



Ottawa Anthroposophical Conference 2025

The Foundation Stone Meditation

**Saturday, September 27 &
Sunday, September 28**

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Polaris School and Centre
1805 de Gaspé Avenue
Ottawa, K1K 0A4

Over the course of Michaelmas weekend, four speakers will consider the four panels of the Foundation Stone Meditation, exploring:

- How the first 3 panels can cultivate impulses for overcoming the three prevailing spirits of adversity
- How to experience the Cosmic-I rhythms of Christ around us, and the becoming of our own I
- An activity for transforming the relationship between self and world
- How prayer may become spiritual practice

Conference workshop options include:

- Eurythmy as a social art, working with the Foundation Stone Meditation
- Seven-day rhythms proposed by Rudolf Steiner
- The art of speech formation, working with the Foundation Stone Meditation
- A practical, experience-based exercise in cultivating heart-conscious, or heart-felt, thinking

Working with the Foundation Stone Meditation, we will strive, through the observation of thinking and an inquiry into feeling formation, to wend our way into a region of wisdom-imbued feeling, from which we are able to make aphoristic discoveries.

Sponsored by:

*Confluence of Three Rivers – Ottawa Branch of The Anthroposophical Society
Polaris School and Centre*

2025 Ottawa Anthroposophical Conference

Agenda

Saturday, September 27

8:30-9:00am	REGISTRATION
9:00-9:15am	WELCOME <i>Speaking of the Foundation Stone Meditation</i> , Tim Nadelle (Room 1)
9:15-10:15am	LECTURE <i>"Thou livest in the limbs"</i> [1 st panel], Daniel Mauro (Room 1)
10:15-10:45am	BREAK
10:45am-12:00pm	CONCURRENT WORKSHOPS <i>Eurythmy as a Social Art</i> , Sylvie Richard (Room 1) <i>The Rhythms of the Foundation Stone Meditation</i> , Arie van Ameringen (Room 2)
12:00- 1:30pm	LUNCH
1:30-2:30pm	LECTURE <i>"Thou livest in the beat of heart & lung"</i> [2 nd panel], Dr. Sandy Musclow (Room 1)
2:30-3:30pm	CONCURRENT WORKSHOPS <i>The Art of Speech Formation</i> , Julie Le Gal (Room 1) <i>Heart-felt Thinking, Working with the Foundation Stone Meditation</i> , Dr. Sandy Musclow (Room 2)

Sunday, September 28

9:00-10:00am	LECTURE <i>"Thou livest in the resting head"</i> [3 rd panel], Arie van Ameringen (Room 1)
10:00-10:30am	BREAK
10:30-10:45am	WORKSHOP <i>The Cultivation of Wisdom-imbued Feeling as a Preparation for the 4th panel, an exercise</i> , Tim Nadelle (Room 1)
10:45-11:15am	WORK on exercise in smaller groups
11:45am-1:00pm	LUNCH
1:00-1:30pm	SHARING of work on exercise in plenum (Room 1)
1:30-2:30pm	LECTURE <i>"That good may become"</i> [4 th panel], Marc Delannoy (Room 1)
2:30-2:40pm	SPEAKING of the Foundation Stone Meditation, Julie Le Gal (Room 1)
2:40-3:30pm	PLENUM (Room 1)

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Short Preludes to the Lectures

Sat, Sept 27, 9:15-10:15am

LECTURE *“Thou livest in the limbs” [1st panel]*

Daniel Mauro

Daniel will overview the Foundation Stone Meditation in broad strokes, highlighting how daily contemplation of the first 3 panels can cultivate in the meditator powerful counterbalancing impulses to help overcome the 3 prevailing spirits of adversity. Following this introduction, he will unpack elements of the microcosmic and macrocosmic sections of the first panel, in order to elucidate connections between the spirit recalling exercise and cosmic activities of the first hierarchy and Father God.

Sat, Sept 27, 1:30-2:30pm

LECTURE *“Thou livest in the beat of heart & lung” [2nd panel]*

Dr. Sandy Musclow

This lecture will explore how Christ can give meaning to pain, and through the meditation, how we can experience the connection of the Cosmic-I rhythms of Christ all around us, and the becoming of our own I.

Sun, Sept 28, 9:00-10:00am

LECTURE *“Thou livest in the resting head” [3rd panel]*

Arie van Ameringen

Heart thinking is the key to working with the forces of the future. How to enter an activity that will transform the relationship with oneself and the world? A lively thought unites oneself with the Christ impulse, where warmth and light meet. It can help us on the path of Initiation.

Sun, Sept 28, 1:30-2:30pm

LECTURE *“That good may become” [4th panel]*

Marc Delannoy

The intention will be to introduce the very last part of the Foundation Stone Meditation as a prayer using what spiritual science offers as insight into it as a spiritual practice. An approach to an understanding of “light” will be proposed according to biblical meditative literature and a meditation suggested on the Christ saying, “I AM the light of the world”.

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Workshop Offerings

SATURDAY MORNING CHOICES

Eurythmy as a Social Art *with Sylvie Richard*

We will build an awareness of one another through a fresh experience of space and time, working with the Foundation Stone Meditation.

The Rhythms of the Foundation Stone Meditation *with Arie van Ameringen*

Looking at the seven-day rhythms proposed by Rudolf Steiner. A way of deepening and strengthening our inner work.

SATURDAY AFTERNOON CHOICES

The Art of Speech Formation *with Julie Le Gal*

In this workshop we will explore the life hidden inside our voices, sounds and words, working with parts of the Foundation Stone Meditation.

Heart-felt Thinking, Working with the Foundation Stone Meditation *with Dr. Sandy Musclow*

How can we use the rhythm of the beating of the Christ-heart in us in our daily practical life? The goal of the workshop is for us to fully experience where we may or may not be meeting a Christ-like heart-felt thinking experience in our actions. This will be a practical, experience-based workshop, where the participants will be invited to work with heart-conscious, or heart-felt thinking based on their work with the Foundation Stone Meditation, in their ways of making observations and meaning of the life experience.

SUNDAY MORNING

The Cultivation of Wisdom-imbued Feeling as a Preparation for the 4th Panel, an exercise *with Tim Nadelle*

During this workshop, participants will observe the thinking which unfolds when we bring segments of the Foundation Stone Meditation into conversation with each other. We will then perceive the feeling(s) which emerge through this work. And we will inquire how these feelings come to birth through the interplay of the thinking. In answering, we may find our way into a region of wisdom-imbued feeling, from which we are able to make aphoristic discoveries. We will share our individual work in small groups, and our aphoristic among the larger group.

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Biographies of Speakers & Workshop Leaders

Arie van Ameringen

Arie van Ameringen is a former Waldorf teacher. From 2011 to 2018, he served as General Secretary of the Anthroposophical Society in Canada. He currently translates and publishes books both in French and English with his company, Les Éditions Perceval.

Daniel Mauro

As a neuroscientist, counsellor, and healer, Daniel Mauro enjoys distilling cutting-edge science for the modern mind and spiritual seeker, alike. He is the author of [*Build Yourself a Better Brain*](#) and founder of [*High Performance Brain Magazine*](#). Daniel has designed a variety of innovative workshops on neuroplasticity, heart intelligence, and musical medicine. He is especially passionate about working with individuals through VoiceWork to help catalyze the innate power of their vocal signature. In 2023, Daniel delivered a presentation on the evolutionary freedom impulse of humanity based on Rudolf Steiner's investigations of the spiritual hierarchies. At the 2024 Ottawa Anthroposophical Conference, he presented lectures about the current influence of adversarial forces and how they are impacting modern day humanity.

Julie LeGal

Julie Le Gal is a professional actor, creator and director who has studied the Michael Chekhov technique and Rudolf Steiner's speech formation.

Marc Delannoy

Marc has taught in Waldorf schools or Waldorf-inspired settings for twenty years in the Ottawa region as kindergarten and French and music teacher. A member of the Anthroposophical Society, he is currently a student of the North American Seminary of the Christian Community (CC) in Toronto. The CC is a daughter movement of Anthroposophy, like Biodynamic Farming or Anthroposophical medicine. He is beginning his preparation work this September to be ordained as a priest in March 2026 in Toronto.

Dr. Sandy Musclow

Sandy Musclow has an integrative naturopathic medical practice in the Ottawa Valley focused on current medical research and traditional naturopathic and Chinese medicine patterns, through the lens of Anthroposophic medicine. She has completed requirements for medical certification with the Medical Section at the Goetheanum. Her life journey has included stages as a farmer, researcher, environmental geochemist, and oilfield geologist, with influences from art, and nature.

Sylvie Richard

Sylvie Richard is a Eurythmist, Visual Artist and Biographical Counsellor. She holds a Master of Education specialized in Healing Education, a Diploma in Biographical Counselling from the Biography and Social Development Trust in England, an Artistic and Pedagogical Diploma in Eurythmy from Eurythmy Spring Valley, NY. She is an active member of Eurythmy Interval Ensemble and a member of the Visual Arts Section of the Anthroposophical Society of North America. She has taught eurythmy to children from kindergarten to high school and has held many adult classes in the Ottawa region. She had a private practice as a psychotherapist. Sylvie has been studying Anthroposophy for over 30 years.

Tim Nadelle

Tim found his spiritual home in anthroposophy in 1983 when visiting a Camphill Community in Northern Ireland. Tim produced and acted in [*The Portal of Initiation*](#), which his wife, Magi, directed, in Toronto in 2017. Tim has delivered lectures and written articles on anthroposophical subjects and has led workshops on [*The Philosophy of Spiritual Activity*](#). Tim recently published a book, [*From egotism to love: an applied philosophy of feeling, in 7 exercises*](#), drawing on Rudolf Steiner's many indications for the cultivation of the feeling life.

BOOK SALE

During the 2025 Ottawa Anthroposophical Conference

The Confluence of 3 Rivers Branch is liquidating our inventory of books.

All books – both used and new – will be selling for only \$10.

There is no limit to the number of books you may purchase.

First come first served!

THE FOUNDATION STONE

Rudolf Steiner, 13 January 1924

Human soul!
You live within the limbs,
Which bear you through the world of space
Into the being of the spirit sea:
Practice *spirit remembering*
In depths of soul,
Where in the reigning
World creator being
Arises
Your own self
In the self of God;
And you will truly *live*
In the being of human worlds.

For there reigns the Father Spirit of the heights
Creating being in the depths of worlds;
O Spirits of Power
Let resound from the heights
What finds an echo in the depths;
This speaks:
Humanity is born of the divine.
The spirits hear this in east, west, north, south:
May human beings hear it.

Human soul!
You live within the beat of heart and lung,
Which leads you through the rhythm of time
Into the feeling of your own soul being:
Practice *spirit contemplating*
In balance of soul,
Where the surging
World becoming deeds
Unite
Your own self
With the world self;
And you will truly *feel*
In the working of human souls.

For there reigns the Christ Will round about
Blessing souls in worldly rhythms;
O Spirits of Light
Let be fired from the east
What is formed through the west;
This speaks:
In Christ death becomes life.
The spirits hear this in east, west, north, south:
May human beings hear it.

Human soul!
You live within the resting head,
Which opens to you from timeless grounds
The thoughts of the world:
Practice *spirit envisioning*
In peace of thought,
Where from the gods' eternal aims
World being light
Is given
To your own self
For free willing;
And you will truly *think*
In the grounds of human spirit.

For there reign the world thoughts of Spirit
Pleading for light within world being;
O Spirits of Soul
Let be implored from the depths
What is granted in the heights;
This speaks:
In spirit's world thoughts the soul awakens.
The spirits hear this in east, west, north, south:
May human beings hear it.

At the turning point of time
The world spirit light
Stepped into the earthly stream of being;
Darkness of night
Ceased to reign;
Day bright light
Rayed within human souls;
A light
That warms
The hearts of poor shepherds;
A light
That enlightens
The heads of wise kings.

Divine light,
Christ sun,
Warm
Our hearts;
Enlighten
Our heads;
That good may be,
What
From our hearts we found,
What
From our heads we lead
With will.