

The Anthroposophical Society
La Société Anthroposophique Canada

AUGUST ENEWS 2025



Dear Members,

In this month's enews we learn a bit more about our new ASC President Rubeena Sandhu from Duncan BC. Rubeena was recently chosen by the Council to succeed Catarina Burisch who became the new General Secretary for Canada. Council member Corinna Sons gives the first of two reports from the Sunbridge conference *Space, Time, and the Human Heart*. Several Fall events, from courses to conferences, are coming our way. See the postings below.

Anthroposophists like to research! We are trying to collect this content on our website, whether it is papers or video presentations. There are two prolific sources at the moment: Duncan Keppie from Nova Scotia and members of the Toronto Branch. Please consider sending us your research writings to share with other members. Former Society president Arie van Ameringen makes an appeal for support for a new important publication. Sadly, the well-known activist for Social Threefolding Nicanor Perlas from the Philippines has died. See the brief article below and the link to his full biography on the website news. The Social Science Section is organizing a study group experience on the theme of economics. T. Michael Cox has a new publication on the social question as well as workshops and study group on aspects of social threefolding.

Reminders:

KNOW THYSELF - The ASC Survey

If you have not done so, please consider taking a few minutes to complete the ASC survey of members and activity. [HERE](#)

New Grant Application Form

The Council has developed a new process for accepting grant proposals.

Access the online application form. [HERE](#)

For information on all North American Sections and their work. [HERE](#)

Rubeena Sandhu

New President of the Anthroposophical Society of Canada

I have been a dedicated Waldorf class teacher, administrator, and board member for almost twenty years. My journey began with the founding of the Okanagan Waldorf School, a farm and forest school where animal husbandry, gardening, and wildcrafting rhythms were woven into everyday life. From this beginning, I have been guided by the living principles of Anthroposophy. Over the past several years, I have served as an adult educator within the movement, including as a faculty member and grades program director for the West Coast Institute of Anthroposophy. I am a certified New Adult Educator, a program based on the 7-fold learning processes developed by Coenraad van Houten. Since 2020, I have volunteered as the Northwest Pacific Leader for the Association of Waldorf Schools of North America. As a member of the General Section, I view Anthroposophy as a lifelong, embodied quest to understand human nature in relation to the world and spirit, and to live guided by that understanding.



I currently live just outside Duncan BC on Vancouver Island with my husband and two children. I look forward to my new role as president of the Anthroposophical Society in Canada.

Anthroposophy Being Present

Recollections of the Conference *Space, Time, and the Human Heart* in Spring Valley, NY (1)



Corinna Sons

I first heard about this conference from Kim Hunter, who represents the General Anthroposophical Section (GAS) at the North American Collegium. I had called her because I wanted to find out more about the GAS; and this inquiry was part of a bigger quest which had started about half a year before our phone call, sometime in the spring of 2024. At that time, the ASC Council members committed to deepening their relationship with the School for Spiritual Science and to sharing the fruits of this deepening with the membership. This is what I'm doing now.

Kim said to me: "If you want to get a feeling for what the General Anthroposophical Section is, you should come to this conference in Spring Valley in August." As soon as the dates were out, I put them in my calendar and waited for more information to emerge.

In the meantime, the AGM/Conference in Toronto (Thornhill) happened, where I got to know many members of the North American Collegium and received some insights into the work of the Sections. On this occasion, Kim put forward the suggestion of giving the General Anthroposophical Section a different name: Instead of 'Section', we should be calling it a 'Field', imagining it not as a 'piece of something whole' but rather as something lying beneath, preparing the soil, laying the groundwork for the entire School of Spiritual Science. I found this to be an image I could work with.

The August conference, which I was awaiting, now had a name: "Space, Time and the Human Heart", and a preliminary program with some names and themes had appeared. It was somewhat vague, but this didn't bother me in the least. I knew I was going to be there and be part of whatever was going to happen. This was good enough for me.

And it seemed to be good enough for many others, too. At the opening night, when 60-70 people were tightly squeezed into the music room of Green Meadow Waldorf School, this "vagueness" was openly addressed, even by the members of the planning group: There was no straightforward answer to the question "What is this conference about?" But everyone felt strongly that something important and necessary was about to take place – between us, with us, through us. During his introduction to the event, Jon McAlice put it this way: "This here is not about representing anthroposophy but about anthroposophy being present."

What does this mean: "Anthroposophy is present?" There is certainly no simple answer to this question either, and yet, over the course of the following days, we were able to experience it. How?

I could now walk you through the conference program, tell you what forms of work were offered, and what themes were touched upon, but this would not explain how this experience came about: the experience of the presence of anthroposophy.

It's not so much WHAT we did together but HOW. There was an intense quality of listening throughout the whole conference. And this was met by – or became a vessel for – a speaking that was authentic, truthful, whole-hearted. I saw people coming fully as who they are: not pretending, not "representing" something, not polishing their words for the sake of showing themselves in a certain light; but wrestling with words, searching for words in their own hearts and in the hearts of their listeners; being considerate, gentle, precise with words, but also bold, courageous and outspoken. Each participant took on full responsibility for what they said, and how they spoke; for what they heard and how they listened. Thus, a bond was formed between speakers and listeners throughout our working together. A bond of trust; the willingness to carry each other. In his presentation, which marked the middle point of the conference, Jon McAlice summed up this inner stance in two simple words: "I care."

It came up repeatedly, in private conversations as well as in our group work and in the plenum, that this conference was a time and space for practice. A practice of being and working together in a way that embodies anthroposophy. And the fruits of this practice are to be taken out into the world: into our fields of work, our initiatives, our communities. They need to be taken to places where we DO things together: where we must make decisions, where we encounter opposing views and interests, where we struggle through difficult relationships. In short: Where it gets messy. And where it matters. This is: making anthroposophy present in the world.

So, what did this teach me about the Class? How did this conference affect my relationship with the School for Spiritual Science? I want to share some thoughts on this in the September issue.

Member Research

Two new research papers from Duncan Keppie have been posted in the Members' Research section of our website.

DNA and Karma, by J. Duncan Keppie.

Music of the Spheres by J. Duncan Keppie

You can find them [HERE](#)

If you would like your research papers published on the website please email communications @anthroposophy.ca

To find the Members' Research page go to COMMUNITY on the main menu, then MEMBERS' RESEARCH.

The recordings from the ANTHROPOSOPHY CANADA WIDE series are also available on the website under JOIN US, then MEMBERS' AREA, then ANTHROPOSOPHY CANADA WIDE

RECORDINGS. [HERE](#)

Previously posted recordings include:

Robert McKay The Anthroposophical Path: An Experiential Introduction

Luigi Morelli The Art and Science of Befriending and Transforming Polarization

Tim Nadelle From Egotism to Love

Gopi Krishna The Spirituality of Numbers

The Toronto Branch (formally known as Anthroposophy in Toronto) has a Youtube series. To find them in Youtube search for 'Anthroposophy in Toronto'. Topics include the following presentations:

Lois Macaulay: The Rose Cross Meditation [HERE](#)

Grant Davis: Karma Meditations [HERE](#)

Robert McKay: Finding Hidden Thresholds in Everyday Life [HERE](#)

A Message from Arie van Ameringen

Dear member,

I am writing to ask for your financial support to bring two important anthroposophical books: one in English and the other in French.

The title of the English book will be **How Matter Received Mind: The Evolution of the I-Consciousness** (460 pages). It is written by Dr. Arie Bos, an anthroposophical physician with a deep understanding of chemistry, biology, and neuroscience. The book was originally published in Dutch in 2009 and has been reprinted several times. The book is important because Dr. Bos is able to create a bridge from current scientific thinking, with its limited materialist view, to the richer anthroposophical understanding of life and consciousness. The book has been very successful in Europe. It has reached scientists who are not anthroposophical, and it has started new conversations and research questions. It was selected as a finalist for a well-known award in scientific literature.

Arie Bos wrote also **Thinking Outside the Brainbox: Why Humans are not Biological Computers** (Floris Books). We will prepare a French translation of this valuable book. I'm working to raise \$20,000 to pay for the translation, layout, and publication costs of the two books.

Please think about donating. You will receive a receipt for tax purposes.

To donate, please go to:

Anthroposophical Society in Canada i (<https://www.canadahelps.org/en/charities/the-anthroposophical-society-in-canada-inc/>).

In the box that entitled "Apply your donation to a fund set up by this charity," select from the drop-down menu:

Perceval Books Translation "How Matter Received Mind: The Evolution of the I-Consciousness"

I greatly appreciate your support with this project.

Arie van Ameringen

Perceval Books/Les Éditions Perceval

Phone number: 514-279-7000.

Email address: arieva.perceval@gmail.com.

From the Goetheanum News...



Nicanor Perlas – A Friend and Great Advocate of Social Threefolding Crossed the Threshold

January 10, 1950 – August 14, 2025

Crossing thresholds and boundaries was part of his constant practice. He never ran away from the powerful manifestations of evil in our world, teetering as it is on the edge of the abyss. Rather, he explored them, wrestled with them, confronted them, set himself against them—always with the determined effort to stand for the good and to keep open the paths of freedom, justice, and social life. In doing so, he crossed many boundaries—of countries, of habits, of modes of thought, of disciplines, of power

claims, of what was permitted by the powerful, and of what was customary. In this way he became an encourager, pioneer, and role model for many throughout the world.

Read More [HERE](#)

FALL EVENTS

Foundation Studies in Anthroposophy

Encounter Program (In-Person)

Now Four Locations: Thornhill, Guelph, Burlington, Ottawa



Respond to a deeper calling – to know yourself, the world and your place in it.

Anthroposophy is a spiritual worldview and path of personal development that brings insight into the human being, nature, and the cosmos.

What makes this program unique?

Experience learning that engages head, heart, and hands, including

- **Eurythmy** – movement that brings language and gesture to life
- **Artistic work** – painting, form drawing, speech
- **Biography work** – exploring life stories and turning points
- **Meditative and cognitive practices** – cultivating clarity and presence
- **Study of Core Texts** – works by Rudolf Steiner, along with complementary readings
- **Applied themes** – guest presenters and site visits - learn how anthroposophy lives in the world

Learning is enriched by a shared group experience that supports personal and social insight.

Led by experienced educators, artists and practitioners. Certificate of completion provided.

2025-2026 Schedule

- **Thornhill** – Saturdays, 9:00 am - 1:00 pm - Sept. 20 - May 30, free intro evg: Sept. 11, 7:00 pm
- **Guelph** – Mondays 6:00 - 9:30 pm - Sept. 22 - June 15, free intro evg: Sept. 8, 7:00 pm
- **Burlington** – Wednesdays 8:30 am - 12:30 pm - Sept. 17 - June 3, free intro: Sept. 11, 6:30 pm
- **Ottawa** – Saturdays 9:00 am - 1:00 pm - Oct. 4 - June 6, free intro evg: Sept. 11, 6:30 pm

Tuition: \$1,975 CAD



**Rudolf Steiner
College Canada**

for Anthroposophy • Waldorf Education • Arts

info@rscc.ca • 905-764-7570 •
www.rscc.ca, 9100 Bathurst St.
#4, Thornhill ON, L4J 8C7





Photo credit: CM Kavanagh

Ottawa Anthroposophical Conference 2025

The Foundation Stone Meditation

Saturday, September 27 &
Sunday, September 28

—
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*

See the EVENTS section of the website for the information flyer and registration form [HERE](#)

YOUTH CONFERENCE IN DETROIT

Beyond Woke & Anti-Woke

Detroit,
Michigan
October 12th -
14th

what does anthroposophy have to offer?

to register:



questions? contact sezrasullivan@gmail.com



**join us in transforming the polarized ideologies of our time
in an effort to create genuine social change
rooted in our 21st century conversation
inviting those age 45 and under, with some leeway**



DESTINY • REINCARNATION • COMMUNITY
ANNUAL CONFERENCE
OF THE
Anthroposophical Society in America
OCTOBER 10~12 • 2025
At the Detroit Waldorf School

YOUTH ANTHROPOSOPHICAL DEVELOPMENT OFFERING



Introduction to Anthroposophy

Full-Time Training

For young people in search of a genuinely human way of knowing

Anthroposophy develops a new way of thinking that transforms everything. By means of enhanced abilities, it finds the specific kind of knowing appropriate to each field of life, always leading to the sources. To date, its help has scarcely been noticed, let alone taken up. For this stream of cultural renewal flows out of the future into our present.

Current prevailing assumptions reduce the world, including us, to supposed component particles, which are thought to work with inexorable necessity (reductionism). Identifications are regarded as mere conventional labels, meaning that true beings do not exist, or at best are unknowable (nominalism). This causes illnesses in the soul, and in culture as a whole.

Therefore the world needs a genuine university, where you can learn living thinking. Until it comes about, take your education into your own hands, choosing your teachers wherever you may find them, and teaching yourselves as well. Any such beginning, however imperfect, sets a decisive deed.

In September 2024, a new learning initiative began in Aesch, Switzerland, near the Goetheanum: Introduction to Anthroposophy. It offers a full-time, one-year training for young adults 18 to 26 years of age, rich with examples of applied Anthroposophy. Twenty-two teachers are contributing, in addition to the undersigned. The year ends on June 6th, 2025. The next group starts on September 14th, 2025!

The course is in German, with interpretation in English as needed. The more German you learn, the better you can experience Rudolf Steiner's use of language.

The day begins at 8:00 with work on the earth. Then, after a shared breakfast, come continual morning courses, and changing afternoon courses until 5:40. Everything happens from Monday to Friday. The morning courses, continuing throughout the year, are:

- Projective morphology ("geometry") to prepare etheric perception
- Fundamental writings of Rudolf Steiner, to free and enliven the thinking, especially *The Philosophy of Spiritual Activity*; eventually some of his lectures as well
- Artistic exercises, after they have been introduced in the special afternoon courses

The changing afternoon courses are areas of applied Anthroposophy:

- Phenomenological study of nature, as a schooling of perception and thinking
- The Anthroposophical impulse in the various arts
- The evolution of consciousness as the key to understanding cultural phenomena

[More Information HERE](#)

Study Group on Economics from the Social Science Section

R. Steiner's Economic Lectures Study Offering

Background

Remedies for our plight. As many people as possible.

Why RS? Threshold. Thinking. Beyond current ways. Clear, concise, complete, true, challenging (thus this course) applied - in progress.
Relevant? "True". Simple, far reaching, radical.
Applied? Not forever discussion.

Course Material: Economics Study of Rudolf Steiner's 1922 lectures (7 weeks) and Towards Social Renewal book (3 weeks) Other content may be provided as optional further research - including, videos, websites, and texts. There are several translations and the more the merrier as it helps to connect with the living ideas behind the words.

Used copies of Barfield and Houghton-Budds translations are available at thrift books among others: [World Economy - Barfield](#), [Economics: The world as One Economy - Houghton-Budd](#). A more recent translation by Peter Clemm is still available from Steiner Books: [Here](#) The [Rudolf Steiner Library](#) and the [Library of the Portland Branch of the ASA](#) both have several Mathew Barton's translation of [Towards Social Renewal](#) is currently available at Steiner Books as well as from the Libraries mentioned above, and many used book sellers.

Goals:

1. Working familiarity with the content of RS's Economic thinking and perceptions as articulated in the lectures and book.
2. Practice in the living thinking required to perceive the living dynamics in the economic realm - and how they can truly be a Social Economy
3. Applications to Society at large in our time.
4. Applications to the NA Collegium (shared in separate meetings - ideally 20 min in each zoom meeting of the NA Collegium and in one session in Detroit)

Format:

Weekly, 1 ½ hour zoom or "Anthroposophy.social" platform meeting: Thursday 3pm ET (12pm PT, 9am Hawaii). Meetings will be recorded for those not able to attend live sessions.

Facilitators: D. Wylie, and T. Kennedy

Invitation: to anyone interested with some foundational experiences of Anthroposophy. Direct invitation to NAC - all section members invited, BDANC, ASA, ASC, BDA, Millefolium, Economics Conference of the Goetheanum, Youth Section, Threefolding Study Groups, others?

Folks read 2 lectures beforehand and come prepared with questions.

Timing:

- 5 min social encountering each other before start time
- 10 min to gather questions from the previous session and related experiences since the last session.
- 30 min presentation of key points of 2 lectures and connection to previous lectures, continuing every week. <10-20 min each DW and TK (we can take turns taking the lead and adding aspects?>
- 30 minutes facilitated question and conversation period.
- 10 applications today and how you can test if these concepts are true in your world-presentation <5 minutes each>
- 5 closing and clarifying the preparation for next steps.

Duration:

- 10 weeks, once we begin - with the recordings available after each session for up to 2 months.
- Final Session will be an overall review and next steps session to imagine the full living picture and its ability to be brought into life in our personal, vocational, and institutional lives.

Economics:

- We will be mapping the offering of the course economically within Steiner's economic conceptions and presenting this as part of the course

- There will be no specific cost to the course as a Foundational Study Course on "Anthroposophy.Social"
- A discounted Community Membership in "Anthroposophy.Social" does have a cost of \$7/month for non members of the Anthroposophical Society and \$3.64/mo for current dues paying members or Youth Section Colleagues (self verified) CODE: ASYSDISCOUNT2
- There is an additional discount if you want to purchase a full year membership.

If anyone truly wishes to attend this course but does not have the means, several scholarships are available for those willing to apply for them. Email timok33@gmail.com for details.

Tuesdays – starting on September 9

Social Threefolding Study Group

::: Weekly Study Group :::

Collaborative Study of Rudolf Steiner's Book about Social Threefolding

co-facilitated by T. Michael Cox and Linda Lingane

Starting in September, we will meet on a weekly basis to read and discuss the most relevant parts of Rudolf Steiner's 1919 book about social threefolding, *The Core Points of the Social Question*, also known as *Towards Social Renewal*. We will focus on how Steiner's social ideas apply in a practical way to our current societal situation – to the here and now. What can we do, in our present circumstances, to create a healthier future society?

Register [HERE](#)



Imagining a Threefold Society

::: Webinar Series :::

Exploring the Basic Idea of Social Threefolding

with T. Michael Cox and Christopher Hahn

Sundays – October 26 through November 23

This free webinar series will consist of five weekly one-hour zoom sessions, in which we will explore and attempt to imagine, as concretely as possible, what a future threefold society might be like.

No prior knowledge is required – only your interest!

More information [HERE](#)

New Publication

The Core Points of the Social Question

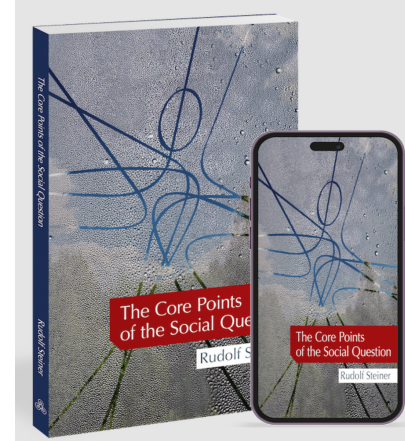
by Rudolf Steiner (CW 23)

Social threefolding is urgently needed in our times. This accurate yet easily-readable translation of one of Rudolf Steiner's most important basic books brings the English

reader closer than ever before to the experience of the original German. Steiner's words come to life in a clear and powerful way, lighting an inner fire – a “goal-conscious social will.”

This is an all-new, improved translation of Steiner's book that was previously published as *Towards Social Renewal* and *The Threefold Social Order*.

More Information [HERE](#)



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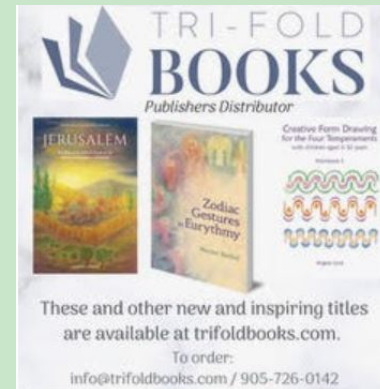


Located on Bathurst Street at the upper parking lot of the Toronto Waldorf School.

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Tuesday – Friday: 8:30 AM – 5:00 PM
Saturday: 10:00 AM - 4:00 PM
Sunday - Monday: Closed

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