

Anthroposophical Society

in the Western Cape & the Basil Gibaud Library
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Christmas Issue – 2024

Editorial

Here we are together, in the bright outer solstice light preparing for our Summer Holidays! I find myself longing to recover from a year that has swept by leaving me somewhat breathless in a world gripped by earthshaking affairs.

I ask for strength, that I may not fold-up, dissolve or become distracted by the superficial and miss the opportunities that Advent and the Holy Nights offer. May we all find a mood of calm, of peace, of growing hope.

Gathering the contents for this Newsletter has been a support, as it speaks of so many happenings within our community that provide ways with which to navigate these times.

You will find vistas of the growing BD initiatives in our land and of the devoted work within the McGregor Community. You can hear of the development of many courses within the Active Practical Love Initiative (South Africa), which show the facilitators' 'dedication to the development of love in a world that is growing in its need for love'. In the section 'Meet our Members', you will find beautiful writings honouring the lives of two of our, perhaps little thought of, 'elder members'. In the report on the Reincarnation and Karma Conference you can read about the work amongst us that is a move towards becoming more receptive and malleable in our thinking, subtler in our feeling towards each other and more sensitive to the underlying contexts of life. It is our intention to continue work with this theme on into the new year for, as Rudolf Steiner said, "really practical karma reflections are precisely what our civilization is in need of to give it new impetus and depth" – 16 April 1924.

In the spirit of seeing and giving strength to each other I wish you a very blessed Advent and Christmas time.

Caroline Hurner

*"The lights on the Christmas tree are symbols.....
Let us allow these lights to say to us: if you, human soul, ever grow weak, if ever you believe that the goals of earth-existence are beyond your reach, think of our divine origin and become aware of those forces within yourself which are the forces of supreme Love.*

And as you develop your highest potential, become inwardly aware of those forces which give you confidence and certainty in all your works, through all your life, now and in all ages of time to come."

Rudolf Steiner "The Birth of the Sun-Spirit as the Spirit of the Earth"



Meeting our members

Last Christmas a space was created within our Newsletter where we could meet each other. Here we introduce two remarkable women, Taya Cundill – McGregor – and Veronica Blomerus – now living in Vossberg. Each have had long and active lives, the largest part of which, they have been members of our ASWC.

Taya, friends for fifty-five Years

Taya is my dear friend. It is out of this deeply rooted friendship that I write that I describe some of our experiences together.

I do not write of Taya, the elder, for what indeed is an elder other than a friend of integrity, who can bring the wisdom of years of direct experiences, to help others around them.

Taya is an exceptional listener, an eternal learner, who strives with her whole being to bring love into all her interactions.

She has a natural graciousness, a wonderful cadence to her voice, when she reads aloud. She reads our verse to begin every study and festival of the group.

Taya and I have had many adventures. One that particularly stands out in my memory, is climbing Glastonbury Tor at dawn. Up though the thick mist we climbed, following the ancient initiation paths that circle the ascent of the Tor. Both of us hoping and dreading we may just see Avalon rising. We said not a word to each other. When we reached the summit, we sat gazing out over the swirling, appearing and disappearing landscape. Did we glimpse Avalon?

Perhaps, each in our own way, we did. We were both much moved, quite awed by the experience.

Over the years, the now many, many years, we have celebrated innumerable birthdays, Christmas's dinners and lunches together.

We still meet every Saturday morning for 2 hours of serious and in-depth conversation. We have met ever since I moved to the village of McGregor.

Years ago, now, Taya, fundraised in England, then bought and opened a Safe House for desperate and abandoned children. Her inner promise to care for each of them until they were 21, she has carried through.

The 'children' now in their early thirties, still to this day, turn to Taya for strength, for advice, a coffee, perhaps a poached egg on toast, whatever is needed in the moment.



Taya at the recent 30 years celebration of McGregor Waldorf School with three of her 'children from Pondo the children's home that Taya founded, who all attended the school.

She worked closely with Briar, who was carrying an initiative to open a Waldorf school in the village.

The school is celebrating its 30th anniversary next Saturday, on November 2nd.

Is Taya an elder? If an elder is kind, forgiving, wise and gentle, one who understands and helps others, then, my beloved friend Taya is indeed a true elder.

by Gwynn Dawson

Honouring Taya Cundill

Heart Sister, Destiny Sister, Sister in Initiative,
Sister in Anthroposophy.

Our first meeting, embedded in gold in my memory
At the Tea Trolley, during a break at Novalis College
When I learned of your dream, and you learned
of mine...

Yours a Children's Home in McGregor,
Mine a Waldorf School in McGregor.

It was as though our angels wove a glistening
web around us

All that existed, was the inside of it.

We skipped lectures, Time disappeared, magic
happened.

We lived on the wings of our angels
Touching fingers to laugh together, to cry together,
To share joy, birth pangs, deepening, and more
deepening.

Our initiatives so intertwined, that even our bank
accounts were confused.

The walks on the dam wall, overnighting in cottages,
deep in the mountains

Overlooking the village, our beloved village.

The studies, where awakening happened,

Where our hearts opened, and rejoiced,

We helped each other's dream come true.

Laughter, so much of it -

Camping together, falling over tent poles,
collapsing the tent

Whizzing around shops, trying on, trying on...

weeping from the fun of it

Friday nights, girlie nights,

Glasses of wine, cheap romantic movies, chocolate

To relieve the tension of it all.

Meeting Peter, Michael's Witness at our marriage,
and you, mine

The hilarity of the 'night before' ... trying to starch
my wedding headdress,



Taya Cundill's 80th Birthday with Briar Grimley

Collapsing with word play, life stories, it was all
rather hysterical...

Thank you for who you are, dearest Taya,
For your care, no matter who meets you on your path
For your interest, your listening, your humility,
Your humanity, your selflessness and sacrifices, your
unconditional love
Everyone wants to be your friend
And indeed, I am honoured, to count myself
amongst them.

Briar Grimley

... Meeting our members

Veronica Blomerus as a Pioneer for Waldorf Education

Veronica began at the Constantia Waldorf Kindergarten in 1973 and taught for forty-two years. Before this she had completed two years of training in curative education and one of teaching practice at Camphill, Hermanus. Veronica has always been known for her profound understanding of children and their development. Thus, before long she was able to share her knowledge and insight with others, at Michael Oak, in the township of Philippi and Gugulethu and then at the CCE as teacher-trainer for 12 years. Above all Veronica was well known for the festivals she created with her fine artistic sense and vision. Each was beautiful to behold, with a remarkable depth of meaning wrapped in child imagery.



Veronica Blomerus

Who is this person? This mysterious and shimmering beacon of insight, of clarity, of depth, of precision, witty and light as a feather; this monumental thinker, with life's intelligence streaming through her; original as the as-yet-unborn day – always stretching, defying, challenging, listening, hearing, reaching skywards and beyond while firmly grounded in the life world.

Light as a sprite, quick as quicksilver, sharp as a sword, gentle as the golden orb of the flickering, undying, eternal flame; fierce and uncompromising as life itself. Faithful to the form that enables true freedom; unwaveringly faithful to life.

I met Veronica at the Constantia Waldorf School in 1977. For all these years (perhaps, it would seem, forever), she has been my friend, my teacher, my mentor; the one who enables a resonance of meaning to soar infinitely through true encounter and endeavour. We have laughed together, like children. We have cried together. Our destinies powerfully interwoven. The threads that connect us are as gossamer – incandescent, flexible, almost and barely visible, yet strong and resilient as the rhythms and callings of Time. Perhaps this is what we have (unspokenly) committed ourselves to, together – an irreducible dedication to Truth.

Thank you, Veronica, for this life encounter. Beyond this, I have no words for my gratitude and my love.

by Sue Davidoff



Veronica shares of herself

On returning to South Africa from a seven year sojourn in Greece where I lived with my parents and where I was educated, I, together with my mother paid a visit to the "Old Adlers" on their Kempton Park small-holding. Callie and Zdenka Adler were the parents of Lawrence Adler with whom my mother, Mary Davies, exhibited her paintings in his Adler-Fielding Gallery in Johannesburg.

I recall a conversation with Callie while sitting in their living-room which was entirely constructed from slate and stone in various shades of brown. The room was simply filled with crystals of every kind and size, softly glowing and shining, and having just arrived from Greece with its particular light enhances sky and sea colours of blue and silver, it felt as if we were in the earth, in a crystal cave.

He enquired after my favourite subject in school and after hearing that it was the ancient Greek philosophers, asked if I lent more to Aristotle or Plato. I explained that Plato was much easier than Aristotle, but that the one I really loved was Socrates. A silence fell, and then he suggested I look into a modern philosopher called Rudolf Steiner as I might equally love him.

And so it is From the Karoo, where I now live under the night sky's starlight, may I with deepest gratitude offer the following poem.

KAROO CHRISTMAS

*Beyond the stone furrow
A Christmas noon shining
Karoo lit and storm strewn
Rises majestic the Heart
In grey rain river road
There, shone with heat and lightning
The Shadow of the Christmas Star appeared
That day when I was there
His sorrow came upon the noon
And stood about the hour
Broad and deep and lame,
And filled time to heaven in the rain.*

Veronica Blomerus

Veronica in Vosburg from 2016 on ...

Written and collected by Trish Lague

Just over eight years ago, a large removal truck toiled up beside a small house in the Karoo and absolutely dwarfed it. Several boxes and some furniture were handed out before it rolled away. Veronica took her belongings inside - but the boxes mostly remained unpacked for a long while. It was not plain sailing from forty years in Croft Cottage to the remote and dusty village of Vosburg - built around the Dutch Reformed Church and bathed in the Afrikaans language. Educated in Greece, Veronica had missed out on Afrikaans, but with her powers of imitation and her insistence on not being spoken to in English, she was soon part of town life.

Despite having a big garden and broad veranda, Veronica often chooses to sit on the pavement stoep and there she meets the whole town and some of the wider world as well - here she chatted to Oom Charles in the street for hours. One thing she has not become accustomed to in all the years is being addressed as 'tannie'. A young farmer recently greeted her enthusiastically: "Hallo Tannie." "Hallo Oomie!" she responded without a blink.

'Tuishuis', Veronica's sun-golden huisie, stands on the corner of one tarred and one dust road, green shuttered and gable roofed, hemmed in by tall Casuarinas where storks nested for a season. Going into the house, two rooms lie (Karoo-style) on either side of a short passage leading into the voorkamer and kombuis. The floors gleam as if polished by crystals and eight or nine cats reserve for themselves the best places. On the bamboo-ceilinged veranda overlooking two enormous orange trees are a couple of grass chairs, recipients of diamond-coloured conversations.

Down the veranda steps one tumbles into pots of overflowing roses and herbs in the shade of the citrus trees. Children who come down from the north-west suburb on the look-out for fruit no longer clamber up the wall, trying to hit the oranges down with long sticks when no-one is looking. They line up politely now and knock at the front door, asking with an "asseblief" and receiving with a "dankie". They are careful to drop their orange peels well out of sight, down quite another street!

The mornings - hot in summer, icy in winter - are filled with cats arguing over breakfast; possibly an excited visit from a Cape cobra; coffee at one of the three shops - Erika's, Lisa's

or Die Ketel; collecting the milk; picking up the bread; odds and ends from the Co-op; a chat over the fence; perhaps helping to arrange tables and prepare for a special event; at least a monthly grocery trip to De Aar - over an hour away - and sometimes even further afield to Kimberley or Bloemfontein.

The afternoons are peaceful – the heavy books in the big glass-doored cabinet are enlivened with Etienne’s comments left in the margins. And in the evenings a roomians dashes from floor to ceiling and down again and out; scorpions commence their hunting; bats and owls take over the night sky. Stars appear – indeed the whole Milky Way – and there might be supper out, or a street braai; and of course a visit to one of the neighbours ...

LORAINÉ BOTHA:

Ek loer oor die wasgoed draad en daar staan my dierbare vriendin, boom liefhebber, passievolle, energiekemens. Wat ’n ervaring om haar in

Jou lewe te hê. Sy het die kennis en ervaring om jou twee keer te laat dink oor jou gesette denkwys in die lewe, want haar siening is besonders. Diere liefde kom altyd eerste en sy skroom nie om jou so sleg te laat voel dat jy om verskoning vra as jy weg gaan. ’n Groot hart mens, altyd besig...

SANDRA LEMMER:

Meeting Veronica my neighbour in Vosburg for the first time was like meeting ‘the top specimen human being’. Her love and connectedness with my border collies were our first interaction and I realised that she was a special person experiencing life and the earth in a different and more honest way, the way I think we as humans were actually supposed to be. She encouraged me to become more, experience life and the universe more. She understood my textile art that very few people could - she understood exactly what it was that I was trying to say with my textile art without me having to explain anything. It’s as if she’s ‘connected’ on a different level. I am honoured to know her I’m just sad that I only got to meet her at the later stage of my life.

ANNA FOURIE:

Veronica is klein van postuur maar groot van gees! Sy is innemend, interessant en vol pret! Duidelik sien sy kans vir baie en kommunikeer altyd reguit en eerlik. Sy maak ’n verskil waar sy gaan en dit is altyd ’n fees om haar te sien. Ons is bevoorreg om Veronica in ons midde te hê.

ERIKA DE KLERK:

Lois Wyse said “A good friend is a connection to life — a tie to the past, a road to the future, the key to sanity in a totally insane world.”

This is our friendship, my friend Veronica Blomerus and I are two totally different women who met in Vosburg and immediately felt a connection on a level not experienced in every lifetime.

We travel from Bloem to Vosburg and we tell stories what we see in the clouds... We will fight with ‘swords’ and laugh like children, we would sit in a restaurant, feel the atmosphere, food, music, smell and be in another city! We can listen to music — without even saying a word — and feel something bigger than what we are!

We can only look at each other and know “today is a good day...” Or as Veronica would say “what a crap day Erika.”

Veronica, thank you for your knowledge, insight, understanding, your ‘ears’ for listening and thank you for just being you. I appreciate you, girl!

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“Understanding of the world as it actually is; the ability to bring spiritual knowledge right down into the practical life of humanity, into the stubborn spheres of technical industry & economics, as well as into the thinking; the moral life; & the actions of the human being – this is one side of Rudolf Steiner’s challenge.

The other is, the development of the inner life of soul, which generates love for human beings, and the wisdom to promote their spiritual & social well-being ...

The inspirer of the 20th century has lived among us, & lives among us still. Is it not for us to work as labourers unto harvest?”

~D.N. Dunlop, “Rudolf Steiner and the fulfilment of the Quest”.

Being the change the world is needing

The Active Practical Love Initiative (South Africa)

- [How to Love](#)
- [How Children Learn](#)
- [Listening](#)
- [Listening for Decision Making](#)

Two years ago, we introduced the Active Practical Love Initiative (South Africa), now a worldwide movement. The course originator Tessabella Lovemore, being Tessabella, is in the constant flow of remaking herself, and remaking her courses, and adding more courses and studies. She is forever doing research and reading research, And sharing it with us. This means that we can flow with her in the light and warmth of her dedication to the development of love in a world that is growing in its need for love.

Many studies are being done on the effects on relationships of trauma, for example from disconnection (post-Covid), loss, war, to name a few. This new material is then brought into our courses and interactions, for our own, and others' development of the capacity to love – so that we, and those we run the courses for, can BE the change the world is needing. It is being shown over and over again that love heals.

In South Africa two facilitators are currently offering the How to Love course. From 2025 this course, the *How Children Learn* and a first *Hoe om Lief te Hê* course will be offered as well as possibly a *Listening for Decision Making* course and a *Sense Enabled Mindfulness* retreat. See below for the details in each facilitator's section.

There are ongoing opportunities for professional enrichment and growth. A group of us meets once a month on Fridays working through the lessons as they apply in our personal lives. These are all people who have repeated the course three times with Tessabella and can now teach it, or get more practice before teaching it. Course facilitators meet six times a year in the international circle as part of formal supervision. Here we continue to learn and to share experiences with each other and have the opportunity to discuss any questions that arise from facilitating the courses. This gives us opportunities for self-reflection, support and deepening. We also have a group that practices the Listening, and Listening for Decision Making processes every second Friday.



Briar Grimley (APL)

Another development in 2024 was the establishment of a *Sense Enabled Mindfulness* research and study group, led by Lara Küppers. Although this initiative now operates independently, many of the members are also teachers from the *Active Practical Love Initiative*. This group aims to continue Tessabella's research on the healing benefits of working with the twelve senses.

Course facilitators

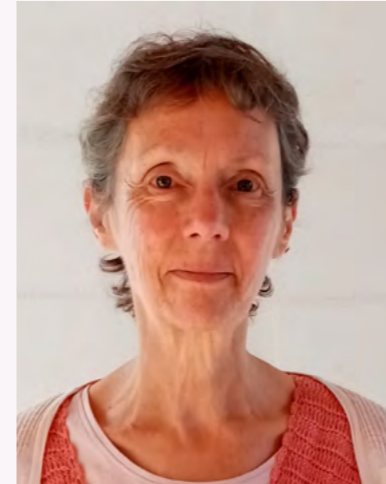
BRIAR GRIMLEY

Whenever I offer a course in How to Love I am warmed through by the simplicity, depth, and awe at the importance of it. At the moment I am offering an online course, and an in-person one in McGregor. We are warming up to the course material, our buddies, and with everyone on the courses. Buddies are our partners with whom we work between course sessions. We have moments of laughter, sadness, and deep recognitions in ourselves, and with others. It is all about relationships, and we are building them.

I have also attended the *Listening, and Listening for Decision Making* courses – a most helpful course for building capacity for working in groups. My intention is to offer this course to Waldorf School Colleges of Teachers, and any other management groups wanting to improve their decision making skills.

Tessabella also offered a Mental Health course which I am working through once a week with a fellow traveller. There is so much need for understanding, care and love in the world – Tessabella has poured her life into understanding and supporting this need. I feel so blessed to be part of this profound initiative.

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Cobie Roelvert (APL)

COBIE ROELVERT

I have started a first How to Love course with six people in Studio Quella in Noordhoek in July this year. I feel very privileged to accompany the participants on this journey of discovery and growing our awareness in the field of relating. It is precious to learn what hinders loving relationships, whether it be in the home, the boardroom or at the tennis club, and to find the helpful tools to let the capacity to love re-surface.

This group of four women and two men meet on the first Saturday of the month and in our discussions we share our insights, observations and questions. The discussions help us to learn the importance of deep listening and of holding space for each other so that we can courageously speak openly.

In 2025 I plan to facilitate the *Hoe om Lief te Hê* course.

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PENNY PERRIN

2024 has been a year of transition for me as I left full-time teaching after nearly 15 years at Constantia Waldorf School to focus on my work as a transformational coach and youth mentor. Part of my work as a coach will be to combine my backgrounds in high school and early childhood education, coaching and my experience as a mother, to support clients in creating lives abundant in joy and love.

Tessabella has been an inspiration and a mentor since first baking bread with her when my girls were toddlers, her wisdom and guidance has become an integral part of my development. As one of the directors of the Active Practical Love Initiative, representing the Global South, I've been committed to expanding its impact and maintaining Tessabella's connection to South Africa.

This year, I've facilitated How to Love workshops and I am preparing to also introduce How Children Learn in 2025.



Penny Perrin (APL)



Shona Saayman (APL)

In a world that often rushes childhood, my goal is to support parents in nurturing healthy non-violent family environments that best support the development of free human beings.

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SHONA SAAYMAN

I had the privilege to attend Tessabella's Active Practical Love training in mid October 2017 in Cape Town. A group of us embarked on the first annual round soon thereafter. This continued through to our fourth/fifth year to July 2023, covid hiccup included.

I came to Tessabella's course as I felt I had close relationships that needed healing, and I knew the person who needed to do that work the most was me. I have been a daughter, mother, sister, friend and wife in no particular order. I am also an Occupational Therapist working within Mental Health with children and adults for almost three decades.

I learnt so much about myself and others whilst in relationship and going through the twelve lessons annually. I am inspired to weave in process artwork and somatic experiencing next year. I bring experience of being trauma informed, addiction recovery and running mental health support groups for the last 13 years or so, as well as inspired by the energy source of creativity. I am considering offering this as an online experience and for women going through the transition of menopause in 2025.

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LARA KÜPPERS

2024 brought me back to South Africa after being away in Europe for 18 years. Whilst overseas, I spent seven years teaching at the St Michael Steiner School in London and then went on to being a full time mom to two boys in Switzerland.

Tessabella has inspired me to be a better mama for my children and a kinder wife to my husband. In general, her courses have shown me a way to overcome my own childhood traumas and patterns, in order to do it differently. I feel passionate about bringing this inspiring work to families here in South Africa because it is so simple and so effective.

In 2025 I plan on teaching the How to Love as well as the How Children Learn courses and hopefully running a Sense Enabled Mindfulness retreat, based on research done with Tessabella on the twelve senses.

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Lara Koppers for Active Prac Love article (APL)

SOME FEEDBACK FROM PARTICIPANTS IN THE HOW TO LOVE COURSE:

“We were shown how entering into the world and thinking of ‘the other person’ helped to gain a new understanding, and create a place for loving interaction instead of judgement. Through the exercises given during the course so much was revealed about expectations and our inadequacies and unloving behaviours. It struck me how seemingly simple things can show so much. The thought that we free someone to be who they really are and that we can start giving love immediately without waiting for our own perfection and that we free ourselves also in this way were such powerful realisations.”

“Continuing Active Practical Love as a way of life has become an ideal and inspiration for me. Sharing in such a safe group as is created in a How to Love gathering is very unique. It is coming together truly in freedom. Coming together in this way becomes a healing balm in one’s daily life.”

“The How to Love course is making a significant and wonderful impact on my life and my personal growth. The concepts we cover every month are simple, but when processed in a group they are deep and profound. We are not even half way into the course and I have noticed the difference this work has made in my interactions and relationships with others. I strongly recommend it and I would easily do the course again as there are so many layers and levels to loving in this life.”

“This course is helping me identify aspects of myself that need modification and change. Each lesson is sensible, practical, and manageable. The material is familiar, yet the perspective feels fresh and enlivening.”

“I have found the course insightful, transformative and profound. It feels as if deep healing is happening. This is not always comfortable but feels long lasting.”

“I have several times in the past few years attended the course in various formats. I have each time been highly inspired by the potential healing for all and for everything that has been embodied in the very content of the course and refined over time by the course creator, Dr Tessabella Lovemore. With deep gratitude and to the best of my ability I now apply what I have learned from it in my daily life, with unquestionably positive results. The course is amazing! All I can say is ‘Do it!’”

Transnational Anthroposophical Community in Africa

On 1 September, following six years of preparatory work, people from eight countries have organized themselves as the ‘Anthroposophical Society in Africa’.

This is a community of individuals from different countries in Africa, in the spirit of Anthroposophy. We feel deeply related as a community because our political borders are not an organic development from indigenous people, but rather an outcome of the colonial scramble and partition of the African continent. We aim at bringing together all those in the walk and interest of Steiner’s philosophy. We are translating the African historical richness into future perspective views for a new community in Africa inspired by an anthroposophical knowledge of humanity and oneness.

LOCAL ANTHROPOSOPHY

This impulse is a result of a seed planted during the annual seven-day All Africa Anthroposophical Training (AAAT) which began in 2018. Most of us came into contact with anthroposophy through its pedagogical impulses in East Africa (the Waldorf Schools) but lacked a shared unity and a platform to bring us together, as we had each come across anthroposophy independently and thus found a connection with the Goetheanum individually (mainly through the Waldorf schools).

It became meaningful to organize ourselves into a community after organizing and participating in the AAAT which during the last 5 years took place mainly in East Africa (Kenya 2018, Tanzania 2021, Uganda 2022, Zanzibar 2023) and once in Zimbabwe, in 2019. The big question that arose for most of us was, what can live on with the local people after this wonderful seven-day training? How to continue sharing and deepening the lessons from the AAAT? How else could it happen if we don’t want to rely only on participating in the future AAAT sessions as they travel far from East Africa to the rest of our brothers and sisters elsewhere on our continent? In which way do we want to relate to each other and the world around us?

STEPS TOWARDS FORMING A COMMUNITY

It took us six years to meditate on these questions and actualize this unification which was made possible by the annual AAAT meetings in different African countries. Then after a year of intentional conversations with the support from different people (including Dr Friedemann Schäd, Dr Michaela Gloekler, Wilfried Böhm, Joan Sleight), eleven of us dreamt of a united Africa through anthroposophy. On 1 September 2024, during the 6th All Africa Anthroposophical Training in Botswana, we formally initiated the Anthroposophical Community in Africa. A ceremony took place in Otse Botswana, at the Botswana Camphill Trust, witnessed by more than 30 people.



OUR OBJECTIVES

We wish to

- Deepen our anthroposophical knowledge in relation to the African narratives and give our contribution to the world.
- Bridge the gap between African communities and the rest of the world in the anthroposophical movement and facilitate our representation in global anthroposophical matters.
- Share information, linkages and support to our community members, from the available resources and opportunities in the global anthroposophical movement.
- Support, mentor and build the capacity of our community members in their personal and professional development and the impulses that live within the community.

The Community is open to individuals with an interest in anthroposophy in Africa. Currently our members range from teachers, farmers, special needs experts, therapists, indigenous African Medicine practitioners, artists, youth, spiritual leaders, to mention but a few.

THE STRUCTURE

The community was founded by twelve founding members from eight African countries – Tanzania, Kenya, Uganda, Rwanda, Zambia, Botswana, Ghana and Ethiopia – who form the Leadership Team. The affairs of the community are administered by a core group of five members who act in a voluntary capacity and report back to the Leadership Team on a quarterly basis.

CONTACT

We have registered the Community in Tanzania as our initial hub, with chapters in the remaining countries. The office is at Mwanangu Development Tanzania, Vikindu Village, Mkumbini Street, house 142. For all communication with the Anthroposophical Community in Africa, contact the Secretary, Janet Manoni on.

mwananguspecialschool@gmail.com.

Awakening a Michael Mood

This was the title of our Festival on the eve of Michaelmas where we honoured Rudolf Steiner's remarkable Last Address given exactly 100 years previously.

The preparation group strove to prepare a morning event where we could together prepare a fitting mood to come closer to Rudolf Steiner's challenge, towards creating 'from the whole power of the heart' – a Michaelmas Festival.

An indication given by Rudolf Steiner is to turn beyond the boundaries of birth and life to those individuals who are connected with the Michael stream and manage to look at the various incarnations together. Hence, our event opened with a brief introduction to the series of incarnations of Novalis, as given in the Last Address – in earlier incarnations he was Raphael, John the Baptist and Elijah. Within this memorable address Rudolf Steiner brings the most moving and sublime journeys that this individual took meeting the beings of the planets and heavens between death and birth.

We can be struck by a mighty movement from 'religion' – with Elijah and John the Baptist – through to 'the arts' – with Raphael to Novalis*.

"... and so we see Raphael die young and Novalis die young – one being, who came from Elijah-John, appearing before mankind in two different forms, preparing through art and through poetry the true Michaelic mood of soul, sent down by the Michael stream as messengers to human beings on Earth."

"... through the magic idealism that lives in the soul of Novalis, there appears in his poetry a well-nigh heavenly splendour. The meanest and simplest material thing – ...he can make it live again in all its spiritual light and glory."

"So, we see in Novalis a forerunner of that Michael stream which is now to lead you all... – all those with whom you are to prepare the work that shall lead mankind past the great crisis in which it is involved."



Our event then used the vehicle of the arts: of poetry, clay modelling, dynamic form drawing of the Libra glyph and 'conversation' to approach and then arise from our own 'underworld' where we experience our set patterns, our fears, our hollowed-out-spaces – the places where the dragon abides (as described in the lectures Michaelmas and the Human Gemut). The forces of the Libra glyph of calm and balance aided us in this – just as described in the poem we used 'Who hears the butterflies' laughter...' of "going down to the peak of ourselves".

Our experiences were enhanced by Helen van Zyl's living picturing of the dynamic transformative processes illustrated in the BD preparations and how the lime/clay/silicaprocess also belongs in creating balance. Many felt stirred (as in the 500 preps!), as if meteoric iron sparks entered our body... all in a mood of calm and beauty. One participant responded "It is such a gift and blessing to be with all of you and experience such love. It calmed the storm in me and lit a candle of courage and transformation in my heart".

By Caroline Hurner

* Novalis a trained scientist/geologist unites all three Science, Art and Religion.

"Our Time under Michael – The Spirit of our Time – bears the quality of the overturning of old norms and traditions and the challenges that this pose. It is quite clear that what is needed is the dawn of a new, spiritual foundation for life! Which is only possible if the old traditional ways and norms are dissolved. These are the hallmarks of a Michaelic Age that bears with it storms, disasters and struggles. For only the downfall of the old can bring about the rise of what lies innermost in the soul. Presence of mind as a human attribute lives in a dynamic of its own creation. Only in affirming the great need of our time will one be able to find the spiritual sources and remedies with which to meet it. Dire need and human dignity are two sides of the same coin."

*Who hears the butterfly's laughter,
Knows how clouds taste.
Under the moonlight, he will,
Undisturbed by fear, discover the night.
He can be a plant, if he wants to,
a bull, a fool, a wise man,
And can, in one hour,
Travel through the entire universe.
He knows, that he knows nothing,
Like all the others don't know anything too.
But he knows what the others and he
himself, still has to learn.
Who senses unfamiliar shores inside himself,
Will gradually, undisturbed by fear,
discover himself.
Downward to the peak of himself,
he will start off,
And calmly begin, fighting his underworld.
Who hears the butterfly's laughter
Knows how clouds taste
Under the moonlight, he will,
Undisturbed by fear, discover the night.
Who lives with peace with himself,
Will die the same way too,
and is then more alive
than all his heirs.*

Composed in 1973, by Novalis a pop group inspired by Novalis the poet.

Centenary Biodynamic Conference October 2024

The South African Biodynamic Association hosted a celebratory conference this October in Plettenberg Bay



In 1924 the Anthroposophists involved in farming, and aware of steadily declining crop yields, asked Rudolf Steiner for advice. He responded with 8 lectures that over the next hundred years have seeded initiatives all over the world to the extent that BD now accounts for 1% of global agricultural production.

The South African Biodynamic Association hosted a celebratory conference this October in Plettenberg Bay, an emerging new shoot of BD practice on the appropriately named Garden Route. One might best perceive the experiences of this through 3 'V's – Venue, Visits and Vistas.

Venue:- Sabrina's Farm, a large, new centre for therapy and the education of special needs children. It has a BD vegetable garden contributing to the children's meals.

Visits:- In addition to the Sabrina garden there were outings to another large vegetable and medicinal herb garden (Athena), a similar project planted as a mandala/chakra experience at a wellness centre (Kwendalo) and an agro forestry project (Amara).

Vistas:- Other BD projects were 'visited' via the presentations of Cape and Natal based farmers of tropical fruits, wine, hydrangeas(!), rooibos and small urban scale vegetables.

Naturally, the mother farm of Bloublommetjies in Wellington, from where the vital enlivening, protective and cosmic connecting preparations come, was represented.



Beyond that, we heard the report from Kufunda in Zimbabwe, where Trymore is inspiring other vegetable growers to reduce their input costs, increase their independence and experience once more vegetables of vibrant flavour and strength.

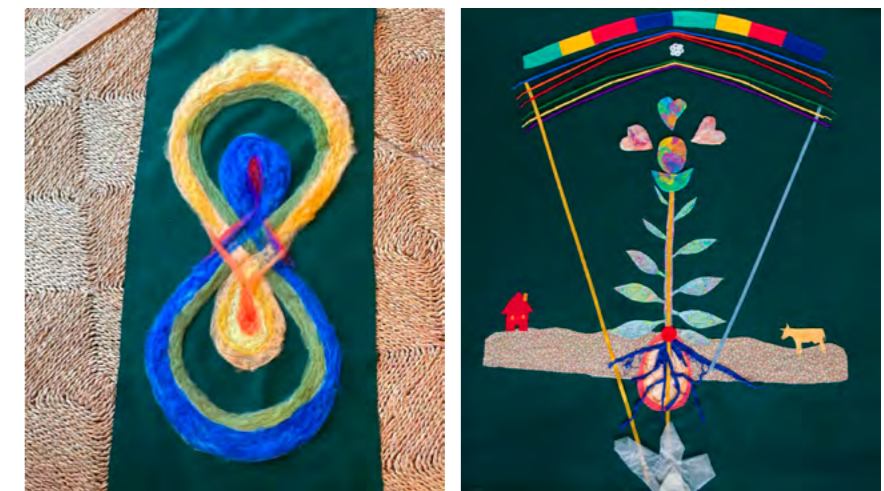
The vista extended still further up the continent to the largest Biodynamic centre of Sekem in Egypt. For those here, new to the practice, this presentation was the most unexpected and startling. To realise that this way of – farming with the stars and all the kingdoms of nature – is flourishing on such a scale, was an inspiration. Cecil John Rhodes was, in the nineteenth century, (in)famously depicted as a British colossus, legs straddled between Cape Town and Cairo.

How wonderful that in 1924, a farming practice straddled between the material and spiritual, should literally find its feet between these opposite poles of southern and northern Africa.

Concluding observations and inspirations:

- There was a sense of fresh and dynamic future felt not least through the election to the board of one of the most widely experienced Biodynamic farmers, Alan Rosenberg, and one of the youngest, Sizo Kuhlase.
- It is the farmer holding the Ego of the organism who is key, not the farm.
- The words 'plant' and 'planet' only differ by one letter.

By Yvette Worrall



Two large textile pictures, designed and made by Avice Hindmarsh. The first depicting, silica coming in from the outer planets (yellow line), and calcium coming from the inner planets (the light blue line). The second image shows the polarity and rhythmic relationship between Earth and Cosmos. The central diamond focus can be understood as the mid realm, and in BD farming as the work of the compost preparations.

Study group McGregor

Nov 2024

In McGregor we have a study and 1st Class, started by Briar and Michael. Here are some thoughts and ideas of our members

It is a sacred space for self-reflection, a sacred space where deep conversation takes place, a sacred space for spiritual nourishment and growth, a sacred space where a common thread is shared of spirituality.

Suleila Fortuin

Gathered here we are companions on a sacred journey. Each unique and each a contributor, an essential connected part. Our pulses, rhythms, intellects, hearts, play different tunes. Everyone is accepted, honoured. Even in disagreements, debating the debatable points. An ending can be an explosion of laughter including everyone.

We are companions on a sacred journey. Gratitude to everyone.

Taya Cundill

The group has become a safe place to share, grow and support each other. May this wonderful space spiral out to all McGregor and wider, meet up with the same inspiration elsewhere, uniting in a discovering of spiritual wisdom, insight and strength.

Pieter Holloway

Our study group is an opportunity to deepen my knowledge of Anthroposophy in a safe space. I am truly grateful to be part of this journey. (Amira Sibitz) This group is authentic, safe and extremely insightful. I am truly grateful to be part of this journey.

Mornay Fortuin

We are striving for fellowship. Each week we give each other space, we try to be patient with the quirks and struggles of each other. By acting as a group, we can each bring our part of understanding to the content of Rudolf Steiner's work. This helps us all to work both with the content and into the content, together.

Gwynn Dawson

To the imaginative eye we are a circle of links, each whole in itself, but all connected by the genuine yearning to learn and gain knowledge of ourselves through the inspirational teachings of Rudolf Steiner.

Dawn Cairns

The study Group started by Briar and Michael has grown, shaping itself as members left and joined, always shedding light, bringing inspiration and courage to work with the forces we have to deal with in our times. It is a privilege to have such a coherent, caring group in such a small village. May it continue to serve all of human kind.

Conny Mater

I would say the heart of our times together is country freshness, open to whoever and whatever is brought. Everyone participates, everyone is embraced and dedicated to the work together, for 12 years now we have touched into the light and darkness of each other. We have fun together and I would say there is a genuine love for each other in the presence of the spiritual.

Briar Grimley

The depth and fellowship of our Classes work together is the result of the serious preparation done before our arrival felt in our reading and sharing of members individual experiences of the lesson, my listening to them and then, the following morning, the quality alive in the room embraces my rendering of the Class lesson.

Michael Grimley



KARMA DRAMA - A Karmic Biography

a talk
with Mike Chase
at Sophia House
7 pm Sat. 18 Jan 2025

Mike will give a talk demonstrating the process and outcome of his research into karma and past lives. Mike had a breakthrough in past-life research several years ago while working in a therapeutic prison with violent male offenders.

The past life exercises brought him imaginations, and intuitions of past lives and the karmic relationships playing out in distant times and faraway places. While working with these insights, relationships with colleagues and residents started improving. He could see the fruitfulness of this work and began practicing daily.

His talk will focus on different exercises by Rudolf Steiner and ways of entering artistic processes including masks to come to karmic imaginations and intuitions of past lives. Participants of his work have described how they are beginning to harmonise unresolved karma in the depths of the soul and obtaining more clarity and insight into what has led them to their present life and what steps need to be taken into the future.

This is a dynamic, interactive talk using processes of embodiment. The following weekends 24th to 26th January and 7th to 9th February, he will be running a workshop on a number of these processes, also at Sophia House, 18 Firfield Road, Plumstead, Cape Town.

All are welcome. Donations at the door.

Reincarnation and Karma Conference

June 2024

Thirty of us met for a three-day conference to delve into the subject of Reincarnation and Karma, just before the Winter Solstice this year. My overriding impression was of the balance we achieved between the small groups, where we shared intimate biographical exchange, and the lectures where we received great cosmic vistas together. These complemented each other, even enhancing each other. Also, importantly there was a lively and relaxed atmosphere with no rush!

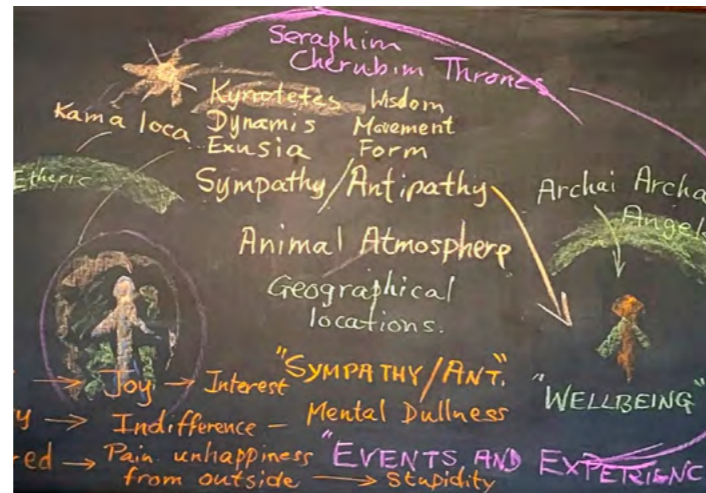
We managed a level of collaboration, where we offered each other a safe place of respect from which to share. We experienced the truth that each person we encounter can open windows and paths into deeper discoveries on this subject.

I think this led us generally towards become more receptive and malleable in our thinking, and subtler, sensitive in our feeling. Our hope being that through these developing capacities with one another we may become more able to bring about conscious new actions for healing into the future.

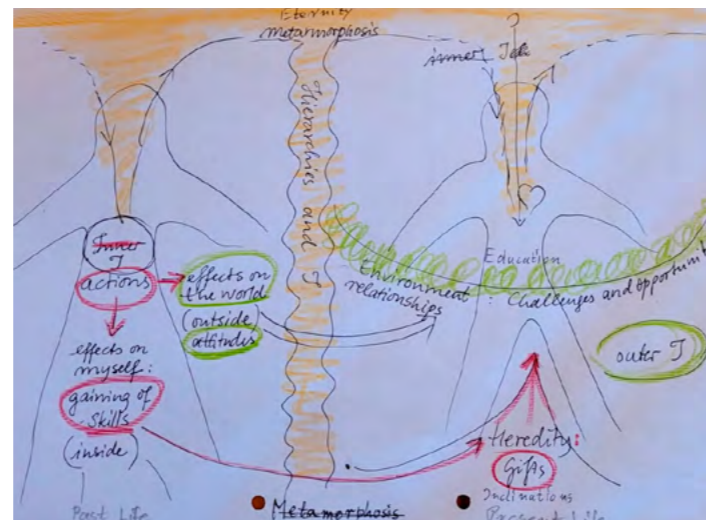
We also all experienced Martin Wigand, Bernard Hurner and Cyril Coetzee at their finest – these our conference lecturers, who through years of quiet research, were able to bring to us the vivid and expanded knowledge that anthroposophy sheds on this subject. Their three morning lectures were as three movements of a symphony, each laying deepened and widened layers to the pictures that were given the previous day.

At the welcoming we heard of how exactly 100 years ago Rudolf Steiner had brought his vital contribution to a new understanding of karma with his almost 80 lecture on Karmic relationships. He strove with everything he had to bring humanity out of the social and interpersonal crises and conflicts that had led to the first world war, aiming to contribute to the spiritual renewal of society.

We too stand at yet another cusp point in time, with so many world crisis. This is congruent with entering a new age, an Age of Light beyond Kali Yuga, where spiritual



Blackboard drawing from Bernard Hurner's Lecture, Reincarnation and Karma Conference



Martin Wigand's lecture – Reincarnation and Karma Conference

awareness is awakening – a period where we are “Crossing the Threshold” as Anthroposophy names it. A time of radically changing consciousness with great potential but also severe dangers.

We recognise that we need new capacities of soul and spirit to navigate these times with understanding. And that working with the topic of reincarnation and karma, gives us the stimulus and shows us a way to ethical contemporary practices, which when done with love, may win us paths into the spirit to serve the Earth and Humanities further evolution.

We know that this conference was only a beginning towards making headway towards these high ideals, yet it was a very fine beginning.

Our aim is to have successive events where we will delve deeper and deeper into the theme.

Each morning, at the conference, Bernard Hurner led us in singing. One of the songs we enjoyed was three parts round Going on the River... the words being adapted from the following Hopi Elders' prophesy for this new millennium:

There is a river flowing now very fast. It is so great and swift, that there are those who will be afraid, they will try to hold onto the shore. They will feel that they are being torn apart and will suffer greatly.

Know that the river has its destination. The Elders say we must let go of the shore, push off into the middle of the river, keep our eyes open and our heads above the water. And I say, see who is there with you and celebrate.

At this time in history, we are to take nothing personally. Least of all ourselves. For the moment that we do, our spiritual growth and journey come to a halt.

The time of the loan wolf is over. Gather yourselves! Banish the word “struggle” from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration.

We are the people we have been waiting for!

by Caroline Hurner

Poem and/or extract from the Hopi Native American Peoples in response to Holderlin's Song of Destiny by Rudolf Steiner

To us it is given

At no stage ever to rest,

They live and they strive the active

Human beings from life to life

As plants grow from springtime

To springtime – ever aloft,

Through error upward to truth,

Through fetters upward to freedom,

Through illness and death

Upwards to beauty, to health and to life.

New Books for the BGMT Library

We once again thank the Basil Gibaud Memorial Trust for their generous funding of the following 14 books purchased for the library:

What is Necessary in These Urgent Times
by Rudolf Steiner

The Task of the General Anthroposophical Society in the 21st Century
by Michaela Glöckler

Alchemy; The Evolution of the Mysteries
by Rudolf Steiner

The Goddess; From Natura to the Divine Sophia
by Rudolf Steiner

Living Lines; Form Drawing Inspiration from Steiner-Waldorf Teachers
by Henrik Thaulow

Astronomy for Young and Old; A Beginner's Guide to the Visible Sky
by Walter Krael

The University at the Threshold; Orientation through Goethean Science
by Nigel Hoffmann

Seeking Spirit Vision
by Dennis Klocek

Love and the World; A Guide to Conscious Soul Practice
by Robert Sardello

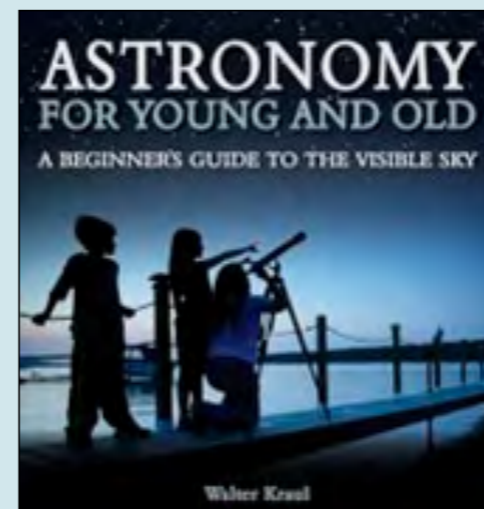
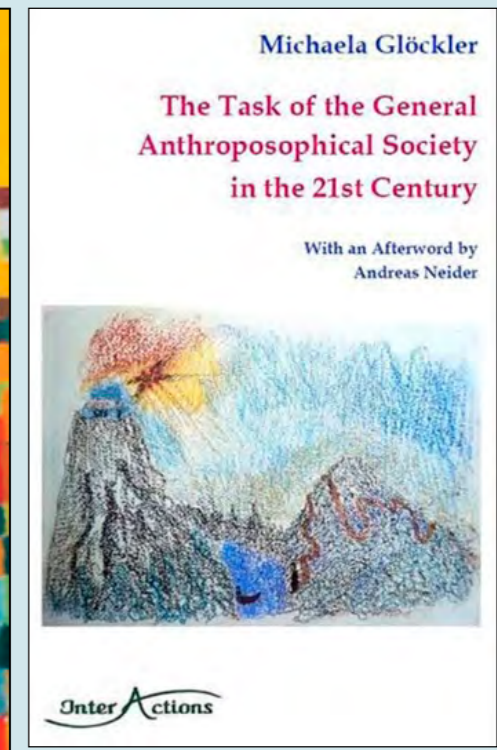
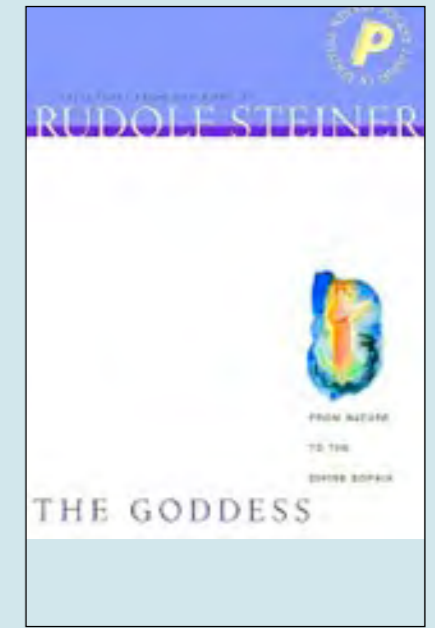
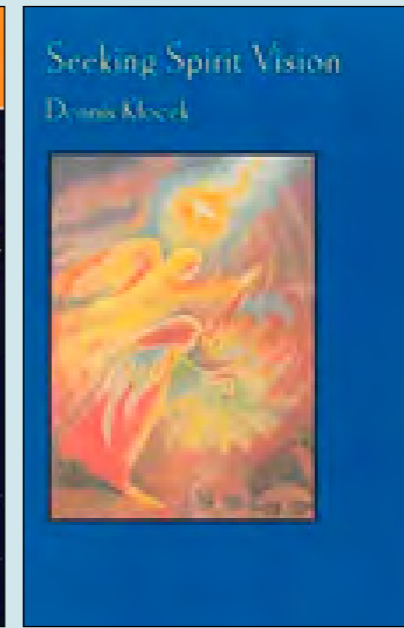
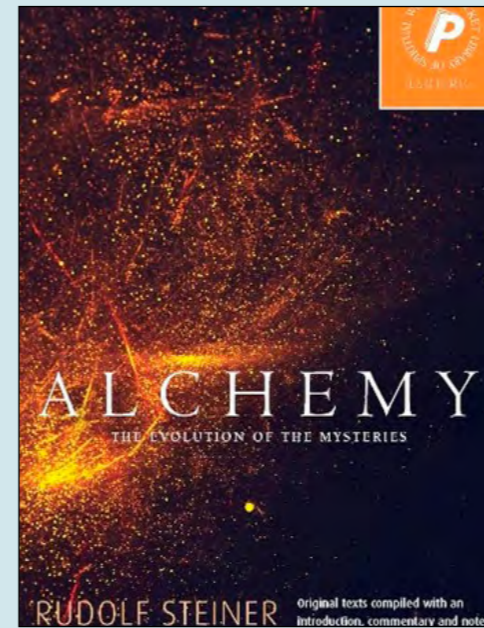
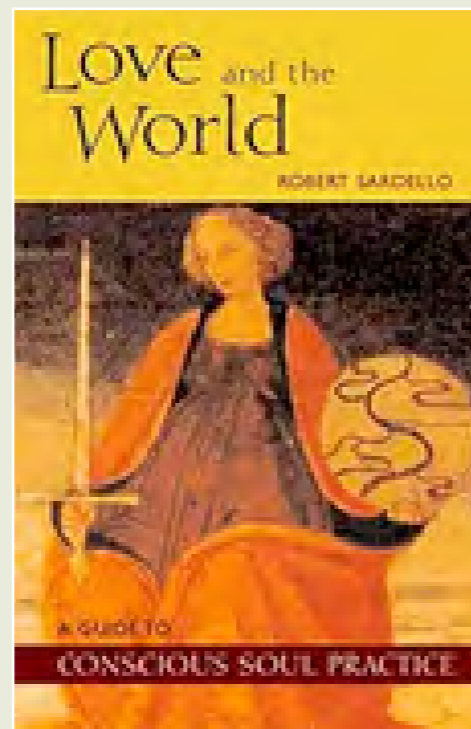
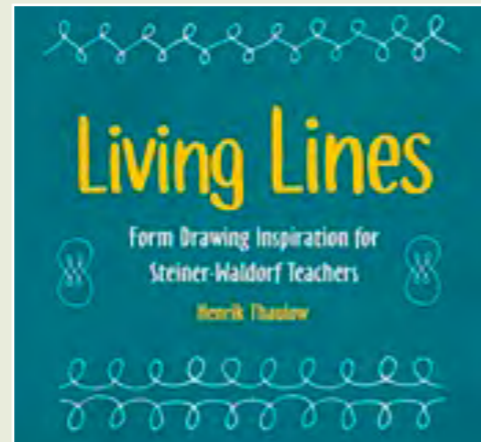
The Language of Plants
by Julia Graves

Physical Education and Movement in Waldorf Schools
by Ed Gerlinde Idler and Lutz Gerding

Speaking with Angels & Seeking Spirit Vision
by Iris Paxino

Favela Children
by Ute Creamer

Growing up Healthy in a World of Digital Media – A guide for parents and caregivers of children and adolescents edited by Richard Brinton & Dr Michaela Glöckler



The Basil Gibaud Memorial Trust Funding also allows us to subscribe to the excellent quarterly magazine New View, both for a hard copy & a digital one which our members receive via email.

African Chronicles of Origin Two

Continental Shifts, Migrations, Bloodlines, Myths & Mysteries

By Ralph Douwe Raaths

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- Introduction – A Submerged Continent Found
- Chapter 1 – The Root Cause of Catastrophe
- Chapter 2 – The Solar Bull
- Chapter 3 – The Story of Plate Tectonics in the Nile Valley
- Chapter 4 – The Importance of Cattle Rearing
- Chapter 5 – The Fall of the Word
- Chapter 6 – The Four Cosmic Ethers of the Etheric World
- Chapter 7 – A Pyramid is a Unique form for the activity of Fire-ether
- Chapter 8 – Karodaiyaaru – Lemuria – Amarire
- Chapter 9 – The Greeks continue the Atlantean-Egyptian Mystery Wisdom
- Chapter 10 – The Tamil Heritage Records
- Chapter 11 – The Three Wise Men
- Chapter 12 – The Cosmic Egg
- Chapter 13 – The Earth Embryo
- Chapter 14 – The Ascension Protocol
- Addendum -

African Chronicles Two is about to be published. This is the other half mammoth project that Douwe undertook since his youth. The book continues the saga from volume one. He starts the second book by referring to a submerged continent, called Kumari Kandam, the ancient lands of the Tamil people, said to be part of the Lemurian continent that now lies beneath the waves, between India, Madagascar and Australia. And is referred to by the Tamil as the original Tamil Nadu's, rich in their heritage and of antiquity. He connects this disappearance to the root cause of all cataclysms. The book proceeds to go into African legends as a parallel to the Tamil heritage, with its deep links to Ancient Africa and with the forming of the moon in its orbit. He brings to life Credo Mutwa who has specific legendary reference to this moon formation.

The book proceeds to unfold many an intricate meandering between Africa, Egypt and Tamil India. Even discussing DNA correspondences with the Sudanese Nubian peoples and the Tamil migrations into the Middle East. He overlays ancient Lemurian records to show they are reappearances

African Chronicles of Origin Two

Continental Shifts, Migrations, Bloodlines, Myths & Mysteries

Author: Ralph Douwe Raaths



in the Post Atlantean era, connecting the example of the history of Alexandria and Greece to a prediluvian Olden Egypt in Atlantis from before the flood.

In Volume Two he postulates great epochs of evolution to measure against the Cosmic Clock, namely the Procession of the Equinoxes as one hand and the Procession of the Perihelion point as the other. These Processional Cycles give rise to a very vast Cosmic timeline different to what is expressed by Geology and the earth crust tectonic sciences of today. He postulates cosmic rhythms that vary the further back in time we go. Time only stagnated into the current time constraints since the Atlantean catastrophe. Time before that was elastic, the same as a child's experience of time before puberty. He shifts your paradigm to understand Cosmic History from within a Spiritual Science framework.

In the addendum he publishes a spreadsheet of Precessional data versus Geological timelines which has far reaching consequences in the displacing of the materialistic world view as it opens up a New Vista of time reckoning.

African Chronicles of Origin Two is about to be published in the new year with the wonderful Artwork of Bowen Boshier throughout.

Ralph Douwe Raaths

Those who wish to reserve a copy of this new publication please contact Aniela on +27 72 185 8540



Karma Drama Summer 2025

Two weekend workshops
through Art and Drama
24th to 26th January
7th to 9th February
at Sophia House, 18 Firfield
Road, Plumstead, Cape Town.

Mike Chase, psychodrama psychotherapist and teacher, and
Angela Katschke, art therapist and consultant

are combining forces to bring 2 unique workshops around biography and karma to you. Both have been interested in the work of Rudolf Steiner and their very own work finds plenty of inspiration from Anthroposophy, dedicated to spiritual science.

Researching past lives and karma through safe and effective karma exercises inspired by Rudolf Steiner

There are a number of very affective past life and karma research exercises which enable one to go back into past lives. This gives us perspective on our present life situation, our relationships, family, colleagues and purpose to take on what life is asking of us. Karma work helps us to prepare for the future and take our destiny on more consciously. These processes are deep, playful and transformative.

*“The lights on the Christmas tree
are symbols.....*

*Let us allow these lights to say to us:
if you, human soul, ever grow weak,
if ever you believe that the goals of
earth-existence are beyond your reach,
think of our divine origin and become aware
of those forces within yourself which are the
forces of supreme Love.*

*And as you develop your highest potential,
become inwardly aware of those forces which
give you confidence and certainty in all your
works, through all your life, now and in all
ages of time to come.”*

Rudolf Steiner “The Birth of the Sun-Spirit as the Spirit of the Earth”