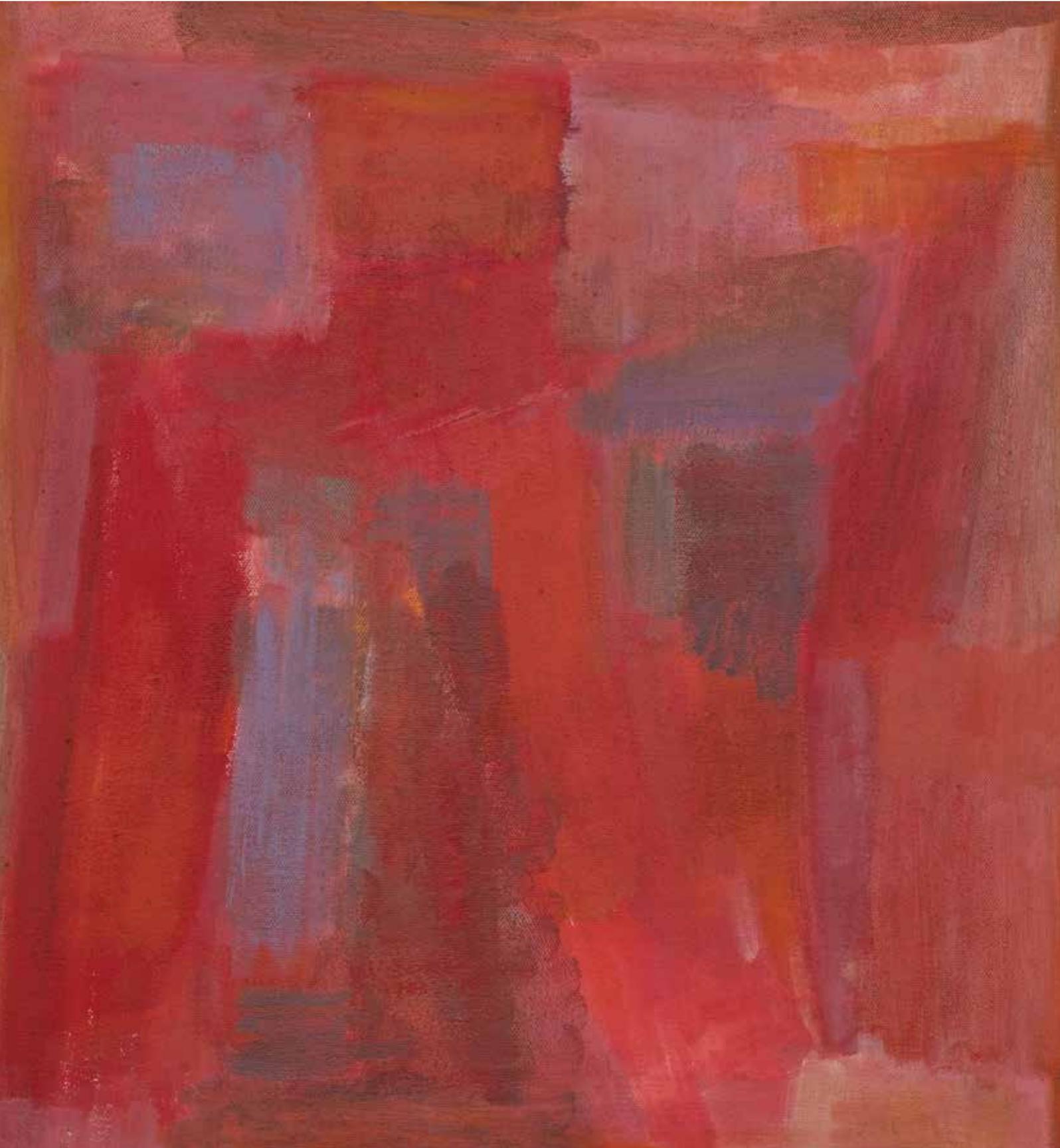


THE ANTHROPOSOPHICAL SOCIETY IN GREAT BRITAIN

Newsletter

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Anthroposophy and the Question of Race

A seven-page summary of the 720pp report of the Dutch Commission on *Anthroposophy and the Question of Race* is available from the editor by request. A footnote at the end of the summary says that it was "originally intended exclusively for the media", but it gives a good overview for anyone concerned with this question.

Quotes from Rudolf Steiner against Racism

A collection of 10pp of quotes from Rudolf Steiner's work which clearly express his disapproval of any form of racism, compiled by Dr Robert Rose, author of *Evolution, Race and the Search for Global Ethics: Transforming the Criticisms of Anthroposophy and Waldorf Education*, is available from the editor by request. The book itself can be ordered through the author. E: robertrose9@hotmail.com



Research in Spiritual Science

An Anthroposophical Course with Inessa Burdich

WENDY TEALL

This is a review of part 1 of the course, which was held in Winter 2021 both at

Emerson College and online during lockdown.

I view the Gainsborough painting *Mr and Mrs Andrews* while taking up by turn one of three pieces of metal. We are asked to invite the living presence of each metal into our perceptions. The effect is startling. The painting alters with the presence of each metal. First it appears one way, then another, details emerge or recede and my impressions shift, it seems, without conscious will on my part. How fascinating and unexpected is such an experience, and one of so many enabled by spiritual researcher Inessa Burdich during this course.

Inessa and Frank Burdich reside in Germany and are skilled spiritual researchers working, in part, on the application of mistletoe remedies for cancer. They lead others in developing supersensible insight and knowledge through courses and workshops.

The aim of the course was to awaken and strengthen our inner spiritual forces, for our own benefit and that of the world. "The main battle for the world is within us, in our hearts and for our hearts," Inessa explained. "We must strengthen our hearts in order to strengthen the world. We must help ourselves first in order to help others."

The course was a blend of theoretical knowledge and applied practice. We learned about the etheric and astral worlds, the soul, and the 'I'. We were given meditative exercises and others for spiritual enquiry, as well as having discussion and sharing at frequent intervals. To share a tentative intuition towards something one may have perceived can be daunting, but as a facilitator Inessa is encouraging and supportive.

Central to our learning was to find ways of sensing, concretely and not in the abstract, that spiritual life underpins all of earthly life, together with the presence and assistance of Christ and the hierarchies.

For me, Inessa and Frank bring Anthroposophy alive, and allow me to apply it in ways I have not considered possible before. I am certainly not clairvoyant, but I have learned that anyone can sense the supersensible in more than just vague ways; it's just a matter of recognising the experience as such. For instance, all objects and spaces have some sort of resonance, whether dull and lifeless, or sparkling and joyous. How many of us have entered a space and intuitively found it to our liking, or conversely, found that we could not wait to leave? Here are the forces of the etheric and astral worlds; we all feel them without even noticing, but we can gradually learn to read them more consciously.

The course helped me to strengthen my fourfold being after some very difficult times in my life, and in the midst of dark world events. Inessa elucidated that we can help our physical, mental and emotional health greatly by consistently meditating, and living with spiritual awareness. By these efforts we can expand our knowledge and insight, improving our everyday ability to command emotions and thoughts, making us better able to help the world, and the world certainly needs our help. A will-o-the-wisp, fuzzy



Left to right: Gainsborough, *Mr and Mrs Andrews*, *Supersensible impression of Joy*, *Supersensible impression of Bliss*

approach to spiritual learning will not achieve the level of assistance the spiritual world is requesting. Steiner is at pains to emphasise that the hierarchies, the souls across the threshold of death, and the elemental beings, all desire, even require us to engage seriously with spiritual science in order to allow the world to develop as it must. This is the wider, well-communicated intention of the course.

Is it a challenging course? Yes and no. Inessa is a heartening facilitator whose evident expertise inspires and engages. Yet, the exercises and the practice in between sessions can be demanding, strenuous, and ask for determination and persistence – such strengthening qualities! What, after all, is really worthwhile that's not strenuous? Yet the level of participation is entirely a matter of choice – there is no judgement for missing meditations!

In our times, beleaguered by misinformation, deception and materialism, I have found it indeed a gift to come to this course and discover a path towards acting with purpose and usefulness in the world in ways that serves both the earthly and the divine. For me the course is sheer delight in learning, and I look forward to the second half of my studies.

The course will continue this Autumn and will repeat in 2022 at Emerson College – visit the Emerson College website.

Wendy is an artist, maker and teacher living in Manchester. She can be contacted at E: wendy.teall@zen.co.uk See also www.lookatpaintings.co.uk

SECTIONS | ANNOUNCEMENTS

A Destiny Task

RIMA MEADOWS

I am a Waldorf graduate and eurythmist and have lived in Dornach for over seven years, studying Speech Formation. I am aware of the history of anthroposophical endeavours, largely unknown outside of middle Europe, some of which are dying with the elderly anthroposophists who initiated the original work following Steiner's recommendations.

Most are in their eighties and nineties and, leaving this life, are taking their knowledge and experience with them. They have no one to whom they can hand over their life work to enable it to develop further, nor is any information available in English. It is very possible there are young people now who would be interested in taking this up if they only knew about it.

Examples are the anthroposophical jewelry school – now closed; research and development of peat for protection from harmful rays; furniture making and wood frame carving; the head chef at the Sonnenhof and his work on nutrition and the Eudoxos Mill; lighting design and technology, including Steiner's lighting instrument recom-

mendations.

There are also the individuals who knew early anthroposophists and worked with them in the Clinics and on the Goetheanum stage and those whose grandparents were friends of Steiner.

If anyone has an impulse to share their memories of other anthroposophists, their own biography, or their life work, please contact me. I would love to include people in England in this project as well.

I have started interviewing and recording the stories and the knowledge of these individuals so it can be passed on, and am requesting financial help to be able to continue with this work and bring it to completion. This requires contacting individuals, conducting interviews, transcribing the translations, and publishing, hopefully in a book. This is very time consuming.

My request reflects the Threefold Social Order principle, which would provide US \$20,000 for the year so I don't need to draw on my savings.

For further details please contact me via E: Rimameadow@yahoo.com or M: +41 78 769 3611

