

# Anthroposophical Society

in the Western Cape & the Basil Gibaud Library  
18 Firfield Rd, Plumstead, 021 7619600 – info@aswc.org.za

## Dearest Community,

Easter Issue – 2022

A large proportion of this Newsletter honours both Guy Wertheim Aymes and Nick Lee. These tributes reveal both of their rich and fruitful lives, allowing us a view into their true humanity.

In this mood I share an Easter image, the painting of “the Seed and the Sower”, where someone is sowing seeds while above them the great nimbus of the rising Sun radiates. Deborah Ravetz, in a recent zoom from the UK, spoke of this work: *“Vincent van Gogh is deliberately saying here that, if you want to find what is holy in the world (or in other words, where is the Sun Being, where is Christ) you have to look at the human being before you. You must see that he holds the seeds of the future in his heart and that, from this place, he is throwing these seeds out into the world before him, with the Sun above him. In the human being lies the seeds of the future, because Christ has taken residence in him/her.”*

Potently too, this Newsletter speaks of two ‘golden’ local events: the ordination of Andreas van Breda and the gathering to honour and bid Carole Penfold farewell as she relocated to Plettenberg Bay. These, of course, were vastly differing events. However, they both carried the exceptional qualities of how power and love can be generated when coming together in Community.

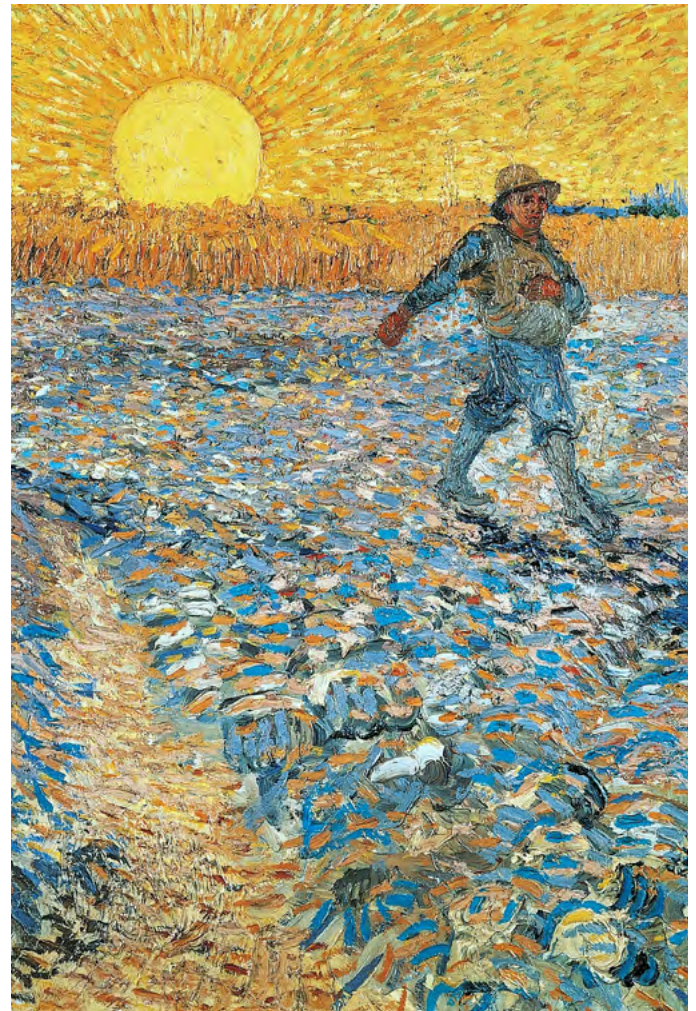
Please take time to read the outstanding writeup on Martin Wigand’s recent workshop on Quantum Physics by Gideon Malherbe. I think it will encourage you to stretch your own horizons of discovery!

Here in the Western Cape we are experiencing Autumn, a season which invites us to turn inwards to find our own ‘heart seeds’, which then (through our own activity) may be offered to the world. We also stand ‘in a field of time’ with Easter behind us and Whitsun before us, Whitsun being a destination, a high example, towards which our working together can aspire. In life we are now experiencing that we can take nothing for granted but rather to ‘awaken’ and become response-able. So, as we approach the 100 year Jubilee of the Re-Founding of the Mysteries at Christmas 1923, is not the ‘Spiritual World’ strongly emphasising that it is time for us to tune in together as a Community and strive towards a Whitsun Event.

My wish is that the heart-seeds that we can witness in one another may support a harvest of what is wanting to be born within each of us, and collectively as a Community.

Warmly

Caroline Hurner



The Sower – Vincent van Gogh

# The Passing of Guy Wertheim-Aymes

There are few individuals to whose name Anthroposophy in South Africa will remain so indelibly linked as that of Guy Wertheim-Aymes, who left our earthly plane on 14 January 2022.

The very institutions and organisations so many of us worked in owe their existence to his initiative, drive and ongoing support. And many people who work in the movement have been supported along their way by him, obtaining training and qualifications, jobs and other assistance, especially as they started their careers. Yet few got to know him intimately, able to enter into the personality that was Guy - beyond his money, his opinions and his mannerisms. He seemed the archetypal self-made man, a rugged individualist who did not readily share his heart with anyone.

Many fond memories of Guy fill my mind as I write this, but the first is also among my favourites. I was a little boy of seven, attending some of the rehearsals and every performance the Johannesburg Group around 1961 did of the Christmas Plays. Guy played the Tree Singer in the Paradise Play, and Gallus, the shepherd. He had a bit of a problem memorising his lines and pinned a copy on the back of his little tree and laid another of his speech in the stable into the crib. As he knelt in adoration before the child, those who were in on the secret had a quiet giggle, while the rest were moved by his deep devotion as he focused on the infant lying in the manger and recited, "A boëndle of wool have I for this child", in his still very broad Dutch accent.

In April 2017, I was able to spend a week with Guy at his home in Plettenberg Bay, to interview him about his life and work. An idyllic setting in the Marina, overlooking a perfectly manicured lawn that reached right to the edge of the lagoon. The interviews took place in his office, surrounded by his books and mementoes.



Guy with his second wife, Dr Roselke Zech. It proved a happy marriage that lasted until her death a few years ago



Guy and Elizabeth with Elsa Kongeter, first Eurythmist of the Michael Mount Waldorf School



Guy with Michael Heidenreich

Guy was born on 17 August 1927 in Hilversum, at the time a village about 35 Km northeast of Amsterdam. Guy's father Clement descended from a line of bankers reaching back to Johannes Wertheim, who was instrumental in setting the Dutch industry and economy up again after the fall of Napoleon in 1815. He inherited a lot of money, which he invested in building up housing blocks in the Amsterdam suburb of Amstelveen. His mother was from the French Jewish family Citroën, her father a manufacturing jeweller in Amsterdam. Guy described his parent's marriage as highly dysfunctional from the start. He had one younger brother.

When the Germans overran Holland in 1940, they requisitioned the family's large home, surrounded by a private park, to set up their headquarters. However, the crushing blow fell in 1943, when Guy's mother was interned by the Nazis, transported to Germany and executed. Guy found himself unwelcome in his father's home and had to fend for himself, living in various families, from that time on. The following little story is a gem:



Neville Adams, who started to work as chemist at Pharma Natura before studying at the Priest Seminar and returning as founding priest of the Christian Community in Johannesburg



Guy with Nicolette Louw, chemistry teacher at the Constantia Waldorf School.

"I specialised in stealing German soldier's bikes. I once even stole the bicycle of the Ortskommandant. The Ortskommandant had his office, his bike was parked right there, and I stole it. He sent his men to look all around but they didn't go in the direction of Hilversum, so I had my own bicycle and the commandant's bicycle and rode both of them back to my home in Hilversum. I always gave them to the Underground. I knew about them, though not directly, so it went through some connections. So they looked all around Loosdrecht, but that was like here in Knysna – they looked all over Knysna but they didn't come to Plett!"

Indeed, there was always something heroic about Guy – a kind of fling-caution-to-the-wind, risk all and devil take the hindmost – even if he had to help the hindmost out financially afterwards.

In 1951, his degree in Economics tucked under his arm, Guy boarded a Dutch freighter bound for South Africa – all alone. He had taken his leave of Dr Willem Zeylmans van Emmichoven, who used to give

lectures at his family's house in earlier years. From him he learnt that Ky Kotzuba was in South Africa, though where he did not know. Guy remembered Ky, who had once made a ring for his mother years before. Shortly after his arrival in Cape Town, having just come back to the ship briefly after clearing his freight through customs, who should he meet but Ky Kotzuba, selling scarves and handkerchiefs he had dyed and painted, as souvenirs to the sailors.

*"...the whole incident really shook me, as you can imagine. Can you imagine, within three days of being here, I met the only anthroposophist I knew of in South Africa."*

He went to live with the Kotzubas for a time, quickly found a job with Rex Trueform, met the other Anthroposophists in Cape Town and started to organise Willem Zeylmans' first trip through Southern Africa, which happened two years later. By then, he was no longer in Cape Town but had moved to Johannesburg, organising the lecture tour there. He and the small group of Anthroposophists there soon began the initiative to start the Waldorf School. By the time Zeylmans returned in 1961, there was a Waldorf Kindergarten and Guy had established his Natural Remedies Centre at the old Arcade in the Johannesburg city centre, having secured the agency for Wala and Weleda in South Africa. A few years later, they were occupying almost all the floors of the Arcade. After a few brief years at another venue, he built the Pharma Natura factory in Wynberg – by this time a highly successful venture, through the proceeds of which he was able to support countless anthroposophical initiatives and individuals throughout the country.

From the mid-seventies onwards, the Executive Committee of the Anthroposophical Society in Southern Africa transferred to Johannesburg and included Guy well into this century. The stories of this period belong in a separate paper. But one thing remains linked to him for good, and that is the building now called the Rudolf Steiner Centre, on the property of the Michael Mount Waldorf School, which, although the School now owns it, still houses the work of the Anthroposophical Society.

No one who knew him well and worked with him for any length of time would deny that Guy was a difficult customer. He could be abrasive, tactless and often shocking in his generalisations, causing Francois Maritz to occasionally refer to him as the Master of the Sweeping Statement. But, conversely, he could be tremendously warm, supportive, kind and very funny. A few nights ago, I had a brief chat on the stairway with Gerald Häfner, leader of the Social Science Section at the Goetheanum, right after he presented his eulogy on the great German entrepreneur, Götz Werner. We spoke of how, when such a person has died after a long and fruitful life, your perspective changes and what remains is a vision of the human being himself, as he is in his essence. It is a vision filled with gratitude for the richness of friendship and shared experiences that bound you together.

Go well, Guy. I look forward to seeing you again.

Eric Hurner



Guy in his Ford Model T



Laying the foundation stone for the Rudolf Steiner Centre. From left: Jakob van Dijk, Jan Louw, Yvonne de Lieuw, Ian Brummer (the Johannesburg architect who managed the building project, as designed by Brian Johnson) Maxine Olofsson, Guy holding the foundation stone while addressing the circle of friends, Barbara Kroesche, Hans Hurner.



Guy putting a verse and some other objects into the copper decahedron. Eric Hurner waiting to close it and weld it together.

## Friday Mornings with Guy Wertheim-Aymes

BY AVICE HINDMARCH ON 16 JANUARY 2022

Sharing meditative time, as an elder myself, with another fellow member of the Society, in this instance Guy Wertheim Aymes, who was approaching the end of his life, brought profound realizations. Firstly, just the awareness of the mood space, pregnant in a way...aware of a letting go, and that something was getting ready to be born, a happening but clouded in mystery..... then allowing silence to enter to hold this space or time..... For us, this took place mostly sitting on the stoep facing the Ocean, with the Tsitsikamma mountains on the side, looking at the horizon and sipping a cup of tea.

*An horizon,  
sometimes a precise line  
separating the blue world of the sea from  
the bright light of the atmosphere  
and other times  
blurring this junction.*

Strangely this difference would influence the mood of the conversation, to revisit, reflect on and often even colour it differently. We sensed a space filled with spirit potential.

There was a third energy with us as we watched the rhythm of the waves, come and go. Little ripples, emerge from the horizon from far away, gather strength, build momentum, reach a peak as it met the returning water, then curl up and crash amidst loud foaming and chaos, then gently slip over onto the sand. Any footprints or marks on the sand get cleared, swept away, leaving only the marks of the returning water on the sand. So like our lives, We can ponder either the chaos or rather the patterns that we leave behind when we return to the "Ocean of Being of the Spirit" and re-enter that distant horizon.....

Witnessing the privilege of reaching Old Age, this end or life, closure time, one can notice how pending death plays into the lives and constellation of family, friends and even helpers who facilitate the practicalities of the transition. In a way, one could say that by dying we enable a healing to take place both in individuals, amongst family members and even into the community.

*'That death is a gift'.*

The last day of Guy's life was accompanied by both Rev. Reingard and Rev. Richard Goodall, close family members, some local members of our society, coming to read to him as his body lay in peace, with the doors open to that same sound and view of the ocean that he has learned to love.

And into this space in time he Crossed the Threshold.

Thank you Guy for the fruits of your life that have enriched the Society and the World.

*May you Rest in the Peace that surpasses understanding.*

## Guy Wertheim-Aymes

WORDS OF FAREWELL FROM YEHUDA TAGAR

Guy has a strength that is rare and futuristic: he combines different kinds of strength that very few people do: a spiritual ideal carried faithfully in pure heart, and an entrepreneurial practical talent and power to create a new material reality and wealth in a productive, successful and ethical way. This is the power of an oak tree: deep roots and high branches.

He was a free man whose freedom was based on his own creation, dependent on no one. Always a straight shooter, tall in many ways, speaking plainly and straight, challenging everyone, fearing no one, honest and unpolished. A true pioneer of this pioneering country. After the transition of power here when there was common great shame amongst white people about the Old South Africa – Guy never lost his pride and identity as an Old South African creative man, holding a lot that was powerful and good in that which created here, even though it had to change. He used the term 'Transwald' on his products proudly at a time when no one else dared use it any more in spite of political challenges, as it was not politically correct. Guy Wertheim Aymes did not care to be politically correct. He was too busy being himself.

As Noy wrote: the number of people and anthroposophical initiatives in South Africa that Guy supported is staggering. I know because me, my family and my anthroposophical initiative here are one of the beneficiaries at the crucial time of our arrival to South Africa, and for that myself, Elina and Uriel will always be deeply grateful. And yes, Guy could be rough in his directness and he also had a lot of antipathy projected at him in this life. But those who knew him closely as me and Elina did, and in Elina's case – until very late, accompanying him closely and caring during a long period of his slow withdrawal from earthly life – we knew his unique combination of power and gentleness, pride and humility. In his heart he was always a humble people of Spiritual Science, a child of spirit.

This life and its aftermath are foundations and preparation for future lives, and Guy knew it. It is amazing to imagine what this combination of strength and independence of individuality that Guy was – together with humility in the face of the spirit – will become in future lives. Guy is working on it now. Some of us no doubt will be with him in his journey and in his future manifestation to see it.

Blessings on your journey brother.

Lots of love

Yehuda Tagar

14th of January 2022, Kosice, Slovakia

# Our community News

## Anthroposophical Society in the Western Cape

### THE ORDINATION OF ANDREAS VAN BREDA

Over the weekend of 25 to 27 March, a most significant event happened for the Worldwide Movement for Religious Renewal here in Cape Town at the Community Church, Timour Hall Road Plumstead.

This weekend revolved around the Sacrament of Ordination of Andreas van Breda – as the beginning of fulfilling a 'life-long' wish of his. Andreas is now the third Priest ordained in Southern Africa. First, there was Kine Voigts in Namibia, then Michael Merle in Johannesburg, and now Andreas at the 'tip of Africa' during this the Centenary of the Christian Community's Founding. Our warmth streams towards the Christian Community for the renewal of their impulse based on the much-needed awareness for a worldview with an intrinsic spiritual dimension and from which their religious activity carries so much for Humanity and our World.

Significantly at this time, when we celebrate the centenaries of both the Christian Community and the Anthroposophical Society, the Goetheanum is planning to host a Conference in October with title still to be announced, but so far a working title is along the lines of: Individual paths of knowledge and community building. The intention being that different circles of esoteric work connected with Rudolf Steiner, such as the Esoteric Youth Circle, Priesthood and the School of Spiritual Science, will gather to explore: the various types of Community; their cohesion, how they are interrelated and how, in the interest of building 'brotherliness', they can find new possibilities together.



### MARION PENFOLD

Anette Bestwick visited Marion Penfold at her "Marigold Cottage", Prince Albert just before the school year started.



### TIME TOGETHER AT SOPHIA HOUSE

Saturday 19 February was the time when we honoured our dear sister Carole Penfold as she prepared to relocate, to be with her family, in Plettenberg Bay. It was a summer afternoon of music, poetry, song, and dance, blessed through and through with a mood of ease and tender care where many shared their unique glimpses into Carole's abundant life of activity and service. Carole then humbly shared her gratitude to all of those present for having accompanied her in life, allowing her to become herself.

### THE TRUSTED EMISSARY FROM THE LAND OF FAR BEYOND

for our dear Carole Penfold

Once upon a time, when did it happen, when did it not... a special child was born in a village to a family who did not appreciate that she had special powers. From the time she could remember, the elemental beings would bring dolls and animals for her to heal. She also noticed that the villagers were terrified of the mysterious river that flowed on the outskirts of the village, separating it from the deep dark forest beyond. The little girl was fascinated by those deep waters and spent much of her time playing on the riverbank, drawn by strange magnetic whisperings that seemed to come from the other side.

Because the cloak of expectations her parents had made for her didn't fit, she left the village and travelled to a far land with many strange languages and customs. What surprised her most was that no matter where she went each town and village always had a river marking one of its borders separating it from a deep whispering forest beyond.

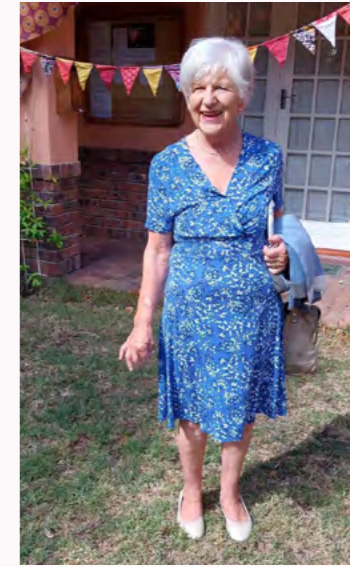
On her travels she met a wise man who took her in as his apprentice and taught her everything he knew about the world. Many people would visit their little hut set in a field of fragrant herbs and healing plants. In time she learnt many secrets from the plants in the garden because she had heard these same stories on the banks of the long mysterious river. She also noticed people on the bank standing there, terrified of the river, while at the same time trying to swim to the other side.

Together with her wizard and the whispering helpers, she showed each person who approached her how to build a little boat to cross the river. Most of them were scared to trust that their own boat would take them safely across to where tantalising voices were softly calling out their names lighting their way.

"Befriend the river! It will take you home..." were her words of comfort. No matter where she went, she found more and more who would take her hand in courage and trust. They could step into their own boat and cross the deep green waters towards the whispering voices, The voices who called them into the forest beyond. The words they heard became clearer, those same words that the little girl remembered from the riverbank and had learnt from her wizard and shared with those on the shore:

'Trust the ONE within'

by Linoia Pullen



# Our community News

## Anthroposophical Society in the Western Cape

### BREAKING NEW GROUND

a poem written for Carole Penfold by Richard Goodall  
18 February 2022

*The ploughman's shear rips open the familiar and trusted forms of old habits' comfort*

*Not destruction but renewal shines in his eyes*

*Dark fears vie with excited hope as unknown vistas beckon*

*A silent companion waits with loving patience to be noticed and invited to lead the way*

*Devoted attention to this silent friend allows him entry into depths of soul*

*A golden cloud around our heart listens into the vastness of untapped possibility - which here and there billows with cumulonimbus rapidity into fleetingly definable forms - relying for their capture on our receptive soul-longing before they dissolve again into unfulfilled yearning.*

*Strains of unearthly music awaken visages of ever new thought fields*

*in which seeds of immense potential glow in the throes of germination.*

*Take ownership of the germinating newness and let it forge new acts of will which propel us into unfamiliar arenas of endeavour!*

*For from these untested places of challenging demands a highway of trust-filled confidence leads joyously into the unknown future*

*- peacefully spreading a new hope to all who feel its warmth.*

*What boundless Grace lifts the dark clouds of apprehension to reveal the sun-lit way ahead!*



The Therapeutic Eurythmy Training happend over Easter at the Sophia House

### SOPHIA HOUSE

In February the beautiful rethatching of the South side of the Main House was completed!



### KAIROS

Kairos Performing Group and the most recent gradute Eurythmy group performed on the 21 of April at the Gotheanum at the 2022 Eurythmy Conference.

# Tribute to Nick Lee

11 June 1933 - 27 December 2021

by Peter and Alison Fenton (Alison being Nick's daughter) and Caroline Hurner

Nick Lee, after a long illness, crossed the Threshold on 27 December 2021, having been with his family, including grandchildren and great grandchildren over that Christmas weekend.

Nick was an immensely accomplished man: a doctor, pilot, editor, actor, playwright, director, storyteller, author, composer, choir master, a linguist (he was fluent in French, German, Swedish, and his Russian was better than his Afrikaans), husband, grandfather and great grandfather, the list is endless. With Nick's questing mind, he also sought to penetrate beyond materialism so began his engagement with Anthroposophy when he met it on emigrating to South Africa in 1970. For a time he edited the Anthroposophical Quarterly and in the early 20's (1999 – 2006) together with Raoul Goldberg, Howard Dobson and David Scott they brought out the Newsletter "Anthroposophy in Action" – a most fruitful initiative which served to show how Anthroposophy worked in the practical realm.

Nick's formative years were difficult, he was born in Plymouth, Devon - a naval port in the South of England – where his father was a chef in the Royal Navy. At the age of about 6, the Second World War began and Nick traumatically remembers the heavy bombing of Plymouth. He grew up an only child, all too frequently without his own mother and father and attended something like 12 different schools. But Nick was driven to educate and develop himself, and from lowly beginnings he gained entry into grammar school. Passing his 'A' Levels with flying colours in 1951. He then passed his Civil Service Exam, coming 5th in the country, and entered the Royal Air Force where he qualified as a pilot. He spent three years in Germany flying De Havilland Venoms and later became a flying instructor on Oxford University Air Squadron.

When his Service Commission came to an end he began to study Medicine at the Royal London Hospital – where he met a young nurse Carol Cooper whom he subsequently married, and with whom he had three children: Christopher, Alison and Jonathan.

Nick graduated as doctor coming top in many of his subject, and returned to RAF, Medical Branch, for a further ten years, seeing active war service in Aden (Yemen). During this time he specialised in ENT surgery, and passed his Diploma in Aviation Medicine (which would also form the basis of his recent book, 'Fit to Fly', now in its third edition).

When Nick and his family moved to South Africa he worked as a general practitioner in Fish Hoek and Simon's Town. His closest colleague said of him that he was "The Ideal GP – with a good sense of humour, a strong sense of responsibility, and a love for his patients".

From 1983 Nick began working full time for the South African Medical Journal – soon becoming its Editor – a time when apartheid had reached its zenith. He famously covered the death of Steve Biko (which very nearly cost him his job), and he came to know many celebrities such as Credo Mutwa, Desmond Tutu and Laurens van der Post.



After retiring as Editor (SAMJ) he then took the opportunity to work in the UK, with its favourable exchange rate in various Medical Departments for the National Air Traffic Service.

Eventually, at 77 Nick returned to SA full time, to retire. But Nick could never take things easy, he always had projects on the go, a book to write or a play to direct! He was a frequent award-winning actor, playwright, and director for example he won multiple awards for his "A Cup of Hemlock" a play about the last day in the life of Socrates.

Nick, although active in so many spheres, always gave to his family all he could, at every opportunity – but especially around the kitchen table - he gave them his wonderful sense of humour, his intellect, a love of learning, an appreciation of science and of art and of music (from the great classics to Frank Zappa and everything in between), his love of dance and of acting and writing and photography. He gave his children an education into life that he himself never had; an education that most children could only dream of.

Peter Fenton relates that in all the 36 years of knowing Nick - through the many "ups" and "downs" of life – he never heard Nick say a nasty word about anyone. Nick leaves a legacy of bonds and friendships – of people whose lives he has touched profoundly. Nick your life inspires us and may we maintain our connection with you on through the ages of time.

## 'On the Death of the Beloved'

*Though we need to weep your loss,  
You dwell in that safe place in our hearts  
Where no storm on night or pain can reach you.*

*Your love was like the dawn  
Brightening over our lives,  
Awakening beneath the dark  
A further adventure of colour.*

*The sound of your voice  
Found for us  
A new music  
That brightened everything.*

*Whatever you enfolded in your gaze  
Quickened in the joy of its being;  
You placed smiles like flowers  
On the altar of the heart,  
Your mind always sparkled  
With the wonder at things.*

*Though your days here were brief,  
Your spirit was alive, awake, complete.*

*We look toward each other no longer  
From the old distance of our names;  
Now you dwell inside the rhythm of breath,  
As close to us as we are to ourselves.*

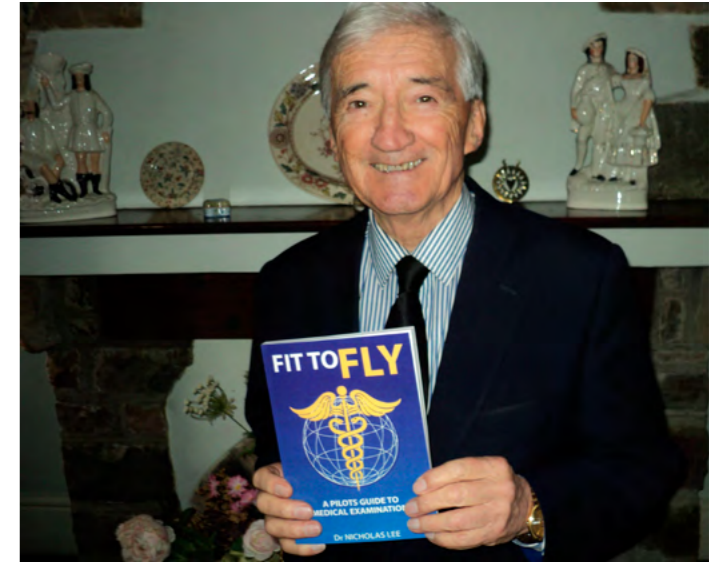
*Though we cannot see you with outward eyes,  
We know our souls gaze is upon your face,  
Smiling back at us from within everything  
To which we bring our best refinement.*

*Let us not look for you only in memory,  
Where we would grow lonely without you.  
You would want us to find you in presence,  
Besides us when beauty brightens,  
When kindness glows  
And music echoes eternal tones.*

*When orchids brighten the earth,  
Darkest winter has turned to spring;  
May this dark grief flower with hope  
In every heart that loves you.*

*May you continue to inspire us:*

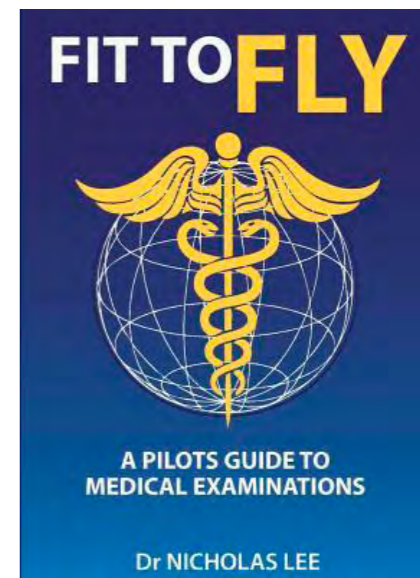
*To enter each day with a generous heart.  
To serve the call of courage and love  
Until we see your beautiful face again  
In that land where there is no more separation,  
Where all tears will be wiped from our mind,  
And where we will never lose you again.*

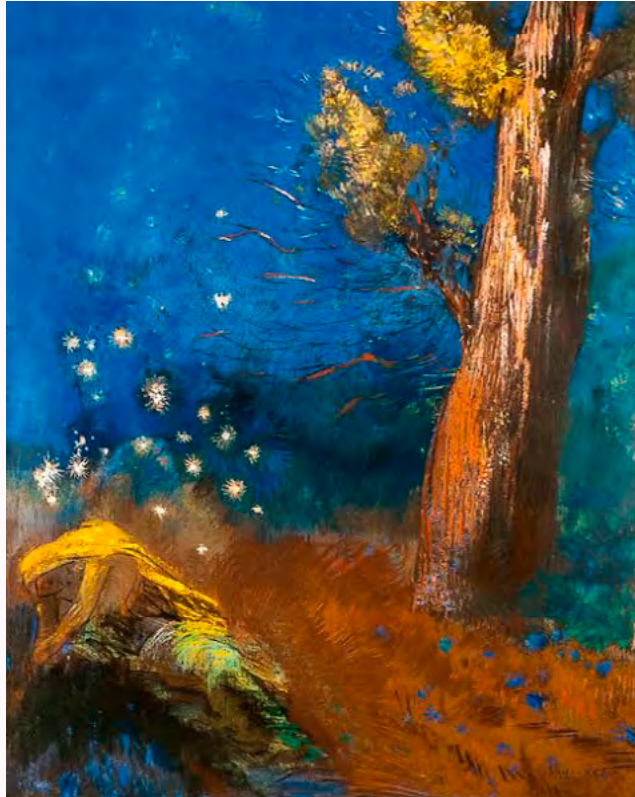


Nick Lee with one of his books – "Fit to fly: A pilots guide to medical examination"



Archbishop Tutu and Nick Lee





# Inner Development Module

## Meeting the Beings of The Nine Hierarchies in Every-day life

Inner Development Module with Linoia Pullen

The sometimes strange sounding names of the very elevated beings of the Hierarchies may seem remote to us and unattainable. Yet without their participation we could not lift a little finger. It is important now that we should try to cultivate an understanding of them and how they work in us in every minute of every day.

Most people have some kind of awareness of how their Angel lives and guides them, but what about the Archangels, Archai, Exusiai, Dynamis, Kyriotetes, Thrones, Cherubim and Seraphim? Through exercises, artistic work and meditation we shall deepen this understanding for the mutual benefit of ourselves, humanity and the Hierarchies themselves.

**Date:** Tuesday 3 May, Wednesday 11 and 18 May.

**Time:** 6.00 – 8.30 pm

**Cost:** R100 per evening including refreshments

**Venue:** Sophia House, 18 Firfird Rd, Plumstead

### Images:

Odilon Redon's The Death of Buddha

Odilon Redon's Mysteriouse Red Boat

Odilon Redon's Pegasus



# Inner Development Module

## Leaderful Engagement in a Transforming World

Inner Development Module with Joan Sleight

Leadership shows up as an expression of the “I” in purposeful action. The more self-aware and self-directed these actions are, the more leaderful the engagements become. However, the “I” can only truly know itself in relation to other things and entities. It therefore finds itself in continuous interrelationship with a changing world. Leaderful engagement is a sensitive interplay and responsibility of internal growth within a becoming world.

In these sessions we will practice perceiving, resonating, participating and embodying aspects of the “I” in relationship to itself, the other, the world and beyond. It is not a course. Rather, we will attempt to open a space of exploration and co-learning with respect to oneself, the others and the beyond.

**Date:** 4 consecutive Friday evenings: 3, 10, 17 & 24 June 2022

**Time:** 6.30 – 8.30 pm

**Cost** R100 per evening including refreshments

**Venue:** Sophia House, 18 Firfield road, Plumstead



Ninetta Sombart's - Archangel Michael

*It is not a course. Rather, we will attempt to open a space of exploration and co-learning with respect to oneself, the others and the beyond*

# Country-wide School of Spiritual Conference

6 – 9 January 2022 at Sophia House

May I thank the Class Holders for organizing this year's 'I-A-O' Motive Conference. It was indeed full of content, but also full of rest and the balance between learning, inner seeking, socialising (with delicious lunches and teas) and my own work was well struck.

Cyril Coetzee enlivened the motive in his presentation with pictures and words about the Motive on the ceiling in the Goetheanum. He brought the focus of what is above your head into your mind's eye. The 1.1 m x 1.5 m chalk pastel that Michael Grimley created for the conference in 2021, that could not happen, was now ready to be presented. I have no words to describe it, you have to come and see it<sup>1</sup>, it made a deep and solid impression on me. The vibrant colours, the movement, the protective gesture, the solemn eyes looking out at you, the gentle 'Mary gesture' of the coloured cloak (visible around the motifs) gave me a feeling of being protected while looking at the picture.

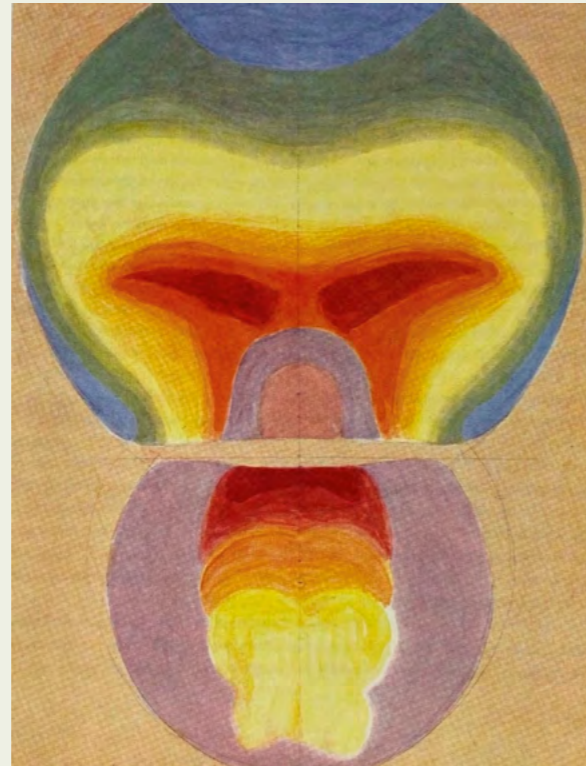
Michael Grimley was also able to report to the participants of his recent visit to Dornach, where the Class Holders Internationally were able to meet once again.

Eurythmy, writing and painting were the artistic workshops offered.

I attended the veil painting workshop led by Margaret Laubser - where through the experience a mantric sentence came strongly into my experience "Where on earth's foundations, colour upon colour, life creative manifests itself; ..."

Our task was to work with the background colours of the whole of the large cupola of the First Goetheanum - the colours behind the many individual motifs on the ceiling - are as a 'dynamic rainbow ground'. In preparation to paint, we together 'soul searched' rainbows, imagining the brilliance of the covenant and its appearance at different geographical places on earth. Margaret introduced us to the Goethe colour theory, and then with red, blue and yellow watercolour paint we made a colour circle. Difficult indeed!

<sup>1</sup> \* this art work is available for viewing at Sophia House and, I feel, it is of immense importance for all South African members and especially those who will never be able to travel to Dornach.



The second exercise was the most frustrating painting I have ever done in my life. On stretched paper we were encouraged to veil paint. Drying the paint between layers with a hair dryer. If too close to the paper and your layer had too much watery pigment it would be moved like a little wave on the paper. Returning to fix it, just a little water and the colour disappeared before your eyes. To layer blue on yellow to make green or yellow on blue a totally different green. Orange a different task within itself. The second day I started to layer my red. A little red, some more and some water and try again. Suddenly there appeared this one little spot where I saw colour upon colour appear. I can still feel the joy of the moment and my frustration disappeared and I could focus and have a picture to take home. A rainbow to always remember that moment where colour upon colour appeared as a semblance of all that we can see.

Once again all who attended this conference for all the treasures that are gathered together by being together in this way. I feel a real substance was created together, which can now flow into the Hierarchies and give a 'small help'.

Wilma Dawes

The Original of this "I A O Motief" by Rudolf Steiner comes from the large cupola painted ceiling of the First Goetheanum, and was significantly placed over the centre of stage where the speakers lectern stood

## Ita Wegman

Quote from a notebook of Ita Wegman in preparation for her Easter address, 1940. Not only was war threatening them in Arlesheim; the split in the Vorstandt was also gathering pace.

*"If the balance between the opposing sides is to continue, then there can be no increase in the number of fighters. Remain as neutral as possible—not because it is convenient, but out of a love for humanity. Through this action, something will arise in opposition to the war that weakens it and offers something empowering to those who find the war to be senseless. Those who are neutral in this most genuine way will comprise the third army, which has the spirit as its weapon and unites with the dead whose souls have been awakened and who are being led by Michael in the suprasensory worlds. The epochs of wars are over—should be over. Modern wars are simply campaigns of murder. Battles of the spirit are the only ones that should be fought—spirit against unspirit—so that the living Christ might once again enter the world, not only in human hearts, but as lord of the Earth and ruler of the Cosmos. Michael's army and leadership must become a reality!"*



# Quantum Physics and Spiritual Science:

The quest for the Foundations of the material World – a workshop in two parts presented by Martin Wigand at Sophia House on 12 March 2022

In this well attended workshop veteran Waldorf teacher, Martin Wigand, imaginatively created a mood of exploration and discovery to show that there is a bridge between Physics, the branch of science concerned with the nature and properties of matter and energy, and Spiritual Science. Quantum Physics, the branch of Physics concerned with Quantum Theory<sup>1</sup> (that allows a particle to be in two states at the same time), can be mysterious, even though the mathematics behind it seems to work and be applied successfully in about a third of all electronic devices in everyday use today. Why then is Quantum Physics so mysterious and difficult to understand?

In Part 1 of the workshop Martin raised pertinent questions while giving a brief yet revealing overview of Quantum Physics' hundred year history. Informed by his own lifelong interest in and professional experience with physics - he has a Master's degree in it and worked for three years at the University of Heidelberg in a team creating and investigating artificial atoms - Martin calmly and expertly guided us through the most important conclusions arrived at by prominent physicists such as Feynman, Heisenberg, Bohr, Zeilinger, Dürr and contemporary philosopher of science, Ruth Kastner. To quote Kastner:

Quantum physics requires that we "think outside the box," and that box turns out to be space-time itself. The message of quantum physics is that not only is there no absolute space or time, but that reality extends beyond space-time. Metaphorically speaking, space-time is just the "tip of the iceberg": Below the surface is a vast, unseen world of possibility. And it is that vast, unseen world that is described by quantum physics.

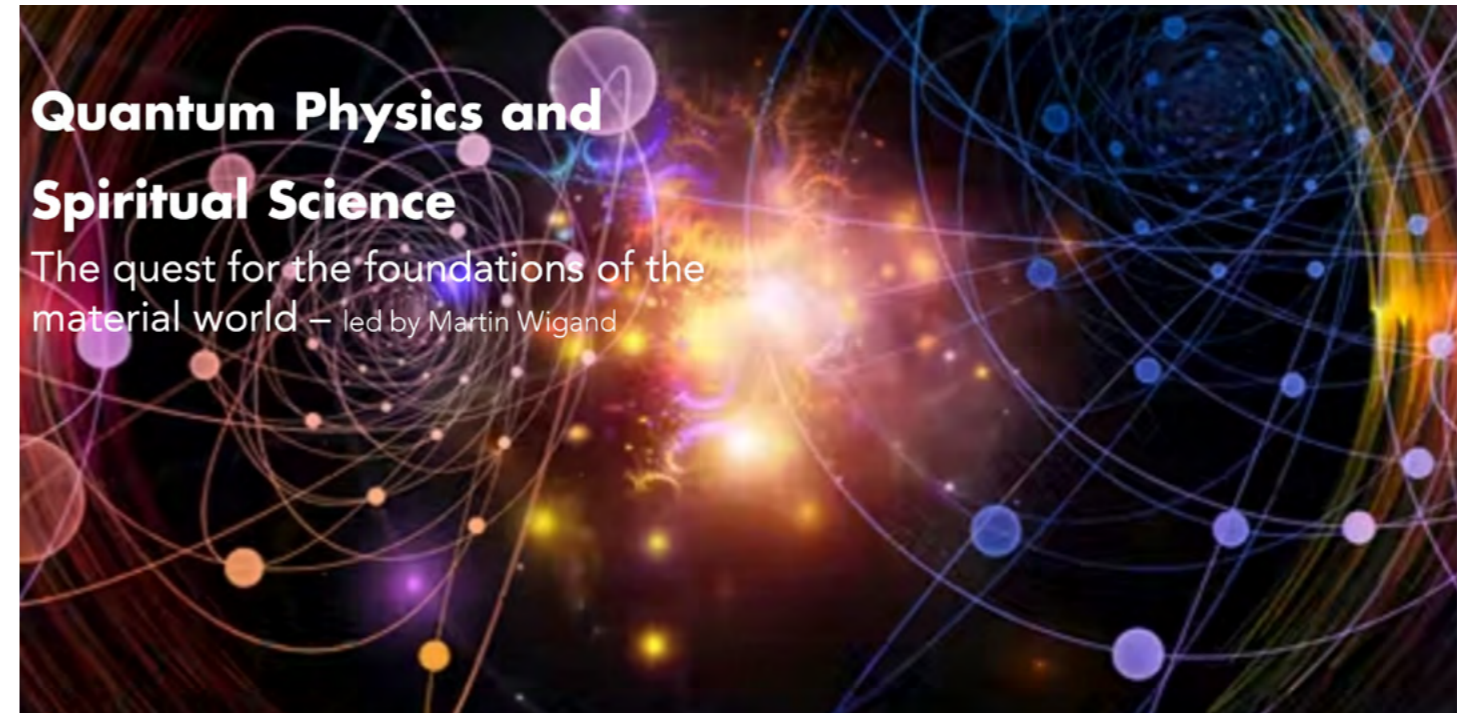
To illustrate this point and bring it within the grasp of ordinary thinking, Martin referred to the allegory of Plato's cave, wherein people looking at shadows reflected on the wall of the cave believed the shadows to be reality itself. In a similar way, he says, physics is dealing with lower-dimensional shadow projections of reality, not reality itself. Or, as Sir Arthur Eddington states "In the world of physics we watch a shadowgraph performance of familiar life. The shadow of my elbow rests on the shadow table as the shadow ink flows over the shadow paper." (Eddington, The Nature of the Physical World)

<sup>1</sup> Taken as the basis of all other sciences and the foundation of everything.

In Part 2 of the workshop we explored the two aspects of reality: physical manifest reality and potentiality. Here, Martin went a step further and demonstrated what he explained previously: by creating the right conditions Martin, by holding a magnifying lens up in front of the whiteboard, an image appeared as if by magic: a discernible, albeit small, full colour image of Caroline silhouetted where she stood in front of the back window! This simple experiment demonstrated that we are always surrounded by potentiality (the image) and that when the right relationship exists between things, such as the distance between the whiteboard and the lens, and we have the right device, such as a lens, decoder, radio, light etc. this potentiality can be brought into physical manifest reality. As Hans-Peter Dürr puts it, *there are no objects, only relational structures that are spread out over the universe*. That is, in physics the reality is not reality, but potentiality. It is only the possibility of something not yet decided, something floating, which can manifest energetically and materially somewhere. And this potentiality is not localised spatially.

The general recognition of 20th century Physics is that "we are not yet in contact with ultimate reality, and that we are imprisoned in our cave, with our backs to the light, and can only watch the shadows on the wall" (Sir James Jeans in Wilber, Quantum Questions: Mystical Writings of the World's Greatest Physicists). In this understanding, the walls of the cave represent space and time, while matter is the shadow cast upon the screen of space and time. The reality outside the cave which produces the shadows on the walls of the cave is outside of space and time. When physicists "look at" quantum reality, they are not seeing the unmediated "thing-in-itself", but rather, abstract mathematical symbols that represent reality. Physicists track the ghostly footprints of the quantum world, which no physicist has ever directly seen, inferring the world of the quantum through the results of their experiments. Doing physics, as Niels Bohr states, is a "purely symbolic procedure" and the symbols used by physics represent the underlying reality, while its nature remains hidden, mysterious and inaccessible. In the words of Dürr:

*"Matter is not composed of matter, but of pure gestalt beings and potentialities. Basically there is only spirit, but it calcifies, and we perceive only the lime."*



In his book Theosophy, Rudolf Steiner wrote: *"Just as ice is only a form in which water exists, so sense things are only a form in which soul and spirit exist"*.

According to Steiner, one comes to terms with the world of perception only if one understands it as phenomenon, as a world of appearance. What confronts us through the senses is something in which there is no matter at all. For the human being the contrast of objective outer perception and subjective inner world of thoughts exists only as long as he does not recognise the togetherness of these worlds. The human inner world is the inside of nature and what we call forces are the spatial revelation of beings. If we want to encounter the world, Steiner goes on, we have to open up and engage with the world and become an artist.

Martin concluded the workshop by inviting us to look out for **the potentiality in the world**; to notice how we feel when the world reveals itself to us through all our senses and we encounter the being behind the phenomenon; and, to consider: what speaks to me when I experience nature?

When we open ourselves up to the possibility of receiving new experiences, we may see in a new way and have new encounters that would otherwise remain hidden. Physics calls for our clear and reasoned thinking in order to grasp its complex scientific conclusions. Spiritual Science requires that we add to this clear thinking, equanimity of feeling and a willingness to engage with the world in a creative way, in order to have a living experience of such conclusions.

by Gideon Malherbe

## Quantum Physics

**Quantum Physics** is regarded as the most precise and most successful theory Physicists have ever developed. And yet, even after nearly 100 years since its origin, there is no agreement amongst scientists and philosophers on how to understand its paradoxical experiments. One of the best known German physicists of the 20th century, Hans-Peter Dürr, summed it up like this: "Matter is basically not matter. ... I have worked for fifty years about matter which does not exist at all. We cannot imagine it.... There are only relational structures, there are no objects. The question of what is and what exists can no longer be asked in this way."

In this workshop we will try to understand how a leading expert like him can come to such a puzzling conclusion. We will also explore a way to make sense of it by looking at how mathematics, which is so successful in Quantum Mechanics, overcomes its paradoxes. In the end, we will look at what Rudolf Steiner says about matter.

Participants don't need special knowledge of Physics or Mathematics.

Martin Wigand has a Master degree in Physics. For three years he worked at the University of Heidelberg in a team creating and investigating artificial atoms ("Myonic Helium"). The paradoxes of Quantum Physics have fascinated him since his days at high school. Last year he published a book in German (not yet translated): "Quantum Physics, Anthroposophy, Logos Mystery – What is real?"

Martin Wigand

# How Can the Destitution of Soul in Modern Times Be Overcome?

SOCIAL UNDERSTANDING  
LIBERTY OF THOUGHT  
KNOWLEDGE OF THE SPIRIT

From a Lecture given by Rudolf Steiner Zurich,  
October 10th, 1916 GA 168

Man must go through trials and provings, for the opposing forces set snares in our way. And accordingly feelings of sympathy and antipathy will be widespread, and it is only by consciously combating these superficial feelings that we shall bring the consciousness soul safely to birth. Social understanding between man and man will also be more and more powerfully opposed by those nationalistic feelings and emotions, which only assumed their present form in the nineteenth century but are gaining the upper hand more and more. And since good is to be found only in the overcoming of them, these national antagonisms, these national sympathies and antipathies, [as they arise] are so strong that they are fearful testings for mankind. Were they to gain the upper hand, as they bid fair to do, we should dream away the development of the consciousness soul, because nationalism works in the opposite direction, and stands in the way of man's independence by tending to make of him a mere reflection of this or that national group.

We see what tremendous and growing opposition there is to social understanding and liberty of thought. But this opposition is not acknowledged to be such; it is looked upon in the most extensive circles as right and proper, as something in no way to be condemned but on the contrary most carefully to be fostered.

There are, however, a great many people whose sincerity and clear vision make them fully aware of what dangers modern man is exposed to and who have a keen sense for what is already plain to see: that karmic connections having entered the period of crisis described above, the moment has come when parents and children, brothers and sister peoples and nations will no longer understand each other. There are already a sufficient number of people who realise that these necessary conditions can work for good only when they are faced with the understanding which rises from the very life of the heart. For the impulse for this new world-working must be consciously wrung out of the heart's blood. What comes spontaneously brings estrangement between individuals. We must consciously strive after what springs from the human heart. Every single soul has difficulties to encounter in the fifth post-Atlantean epoch because the consciousness soul can develop only through the testing occasioned by the overcoming of these difficulties.

# Anthroposophical Christology & Theology

A FB Group that share an Anthroposophical approach to Christology & Theology

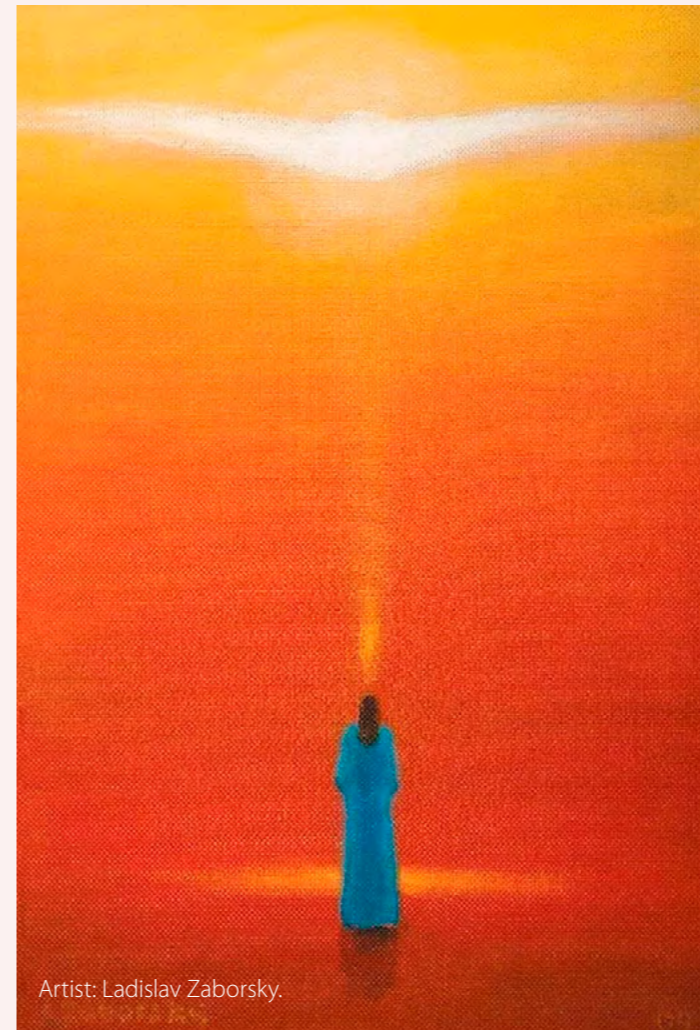


I would like to refer to the words that were said by Rudolf Steiner at the end of his life:

*“The Golgotha Event is a free cosmic act that arises from World Love and can only be comprehended by human love.”*

[Irina Kruzhilina, Anthroposophical Christology & Theology](#)

22 April 2022



The secret of true prayer lies precisely in the fact that it comes from the wisdom of the world, and it works in a consistent way, despite the fact that we do not yet understand it.

We will be able to understand it when we ascend to the higher steps for which prayer prepares.

For the appearance of a flower, the wisdom of the world was needed, but wisdom is not needed to rejoice in a flower.

In order for prayer to appear, the wisdom of the world is needed, but prayer, when it already exists, pours warmth and light into the soul; for this wisdom is as little necessary as it is for the joy of a flower.

That which did not spring from the wisdom of the world cannot have that power.

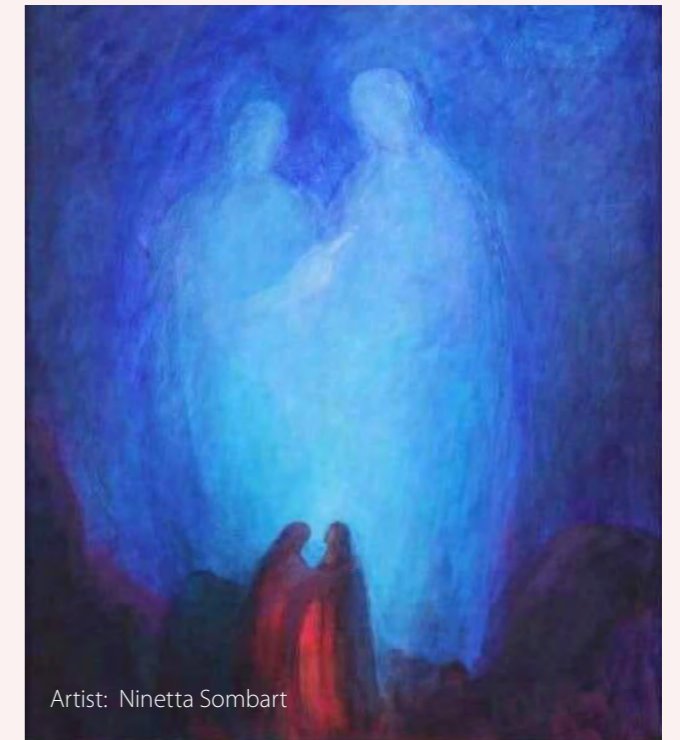
The very mode of action of prayer indicates to us its depths.

The most naive person, who perhaps knows nothing but the words of prayer, can let it influence his soul. Prayer itself will call forth active forces that will lift him higher and higher.

**Rudolf Steiner. The essence of prayer.**

[Irina Kruzhilina, Anthroposophical Christology & Theology](#)

12 March 2022



We humans are one. This is apparently not well understood, and the powers that be are thinking mainly only about enriching themselves by any means, without thinking about the moral side in general. This cannot but affect the Earth, all living things that are on it. Christ made a great cosmic sacrifice, He united His Divine being with the Earth, becoming its Spirit, giving us the opportunity to develop in Love and Truth.

But you see what is happening in the world now. By our egoism we continue to kill Christ ... But this entails consequences, we can see it, we can experience it ...

The words of the apostle Paul “Not me, but Christ in me” - these words must begin to live in our hearts so that this new impulse that Christ brought can live.

In one of the lessons, Rudolf Steiner said:

“We must not mortify the divine with egoism, the life of passions and so on, but we must let Christ live in us.

With trembling seriousness, we need to tackle the realization of this easy and yet difficult business in us.”

[Irina Kruzhilina, Anthroposophical Christology & Theology](#)

20 April 2022



## **The Octave Day of Easter or Second Sunday of Easter**

“ Because you have seen me, you have believed;  
blessed are those who have not seen and yet have believed.”

St John 20:19-29