

# Anthroposophical Society

in the Western Cape & the Basil Gibaud Library  
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Warm greetings dear  
Community both far and near  
around the ASWC

Spring Issue – 2022



We together celebrate the dawning of Spring, and turn towards the sun, here at the 'Foot of the World Cross'. We also have the added dimension of combining both Spring and Michaelmas!

In Spring, Rudolf Steiner tells us <sup>1</sup>, that two great Archangels collaborate together for the Earth's wellbeing "Their Heavenly forces rising and descending". Michael sends his forces up through the Earth to live in mankind as forces for movement: to walk and work and take hold of things. While Raphael 'the Cosmic Healer' sends his forces down from above as gift of healing to the Earth.

In the write up of Dr James Dyson's talk - The Co-Working of Michael and Raphael - you can read of another aspect of these Beings profound collaboration. "Michael's main task being to support human beings in making sense and meaning of existence and in recognising the morality and lawfulness behind true thinking. While Raphael is the one that builds relationship to create mutual understanding, empathy, containment and karmic compensation.....Michael and Raphael are interdependent collaborators. Michael, the great opponent of materialism and Raphael who guides the harmonization of relationships."

I find nuances of these two complementary gestures behind much of what is contained within this Newsletter:

In 'Conversation between Avice Hindmarch and Caroline Hurner' they point towards one of the forces which want to destroy the humane within our world and seek to find the developed soul forces which can counter this.

Ludmilla King in her writing, *Source of Anthroposophy*, brings a living picture which draws our attention towards the care for this source, which is, as she says, 'a vibrant etheric rain'.

Similarly in *Metamorphoses of the Foundation Stone* we learn that we can contribute towards all the preparations for the Centenary of the Christmas Foundation Meeting, and the renewal of its impulse, by joining a study on this topic which will be led by Michael Grimley towards the end of this year.

In Linoia Pullen's beautiful piece of creative and passionate writing: *Colours – the Children of Light and Darkness*, one cannot help but share her deep concern for humanity - that if we do not cultivate our

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<sup>1</sup> The Four Seasons and the Archangels

experience of colour, we will lose this ability altogether - suffering impoverishment of soul.

In this Newsletter Douwe Raaths is honoured for his intense research into Africa, from both an exoteric and esoteric perspective. In his talk: Gold is the Emanation of the Solar Logos, that he gave at Sophia House earlier this year, we heard of the unique qualities of 'our' Continent and the potential of 'Her' forces which can significantly serve the future.

There is also a piece to honour Jilla Benneyworth's life, which gives a touching glimpse into something of her unique soul spirit.

This leads me to reflect on how little care I take towards recognizing the soul spirit of my companions in everyday life.

At this time as we approach the Centenary of the Christmas Foundation Meeting I feel a growing awareness of the call that Rudolf Steiner made so many times: of how anthroposophy cannot flourish without the soil of fellowship to implant itself within. It is out of this impulse that we have, as a community, begun Our Impulse Together to Re-instate Branch Work in Cape Town.

I end with the wish that this Spring, right through the period of Michaelmas, we make space within our souls to experience the working of the helping beings of mankind. May we be able to ignite courage - Michael - and nurture courage through humility - Raphael - to forge new thinking and heart forces to serve together in the battle that wages against Humanity. This to be done in the knowledge that we have been placed in the universe with the responsibility of becoming the 10th hierarchy of freedom and love.

Warmly

Caroline Hurner



A water colour by Jilla



Jilla was part of the Thursday Morning Study Group. They met every Thursday from 9am to 10am. In 2013 they were studying Rudolf Steiner's 'Harmony of the Creative Word'.

From left to right: Carole Penfold, Nerine Reid, Linda Merrett, Martine Eyre, standing - Jacquie Frylinck, and Jilla Benneyworth.

# Dear Jilla Benneyworth

Jilla you were born on the 5th of May 1938, in a little mining town near Springs. Your father being a Mine Manager, meant that your family often had to move but generally to rural locations. So you spent much of your schooling as a border, but on holidays you could spend many hours in nature which was your greatest joy.

As a young woman, having trained as a short-hand typist, you went to work at a bank in Johannesburg. In time you returned back to your parents, who were now living in Rhodesia. It was here that you met Dennis Benneyworth, a handsome young man newly out from England, and you married him at 25. Then as a young married couple you soon moved to Nairobi where Garth and later Dirk were born; and later on returning to South Africa, Cape Town, Lance arrived.

How thrilled you were, Jilla, to come across the Constantia Waldorf School where you placed all your children ... this so met your seeking soul... and so soon after, you encountered anthroposophy, joining study groups and attending workshops. Here your sensitive nature and love of beauty was nurtured. Jilla, what a talent you have in so many mediums: pottery; gardening; painting; drawing and writing both poetry and stories.

I have a memory of you that will stay with me forever. It was witnessing you illustrate and write the story of Parsifal as a gift for your sons. You chose to do this, I understood, for as you neared the end of your life you wished to give something of meaning from your heart to those to whom you had given birth. Hoping that this gift may accompany them into their futures.

The story of Parsifal tells of a fair and innocent youth and his journey into life. I feel that the story too deeply belongs to your sensitive and artistic being. A story where the innocent Youth had to meet the realities of the world and with courage and perseverance win through to his highest ideals.

Jilla, I remember how after completing all your sensitive illustrations for the story it was obvious that their subtlety could not be reproduced by the printing methods available to you. So, you with such perseverance began to redraw them!

Parsifal too needed riddles to help tune his mind. This reminds me of when we studied together or shared in workshops, you were always the honest one, who asked the questions until things became clear! Parsifal too had to meet many challenges, fight many battles and wade through times of doubt and pain. However, these all served to widen and mature his soul. He wins through all his trials to The Grail, the greatest treasure of all.

Jilla, I had the sense that you too had achieved a treasure, for how else can one with such grace endure illness. A dark way was illumined and you gently, and with much honor, passed over the Threshold to the Spiritual World, of which you so sought to understand in life.

May all the memories that we your friends hold of you, be for you as gifts of light and love that will warm and support your way onward.

With love

Caroline



Photo of Jilla on her Wedding day

# Colours – the Children of Light and Darkness

By Linoia Pullen

*"If a real experience of colour is not cultivated in our time and if the mechanistic theories of the nature of colour persist, then children will be born who no longer possess any organ for the perception of colour. Life reveals itself through colour, but human beings will not be able to see colours, just as they can no longer see the elemental spirits. The world will then become grey."* This warning was given by Rudolf Steiner, educator and spiritual scientist, in the early 1900's.

In 1931 the United Press gave the following picture of Moscow: 'Six of the biggest streets are being turned into 'Model Streets', which are to set the pattern in a campaign for beauty in town planning. The leading architects had special difficulty regarding the colourings of the buildings and after much discussion, the colour grey found the most supporters, which stands in complete contrast to the lively pastel shades of the old Russian art.' Rudolf Steiner characterised grey: "Grey is not a colour, not a tone, it is a noise (shout)".

The greyness of our technological era, the greyness of our buildings, grey machines, grey concrete of homes and office blocks have caused a colour revolution. We now have 'Dayglow' colours, neon signs, psychedelic dissonant music, laser concerts, and fashion statements setting out literally, to destabilise and unsettle the heart, to bombard the soul, making holes in the fabric of our sheaths.

Of clothes, Virginia Wolff, author of the Edwardian era, part of the Bloomsbury set, and one of my heroes, said: *"Vain trifles as they seem, clothes have more important offices than merely to keep us warm. They change our view of the world and the world's view of us. Thus there is much to support the view that it is clothes that wear us and not we them. We may make them take the mould of arm or breast, but they would mould our hearts, our brains, our tongues to their liking."*

Lianne Collot d'Herbois, author and painting therapist, found colour to be the bridge between spirit and everyday life. She was able to show how people's constitution, temperament and illness are revealed by their paintings.

*"In our time we tend to lose the possibility of seeing colour. Colour-blindness is not only something in the eye. It is something in the soul too. One can call it atrophy of the soul. That is something that will happen more and more."*

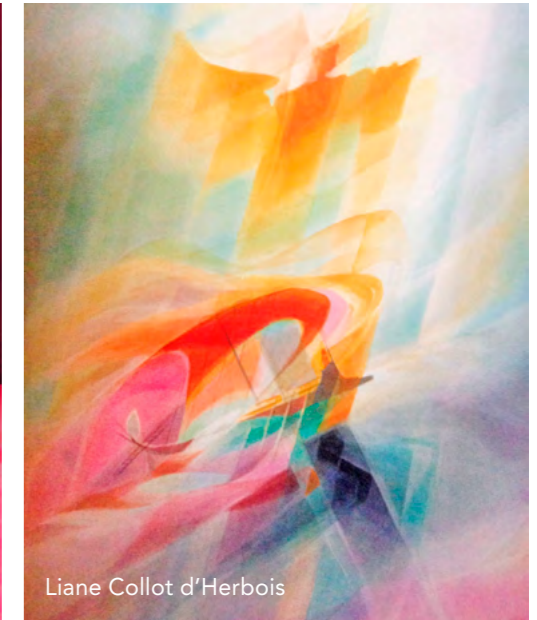
*In the world of colour, enthusiasm expresses itself in vermillion which has a conjunction with turquoise, as its complementary colour. Turquoise is the carrier of morality, so when we lose the vermillion, we lose the turquoise as well. When we lose consciousness of the red, our soul suffers the same loss; also in the soul world it is a loss."*

At the beginning of the 20th century tests revealed by medical experts in England that four million people were colour blind. Through my own work on colour consultation, make up and clothing, my teacher, Beni Kleynhans, led me to discover the soul depths of colour. He said: "In my soul there sounds a constant lighting up and

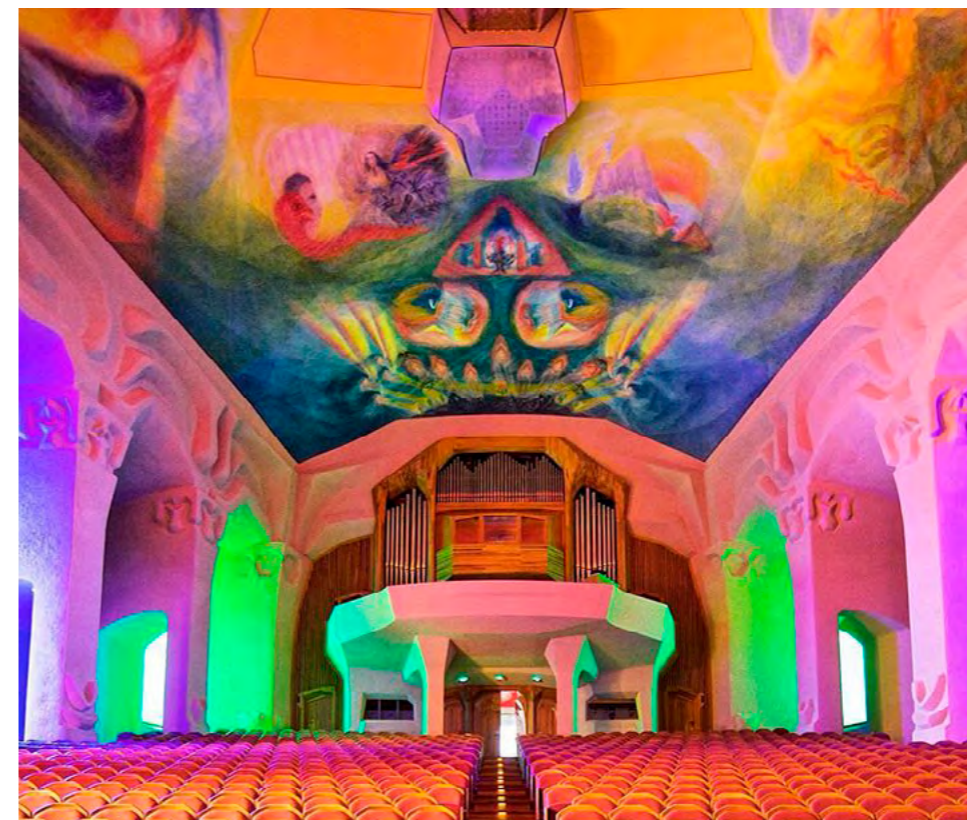
*"If a real experience of colour is not cultivated in our time and if the mechanistic theories of the nature of colour persist, then children will be born who no longer possess any organ for the perception of colour. Life reveals itself through colour, but human beings will not be able to see colours, just as they can no longer see the elemental spirits. The world will then become grey."*



Virginia Wolff,



Liane Collot d'Herbois



Eurythmy performance in the Great Hall at the Goetheanum . Note the coloured shadows on the stage. All the shadows are deliberately coloured through careful lighting

All the colours in the auditorium arise from the sunlight shining through coloured glass windows and the complementary colours that form as a consequence in the shadows. The ceiling has the entire history of human evolution painted in images from Rudolf Steiner

darkening of beings and gestures which I cannot give names to, except (and even then not true enough) through the larynx of colour."

And Winston Churchill wrote in 1948:

*"I cannot pretend to feel impartial about the colours. I rejoice with the brilliant ones, and am genuinely sorry for the poor browns. When I get to heaven I mean to spend a considerable portion of my first million years in painting, and so get to the bottom of the subject. But then I shall require a still gayer palette than I get here below. I expect orange and vermillion will be the darkest, dullest colours upon it, and beyond them there will be a whole range of wonderful new colours which will delight the celestial eye."*

I cannot read these words, which I have memorised, without shedding tears of joy juxtaposed with a deep sadness and longing, for what I know to be the truth of these words and for how impoverished our souls have become. As Winston Churchill said I too cannot pretend to be impartial about colour. From a tiny child I embraced every bloom in my Aunt's garden, making pin dolls with complete wardrobes - Daisies of all colour and Sweet peas for the day; Foxgloves and Watsonias for evening; Agapanthus, Fuchsia or grand Gardenia for the Opera. This led to my lifelong interest colour and clothing both for body and soul.

In 1985 I discovered Johannes Itten of Bauhaus fame, with whom I share a birthday. One might say my life's calling sounded through the pages of his work *The Art of Colour*. I was led to him by my Canadian mentor in colour harmony, Ethel Harper, a psychiatric nurse who developed her gift of selecting the personal colours of her clients from a range of over 3000 colours, to engender inner and outer harmony. Johannes Itten, one might say, is the father of individualised colour harmony, which he titled Subjective Timbre. He describes the seminal moment of this discovery: "I was assigning harmonic colour to a class... after working away for about twenty minutes the class became restless. When I enquired what the matter was, I was told "We all think the combinations you assigned are not harmonious." "Alright, let each of you paint whatever combinations you find pleasant and harmonious". It was realised with astonishment that each one had a private conception of colour harmony. In closing this session Itten remarked that the colour combinations constructed as harmonious by each individual represent individual colour opinions – subjective colour. It is from these that one's personal colour wardrobe emerges gradually as the soul develops. An experiment I conducted with various artists has indicated that the personal colour palette shines through their work.

'Only those who love colour are admitted to its beauty and immanent presence. It affords utility to all, but unveils its deepest mysteries only to its devotees.' *The Art of Colour* – Johannes Itten

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Winston Churchill



The Encounter – Johannes Itten



*Only those who love colour are admitted to its beauty and immanent presence. It affords utility to all, but unveils its deepest mysteries only to its devotees.'*

Johannes Itten Born: November 11, 1888 - Suederen-Linden, Switzerland  
Died: March 25, 1967 - Zurich, Switzerland

## A fireside tale

The ancient one gazed at the little band of seekers around the forest fire, flames flickering in their eager eyes. She lifted her hand and sprinkled the magic dust over the fire, images arising in the cracking night and began her story of the magic of colour...

*On misty golden Mount Olympus, Juno sends for Iris, her beloved messenger, who carries all communication to mortals in the Underworld. A beautiful maiden, bedecked in every colour, she flits across the rainbow bridge into the imagination of those who would see through the smoke to the beginning of time.*

*You are floating in **magenta** mist; all is fluid, dreamy, in warmth of will, universal oneness. Gradually you become aware of the ground under your feet and notice a hazy horizon, through dense **carmine** dew. You become familiar with plants and animals, planting and hunting during the day yet returning to magenta mist each night.*

*With time the light changes to golden sienna glow and for the first time you see an **orange** disc in the brazen sky. The pharaoh reads the wisdom from the heavens and all obey. As above; so below. You learn to measure, to build huge projects and paint in two dimensions.*

*A **new pale yellow green**, the last veil of darkness in front of the light, brings lightness to your body; you dance on bulls, play, fly and leap over your partner at the games. You feel your own body, know you are separate and delight in the play between heaven and earth. You explore space. Seafarers venture out.*

*The clarity of the Spiritual world, of Zeus, Apollo, Diana, the Furies who chastise those in error begin to fade. With horror you experience the World of Shades, the Twilight of the Gods. Everything becomes **green**. Thoughts take hold of your brain for the first time; you have your very own thoughts. You feel the form of things and begin to sculpt. Schools of philosophy call you to ponder on the seven arts. Your clairvoyance dims and in pity, the Gods compensate by giving you the power of perceiving complementary colours as a reminder of your communion with the Gods. Your world appears as emerald green surrounded by magenta atmosphere. You have a clear view of the horizon for the first time.*

*At the Turning point of Time the Spirit light of the world steps into the earthly stream of being, hardly noticed. Personalities develop in this **green**. Rome is filled with those demanding rights, making laws, having opinions. The Crucifixion had taken place; the light has been. Now you walk towards the darkness.*

*For the first time the sky, instead of 'honey coloured' as Homer described it, becomes crystalline turquoise, the first colour behind the light, toward the darkening of consciousness. The icons and your devotion to the Light keep you soul alive at time filled with conflict between the Church fathers and the scholars. Dogma is conceived. You experience the bliss of heaven and cruelty of men. Evil grows.*

*In the new **Cobalt** light you feel bereft of the Spiritual companions, guides and mentors who have always guided you. Space is empty. Your senses come alive; you experience three dimensional space and perspective. Your eye becomes focused and you rely on outer vision, experimentation and observation. Knowledge becomes information. You long to retreat into yourself, to find the inner warmth of cobalt. Your brain is sharp; intellect bristles.*

*The darkness deepens into the **Indigo** of the material world. Space is empty; so many lightyears to the nearest star. Atoms whirl about in matter! The new clairvoyance is connected to our living rooms, to our cars, to our very pockets. The Indigo of Denim prevails. And*



*a deep fear creeps about in this darkness. And yet the mystery of indigo waits - the pure primary colours take refuge in its warm darkness. They hide in indigo longing to be redeemed. The depression we feel at being alone at the abyss, with no light except the one kindled within. Boundless depths - illness, famine, floods, abortion, and the killing of the helpless, the hopeless. Yet in Indigo glows mother-warmth filled with potential as we discover the light in the darkness.*

*'Human Soul Know yourself!' sounds the Cosmic Word. Michael no longer slays the dragon; he transforms it. We are ready for our final step to the Rainbow's end.*

*In **violet** we experience the new thinking, the heart thinking. The heart is the new organ of perception. We are able to truly enter the being of the other, transforming fear into the Light of Compassion, into Love. From the dreamy Magenta glow of our mother's womb to the violet ray of true Humanity, the rainbow spans the aeons of time, almost concluded.*

*'Colours are the deeds of Light, its deeds and sufferings'*

Johann Wolfgang von Goethe



Beni's pupil – Igor Sturmheit

# Our Impulse Together to Re-Instate Branch Work in Cape Town

Caroline Hurner

Seventeen of us met on Saturday 2 July in the Library at Sophia House to inaugurate the beginnings of Branch Work again here in Cape Town. To begin we worked together with the first two pages of an essay by Marjorie Spock - *The Art Of Goethean Conversation*. This brought a mood amongst us where we experienced the privilege of being part of a living circle of Brothers and Sisters with a deep purpose.

So far, our rhythm of meeting, is on the second Saturday of each month from 9am till 10.30 at Sophia House Library, Plumstead. All are welcome.

However, we are conscious that this time or venue may not be suitable for all. So, we ask for feedback from those who would welcome this impulse to grow, perhaps at a different time and/or venue. We envisage that smaller Branch Groups could arise in various areas and times around our environs. Then at certain points within the year we can all gather together in a Festival-like Event.

Below I have included two profound extracts - one from Sergei Prokofieff and the other by Rudolf Steiner - that refer to the importance of work in Community for the future. And to end there is an excerpt from Seamus Maynard's book *Parzival - A Journey of Initiation*. These words lead one into the most vivid and exquisite picturing of what it is to unite with one's fellow Grail Knights.

## EXTRACT FROM THE CYCLE OF THE SEASONS AND THE SEVEN LIBERAL ARTS,

by Sergei O Prokofieff, 1994.

*The great ideal of the synthesis of science, art and religion, already prepared over the centuries in the true Rosicrucian communities, can then increasingly become a reality.*

*As they work towards this ideal, human beings will prepare themselves consciously to cross the threshold to the spiritual world, not only as individual pupils of the spirit but as an entire community. In the course of time, a community or association will arise on the Earth that dwells in the full harmony with the cosmic-spiritual forces and is able to draw its power directly from the cosmos, thus forming a gateway upon the Earth. Rudolf Steiner used the term 'inverse ritual' to designate such an association with cosmic existence. No longer do Angels descend to men, but men ascend to Angels from whom they obtain the impulses they will increasingly need*

*to build an existence that is worthy of human beings and to heal the Earth. Such a community will form a gateway through which the cosmic forces can flow directly into the life of the Earth, transforming and renewing all things. And the human being will be imbued increasingly with the feeling that he is indeed embedded in the stream of cosmic events as an individual, but in community with those harboring similar strivings.*

## EXTRACT FROM "PREPARING FOR THE SIXTH EPOCH"

lecture by R Steiner, 15 June. 1915

*In the sixth epoch, however, it is the Spirit Self that must be developed within the souls of men, just as now the Consciousness Soul is being developed. The nature of Spirit Self is that it must pre-suppose the existence in human souls of the three characteristics of which I have spoken: social life in which brotherliness prevails, freedom of thought, and pneumatology. These three characteristics are essential in a community of human beings within which the Spirit Self is to develop as the Consciousness Soul develops in the souls of the fifth epoch. We may therefore picture to ourselves that by uniting in brotherliness in working groups, something hovers invisibly over our work, something that is like the child of the forces of the Spirit Self — the Spirit Self that is nurtured by the beings of the higher hierarchies in order that it may stream down into our souls when they are again on earth in the sixth epoch of civilization. In our groups we perform work that streams upward to those forces that are being prepared for the Spirit Self.*

*"So you see, it is only through the wisdom of spiritual science itself that we can understand what we are really doing in respect of our connection with the spiritual worlds when we come together in these working groups. The thought that we do this work not only for the sake of our own egos, but in order that it may stream upward into the spiritual worlds, the thought that this work is connected with the spiritual worlds, this is the true consecration of a working group. To cherish such a thought is to permeate ourselves with the consciousness of the consecration that is the foundation of a working group within the Movement. It is therefore of great importance to grasp this fact in its true spiritual sense. We find ourselves together in working groups which, besides cultivating spiritual science, are based on freedom of thought. They will have nothing to do with dogma or coercion of belief, and their work should be of the nature of cooperation among brothers. What matters most of all is to become*

*conscious of the true meaning of the idea of community, saying to ourselves: Apart from the fact that as modern souls we belong to the fifth post-Atlantean epoch of culture and develop as individuals, raising individual life more and more out of community life, we must in turn become conscious of a higher form of community, founded in the freedom of love among brothers, as a breath of magic that we breathe in our working groups.*

An excerpt from Seamus Maynard's book - *Parzival - A Journey of Initiation*.

*There is a love that hovers o'er our souls,  
Like wings of angels poised upon a breath,  
Awaiting recognition from our eyes.  
And when we see within each other's gaze  
The stars alight and feel the warming band,  
Uniting in a sunlit ring of grace-  
Like home forgotten but returned anew  
Within a moment's dream like waking -  
Then masters of winged servants weave aloft,  
And 'round our wavering hearts, a vessel forms  
Well fortified with both strength and courage,  
Past earthly means, to catch of wisdom's light  
One hallowed drop, from far beyond the reaches,  
Which may fall to the cup we hold between.  
And nothing of this world or of the next  
Can breach its solid rim or shake its base -  
This sturdy vessel linked betwixt the lives  
Of all who see their part and hold their piece  
Within the chain of spirit bridging worlds:  
Strong enough to stand through any siege,  
Light enough t'illumine the darkest night,  
And warm enough to thaw the coldest heart.  
Then through this causeway built between our souls  
As though from heaven itself pours alchemy -  
A fiery liquid gold - into the world,  
Which burns away impurities and lifts  
Our eyes up to the heights as though the sun  
Had given each of us one of its rays  
To carry through the world.*

# The Metamorphoses of the Foundation Stone

a study process that will take place at Sophia House in December 2022

Michael Grimley will lead this, the sixth study process hosted by the ASWC, in preparation for the 100th Anniversary of the Christmas Foundation Stone Meeting. This initiative will consist of three late afternoon study sessions, as has been done each year since 2017. The seventh and last one will be held in 2023. At the end of this year is the centennial anniversary of the burning of the 1st Goetheanum. In the light of this the theme for the study will draw attention to the connection between the founding of the Goetheanum and the Christmas Foundation Stone Meeting.

In the introduction to his book, *"The Foundation Stone"*, Zeylmans Van Emmichoven highlighted the significance of the Goetheanum Foundation Stone laying in 1913 and its connection to the laying of the Christmas Foundation Stone in 1923. Inspired by his opening statements, Christiane Haid, responsible for the Literary Arts and Humanities Section at the Goetheanum, followed through with a penetrating study of this theme, which led to the publishing of her article entitled, 'Metamorphoses of the Foundation Stone'. The relationship between the two foundation stones, the one physical and the other spiritual, was strongly emphasized by Rudolf Steiner in 1914 and 1916:

*"The physical building was to be the basis for a much greater spiritual intention and movement radiating out into the world, which is here brought into connection with the understanding for the second Foundation Stone."*

The study will focus on the essential themes of Christiane Haid's article. Copies will be available for participants who have registered at least a week beforehand.

**We foresee that this study will become the closing event of the ASWC's activities this year. Details and dates will be communicated closer to the time.**

# The Co-Working of Michael and Raphael

– the Challenges of Maintaining Mental Health in Our Time

Dr James Dyson (UK), recently spoke on this topic to a full and rapt audience over two evenings at Sophia House. James is a sort after international speaker due to his remarkable clarity of thought, compassion and developed consciousness of the spiritual realm, won, amongst other things, from his lifetime of work as an Anthroposophic Doctor.

Here I attempt to record the central thread within these two talks that profoundly spoke to me, but sadly I cannot begin to convey the finely woven living happening that was created by James for us.

James introduced his first lecture by characterising how the past two years had undermined humanity's sense of stability. He then unpacked in some detail the modern term 'containment'- coined in psychology – as an inner sense of security dependant on the experience of being held, embodied, having boundaries - not leaking. This containment is needed on all levels of our being (physical, social and spiritual) for us to be able to maintain our physical and mental health.

On the second evening James took further the thought that we achieve spiritual containment through finding 'meaning in our lives' and how to accomplish this. James referred to the various ascending levels of our life of will (described by Rudolf Steiner to the first Waldorf Teachers) beginning with the unconscious level instinct, ascending via drive and desire through conscious motive and discernment - and finally leading further to higher levels of aspiration, intention and resolve. When we aspire, it is through our resolve that we can bring about something concretely; moreover, if our motive for doing something lacks discernment then we are not exercising individual freedom. And so, James brought our attention to the importance of the activity of thinking - healthy discernment - which is our own personal responsibility.

This 'activity of thinking' is a significant faculty for our time – where Michael is the Spirit of Our Time - Michael who has now handed down his task as Guardian of the Cosmic Intelligence, which spiritual task he has carried for aeons, to human beings for the sake of their freedom.

James then pointed to what mankind has largely done with 'their' intelligence.

Rudolf Steiner said that it takes three generations for people's thoughts to become manifest as our environment. We now live in an environment saturated with materialism. Natural Science without spirit has largely triumphed.

It was great Romantic thinkers such as Goethe and Novalis who had previously been battling on the frontiers of thinking, striving towards encouraging the Intellectual/Rational Soul to become Consciousness/Spiritual Soul.

But we must face the fact that that what we are now meeting as the prevailing thought forms in the world, especially in science, sociology and economics, is because beings or counterforces have now largely triumphed in secular power. Mainstream science has outwardly taken the laziest way – materialism – a way where 'I don't have to look beyond' or ask, "why am I here?" Materialism does provide 'containment', but it does not ultimately satisfy this existential need – for human beings have a spiritual origin. And materialism has its origin in the fear, hatred and doubt of the Spirit. So now we have genetic engineering, eugenics, survival of the fittest, power over others, economic based strategies, technologically based algorithms, etc. Materialism is the dominant force in the lives and education of most people, although mostly they are completely unaware of it.

Then James did something extraordinary – he introduced us to the Being of Michael: 'the fiery Prince of Thought'. Since 1879, it is the time of his 'rulership' on Earth, lasting for the next centuries, where his main task is to support human beings in making sense and meaning of existence and in recognising the morality and lawfulness behind true thinking. For us to find this sense and meaning, it takes courage for we have to face demons. Michael cannot do this for us. We need to make space in our souls, and then we may experience beings helping him to help us.

James then stressed that Michael had always been the Guardian for Cosmic Intelligence. However, the time came when this intelligence had to incarnate into human beings. This was a great sacrifice for Michael.

James also spoke of the Great War in Heaven, when Michael cast down the Spirits of Darkness to Earth - for the Divine Sophia in heaven, in Persian mythology, Ea, Michael's mother, had to be



Dr James Dyson



Dr James Dyson and Julia O'Leary in conversation on Table Mountain where Willem Zeylemans van Emmichoven's ashes were scattered.

protected. Now these Spirits of Darkness- in effect the Ahrimanic and Asuric spirits of materialism - are devouring human materialistic thoughts and, along with such thoughts, they seek to capture the very substance of human beings themselves. Anthroposophy reveals to us that we need to become Michaelic, "knights of the Sun" who are called to come to know that Great Sun Being, the Christ Being, Who came to earth and went through the Deed of Golgotha.

There is a lot expected of human beings in this age. But great spiritual beings are standing by, offering their substance and we need to invite them into ourselves.

Then James posed the question: What is this Cosmic Intelligence?

His reply totally surprised me, saying that Rudolf Steiner defines it as: "the mutual agreement of conduct between Gods."

Through this 'most incredible answer' we can even more deeply understand that our task is one of mediation and relationship with others. How do we take this up? We are called to be the mediator of our own Self, so that our little ego identities don't get in the way, that our ego defenses don't get in the way, so that we can nurture the inner authenticity of our relationships, now enacted between each of us as incarnated human beings.

Will it be possible for us to build a new culture of selflessness without repression or denial of legitimate personal need?

"When two or more meet in My Name" - Rudolf Steiner tells us that when a group of people come together with a common moral ideal reaching towards moral intuition, positive forces are then released for all of mankind. These combined forces are not then measured by the addition of the number of people in the group but rather, with each individual, they are logarithmically enhanced, i.e., each additional individual raises the combined power of the group's effects tenfold. James then asked us to imagine the whole of mankind meeting on this level. James felt that we would then be together in the realm of service to the Divine Sophia. This picture, James said, is already incorporated within the word Anthroposophia – when I can feel myself as a separate individual and at the same time be simultaneously 'united in thought' with the stream of Universal Cosmic Thought.

*... our task is one of mediation and relationship with others. How do we take this up? We are called to be the mediator of our own Self, so that our little ego identities don't get in the way, that our ego defenses don't get in the way, so that we can nurture the inner authenticity of our relationships, now enacted between each of us as incarnated human beings*

Our introduction to the Archangel Raphael then began, but first James gave us the context of the seven planetary 'bodies/orbits' - 'intelligences' which are all alive about the sun, each one having their specialized tasks, and Raphael - the same 'being' as Mercury, being the messenger and a guide from one realm to another. Mercury has always been known as the only spiritual being serving the higher Gods who could descend into the realm of the Underworld and return. He is also said to be the guide or patron of thieves, merchants, and doctors - in his capacity of being a bridge-builder 'taking from one and giving to the other' e.g., a doctor may invite natural substances, each with their own one-sidedness, to catalyse the transfer of excess forces from one part of the human being to another part in deficit. Mercury/Raphael is therefore the creator of balance, the creator of harmony, and, most importantly in the social sphere, the inspirer of conflict resolution. Whereas Michael may out of inner necessity engender conflict in the sphere of truth, Raphael is the one that builds relationship to create mutual understanding, empathy, containment and karmic compensation. Michael and Raphael are therefore to be understood as interdependent collaborators. Michael, the great opponent of materialism and Raphael who guides the harmonization of relationships.

James then read an extract from an essay by Ita Wegman\*<sup>1</sup> written in October 1929, now published in a collection 'The Mystery of the Earth'.

*In the ancient Mysteries Mercury [we more commonly now would say Archangel Raphael] was the guide of souls who led a human being across the threshold into the spiritual world. In post-Christian times Mercury does not lead us to the wisdom of the supersensible world, but rather it leads a person who will follow it towards another person. In conscious forging of new links of destiny such a person learns to dissolve what is old and then through deeds of love allow a new health bringing element to come into being. Man's organism is formed in all its parts in accordance with destiny, woven from deeds of former earthly lives. Healing, if it is to take place, demands conscious new actions from one person to another. Mercury can thus be the bestower of knowledge, giving impulses for action. It lets the human ego awaken to the human ego of another, so that, thus awakened, it may work on through healing actions into the future. Mercury is thereby the great teacher of reincarnation and karma, so that human beings and groups of human beings may work with conscious understanding towards the goal which is common to them all.*

In this extract, Ita Wegman speaks of how Raphael is the great teacher of reincarnation and karma. James's asked, how can we understand this?

It is the great beings of the First Hierarchy who govern the laws of reincarnation and destiny and give us our biography. They give us the encounters we have with another, where we learn, where we experience helplessness, forgiveness for example. Raphael is their archangelic emissary on Earth, who serves the intentions of the First Hierarchy, and their potential to heal - to heal in the way of bringing harmonisation into karma.

1) Note on the relationship between Rudolf Steiner and Ita Wegman. Rudolf Steiner was the thinker - Michaelic - and Ita Wegman the healer - Raphaelic. It was said of Dr Wegman that she was not clever in the intellectual sense but rather that a deep wisdom pervaded her intelligence. She has also been described as having a 'feminine way', inspired by meeting the needs of a human.

Rudolf Steiner at the Christmas Foundation Meeting founded the New Mysteries, whose centenary is now only 17 months ahead of us. Very shortly afterwards Steiner inaugurated the First Class of School of Spiritual Science, being the first chapter of the esoteric path of the Michael School, given by Michael himself for the present age. Then nine months later Rudolf Steiner and Ita Wegman, together with a group of seven doctors, all much younger, established an esoteric form of mutual collaboration, so giving birth to the leadership and at the same time the esoteric heart of the Medical Section - as manifestation of the Raphael Mystery. An inaugural deed of mutual commitment to the Being of Raphael took place at the foot of the Sculpture of the Representative of Humanity, to confirm the mysteries of the healing of destiny as the basis for a new medical impulse, founded upon a healing encounter with the evils of the earth herself.

Michael has already defeated the demons in the spiritual sphere and Raphael then becomes available to support human beings as a companion in their task of containing them in the sphere of earthly life - that is in the weaving and healing - or harmonization - of mutual karma. Circumstances tragically prevented this mighty yet tender endowment from going forward directly at the time. In Ita Wegman's own words, the world was not yet ready to receive such a mighty combined impulse. It had to wait.

If we examine our own lives and our anthroposophic co-working, we can all readily testify the level of challenge needed to achieve collaboration, destiny healing. We are still too frail in our abilities to place and maintain trust in each other's higher being, to share our vulnerabilities and to lay down egoistic considerations. Yet, we all know that the call of anthroposophy is to become more than "all too human". James finally expressed his hopes that this might become the central research question when considering the renewal of the impulse of the Christmas Foundation Meeting as we now approach its centenary.

He then read to us again the words with which he closed the first evening. They are words that were found in Rudolf Steiner's notebook after his death that Benedictus from the mystery dramas could have spoken.

*In times to come,  
Human beings will have to exist the one for the other,  
And not the one through the other.  
So, is fulfilled the World's Ultimate Aim.  
When each 'I' is with themselves,  
And each will give to the other what none would demand.*

Caroline Hurner  
(with amendments by Dr James Dyson)

# Gold is the Emanation of the Solar Logos

This was the subject of Douwe Raath's talk at Sophia House on 14th May 2022

Before Douwe could explain what, he meant by the Solar Logos, he took great care in building a vast cosmological panorama. This taking form over eons of time amongst Hosts of Hierarchical Beings involved in Creation. He helped me feel how 'Time Itself' has undergone transformations.

Then, coming closer to the present, we travelled through Hyperborea, Lemuria and Atlantis, a journey continually effecting condensation, differentiation and consolidation. All through this the challenge was that the 'becoming human' takes steps not to fall into stagnation. This, Douwe explained, was most often achieved through the great migrations of peoples - these being times of extensive evolutionary change.

Now Douwe had brought us to the area of his recent extensive research to publish his book "African Chronicles of Origin Continental Shifts, Migrations, Bloodlines, Myths & Mysteries" which is written from the perspectives of both exoteric and esoteric history.

Douwe spoke out of the deepest respect for our African Continent, a Continent of the Middle, between East and West, a Continent of the middle heart/rhythmic realm. Douwe spoke of how 'the people of the heart' have the possibility of bringing resurrection forces for humanity as a whole, so pressingly needed in our time of soul and spirit coldness, where anxiety and fear and materialism rule and we teeter on the edge of the abyss.

One very lasting image from the talk remains with me of how once the vast Sahara desert was lush with lakes and civilization. Rudolf Steiner has described how a desert can come about: when atrocities are committed, the elemental world withdraws from the land and a desert forms. Douwe spoke of atrocities having occurred in this area particularly to women and children.

At question time the subject of race was brought up and Douwe spoke of the peoples of our continent being the "blue/violet peoples" who have suffered so incredibly.

He emphasised that we are in times when there are forces and impulses that want to destroy the quality of the humane in the world.

Equally significant to the heart felt content that Douwe shared was the experience of witnessing him give his first public presentation since his stroke two years ago, which left him unable to walk or talk. He has now learnt to walk and talk, and one cannot but be moved by his journey and his newly won humility. One feels that Douwe's deepest wish is now that each word he speaks and each step he takes serves the good.

Caroline Hurner



# A Conversation Between Avice Hindmarch and Caroline Hurner

Caroline sent Avice a short film where David Whyte is filmed in the Irish landscape speaking some of his “Blessing” poems

**Avice replied:** this beautiful piece makes me aware of all our senses and appreciate what blessings they bring to our comprehension and appreciation of the world we live in. I often think of the sense of ‘touch’ and wonder if this sense was absent, would we still experience form or substance?

And further, if thinking creates the brain and light creates the eye ... Then do our senses actually create the world we live in or place us in it ??

Oh Caroline, I cry for a world that is fading - especially for the youth and little ones who are so infatuated by and immersed in the IT world. That by using calculators they will weaken the faculty of adding... They seem to be unaware - asleep to comprehending the beauty and energies of nature ; in the same way that I just don't get computers. Could one write poetry about a device?

**Caroline:** I so understand your pain over this issue. Here is a painting by Jeff Drew which tears my soul.

It haunts me so because it is painted in the manner of an ideal child-like picture-book, yet its subject is so insidious.

The image reminds one of the Grimm's fairy tale of Rose-Red and Snow-White where the two girls sleep at a cliff's edge while their Angel stand guard protecting them.

Now the two children, a boy and girl, are separated and being led over the cliff by a robot while occupied/entranced.

**Avice:** Yes this captures it.

I feel we nature lovers need to discover and promote the ‘equal and opposite force’ to that which IT uses so as to captivate the attention of children; somehow further our perception of our natural senses, to super sensible so as to not only counterbalance materialism and sub-nature forces but actually live a new and healthy synchronistic reality and promote this in daily life and schools, next to virtual reality. Perhaps the world is waiting for action from us.. wherever we are.. awaken in the will - bring together, come home, ‘happily ever after...’

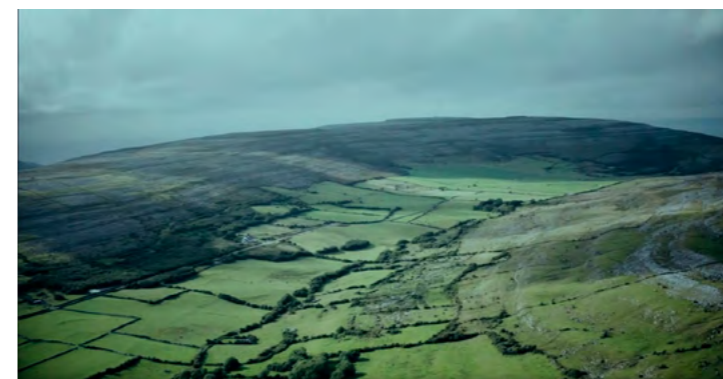
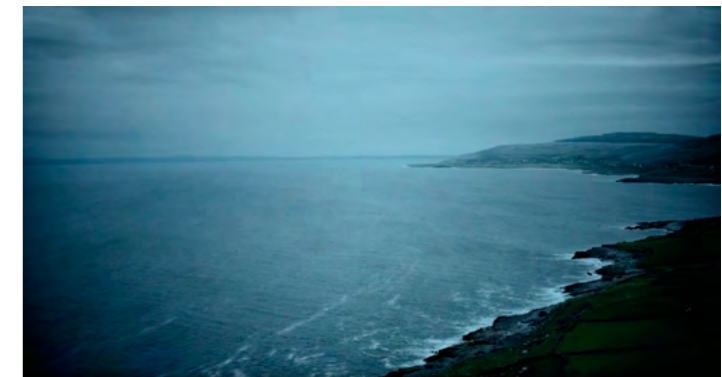
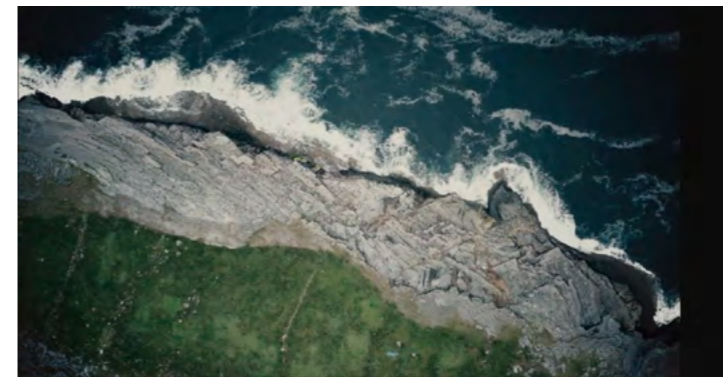
**Caroline:** I remember Troels Ussing being here in Cape Town 15 year ago leading a workshop on Developing our Spiritual Faculties – the afterimage and how to work with it. He told us of how threatened we are today as the outer worlds is extremely strong and impressions are

so numerous, so quick and they enter so very shallowly into our soul life and we also react equally quickly. There is no time to digest and speak of our experiences, to get ‘in touch’ with the real spirit reality behind things. To develop deeper feelings, to become aware of the soul after image, which Steiner also called a ‘Light breathing’. He warned that if these capacities are not used e.g. that we don't hear what our angels are trying to tell us (The Working of the Angels in Man's Astral Body) there will be terrible consequences. Rudolf Steiner has given us so many indications and encouragement to strive for this deepening, pictorial thinking/heart thinking/moral imagination, if we but did it! I am convinced that when progress is made it will have exponential benefits and these new faculties will become more accessible.

Both Avice and Caroline now ask our fellow brothers and Sisters: Perhaps you, our sisters and brothers would like to join in this conversation and share your perspective around the senses. Let us see where this leads ...



Jeff Drew



## Blessings

BY ANDREW HINTON, OWEN Ó SÚILLEABHÁIN & DAVID WHYTE

David Whyte's “Blessing” poems are interpreted through a visual journey across the Irish landscape in this short film by Emmy-winning filmmaker Andrew Hinton. Musician and composer Owen Ó Súilleabháin, who has collaborated with David Whyte for over a decade, offers a reflection on the music that inspired the creation of this short film.

Link: [emergencemagazine.org/film/blessings/](http://emergencemagazine.org/film/blessings/)

*I feel we nature lovers need to discover and promote the ‘equal and opposite force’ to that which IT uses so as to captivate the attention of children; somehow further our perception of our natural senses, to super sensible so as to not only counterbalance materialism and sub-nature forces but actually live a new and healthy synchronistic reality and promote this in daily life and schools, next to virtual reality. Perhaps the world is waiting for action from us.. wherever we are.. awaken in the will - bring together, come home, ‘happily ever after...’*

Avice



# A burning inner question...

What does this part of the Fifth Gospel mean in our times .....

"There was an Essene community in Nazareth, made possible by a donation, so the Order was known to Jesus. At the Order's center they were aware of the wisdom which Jesus' soul possessed – especially among the most important members. They had what we can call a prophetic view that a Messiah must come to the world. Therefore they were on the lookout for especially gifted people. They were deeply impressed when they learned about Jesus of Nazareth. It is no surprise, then, that they accepted Jesus of Nazareth in their community – not as a member of the Order proper – more as a guest, without him having to pass the trials of the lower degrees. And the wisest Essenes were, in a certain sense trusting, open-hearted towards this wise young man in respect to their secrets. In fact Jesus of Nazareth heard more profound things about the secrets which were kept in that Order than from the scribes and scholars. He also heard much that he had previously learned through Bath Kol as an enlightenment which shone in his soul. In short, a lively exchange of ideas took place between Jesus of Nazareth and the Essenes. And Jesus of Nazareth learned almost everything that the Essenes were able to give during his 25th, 26th, 27th, 28th years, and beyond. For what was not communicated to him by words was expressed by all sorts of clairvoyant impressions. Jesus of Nazareth received important clairvoyant impressions either within the Essene community or a short time later at home in Nazareth, where a more contemplative life was possible; they penetrated his soul from powers which had come to him and which the Essenes had no idea, but which were experienced in his soul.

One of these experiences, these inner impressions, must be particularly emphasized, because it can cast light on the whole spiritual course of human evolution. It was a meaningful vision manifested by a kind of separation from his body in which the Buddha appeared to him directly. Yes, the Buddha appeared to Jesus of Nazareth as a consequence of the exchange of ideas with the Essenes. One can say that a spiritual conversation took place between Jesus and Buddha. We may and must touch upon this meaningful secret of human evolution today. In this meaningful spiritual conversation Jesus heard that the Buddha said something like this: "If my teaching, as it is, is completely fulfilled, then all men on earth must be like the Essenes. But that cannot be. That was the error in my teaching. The Essenes can only progress if they separate themselves from the rest of humanity; other human souls must be there for them. The fulfillment of my teaching would mean nothing but Essenes. But that cannot be." That was a meaningful experience, which Jesus of Nazareth had through his association with the Essenes.

Another experience was that Jesus of Nazareth made the acquaintance of a slightly younger man who had joined the Essene Order, but in an entirely different way than Jesus had, but who nevertheless did not completely become an Essene. He was John the Baptist, who lived as a lay brother within the Essene community. He dressed like the Essenes, who used clothing of camel's hair in winter, but he never completely exchanged Jewish teaching for Essene teaching. But the teachings and life of the Essenes made a great impression on him, so he lived the Essene life

as a lay brother. He was stimulated and inspired and by and by became the John the Baptist described in the Gospels. Jesus of Nazareth and John the Baptist conversed often. One day – I know what it means to simply tell these things, but nothing can stop me; I also know that these things must be told – One day when Jesus of Nazareth was talking with John the Baptist, the physical body of the Baptist seemed to disappear and Jesus had a vision of Elias. That was the second meaningful experience in the Essene community.

But there were still other experiences. For a long time Jesus of Nazareth had observed something noteworthy. When he came to a place where imageless Essene gates were, Jesus of Nazareth couldn't pass through those gates without again having a bitter experience. He saw those imageless gates, but for him there were spiritual figures on the gates. To him appeared on both sides of those gates what we have learned to know from many spiritual scientific explanations under the names Ahriman and Lucifer. And gradually he became convinced that the Essenes' aversion to images on the gates had to have something to do with the attraction of such spiritual beings to them, that images on the gates were images of Lucifer and Ahriman. Jesus of Nazareth noticed this often.

When one experiences such things he doesn't dwell on them overmuch, for they are too shocking. One also soon feels that human thoughts are insufficient to understand them. One considers thoughts incapable of penetrating these things. But the impressions not only engrave themselves deeply on the soul, but become a part of the soul's life. One feels himself united to the part of his soul in which such experiences have been stored and carries them through life.

Thus Jesus of Nazareth carried through life the images of Lucifer and Ahriman which he had seen on the Essene gates. He also became aware that a secret existed between those beings and the Essenes. Since that experience, Jesus and the Essenes could no longer understand themselves well. For something lived in Jesus' soul about which he couldn't speak to the Essenes. What he had seen on the gates always injected itself into the conversations.

One day after an important conversation in which many sublime spiritual themes were discussed, as Jesus of Nazareth was leaving through the gates of the Essenes' main building he encountered the figures who he knew were Lucifer and Ahriman. He saw them fleeing from the gates of the Essene monastery ... and a question entered his soul, not as though he asked it himself, but a strong elemental force instilled in his soul the question: Where are Lucifer and Ahriman fleeing to? For he knew that the sanctity of the Essene monastery had caused them to flee. But the question remained: Where to?

The question burned like fire in his soul and he lived with it continuously during the following weeks. After that spiritual conversation when he left through the gates of the Essenes' main building, the question burned in his soul: Where did Lucifer and Ahriman flee to?"

..... an extract from The Fifth Gospel, Lecture IV, 5 October 1913, Oslo by Rudolf Steiner



Pawel Kuczynski



Pawel Kuczynski



Asaf Hanuka



Angel Boligán Corbo



Stefan Koidl



satirical-illustrations-addiction-technology  
UsefullInfoAndHealthTips/posts

# AFRICAN CHRONICLES OF ORIGIN

by Ralph Douwe Raaths

These chronicles are a result of decades of research into Rudolf Steiner's insights into the evolution of the earth, through Star wisdom, the spiritual significance of migrations and of the Blue Violet people. The work delves into the true nature of Gold and the importance of Africa for the future of the earth. The publication carries many indications by Rudolf Steiner as well as many other researchers. The chapter titles give insight into the content of the book.

This is not just another look at esoteric history. This is a timeless tome of wisdom steeped in 30 years of research and profound realisations born from uncovering suppressed documentation and ancient African wisdom that has remained hidden from the masses for centuries. What is the mysterious link between the Zimbabwe Ruins and the Phoenicians? Where are the records of the original Egyptians? Are we linked in some way that has remained deliberately hidden and made obsolete so that it cannot be penetrated further!? Why is Africa's true history only presented in blood and hatred? This work of soul integration will reveal links to our future sealed in the very heart of the Ancient Mysteries of the Sun and our very origin. Douwe has woven his copious research into a work peppered with intelligence, humour and wisdom.

*"This is a timeless tome of wisdom steeped in 30 years of research and profound realisations born from uncovering suppressed documentation and ancient African wisdom that has remained hidden from the masses for centuries."*

- CHAPTER 1: Africa - Land of Mystery
- CHAPTER 2: Traces of Lemurian Remnants
- CHAPTER 3: The Great Fall from Solar Realms
- CHAPTER 4: Helios - The Supreme Sun Spirit
- CHAPTER 5: Atlantis –the Land of Greek Myths
- CHAPTER 6: The Tamil Sailors and Traders
- CHAPTER 7: Ancient Gods and Maritime passage
- CHAPTER 8: Ancient African Mining
- CHAPTER 9: Temple Knowledge of the Peoples
- CHAPTER 10: The Great Astral Ocean of the Cosmos
- CHAPTER 11: The Phoenician God of Fertility – Adon
- CHAPTER 12: The Central Africas and Precious Metals
- CHAPTER 13: Sahara Africa as a Province of Atlantis
- CHAPTER 14: The Ancient Nguni History
- CHAPTER 15: Ophir - The Land of Gold
- CHAPTER 16: Umvelinqangi - Great African Immortal

Bowen Boshier, renowned Wilderness and pencil artist and B Ernest Manfunny (Bowen's colourful alter-ego) , both of whom have exhibited in the major galleries in our country, have joyfully collaborated with Douwe in creating the beautiful Front and Back cover.

Bowen has created a set of 16 vignettes to introduce each of the capters. These artistic treasures enhance the publication and steep it in its African roots. The works or art will be for sale through Bowen after publication This collaboration is a real gift and an example of what Dr Steiner referred to – that in future artists will work out of the Sun impulse.

## African Chronicles of Origin

Continental Shifts, Migrations, Bloodlines,  
Myths & Mysteries



Ralph Douwe Raaths



### CHAPTER ONE

#### Africa, Land of Mystery

Our story begins in Africa. Africa is associated with the fossilised antiquity of prehistoric human existence and for this reason, is called the 'Cradle of Mankind'. African history stretches far back into the mists of antiquity, long before the dawning of any recorded history epitomised by Herodotus<sup>5</sup>. Among the many languages spoken on the African continent, a common ethnic belief system embraces the complex mystical world of ancestors, the spiritual lineage of African bloodlines, which are associated with animal 'soul types' delineated as tribal 'totem' lineages and 'clans'. In Africa spirits of dead elders are in contact with initiates known to the layman as 'spirit mediums' and are said to unfold their influence within every aspect of daily life. No wonder then there still exists in Africa a shroud of secrecy embedded from within the peculiar mysteries of African life. No wonder Africa's reputation, steeped as it is in mysterious tribal customs, was called the Dark Continent. It requires delving into its roots from an imaginative root of understanding before its mysteries reveal themselves to an outsider.

The western mind rejects the all-embracing African ethnic belief in the ancestral world. In so doing the majority of western people effectively eliminate themselves from any possible understanding of African lore and folk wisdom. The need for reading and writing has been resisted longest in the African hinterland, which means the history of storytelling as a form of history and wisdom-transference has continued into the modern era and is only now rapidly being replaced by intellectual materialism. Tribal forms and animal clans are making way for modern Africa even though the ancient wisdom persists. Migrations, roaming, and wandering across Africa have brought about the mixing of ancestral bloodlines. Lineage roots from many sources have come together during movements from the north to the south and in the south meeting an even older root, the San. These lineages have their foundations in Egypt but are much older than the Egypt of recent history, but go back to a primal Egyptian lineage. The source of the primal Egyptian

<sup>5</sup> Herodotus Father of Recorded History, 5th century BC Greek historian and author of The Histories

You can order your pre-printed copy of African Chronicles of Origin at a discount by placing your orders before the end of August prior to the manuscript going to print. The price will be R385. Contact Noy Pullen 0722587132 for any enquiries or to place your order.

# The Source of Anthroposophy

When you go for a walk along a river, flowing in the opposite direction to your walking, it is interesting to notice that when you look [after a while] at the riverbank you see an image of the river flowing in the opposite direction

Fish can swim against the streaming water trying to follow an etheric urge to find the source of the river to where they originally came from.

The source of the river is there where the rainwater, coming out of the clouds, can find a vessel which can hold it and then when full, it can then be let go of into the form of a meandering river.

A river that can bring life to multiple earthly undertakings like villages, towns, watermills, farms. Boats and ships can travel on it and thousands of animals live in and on it.

To find the beginning of a particular river has been a wish for centuries for people. Many accounts have been told to find the start of the Nile or the Amazon etc.

Imagine the source of the Vaal River would one day dry up. All the life it brings would come to an end.

Rudolf Steiner brought the "Anthroposophical Movement" from the spiritual world down to us. Like a mighty etheric rain, a deed that is there now.

The vessel that can receive it and make it work for humanity on earth is the Anthroposophical society. For the physical source not to dry up Anthroposophy needs people to remember it's source, there where the etheric forces swell and burst forth. All the wonderful initiatives that have come about in the wake of its flowing would dry up or lose their way.

Only if we care for it can it flourish and help build up positive, modern, future-bringing institutions.

Ludmilla King

## Eurythmy News

At last after years of cancellations four of the Graduate students from Kairos (Asia, Kenny, Emma and Tonia) made it across to Dornach to share their work together with their teachers Silke and Michelle, and Celeste Roux and Geoff Norris, from the UK, who travelled to speak for them.



Six 'new' eurythmy therapists.

## Kairos Eurythmy Performance in Dornach in May 2022



## Therapeutic Eurythmy Students

Six Therapeutic Eurythmy Students and their Trainers completed their last 4 week Module together at Sophia House in July this year. Their Graduation will take place in September 2022.



Ponego Mosige, Emma Stotko, Judith Tabberner, Noriko Kawabata, Christiane Wigand, Julia O'Leary, Alice Mnguni. Christiane Janowski, Laura Engelke and Aniela Von Maltitz Raaths

# THE GOSPEL OF JOHN

## The Mission of the Earth

20 May 1908, Hamburg – GA 103 – Rudolf Steiner

Yesterday we saw what profound contents are concealed within the first words of the Gospel of St. John and we shall now be able to summarize our observations by saying that the writer of this Gospel pointed to the creation of a pre-humanity in the far distant past and indicated that, according to Esoteric Christianity, everything leads back to the Word or the Logos. The Logos was already a creating power even in the ancient Saturn Period; it then became Life while our Earth was passing through its existence as the Sun, and it became Light while the Earth was passing through the ancient Moon state. Under the influence of divine spiritual forces and powers, in the course of the three planetary states of evolution, the human creature reached the point in his development at which he became penetrated by the human ego, the Earth having now developed into our present planet. Thus we may say that a creature, like a kind of seed, came over to the Earth from the ancient Moon, consisting of a physical body, derived from the divine, primal Word; an ether or life body having its source in divine Life; and an astral body issuing from divine Light. Within this creature's inmost being, during life upon the Earth, the light of the ego itself was now enkindled and this three-fold bodily nature, physical, etheric and astral, became capable of saying to itself "I AM." Thus, in a certain sense, we may call the Earth evolution, the evolution of the "I AM," the evolution of the self-consciousness of the human race. This "I AM," this capacity for full self-consciousness, developed slowly and gradually in the course of the evolution of Earth humanity. We must clearly understand how this evolution of Earth humanity proceeded, how slowly and gradually the ego, that is to say, full self-consciousness, made its appearance within it.

There was a stage of our earthly evolution which we call the ancient Lemurian period. It is the earliest period of our life upon the Earth in which men appeared in the form they, in general, possess today. Then, for the first time, what we may call the incarnation of the ego, the true inner being of man, took place within the three bodies, the astral, ether and physical bodies. After that came the Atlantean period when humanity dwelt for the most part upon the ancient continent of Atlantis, a region forming today the bed of the Atlantic Ocean, and which sank beneath the waters through the great Atlantean flood, remembrance of which has been preserved in the deluge-sagas of nearly all peoples. In harmony with their inner natures, men have passed through successive incarnations during the post-Atlantean period right up to our present day. As has been stated, it was in fact during the Lemurian period that our souls were incarnated for the first time in a three-fold entity, consisting of physical body, ether body and astral body, as we have learned to know them. What preceded this will be left for a later consideration. Thus we must go far back into the past if we wish to consider the course of

evolution, for the human being evolved very slowly and gradually to his present condition of existence.

From the standpoint of Spiritual Science what does occultism call our "present existence?" It calls it a state of consciousness which the present day human being possesses from the morning when he awakens until the evening when he falls asleep. During that time, by means of his outer physical senses, he sees the objects about him. From the evening when he falls asleep, until the morning when he awakens, he does not see the objects about him. Why is this so? We know that it is because during the day, under present evolutionary conditions, the real inner human being, namely, the ego and astral body, are within the physical and ether bodies upon the physical plane; in other words, they are in the physical world. Thus the astral body and the ego can make use of the physical organs for hearing and seeing in the physical world, for observing physical things. From the evening when we fall asleep, until the morning when we awaken, the ego and astral body are out of the physical world on the astral plane. There they are detached from the physical eyes and ears and therefore are not able to observe what is about them.

The alternating state of waking by day and sleeping by night developed slowly and gradually. This was not yet the case in the ancient Lemurian period when the human being for the first time passed through a physical incarnation. At that time the ego and astral body were only for a very brief portion of the day within the physical body, by no means as long a period as now. Therefore, because the human being was outside of his physical body for a longer time and entered it only for a brief period in a waking state, life during the Lemurian period was very different from life as we experience it. Our state of unconsciousness during the night, when we are not merely in the act of dreaming, is a state that has developed slowly and gradually. Day and night consciousness were very differently apportioned during the Lemurian period. At that time everyone still possessed a dull clairvoyant consciousness, and during the night, when they were out of the physical body and in the spirit world, they perceived this spirit world around them, although not so clearly as we of the present see the physical objects about us during the day. We should not simply compare this perceiving in the spiritual world with the present dreaming. The present dream-state is only like a last stunted remnant of this ancient clairvoyance. However, the same images were perceived at that time as are perceived today in dreams, but they had a very real meaning. Let us be quite clear about the meaning of these images.

In ancient times, the human being, living a very brief portion of the twenty-four hours in waking-consciousness (a much shorter time than we today), saw the external, physical objects very dimly as though wrapped in a mist. The capacity to see physical objects as we do today developed very slowly. At that time he saw the first indication of a physical body enveloped in a mist just as we can see the lamps surrounded by a mist, by a kind of light-aura, when we walk through the streets on a misty evening. This, however, is only an illusion. But that is the way mankind at first saw physical bodies emerging about him, and when he slept he did not sink into unconsciousness, but during his sleep-consciousness, images emerged, pictures in colour and form. At that time there was around him a world, in comparison with which, the most vivid dream-world of today is only a weak, dim echo. These images signified something psychic and spiritual in his environment. At that time, in the beginning of his earthly course, when during his night wanderings he approached a creature harmful to him, he did not see it as we would now see it — for example, he did not see the lion approaching him

as a lion's form — but he saw emerging an image of colour and form and instinctively it told him that here was something harmful to him, something that would devour him, something he must avoid. These were true images of something psycho-spiritual occurring about him. All that belonged to the soul and spirit was seen in the night, and evolution proceeded in such a way that slowly and gradually the human being immersed himself in his physical body for a longer and longer time. Ever shorter grew the night, longer and longer lasted the day, and the more he lived within his physical body, the more the nightly clairvoyant images disappeared and the more did the present waking-consciousness emerge.

However, we must not forget that a truly genuine self-consciousness, such as should be acquired during life upon the earth, can only be attained by submersion in a physical body. Prior to this, the human being did not feel himself as an independent entity, but as a part of divine spiritual beings from whom he was descended. Still possessing a dull clairvoyance, he felt himself a part of a divine spiritual consciousness, part of a divine ego, just as the hand feels itself a part of the physical organism. He could not have said of himself "I AM," but would have said "God is" — and "I in Him."

As we shall see more and more, a very special mission was reserved for the Earth, which had, during its evolution, passed through three earlier stages, Saturn, Sun and Moon. Do not imagine that the different planetary life-conditions can be considered as existing alongside of one another, one planet exactly equivalent to the other. Divine creation is not simply a repetition of something already existing. Each planetary existence had a very definite mission. The mission of our Earth is the cultivation of the principle of love to its highest degree by those beings who are evolving upon it. When the Earth has reached the end of its evolution, love should permeate it through and through. Let us understand clearly what is meant by the expression: The Earth is the planetary life-condition for the evolution of love.

In Spiritual Science we say that the ancient Moon preceded the Earth. This ancient Moon, as planetary stage of evolution, had also a mission. It did not yet have the task of developing love, but it was the planet or the cosmos of wisdom. Before it reached our earthly condition, our planet passed through the stage of wisdom. A simple and one might say logical observation will illustrate this to you. Just look about you at all the creatures of nature. If you do not observe them merely with your understanding but with the forces of your heart and soul, then you will find wisdom everywhere stamped upon nature. The wisdom of which we are here speaking, is a kind of spiritual substance lying at the foundation of all things. Observe anything you wish in nature, and you will find it there. Take, for example, a piece of the thigh-bone and you will see that it is not composed of a solid mass, but it is a fine interweaving of supports which are arranged into a marvelous structure. And if we seek to discover the law upon which this bone is constructed, we find that it follows the law which develops the greatest strength with the least expenditure of material in order to be able to support the upper part of the human body. Our engineering art is not yet so far advanced that it can build such a highly artistic structure as the all over-ruling wisdom has fashioned. Mankind will not possess such wisdom until later in its evolution. Divine wisdom pervades the whole of nature; human wisdom will only gradually reach this height. In the course of time human wisdom will inwardly acquire what divine wisdom has secreted within the Earth....

To be continued on the next newsletter

"As a principle, all that men will discover in the course of the Earth's evolution is already present in nature. But what the human being will really give to the Earth is love, a love which will evolve from the most sensuous to the most spiritualized form of love. This is the mission of the Earth evolution. The Earth is the cosmos of love'.

"The mission of our Earth is the cultivation of the principle of love to its highest degree by those beings who are evolving upon it. When the Earth has reached the end of its evolution, love should permeate it through and through....

Only gradually throughout the whole of the Moon evolution was wisdom stamped upon the outer world. When the Moon had fully completed its evolution, everything was then pervaded by a wisdom which was to be found everywhere. Inner wisdom first appeared upon the Earth with the human being, with the ego. This inner human wisdom had to be developed by degrees.

Just as wisdom was evolved upon the Moon, in order that it might now be found in all things, so in like manner is love evolving. Love came into existence first in its lowest, its most sensuous form, during the Lemurian period, but during the course of life upon the Earth it will become ever more and more spiritualized, until at last, when the Earth has reached the end of its evolution, the whole of existence will have become pervaded with love, as today it is pervaded with wisdom, and this will be accomplished through the activity of human beings if they but fulfill their task.

The Earth will then pass over to a future planetary condition which is called Jupiter. The beings who will wander about upon Jupiter, just as human beings move about upon the Earth, will find love exhaling from all creatures, the love which they themselves, as human beings, will have placed there during their life upon the Earth. They will find love in everything just as we today find wisdom everywhere. Then human beings will develop love out of their own inner selves in the same way that they are now little by little evolving wisdom. The great cosmic love that here upon the Earth is beginning its existence will then permeate all things."

a selection from Rudolf Steiner, The Gospel of St. John. Lecture 3. The Mission of the Earth by Larry Clark (<https://martyrion.blogspot.com/>)



The relationship between human interaction and the planet is fragile. We are at the edge of either being the architects of our own demise, or the agents of a transcendent future. This is in our hands

Hazel Archer Ginsberg

Artist Su Kwak – "Summer Light "