



## Anthroposophical Society in Southern Africa

# Conference 2014

Friday 28th March – Sunday 30th March 2014  
Sophia House, 18 Firfield Rd, Plumstead, Cape Town

## *Consciously living in the rhythm of time*

Living mindfully with the reflection of the cosmic rhythms deepens the meaning of our lives.

The conference will explore the rhythms in our daily lives and unfolding biographies.

*Soul of man!*

*You live in the heart-lung-beat*

*That guides you through the rhythms of time*

*To the sensing of your own soul's being.*

# Programme

## FRIDAY 28th MARCH

05:30 pm **Registration**

06:00 pm **Supper**

07:15 pm **Welcome** – Wilfried Bohm

07:30 pm **The Foundation Stone Meditation & the 7 Rhythms**  
– Joan Sleight

The Foundation Stone, Stone of Love, depicts the image of the soul-spiritual human being in its connection to the threefold structure of the universe. It calls for the recognition and transformation of the sevenfold human nature within the threefold, to form a seed for a new community or society.

09:00 pm **Good night**

## SATURDAY 29th MARCH

09:30 am **The rhythm of the week and the rhythm in our biography**  
– Christiane Wigand

11:00 am **Tea & Coffee**

11:30 am **Choice of 4 Workshops** – See workshops for details

13:00 am **Lunch**

02:00 pm **AGM:** Legal, financial, administrative and reporting matters

04:00 pm **Tea & Coffee**

04.30 pm **AGM: Life of the Society** – Sharing of initiatives out of Anthroposophy in South Africa

## SATURDAY 29th MARCH

06:00 pm **Supper**

07:00 pm **Moon Node Rhythm** – Helen Field

08:00 pm **Music Recital**

09:00 pm **Good night**

## SUNDAY 30th MARCH

09:00 am **How we can begin to bring meaning to our relationship to the 7 grains, 7 days of the week and the 7 planets?**  
– Helen van Zyl

10:30 am **Tea & Coffee**

11:00 am **Choice of 4 Workshops**

12:00 pm **Plenum**

12:40 pm **Conclusion**

## Reading list

The Foundation Stone Meditation – Rudolf Steiner 1923

Guidance in Esoteric Training – Rudolf Steiner

The Calendar of the Soul – Rudolf Steiner

**Rudolf Steiner's Foundation Stone Meditation and the Destruction of the Twentieth Century** – Peter Selg

Rudolf Steiner said that one could hear the words of the meditation sounding in one's heart. This process of hearing will acquire even more significance and reality in future, and can be of enormous help to anyone who opens themselves to it.

It is against this background that Selg has written this introductory book: to promote awareness of the meditation, understanding of its historic place in the catastrophic twentieth century, and its critical but latent contribution to the future.

**The Nature of Substance** – Rudolf Hauschka

CREDIT: The image of the Seven Seals for the programme cover by Briar Grimley

## Workshops

**A) The 7 rhythms of the Foundation Stone Meditation** – Joan Sleight & Silke Sponheuer – Conversation Group

**B) Baking sourdough bread** – Eastlynn Nelson -Tansley  
“The aim of bread baking is to produce something that by itself constitutes a complete food for the human being. Keeping to natural rhythms in growing, milling and baking is beneficial.” Rudolf Steiner

**C) The Rhythms of the Foundation Stone in Eurythmy Colour Gestures**  
– Cobie Roelvert  
Artistic living into the two colours that inform each daily rhythm.

**D) The Planetary Forces in our Biography**  
– Eurythmy and conversation with Martin and Christiane Wigand

### Some words about the food

In addition to the food for the spirit, bodily nourishment will also take into account the theme of our conference. The grains will be organic and freshly stone milled or soaked, holding vital forces necessary for stimulating digestion and the development of the Ego organisation.

All food will be baked in our kitchen!

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*“The human being feels himself connected with the universe and with the changes it undergoes in the course of time. In his own being he is sensible of the reflected image of the world archetype. But this image is not a literal, pedantic imitation of the archetype. What the universe reveals through the course of time corresponds to the human rhythm which is not temporal in nature.*

*That part of human nature which is directed to the senses and their perceptions can be felt to correspond to the weaving of light and warmth in summer. That part which is grounded in itself alone, and lives in its own realm of thinking and willing, can be felt to correspond to winter. What in nature appears in the course of time as the alternation of summer and winter thus becomes in man the rhythm of outer and inner life. But he can resolve great mysteries of life by bringing his timeless rhythm of thinking and perception into this connection with the temporal rhythm of nature. Thus the year becomes the prototype of human soul activity and therefore a fruitful source of self-knowledge”*

**Rudolf Steiner – 1912**

- VENUE:** Sophia House, 18 Firfield Rd, Plumstead, Cape Town
- DATES:** Friday 28th March – Sunday 30th March 2014
- FEE:** R 260.00 for members (includes all refreshments and meals)  
R 300.00 non-members
- RSVP:** 14 March (to make provision for the food arrangements)

**BOOKING OR FURTHER ENQUIRY:** Contact Sue Blake  
Email: [coordinator@aswc.org.za](mailto:coordinator@aswc.org.za)  
Phone: 021 761 9600  
Fax: 021 761 9600

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