



International Christmas  
Conference at the Goetheanum

General Anthroposophical Section  
Section for Literary Arts and Humanities

# Meeting the Essence of Anthroposophy

## The Transformative Power of the Foundation Stone Meditation in Man and Society

Michael Debus, Christiane Haid, Gioia Falk, Matthias Girke, Stefan Hasler,  
Paul Mackay, Jost Schieren, Jaap Sijmons, Joan Sleigh, Auke van der Meij a.o.

27th to 31st December 2018

Goetheanum

# Meeting the Essence of Anthroposophy

## The Transformative Power of the Foundation Stone Meditation in Man and Society

What gives us today an inner ground for self-knowledge and for the understanding of other people? How can a social and societal life be shaped in the face of globalization and the continuous flow of refugees, and what are the resources we need for this?

For the new foundation of the Anthroposophical Society, during the Christmas Conference 1923/24, Rudolf Steiner placed the Foundation Stone Meditation in the hearts of the attending members. He thus opened up the possibility that every person can learn to reshape themselves as a cosmic being, within their relationship to the earthly reality, drawing inspiration from the meditation.

In anticipation of the 100th anniversary of the Christmas Conference, we wish to deepen our connection with this meditation with as many people from as many parts of the world as possible, in a conference at the Goetheanum at Christmas 2018. We hope to build and strengthen the inner ground for the future with such a collaborative gathering.

In the challenging and crisis-prone world, we believe that working together on the Foundation Stone from all corners of the world, will enable us to develop a greater awareness of global interconnectedness in the intention of cultural transformation. The conference in Dornach will be bilingual, German / English and hopes to stimulate and inspire, provide an inroad to a meditative process, explore different ways of working, form a profound basis of understanding, exchange research and share experiences. In the festive mood of these days, participants will be able to experience Rudolf Steiner's depiction of the Foundation Stone in eurythmy, both in English and German, in daily eurythmy demonstrations. The conference will offer substantial contributions, plenary discussions, smaller and larger working groups, forums for mutual exchange and exercises.

For the initiative group,  
Christiane Haid, Stefan Hasler, Paul Mackay,  
Jaap Sijmons and Joan Sleight

# Programm

## Thursday, 27th December 2018

17.00 **Welcome:** Christiane Haid  
**Contributions to current world situation. The battle for human intelligence**  
Jaap Sijmons, Jost Schieren,  
Michael Debus (DE)  
**Open discussion**  
**Foundation Stone in Eurythmy**

18.30 **Supper Break**

20.00–21.30 **Metamorphosis in the Foundation Stone**  
Christiane Haid (DE)

## Friday, 28th December 2018

9.00–10.30 **Eurythmy Demonstration Foundation Stone**  
*"Truly live ..."* The rhythms of the Foundation Stone  
Paul Mackay (DE)

10.30 **Coffee Break**

11.15–12.30 **Working Groups**

12.30–14.45 **Lunch Break**

14.45 **Questions regarding the Anthroposophical Society**  
Open conversation with  
Joan Sleight and others

15.45 **Eurythmy as a Social Art**  
Stefan Hasler

16.45 **Break**

17.15–18.30 **Rosicrucianism and the Foundation Stone** *"Spirits of Strength"*  
Auke von der Meij (EN)

18.30 **Supper Break**

20.00–21.30 **Living at the Abyss of Civilization:**  
*"Human Soul, you live ..."*  
Michael Debus (DE)

## Saturday, 29th December 2018

9.00–10.30 **Eurythmy Demonstration Foundation Stone**  
*"Truly feel ..."*  
**Soul balance and community building**  
Joan Sleight(EN)

10.30 **Coffee Break**

11.15–12.30 **Working Groups**

12.30–14.45 **Lunch Break**

14.45 **Questions regarding the Anthroposophical Society**  
Open conversation with  
Joan Sleight and others

15.45 **FORUM**  
**The work of the Foundation Stone in the Worldwide Society**

16.45 **Break**

17.15–18.30 **Human-I and Cosmic-I**  
**The path of the soul to Christ**  
*"Spirits of Light"*  
Matthias Girke (DE)

18.30 **Supper Break**

20.00–21.30 **Eurythmy**  
Goetheanum Stage Ensemble

## Sunday, 30th December 2018

9.00–10.30 Eurythmy Demonstration  
Foundation Stone  
"Truly think ..." Thinking experi-  
ence and spiritual knowledge  
Jost Schieren (DE)

### 10.30 Coffee Break

11.15–12.30 Working Groups

12.30–14.45 Lunch Break

14.45 Questions regarding the  
Anthroposophical Society  
Open conversation with  
Joan Sleight and others

15.45 Eurythmy as a Social Art  
Stefan Hasler

16.45 Break

17.15–18.30 The Michael School and the Work -  
ings of the "Spirits of Soul"  
Jaap Sijmons (DE)

18.30 Supper Break

20.00–21.30 "Soul Forces" – Scenes from the  
Mystery Dramas.  
Contributions: Michael Debus (DE),  
Demonstrations: Gioia Falk

## Monday, 31st December 2018

9.00–10.30 Eurythmy Demonstration  
Foundation Stone  
"That Good may become..."  
The future of the Anthroposophical  
Society and School of Spiritual  
Science  
Preparation Group (DE)

### 10.30 Coffee Break

11.15–12.30 (Continuation)  
The Foundation Stone in Eurythmy  
Close of the conference (DE)

The lectures and plena in German (DE) will be simultaneously  
translated into English (EN) and vice versa.

### WORKING GROUPS

1. Nodar Belkania, Anežka Janátová:  
„Let there be fired from the east ..." ! (DE)
2. Ingrid Everwijn: The eurythmic structure of  
the Foundation Stone (DE)
11. Matthias Girke: Meditative Path of Knowl -  
edge: the effects on individual development  
and community (DE)
3. Helmut Goldmann and Paul Mackay?: The  
Foundation Stone meditation and the Philos -  
ophy of Freedom (DE)
4. Christiane Haid, Jaap Sijmons, Silke Spon -  
heuer: The Foundation Stone Meditation, the  
mantras of the First Class and the structure  
of the School of Spiritual Science. Short con -  
tributions, conversations and eurythmy (for  
Members of the First Class, DE)
5. Stefan Hasler and Jost Schieren: Spirit-recall -  
ing – Spirit- mindfulness - Spirit-Beholding  
- Levels of Consciousness and thought images  
in the Foundation Stone Meditation (DE)
6. Ute Medebach: The Foundation Stone in  
Eurythmy (DE, EN)
7. Joan Sleight and Mats Ola Olsson: The Social  
Impulse of the Foundation Stone Meditation  
(EN, DE)
8. Michiel ter Horst: The Foundation Stone and  
the Spiritual Hierarchies (DE)
9. Auke van der Meij: How to work with the  
Foundation Stone Meditation? (EN)
10. Ursula Zimmermann: Introduction to the  
rhythms of the Foundation Stone in Eurythmy  
and Conversation (DE, EN)

### VERANSTALTUNGSHINWEIS

#### Göttliches Licht, Christus Sonne

Lesung der Ansprache Rudolf Steiners zur Grundstein -  
legung der Anthroposophischen Gesellschaft vom  
25. Dezember 1923 und Vortrag von Peter Selg  
Musikalische Umrahmung | Gracia Steinemann, Klavier  
Dienstag, 25. Dezember 2018, 20 Uhr  
Schreinerei am Goetheanum  
(in German without translation)

# Biographies

**Prof. Nodar Belkania**

Born in 1952, studied psychology, philosophy and cultural history. Full professor of psychology at the State University I. Javakishvili University of Tbilisi. 2007-2012 Dean of the Faculty of Social and Political Sciences. Chairman and Country Representative of the Anthroposophical Society in Georgia. Married, three grown children.

**Michael Debus**

Studied mathematics, physics, philosophy and theology. Congregational priest from 1969, then from 1978 to 2007 Director of the Priests Seminary of the Christian Community in Stuttgart. Lecturing on all continents, numerous publications on contemporary history, anthroposophy and theology. Since 2008 congregational priest in Stuttgart.

**Ingrid Everwijn**

Studied piano, pedagogy, eurythmy and eurythmy therapy. Master of Arts, lecturer and member of the senior staff at Eurythmeum CH. Since 1995 at the Academy of Eurythmy Arts in Baselland (Education and Aphaia Ensemble); 2011 founding member of Eurythmeum CH. Many years of very varied artistic experiences.

**Gioia Falk**

Eurythmy training in Dornach with Elena Zucco - li. Stage eurythmy and lecturer at the Eurythmy School in Munich. Since 1987 involved with the Goetheanum stage. Artistic director of the new production of the Mystery Dramas by Rudolf Steiner. Since 2013 member of the working collegium of the Anthroposophical Society in Germany, and General Secretary together with Michael Schmock.

**Dr. med. Matthias Girke**

Specialist in internal medicine, palliative medicine and diabetology. Since 2016 he is Head of the Medical Section at the Goetheanum (Switzerland). Board member of the Society of Anthroposophical Physicians in Germany (GAÄD), the umbrella organization of Anthroposophical Medicine in Germany (DAMiD) as well as the board of the Anthroposophical Society. Former Chief Physician and Deputy Medical Director of Havelhöhe Community Hospital, clinic for Anthroposophical medicine.

**Helmut Goldmann**

Born in Silesia in 1940, came to Vienna in 1946, attended elementary and high school there and studied physics at the Technical University. Worked in software development, in Vienna and for a short time in the USA. He became a class holder in 1986, was on the board of the Austrian National Anthroposophical Society from 1986 to 2006, and general secretary from 2003 to 2016. His main interests are the basics of Anthroposophy and structural issues of the society and the School of Spiritual Science.

**Dr. Christiane Haid**

Born in 1965, studied Educational Sciences, German studies, history and art in Freiburg and Hamburg. Since 2009 Director of the publishing house at the Goetheanum. Doctorate in philosophy in 2012. From 2012 head of Humanities Section at the Goetheanum, Dornach. Publications on historical and literary topics as well as the work of Rudolf Steiner.

**Prof. Stefan Hasler**

Born in 1965; studied music in Stuttgart, Pescara and Budapest; conducting studies in London; Study of Eurythmy in The Hague and Hamburg; Stage work; eurythmy teacher at the Waldorf School Hamburg-Wandsbek, lecturer at the Eurythmy School Hamburg; since 2003 Professor of Eurythmy at the Alanus University; since 2014 leader of the Performing Arts Section at the Goetheanum; married, father of three children.

**Anežka Janátová**

Born in 1945 in Tabor. Leading research work at the Institute for Education and Psychology in Prague. In 1992 founded Society for Therapeutic Education and Social Art in the Czech Republic in 1992, renamed in 2017 to Association for Curative Education. Developed concept of a medical training at the Institute for Education in 1993. Founded the Academy for Social Art in Tabor in 10997. Developed the Foundation Camp in 1993, which includes biodynamic agriculture. She is consultant for a number of Waldorf Schools in Dileo and in the Czech Republic as well as Chair of the Anthroposophical Society in the Czech Republic.

**Ute Medebach**

Co-leader of the Academy for the Art of Eurythmy in County Basel from 2002 to 2011, with Ingrid Everwijn, Angela Heintze and Beatrice Oling. Member of the Eurythmy Stage Ensemble at the Goetheanum and teacher at the Lea van der Pals School for decades. Longterm experience as lecturer in Eurythmy in Switzerland and the USA.



#### Paul Mackay

Born in Hong Kong in 1946. Studied economics in Rotterdam and Fontainebleau. From 1972 to 2012 worked in banking, then as founder and director of Triodos Bank, Holland as well as on the council and Chairman of the Supervisory Board of GLS Bank. Since 2012 President of the Board of Directors of Weleda AG. From 1996 to retirement in 2018 member of the Executive Council of the School of Spiritual Science at the Goetheanum.

#### Mats-Ola Ohlsson

Co-founder of the social-therapeutic institution and the biodynamic farm Norrbyvälle gård, where since 1986 he works with young people, especially with autistic needs. Previously Waldorf teacher. Since 1990 he has been supporting Waldorf Education and Curative Education projects in Russia and Georgia. He is co-founder of SOFIA, an anthroposophical organization that supports projects around the world. General Secretary of the Anthroposophical Society in Sweden.

#### Prof. Jost Schieren

Born in 1963, studied philosophy, German and history of art in Bochum and Essen. 1997 Doctorate on Goethe's „Observational Judgment“. From 1996-2006 German teacher at the Rudolf Steiner School in Dortmund. From 2004 to 2008 staff member at the University of Paderborn. Since 2008 Professor of School Education with focus on Waldorf Education and Dean of the Department of Education at the Alanus University in Alfter near Bonn.

#### Prof. Jaap Sijmons

Born in 1959, studied philosophy, mathematics and law in Utrecht. Doctorate on Rudolf Steiner's philosophy and its system of 12 world views (Utrecht, 2004). Translated into German in 2008 in Basel under the title: „Phenomenology and Idealism. Structure and Method of Rudolf Steiner's Philosophy“. Professor of Health Law, Lawyer and Chairman of the Anthroposophical Society in the Netherlands.

#### Joan Sleigh

Born 1962 in South Africa, studied Waldorf education in Witten-Annen, Germany. 1995 return to Cape Town with family of four children. Class teacher until 2012 at the Michael Oak Waldorf School; 2006-2012 lecturer at the Centre for Creative Education in Cape Town. 2012 Member of the International

Conference on Waldorf Education (Hague Circle). Since 2013 member of executive board of the School of Spiritual Science at the Goetheanum, Dornach, co-responsible for the Anthroposophical Studies in English.

#### Silke Sponheuer

Born in Essen, Germany. Eurythmy training in Hamburg with Carina Schmid. Trainer and stage eurythmist in Hamburg and freelance courses and work with young people, social eurythmy and cooperation in the advisory board of GTS Bochum and Hamburg. 1998 Foundation of Kairos Eurythmy Training in Cape Town, South Africa; accredited with BA in Eurythmy. Stage work and multicultural youth projects in South Africa, 'out-reach' projects in townships. MA at the University of Cape Town. Offers various courses in meditation, eurythmy and their integration.

#### Michiel ter Horst

Translator of the works of Dionysius Areopagita into Dutch. Board member of the Iona Foundation in Amsterdam from 1974-2013. Law degree in Amsterdam and subsequently connected to three law faculties. 1977 employee at the Vrije Hogeschool in Driebergen, a teaching experiment of Professor Lievegoed. Many projects on the Cathedral of Charles opened his way to Dionysius Areopagita and his teaching of the hierarchies.

#### Auke van der Meij

Born in 1951 in Groningen, Holland. Studied psychology and philosophy and discovered Steiner's „Philosophy of Freedom“. In the 80s he worked in the Vrije Hogeschool, which was founded by Bernard Lievegoed. From 1993 he worked for the Waldorf schools in Holland. He is currently a member of the Board of the Anthroposophical Society in Holland. The Foundation Stone Meditation is an important source of inspiration for him.

#### Ursula Zimmermann

Longstanding work at the Goetheanum Stage and the Eurythmy Training of Elena Zuccoli; freelance lecturer, artistic projects and foundation work at the Kairos Centre for Eurythmy in Dornach ([www.kairoszentrum.org](http://www.kairoszentrum.org)). Instruction of eurythmic exercises for meditative life and training in observation in the field of vital forces, as part of the Study and further Education at the Goetheanum.

# General Information

Christmas conference

Meeting the essence Anthroposophy -

The transformative power of foundation stone meditation in man and society

A Conference of the Section for the Arts of Eurythmy, Speech and Music

at the Goetheanum from Thursday, 27 to Monday 31 December 2018

Application requested prior to: Friday, 13 December 2018

Conference fees: with sponsorship <sup>1</sup> :	CHF 500	with meals: CHF 675
regular price:	CHF 320	with meals: CHF 495
concessions <sup>2</sup> :	CHF 220	with meals: CHF 395
Student price <sup>3</sup> :	CHF 40	with meals: CHF 215

## Conference meals

Conference meals (vegetarian) include 3 lunch and 4 evening meal at CHF 175 in total.

Breakfast (4x) can be booked separately at CHF 60. The other meals cannot be booked separately.

We regret that food intolerances cannot be catered for.

## Parking permit

For the period of the conference: CHF 28 (not right next to the Goetheanum building).

If you have a disability, please display your disability badge in your car.

## Methods of payment/confirmation

On receipt of a group application, the respective institution will receive the account for the group. Subsequent bookings can only be applied for and paid on an individual basis.

**Credit cards (all countries):** The full amount will be charged to your credit card as soon as your booking has been processed. You will receive postal or email confirmation of your booking and payment.

**Invoice Switzerland:** Confirmation of booking and an invoice will be sent to you once your booking has been processed. Please note that we only send out invoices up until 10 days before the beginning of an event. After that, payment is only possible by credit card or on arrival.

**Invoice Eurozone:** Confirmation of booking and an invoice will be sent to you once your booking has been processed (Euro account). Please note that we only send out invoices up until 14 days before the beginning of an event. After that, payment is only possible by credit card or on arrival.

**Other countries:** Once your booking has been processed you will receive a confirmation by post or email. The amount due will either be charged to your credit card or you can pay on arrival. Bank transfers are not possible.

Please note that the conference fee must be paid before the conference starts.

**Conference tickets:** Tickets can be collected at the Reception until half an hour before the conference starts, also if you pay on arrival. We accept cash (Euro and CHF), VISA, MasterCard, ec-direct and Postcard-Schweiz.

**Cancellation:** Bookings may be cancelled free of charge up to 14 days prior to the beginning of the conference (13.12.2018, date of posting). After that, 50% of the conference fee will be charged. Meals, breakfast, and parking permit may be cancelled free of charge up to 1 day prior to the begin of the conference (26.12.2018). Cancellation on the day when the conference begins or failure to attend are subject to a 100% invoice total. Substitutes will be accepted at no extra cost.

**Cancellation insurance:** Subject to a payment of 5% of total costs (CHF 10 minimum) full cancellation insurance can be taken out to cover illness (including dependent children and partner), job loss and force majeure. Please ask for our terms of insurance or visit [www.goetheanum.org/6053.html](http://www.goetheanum.org/6053.html).

**Data processing:** All data will be electronically recorded and filed and not passed on to any third party.

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## Goetheanum Guest Houses and Accommodation

Haus Friedwart	from CHF 75, about 5 min. walk to the Goetheanum phone +41 61 706 42 82, <a href="http://www.friedwart.ch">www.friedwart.ch</a>
Begegnungszentrum	from CHF 30, about 10 min. walk to the Goetheanum phone +41 61 706 42 82, <a href="mailto:friedwart@goetheanum.ch">friedwart@goetheanum.ch</a>
Accommodation bureau	rooms from CHF 55 <a href="mailto:kontakt@rooms-dornach.ch">kontakt@rooms-dornach.ch</a> ; <a href="http://www.rooms-dornach.ch">www.rooms-dornach.ch</a>

Prices are per person per night. Prices for accommodation cannot be guaranteed.

You can find further accommodations on our website: [www.goetheanum.org/4283.html](http://www.goetheanum.org/4283.html)

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Terms and Conditions will be sent on request or can be accessed online at [www.goetheanum.org/6025.html](http://www.goetheanum.org/6025.html).