



The Anthroposophical Society Canada
La Société Anthroposophique

DECEMBER ENEWS 2025

Dear Members,
Season's Greetings and Happy New Year from the
ASC Council.

Perspectives 2026: The theme is the nature of truth.
If you wish to contribute to this issue with a small
or larger piece of writing please contact me at:
communications@anthroposophy.ca



In this issue we present the first regular column by
an ASC member, Robert McKay. His focus will be
the Anthroposophical Path. Kim Hunter offers a reflection on the relationship between
society and class membership. Kaitlin Brown asks us to consider if we know an available
Waldorf teacher for a task in Nova Scotia coming soon. Michael Cox announces another
series of workshops on Social Threefolding coming in January. Sign up while there is
room! The same goes for Robert McKay's series of workshops on Anthroposophical
meditation. Jacques Racine suggests a few new new books that are worth considering.

The eNews will now be published 7 times this coming year rather than 11 due to
budgetary constraints. The next issue will be in February. A big thank you to Eric Philips-
Oxford who every month translates the eNews into French for our French members.
Thank you Eric!

Note: the position of 'General Secretary', currently held by Catarina Burisch from
Thornhill, has been re-named 'Country Representative.'

Happy Holy Nights!

ENEWS COLUMNS



Travelling the Anthroposophical Path of Knowledge: Column Introduction by Robert McKay

This is the first in a series of short articles on the anthroposophical path of
knowledge I will provide for the Society's eNews. In these articles, I will
present my understanding of various aspects of the path, including how to
perform particular meditations, how various mediations effect a person, and
other insights I have gathered over time.

These short pieces are fragments of a larger exegesis of Rudolf Steiner's Knowledge of the
Higher Worlds and Its Attainment (KHWa) and of his other writings and lectures on the path, that
I hope to complete someday. For those of you who are not familiar with the term, "exegesis"
means "a critical explanation or interpretation of a text". The use of this term might imply that the
one conducting the exegesis has some sort of special expertise that can shed light on an original
text. It might even suggest that the critical reviewer can explain aspects of the original material
that are not easily understood by a contemporary reader.

This is not the case with my effort to explain or interpret Rudolf Steiner's presentations on meditation and spiritual development. To begin with, Rudolf Steiner worked diligently to make his explanations of the path as clear as possible. He notes in the Preface to the Fifth Edition of KHWa,

In many passages I have been able to increase the accuracy of characterization in detail, and this seemed to me important. If anyone wishes to apply what is imparted in this book to his own spiritual life, it is important that he should be able to contemplate the paths in question by means of a characterization as exact as possible.

In these little articles, the exegesis of a great master, a truly brilliant communicator, is being undertaken by a rank novice. It can't be otherwise. It is a necessary task. To be a student of the path, one has to be a student of the path. What I mean by that slogan is that in order to undertake a dedicated effort to unfold higher forms of consciousness, the student needs to study the path in all its aspects. We read at the beginning of Chapter 6 of KHWa:

One of the fundamental principles of true spiritual science is that the one who devotes himself to its study should do so with full consciousness; he should attempt nothing and practice nothing without knowledge of the effect produced. A teacher of spiritual science who gives advice or instruction will, at the same time, always explain to those striving for higher knowledge the effects produced on body, soul and spirit, if his advice and instructions be followed.

Coming to understand the teacher's explanations is a gradual and non-linear process. One's capacity to understand the path depends upon one's understanding of many broader anthroposophical themes including the nature of the human being, the evolution of consciousness, and the nature of the elemental, astral, and spiritual worlds. This requires the learner to have the good will to endure many cycles of consolidation and confusion, cycles that I believe are an integral and wholesome aspect of the study of spiritual science. As Dr. Steiner presents reality from one perspective after another, introducing one new, nuanced concept after another, the learner goes through these cycles. At one moment, the learner is excited as various ideas coalesce into a richer whole, only to find, in a subsequent moment, that the next new concept, induces a state of confusion again. Out of these cycles emerge better questions that are the hallmark of someone becoming an anthroposophist. Often such questions have to be lived with for a time with satisfying answers emerging only through diverse life experiences.

When it comes to the path, this cycle of consolidation and confusion is deepened by doing the actual meditations, then re-reading the relevant instructions, which now appear different as a result of this practical effort. In the Preface to the Third Edition of KHWa, Dr. Steiner writes:

When one has to do, as is the case here, with descriptions of processes that are to be experienced, it is necessary to refer again and again to the content; for it will become manifest that much can be satisfactorily assimilated only after trial, which in turn reveals certain finer points that at first are bound to be overlooked.

It is my hope that these little articles might inspire readers to return to the source material and perhaps see something in it that they have overlooked.

A Message From Kaitlin Brown in Nova Scotia: Searching for a Short-Term Grade 5 Teacher

I am searching for a grade 5/6 teacher to cover for the next 3 months starting January 12. It would be a great opportunity for someone. It's a paid position and we can offer housing. We are located in Blockhouse on the southwest shore of Nova Scotia. It's a very simple position with a class of five children. Doing ancient Persia and Egypt. We would provide guidance. They don't have to be Waldorf trained just an interest or a retired teacher looking for a bit of adventure. Please keep a look out as we really need someone sooner than later.

With warmth,

Kaitlin

kaitlinbrown@anthroposophy.ca



A Message from Kim Hunter of the General Anthroposophical Section on Society and School Membership

This article is written in the interest of ensuring people understand the difference between membership in the Anthroposophical Society and membership in the School for Spiritual Science (also known as The Michael School).



There are no personal requirements for membership in the Anthroposophical Society. One can fill out the membership form and become a participant and supporter of the movements that have grown out of the work - directly or indirectly - of Rudolf Steiner. These include the Waldorf/Steiner Schools, Biodynamic farming/gardening, therapeutic education/Camphill, Anthroposophical medicine and other healing arts, Werbek singing, eurythmy and many other fields of work. There is an annual membership contribution to join the Society, in part, because for every member there is a contribution that goes to the Goetheanum in Switzerland, that amount is currently 90CHF which is about \$160 Canadian. The base of the Society is in Switzerland. Around the world the country societies are called, for example: The Anthroposophical Society in Canada.

There are Anthroposophical Society branches around the world, they are formed by local people who want to meet together and have an inviting place for activities such as festivals, and study groups.

In contrast to membership in the Society, membership in the School of Spiritual Science requires the person to make a most serious commitment to become a representative of Anthroposophy and requires a commitment to this esoteric path. Once a person has been a member of the Society for at least 2 years, they may apply for membership in the School for Spiritual Science.

The School is comprised of two parts, the Sections and the Class. The Sections are the fields of work (the Agricultural Section, the Pedagogical Section, Medical Section, etc) where people with common work come together to collaborate, study, share and do research. When one becomes a member of the School, one is automatically a member of the General Anthroposophical Section. The Class, also known as the First Class is where members of the School come together to work with the Class Lessons which were given in Dornach in 1924 by Rudolf Steiner. There are 26 Class lessons. The first 19 form the basis of the First Class of the School for Spiritual Science. In September of 1924 there were so many new applicants in the School, that Rudolf Steiner offered what are called the September Lessons (or the Recapitulation Lessons). While the mantras given in the earlier lessons stay the same, he combines them in new ways in these lessons.

Applications for the School for Spiritual Science are usually taken with a Class holder. An applicant must be a member of The Anthroposophical Society in good standing. Ideally the Class holder knows the applicant, and if he/she doesn't, they take time to get to know the applicant. The Class holder strives to be sure that the prospective member of the School understands what membership entails, and that they are a good candidate for membership. There is no cost for membership in the School.

The most significant thing for a person who wishes to become a member of the School is that they recognize on a deep soul-level that they want to represent Anthroposophy in the world. In becoming a member of the School, we work collaboratively with others who have also made the commitment to be representatives of Anthroposophy.

On a personal note, for me, I felt that becoming a member of the School, and working with the substance of the Class Lessons was a conscious deed that tied my karma directly to

Rudolf Steiner. It was done with consciousness and piety. I remember saying to a friend, a member of the School, "I know one day I will become a member of the Michael School." She said, "I'm sure you will." There was no pressure, it was just something that I was drawn to do out of the deepest part of my being.

If you wish to become a member of the Anthroposophical Society in Canada, you can either go to the website or contact our administrator, Elisabeth Chomko.

If you wish to know more about First Class, you can contact me and I will put you in touch with a Class holder to help you with this process.

Wishing everyone a wonderful Advent.

Kim Hunter
lotsofplaytime@gmail.com

Upcoming Offerings

Imagining a Threefold Society

::: Webinar Series :::

Exploring the Basic Idea of Social Threefolding

with T. Michael Cox and Christopher Hahn

Sundays – January 11 through February 8

Back by popular demand! 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 AND REGISTRATION [HERE](#)



The Anthroposophical Path of Knowledge

An Online Course with Robert McKay

12 Consecutive Sundays:

Sunday, January 18 to Sunday, April 5

Group 1 – 7:30 am to 9:00 am EST

Group 2 – 9:00 am to 10:30 am EST

Group 3 – 10:30 am to 12:00 pm EST

You are cordially invited to participate in an online (Zoom) course on the anthroposophical path of knowledge. This participatory group-learning process is designed for people who are interested in developing toward the disciplined clairvoyance required to conduct research in the soul and spiritual worlds. The course will be of use to both individuals who are new to anthroposophical meditation and to those already engaged in an anthroposophical meditative practice.

The course will cover much of the content provided by Dr. Rudolf Steiner regarding the anthroposophical path with selected readings from various texts that will be provided. It will clarify the foundational practices and disciplines required to safely undertake the ascent to

spiritual consciousness. It will include a practical introduction to many key anthroposophical meditative practices. By the end of the course, you will have a deeper understanding of how anthroposophical meditation changes a person, how to proceed safely into expanded forms of consciousness, and how to develop a meditative regimen suited to your unique personality.

Each group will consist of no more than 16 people and will meet for 12 consecutive weeks for 90 minutes per session. In order for the group to function best, it is important that participants make a commitment to attend as many sessions as possible. Please consider if you can realistically commit to participating in most, if not all, of the 12 weekly sessions. Each session will include a brief lecture component, a discussion component, and practical work with one or more meditative exercises. Between sessions, you will be asked to practice the various exercises and come ready to discuss your experiences at the next session. Actual practice is important as often the instructions for an exercise can only be truly understood by practicing it.

I would ask each participant to contribute \$100 CAD to support the Toronto Branch of the Anthroposophical Society in Canada. Please note, regardless of any contribution, all are most welcome to participate. Following the course, should participants be interested, I would be happy to support you in your meditative path through scheduled discussions every few months or so. This support is a free offering. While climbing the path requires intensive individual commitment, it can be helpful to discuss how the work is going with a fellow traveler from time to time. If you are interested in registering, please email me at robertmckay@rogers.com or phone/text me at (647) 981-6298 and let me know which of the three timeslots is best for you. If none of these times work but you are interested in the course, please let me know as I will try to offer the course again in fall of 2026 at different times. Please feel free to forward this document to anyone you think might be interested.

Book Recommendations From Jacques Racine of Mangagore in Quebec

In English:

Joan of Arc, In Light of Anthroposophy & Spiritual Science

from Bradford Judson

After conducting diligent research in surviving historical accounts and the Dr. R Steiner's published lectures, articles and books, it is obvious that Joan was a genuine Knight, and Representative, of the Christ, the Archangel Michael, and the Holy Grail.

Available in January at \$24 by email to

jacrac128go@gmail.com

to avoid extra shipping

The Anxious Generation

by Jonathan Haidt

How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness

Available at \$24

jacrac128go@gmail.com

to avoid extra shipping

In French:

Under the Eyes of Heaven, The Life of Rudolf Steiner

by Andreas Laudert

It is therefore the creative dimension of man and of his impulses which interest the author.

These paths are not logical, but because Steiner He creates them from nothing, through what he has always given himself the means of walking barefoot on debris.

Available for \$49

jacrac128go@gmail.com

to avoid postage costs

Joan of Arc, In Light of Anthroposophy & Spiritual Science

from Bradford Judson, American Anthroposophist

The Maid of Orléans, representative of Christ, Archangel Michael and the Holy Grail, allowed Europe to remain unified, which has brought the English to North America, among other things. An introduction to finding Quebec's essential mission in North America.

\$24 available in January

jacrac128go@gmail.com
to avoid postage costs

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