiner opened membership to the Anthroposophical Society to everyone who is interested in seeing the work of Anthroposophy continue. Once a person reaches the level of desiring to represent

Anthroposophy in the world, he or she may apply to join the group of students of the First Class of the School of Spiritual Science. This requires a higher level of commitment than does membership in the Society. Normally, such an individual would have been a member of the Society for at least two years, be familiar with Steiner’s basic books and lectures, and have established a regular practice of meditation. Otherwise, a proper preparation for participation in the Class Lessons will not have been achieved. There are local Class Holders throughout the world, who conduct the instructions left by Dr. Steiner. These individuals are selected, as they exhibit an appropriate grasp of the knowledge and dedication required.

If you are interested in more information, please direct your questions to Katherine Jenkins ([katjenks@negia.net](mailto:katjenks@negia.net)), who serves as the contact person for the Atlanta area, and can forward your interest to the appropriate Class Holder for your area.



For more information:  
[School for Spiritual Science in North America](#)

[The First Class of the School of Spiritual Science](#)

*A Way of Serving: The General Anthroposophical Section of the School for Spiritual Science* by Penelope Baring and Ruediger Janisch ([Mercury Press](#), 2013).

## Atlanta Area Anthroposophical Groups and Initiatives

Group or Text	When	Meeting Time	Location/Contact
<b>Branch/Academe Study Group</b>	Wednesdays	7-8:30pm Online Meeting - email for more information	Academe of the Oaks Eva Handschin <a href="mailto:eva@academeatlanta.org">eva@academeatlanta.org</a> Jeff Powell <a href="mailto:katn8p@hotmail.com">katn8p@hotmail.com</a>
<b>6 Basic Exercises</b>	Weekdays	12pm-12:15pm Online meeting	<a href="mailto:afoster@thirdbody.net">afoster@thirdbody.net</a>
<b>Death Care Community</b>			Jolie Luba <a href="mailto:johaluba@yahoo.com">johaluba@yahoo.com</a>
<a href="#"><u>Nurturing Arts</u></a>			Catalina De Luna <a href="mailto:catalinadeluna@hotmail.com">catalinadeluna@hotmail.com</a>



*If you would like more information about any of the groups listed, please contact the person(s) above.  
To list a group, email us at [anthroposophyatlanta@gmail.com](mailto:anthroposophyatlanta@gmail.com)*

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

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## 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.

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*Views 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 listing does not necessarily represent an endorsement.*



<https://anthroposophyatlanta.org/>

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# Anthroposophy Atlanta

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## ☐ 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, checks payable to

**Anthroposophy Atlanta**

c/o 1515 Loch Lomond Trail SW

Atlanta GA 30331

### 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: