



WINTER MESSAGE FROM THE STATE BRANCH SECRETARY

Dearest Members,

I would like to share my reflections with you regarding this time of the year and how to fruitfully orientate oneself during these coming months.

All the Paths into the Spiritual World are leading through the heart. – Rudolf Steiner

Soul Calendar verse by Rudolf Steiner

Midwinter

To carry Spirit Light into World-Winter-Night
My heart is ardently impelled
That shining seed of Soul
Take root in grounds of World,
And Word Divine through senses darkness
Resounds, transfiguring all life.

It is in the darkest time of the year when we experience the longest nights, and we carry "Spirit Light" within our hearts.

How different when we listen to the call from the opposite, the longest day of the year in the Northern Hemisphere.

St. John's Night

The radiant beauty of World
Compels my inmost Soul "to free"
God given powers of my nature
That they may soar into the Cosmos,
To take wing from myself,
And trustingly to seek myself,
In Cosmic Light and Cosmic warmth.

One can feel, experience and sense how the movement strives in the first verse into a midpoint, into the centre of the heart, spiralling in!

In the Midsummer St. John's verse, the movement strives from the midpoint of the heart in an opposite way, expanding into the Cosmos, spiralling out!

Rudolf Steiner leads us to experience through our heart the different qualities the year offers if we meditate with those verses.

The heart belongs to the forces of the Zodiac sign of the Lion. The heart relates to the Sun. The Sun is at home in the Coeur de Lion.

Lion – Sun forces streaming into our heart.

Fire Spirits working through the heart, flaming within.

We are asked as humble "disciples" to develop courage. It is part of our inner preparation, enlightenment, to journey into the heart and to use the light wisely, which we would receive.

"That shining seed of Soul

Take root in ground of Worlds."

We are reminded by our spiritual teacher (Master) that we as disciples should grow like a plant. For growth is not a matter of a single effort, or a violent one; it is accomplished by ceaseless patient endeavours in one direction – upward.

The root of the discipleship is planted in the heart, developing human love, friendship and affection. The plant needs pruning through a skilful gardener. It is of necessity that we experience "catharsis" as well as pleasure.

In the word "disciple" we also hear the word "discipline". What about if we grow undisciplined through spiritual wisdom? The undisciplined ones will have to drink the cup of bitterness filled to the brim because they do not drink from the Cup of the Holy Grail.

We have gone through the Spiritual Festivals:

- Christmas (Ex Deo nascimur)
- Easter (In Christo morimur)
- Whitsuntide (Per Spiritum Sanctum reviviscimus)

We went through a deep Mystery in the first half of the year. In the second half of the year a mighty clarion call reaches us to prepare for the New Michael Festival.

We are the new community of "Michaelites", being called to help mankind. Michael fights every year with the dragon on the threshold to protect Sophia - Maria.

From the 8th of August to the 29th of September and into October, meteoric iron will shower the earth with Michaelic iron.

"ISIS - Sophia
Wisdom of God
Lucifer has slain her
And on wings of cosmic forces
Carried her forth to the widths of space."
– Rudolf Steiner

The Threshold has two sides. The one side faces the Spiritual World and the other side faces the Earth realm. Sophia stands on the threshold facing the Spiritual World. She protects us from revelations of wisdom reaching the earthly too early.

Michael stands at the threshold separating the lower world from the upper to protect from the other side so that the Dragon (Ahriman) is unable to attack Sophia.

Michael prevents the penetration of the unclean into the Spiritual World. Let us be faithful in our endeavour to work together enthusiastically to prepare through meditation for this time to come. The World needs faithful meditants. It is a Clarion Call.

In the coming months, we will send out an invitation to our Michaelmas Festival. The festival will take place on Sunday the 2nd of October from 10 a.m. to 4 p.m. We have a full program, starting with a morning lecture by Stephanie Isvik, who will kindly visit us all the way from the Southern Highlands to share her deep spiritual understanding on our Time Spirit Michael. She will also hold a Class Lesson early in the morning. The festival will also include a performance by the Aurora Australis Stage Group, "Spirit of Michael". We will confirm other speakers in due course with the full program.

Heartfelt greetings,
Birgith Lugosi
State Secretary
Anthroposophical Society in Australia
Victorian Branch



"MESSAGE TO THE FRIENDS" – ITA WEGMAN

Ita Wegman wrote to the Friends on the 26th of April 1925 about the Christmas Conference (December 1923/24). With touching words she describes the mood and reception with which the members received the words of their great Master, Rudolf Steiner. He speaks to the members that from now on he will unite himself as "Leader" with the Anthroposophical Movement and reduce administration to its minimum, and gives the Statutes that create a free Society. – Birgith Lugosi

A new "Karma" Rudolf Steiner created in uniting himself with the Society to become the Leader of the Movement. It was a great sacrifice. He was at first not sure how the Spiritual World would receive his sacrifice.

A great stream of spiritual revelations came with such an intensity which showed that his sacrifice was accepted. He called together a new "Spiritual Vorstand" (Executive). The members felt an urge to unite with great enthusiasm in their thinking, feeling and willing. They could experience a direct flow of the Spirit through his Words.

It was in Paris where he spoke the first time of the new spiritual revelation from highest spiritual beings that accepted his great sacrifice. This joyful "News" he also shared in Torquay, London and Holland.

In January 1925 he became silent because of his illness, but he went on writing the great gifts to the members the *Leading Thoughts* as well as his writing on "Karma".

Let us be newly enthused with the great task to become the New Community of Michaelites. Let us serve Michael and Sophia in nomine Christi.



RUDOLF STEINER'S WORDS

24 February 1924

TO ALL MEMBERS • VI

*The Quest for Knowledge
and the Will for Self-Discipline*

In the Anthroposophical Society people draw nearer to one another than they would do in other spheres of life. Their common interest in the spiritual life of the world unlocks their souls. The inner experiences one undergoes in the course of one's spiritual striving are full of living interest to another. We become communicative when we know that fellow human beings will be attentive and full of sympathy for the inmost things which stir us.

Thus it naturally comes about that members of the Society observe other things in one another – and in a different way – than people do generally. But this at the same time involves a certain danger. We learn to value one another when we meet in this way; we delight in the revelation of the inner life of our fellow human beings. The loveliest influences of friendship and friendly intercourse unfold quickly under these conditions. But the same influences may intensify to an overweening and uncritical enthusiasm. This, with all its weaknesses, ought not merely to be met by cold and pedantic indifference, or by the superior attitude of the 'person of the world'. Unbridled enthusiasm, when it has worked its way through many difficulties to a harmonious balance of soul, opens up the Spirit far more readily than placid equilibrium which passes stiff and unmoved by all that is great in life.

Still, it may easily happen that those who quickly draw near to one another no less quickly fall apart again. When one has learned to know one's fellow human beings more fully, since they were unreserved and open, one soon begins to see their weaknesses, and then—negative enthusiasm may ensue. In the Anthroposophical Society this danger is perpetually lurking in the background,

and to counteract it is one of the tasks of the Society as such. One who would be a true member should strive in the deepest places of one's soul for inner tolerance towards one's fellow human beings. To understand one's fellow human beings – even where they think and do things which one would not like to think and do oneself – this should be the ideal.

It need not mean an uncritical attitude to weaknesses and faults. To understand is not to make oneself blind. To human beings whom we love, we may speak of their faults and mistakes. In many cases they will feel it as the greatest service of friendship, whereas – if we lay down the law about them with cold indifference of judgment – they recoil from our lack of understanding and console themselves with feelings of hatred which begin to stir in them against their critic.

In many respects it would become disastrous for the Anthroposophical Society if the intolerance of other human beings and failure to understand them – so widely dominant in the outer world today – were carried into it. Within the Society, such qualities grow in intensity through the very fact that we come nearer to one another.

These matters indicate most pointedly how the more vital quest of knowledge in the Anthroposophical Society must be accompanied by the unceasing endeavour to ennoble and purify the life of feeling. An intensified search for knowledge deepens the life of the soul and reaches down into those regions where pride, conceit, lack of sympathy with others, and many qualities besides, are lurking. A lesser quest of knowledge enters these regions only to a slight extent and leaves them slumbering in the deep places of the soul. But a life in knowledge that is keen and vital stirs them from their slumbers; habits which kept them under lose their power to do so. A spiritual ideal may well awaken qualities of soul which would have remained unmanifest without it. The Anthroposophical Society should

be there to counteract, by cultivating nobility and purity of feeling, the dangers that are lurking in these quarters. There are indeed, in human nature, instincts which instill the fear of knowledge into us, for the very reason that these connections are felt to exist. But a person who would refrain from cultivating the impulse to knowledge lest it should stir up the uglier feelings in oneself, fails to develop the fullness of true humanity. It is humanly unworthy to cripple our insight into life because we fear weakness of character. To cultivate the impulse to knowledge and combine it at the same time with another striving – the will to self-discipline – this alone is worthy of humanity.

Anthroposophy enables us to do this. We need only perceive and reach the inherent vitality of its thoughts; for by their living quality the thoughts of Anthroposophy beget power of will, warmth and sensitiveness of feeling. It only depends on the individual whether one merely thinks Anthroposophy or makes it living experience. And it will depend on the members who come forward actively, whether their way of representing Anthroposophy is only able to suggest thoughts, or to kindle the real spark of life.

The Life, Nature, and Cultivation of Anthroposophy, Collected Works GA 26



WHAT'S HAPPENING? – announcements, initiatives, members' news, report

WHITSUNTIDE FESTIVAL & AGM REPORT

In conjunction with the Annual General Meeting of the Victorian Branch, the Whitsuntide Festival was held in Kew on Saturday 4th June. Eurythmy presentations were given by Jane Gardner and Susan Gould (See the article by Ian George below.), and lectures were given by Nikki Vuillermin ("Four-Fold Man and Anthroposophical Medicine") and by Birgith Lugosi ("Whitsuntide in Relation to our Karma"). They were all warmly received by the participants and stimulated our thought life.



Nikki Vuillermin



Birgith Lugosi with Susan Gould

The AGM of the Victorian Branch was conducted in the afternoon. Andy Mardes who served on the Committee as Treasurer for twelve years stepped down at this AGM, and a motion was passed unanimously to thank Andy's tireless and devoted service to the members of the Vic Branch. The Committee advised that Jenny Meltzer serve as the Treasurer. The AGM also endorsed the appointment of James Gillan to the Committee.

As part of "Other Business", Ian George spoke about the way of working collaboratively using an analogy of fruit (You can see Ian's same presentation on YouTube [here "The Suit with the Fruit"](#).) and James Gillan spoke on the vision of establishing a Melbourne Centre for the Victorian Branch. These

were followed by member discussions, in which various comments, clarifications and opinions were expressed.

We have received a couple of submissions for the Newsletter regarding the discussions that took place during the AGM, but after some discussions in the Committee we have decided not to include them here as they were deemed unnecessary for the general readership. However, the Committee welcomes your ideas and perspectives on what we do as Society, and we are happy to discuss them in our meetings or to hold a member forum for discussions. Please write to us or speak to us.

(Reported by Yasushi Hayashi)



VIC BRANCH ACTIVITIES in July, August and September

All to be held at Aurora Australis Anthroposophical College of the Arts, 2 Union Street, KEW.

"Furthering our Spiritual Development" with Birgith Lugosi

We will have an opportunity to meet and to further our understanding of spiritual development through Rudolf Steiner's wealth of insights into meditations and practices. These are gifts to Mankind! It will help to bring our understanding of deep anthroposophical wisdom into our daily life through our thinking, feeling and willing. Be inspired to give new life into your soul overcoming the challenges of our times. Create new Visions for yourself and strengthen the will to manifest what you envisage.

Saturday 23rd July 11 am - 2 pm

Saturday 30th July 11 am - 2 pm

Fees for two days: \$60 for members of the Anthroposophical Society; \$70 non-members.



Lecture by Nigel Hoffman "The threefold social order understood through sculptural, musical and poetical thinking"

Saturday 13th August, 11 am

Nigel is an Artist and a Steiner teacher, and he published for many years "Magazine for the Arts". He also lectures on Social Threefolding, a social vision by Rudolf Steiner. \$20 for members of the Anthroposophical Society; \$25 for non-members. Contact Birgith for enquiries at 0448 844 453.



Photo of Johannes Schuster giving a lecture at the Vic Branch Easter Festival.



Michaelmas Festival

Sunday the 2nd of October, 10 am – 4 pm

The morning will start with a lecture by Stephanie Isvik from the Southern Highlands who will share her deep spiritual understanding on our Time Spirit Michael. The festival will also include a performance by the Aurora Australis Stage Group, "Spirit of Michael". Other speakers and the full program will be announced in due course.



COLLEGE OF TEACHERS AND DEEP LISTENING –YASUSHI HAYASHI

The Pedagogical Section is a part of the School of Spiritual Science at the Goetheanum. The work of this Section was not reported at our recent AGM because there are no particular initiatives in Victoria within the framework of the Pedagogical Section. At present the Pedagogical Section of Australia is coordinated by Peggy Day of Glenaeon Rudolf Steiner School in Sydney, and many meetings and studies have been organised, online in recent years. In reality, the number of Steiner school teachers who are members of the Anthroposophical Society is low, let alone members of the First Class of the School of Spiritual Science. Within this background, however, we regard any educational activities in Steiner schools as the domain of the Pedagogical Section, especially work that has an esoteric foundation, such as the work within the College of Teachers and how we understand students with deeper esoteric insights. Therefore, we regard all Steiner school teachers as co-workers in the Pedagogical Section.

Before the opening of the Waldorf School in Stuttgart in 1919, Rudolf Steiner gave the twelve Waldorf teachers-to-be a picture of how they were to ask and receive spiritual guidance from above. Steiner said,

“...we wish to begin our preparation by first reflecting upon how we connect with the spiritual powers in whose service and in whose name each one of us must work. I ask you to understand these introductory words as a kind of prayer to those powers who stand behind us with Imagination, Inspiration and Intuition as we take up this task.”

The words that followed were not recorded by the stenographer, but three participants recorded it

privately afterwards, which came to be known as the College Imagination. It became a tradition to pass this on to a new member of College in Steiner schools all over the world. The text is now published and openly available. The following is a version by Caroline von Heydebrand.

“We want to form our thoughts so that we can be conscious of the following: Behind each of us stands our Angel, gently laying hands upon our head. This Angel gives each of you the strength you need.

Above your heads hovers a ring of Archangels. They convey from one to the other of you what each of you has to give the other. They connect your souls. Thus you receive the courage you require. From this courage the Archangels form a vessel.

The light of wisdom is given to us by the higher beings of the Archai, who do not form themselves into a ring, but come from the beginning of time, reveal themselves and disappear into primordial distances. They project into this space only as a drop. A drop of time-light falls into the vessel of courage from the active Time Spirit.”

*From The Foundations of Human Experience,
(aka Study of Man), R. Steiner, GA293*

What is “what each ... has to give the other”? – It is what one gains through the meeting with one’s Angel, and as such it is not knowledge or skills in the usual sense but what one has learnt by overcoming something in oneself, and this becomes the pedagogical strength and inspirations to the others. Out of the diverse life experiences and deep listening, the group of teachers will receive intuitions to act collectively.

It is easier to create a spiritually charged atmosphere in College meetings when we meet

to contemplate on a particular child ('Child Study'), helped by the reverence we feel for the being of the child. It is much harder to create this mood when we discuss 'business items'. However, without a commitment to such deep listening, the College work becomes a mere "Teachers' Cooperative". It would be "democratic" in form, but lacking in spirituality, and there would be a danger of bureaucratic attitude creeping in.

Whenever we have deeper questions, sensitive issues or decisions that have far-reaching consequences, we need to work out of this deep listening (Cf. the Aboriginal practice of 'dadirri'). Then, a new idea that had not been discussed before may emerge as a solution, sometimes named by a colleague who had not spoken in the meeting.

I imagine we can work in this spirit in any group work within our movement. Each member's spiritual striving and 'deep listening' known as the art of Goethean conversation are two crucial ingredients to this.

Yasushi teaches at Freshwater Creek Steiner School.



REFLECTIONS ON EURYTHMY

—IAN GEORGE

For those who missed the Eurythmy performance at the Whitsun Festival on Saturday 4th June, I would like to offer these thoughts.

I first met with Eurythmy last century, initially when the Stuttgart Eurythmeum toured Melbourne in 1986 and then at Aurora Australis in the early 90's.

I was unsure what I was doing in a Eurythmy class, or why I had bothered to enrol, because I was a commercial builder at the time, not an artist. Looking back now I can see that Eurythmy opened my heart to experience the etheric world, not for the first time perhaps, because I had some

glimpses from the past, glimpses that I did not understand, or that I did not really notice. However, Eurythmy enabled me to experience this world consciously and in a way that I could discover how I could work with these forces in daily life, and in my business life.

The experience changed me at a profound level and informed my future world. Without Eurythmy, I doubt that I would have become aware of the most significant impulse which lives in the world, and which joins human beings together and with all of nature.

There were two Eurythmy performances at the Whitsun Festival from Jane Gardner and Susan Gould. Jane received her Diploma in Eurythmy in 2020, and her contribution was inspiring and filled with the impulse from the music she moved for us. Susan received her diploma in 1999 and has taught Eurythmy and performed Artistic Eurythmy for many years. Susan also showed us just what it is to be inspired by this new art, and what can happen when the space is consciously sculptured by the soul, and spirit.

It is easy to imagine why Rudolf Steiner also described the Etheric Body as the Body of Formative Forces and the Love Body.

What one can take from these performances is the wonder of this new art form that Steiner inaugurated, which look forwards to the future, as humanity continues to develop its ability to perceive the etheric realm. A future where perhaps there may be no need to speak or to play music, the future Eurythmist will (simply) move the space and everything needing to be expressed will be expressed.

This new art is truly inspiring; don't miss an opportunity to see a single performance, to see the world anew through the Art of Eurythmy. Better still...if you have an opportunity to move Eurythmy, to be taught this special art, then don't

pass it up. It will change your life, this one and the next!

Thank you to the Eurythmists and to those who teach them.

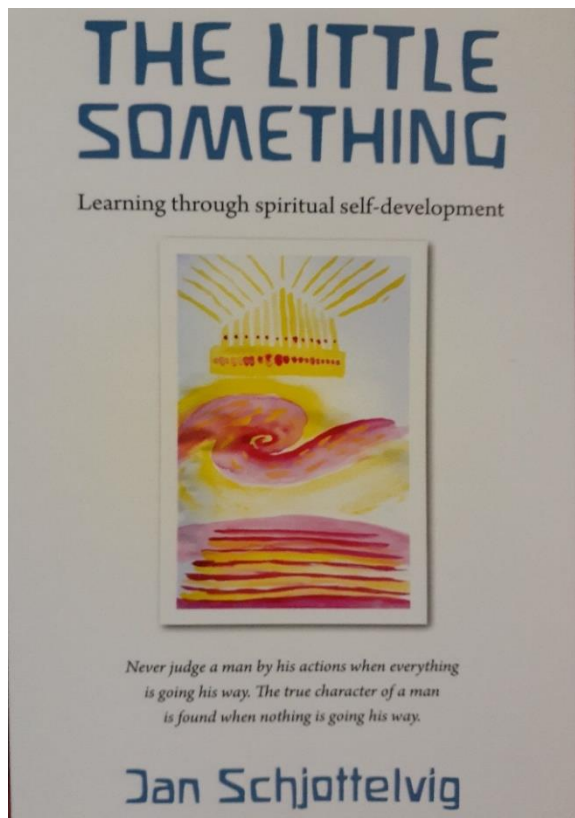


TWO MEMBER PUBLICATIONS

THE LITTLE SOMETHING—Learning through spiritual self-development, by Jan Schjottelvig

Jan Schjottelvig MBA, GAICD is founder and Managing Director of Transparent Consulting, an organisation focused on the overall wellbeing of individuals, couples, families, groups, communities and companies experiencing a difficulty or crisis. He has been engaging with many companies around the world, including The Voith Group, Toyota Motor Corporation Australia, Qatar Development Bank and Metro Trains Melbourne.

He has had experience in many industries and sectors including manufacturing plastics and bio-plastics, chemicals, steel, mining, and oil and gas.

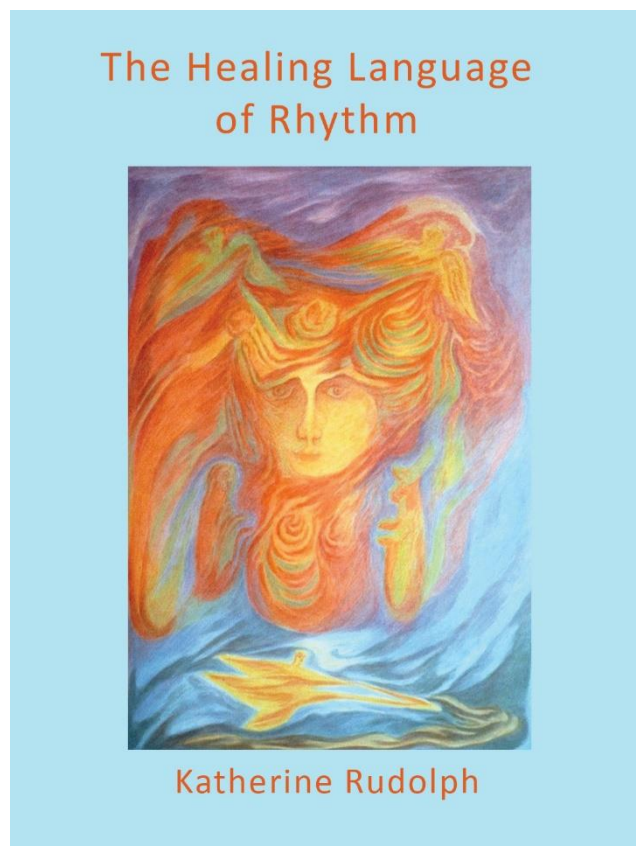


In January this year he gave a Lecture at the Anthroposophical Society here in Victoria and introduced his book. It is available from the Anthroposophical Society, Vic. Branch, for \$ 29. Contact Jan at: 0497 779 918.



THE HEALING LANGUAGE OF RHYTHM, **by Katherine Rudolph**

In her latest book, Katherine Rudolph explores the Rhythmic Metres, which originates in the 24 ancient Greek rhythms but as applied to the present-day consciousness. Her workshop scheduled at the July Uriel Event has been postponed. A new date for her workshop will be announced in the *Anthroposophic Evnets in Vicotria*. Contact Katherine at: kvrudolph7@gmail.com.



THE WIDER WORLD

Announcing the APOAM – Australian Post Graduate Orientation in Anthroposophic Medicine

Since the International Post Graduate Medical Training (IPMT) in Australia finished in 2017, there has been no further national trainings available. For naturopath Sarah Mann, this led her to seek out training overseas in Germany. Returning to Australia, it was clear to her that education, training, and opportunities to develop together are at the heart of healthy regeneration and growth for Anthroposophic Medicine in Australia. Without this, there is a widening gap between the founding generations, experienced practitioners, new practitioners, and young people.

With a training available, there will be a place for all generations of therapists to share the gifts of their generation and the voice of their generation to the health of Anthroposophic Medicine in Australia.

More on this from the website of the Anthroposophical Society in Australia:

<https://www.anthroposophyau.org.au/updates/a-new-initiative-for-an-anthroposophic-medical-training-in-australia/>



Das Goetheanum Weekly – online English edition

As featured in *Anthroposophy Worldwide* (Edition 5/2022), the weekly magazine Das Goetheanum, first published 101 years ago in German, has also been available online in English since 25th March. Some recent articles, in the following categories are:

Deepening

- The First Will Be the Last, by Johannes Wirz (Natural Science)
- Dialogical Management – A Path to Better Decisions, by Uwe Urbschat (Social)
- No Freedom Without Development, by Philipp Reubke (Education)

Spotlights

- Not Only Calculating But Also Feeling, by Ueli Hurter (Business)
- The Fear of the Neighbor, by Hans Hasler (Geopolitics)

News

- Preventing Abuse (Education in Germany)
- Biodynamic Wine List, and Organic Home Delivery (Germany)

Musings

- Destruction And Reconstruction, by Xiao Tu (Health)
- Actually, I Light My Own Light, by Markus Stettner-Ruff (Education)

Seeds

- The Temperature of an Encounter, by Wolfgang Held (Social)
- What Do I Mean by Anthroposophy Today? By Heinz Zimmermann

You can subscribe the English Edition of Das Goetheanum Weekly for a fee of 80 EUR per year by visiting:

<https://dasgoetheanum.com/en/subscribe/>

You can read a few articles for free. Visit:

<https://dasgoetheanum.com/en/>



USEFUL THINGS TO KNOW ...

Vic Branch Committee

Birgith Lugosi Branch Secretary, Festival Co-ordinator 0448 844 453 birgith.lugosi@gmail.com
Jenny Meltzer Treasurer, Vic Branch Library
Yasushi Hayashi Vic News Editor 0499 685 881 yasushi.hayashi@yahoo.com
Elizabeth McKay
Ian George
James Gillan

Vic Branch enquiries: anthroposvic@gmail.com or birgith.lugosi@gmail.com

SCHOOL OF SPIRITUAL SCIENCE Meetings of the First Class: Please check with the class holders.

KEW - 2 Union Street	WARRANWOOD 37A Wellington Park Drive
4 th Sunday of month at 10am*	3 rd Sunday of month at 10am; Feb. to Nov.
2 nd Friday of month at 7.30pm*	Class Holders: (Free rendering)
Class Holder: (Free rendering)	Guenter Zimmermann 03 9727 2456
Birgith Lugosi 0448 844 453	David Morgan 0401 999 402

ESOTERIC DEVELOPMENT GROUP for Class Members

WARRANWOOD 37A Wellington Park Drive.

1st Sunday of Month at 10am Rob Gordon 0417 033 744

VIC NEWS - Please send your member's news, reports, initiatives and creative contributions by email to:

The Editor yasushi.hayashi@yahoo.com or to anthroposvic@gmail.com

CLOSING DATES for Spring Edition, September 2022: 4th September

LINKS and CONTACTS

Visit these websites for further information:

The General Anthroposophical Society:

goetheanum.org/en

The School of Spiritual Science at the

Goetheanum: goetheanum.co/en/school

The Anthroposophical Society in Australia:

www.anthroposophyau.org.au

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Editorial Note

Earlier in the year Janina Papas in Maindample donated to us the back issues of the Newsletter from Dec. 1989. A fascinating read for me to see how it's changed over the years. In the early days the Newsletter was published and physically distributed eleven times a year! ☆ In 2016 as the distribution moved to sending by emails, David Morgan as the Editor wrote: "Your committee has resolved that the Newsletter needs to respond to the changing situation all are in, and to allow it to become a forum for members, their news, views, initiatives and events..." I joined the Editorial Team in Dec. 2017. My impression is that member contributions of articles have not really increased. ☆ Do you read the Newsletter? On your screen? Do we want more inspiring lectures published? Do we want *the Anthroposophic Events* in paper copies for shopfront distribution? If anyone is reading this, send us your thoughts. YH