

● ISSUE 1: AUTUMN 2016

# impulses

Activities in London inspired by Rudolf Steiner



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This first issue has been sponsored by the Anthroposophical Society in Great Britain. Everyone who finds this publication valuable is invited to make a financial contribution so we can keep going and be self-financing as a London initiative. The current editorial team is comprised of Carolyn Tucker and Ilona Pimbert, supported by Karin Bernard and Sandra Czettel.

We aim to publish the newsletter three times a year: Autumn, Winter and Spring.

### Winter 2017 Newsletter deadline:

15th November 2016  
for distribution in January 2017

### Important information for inclusions:

Details should be submitted by the deadline to guarantee inclusion. If you are sending images, please make sure they are jpg or pdf format.

For space reasons we may have to ask you to shorten your texts, but if you list your contact details interested readers can obtain the full text from you.

Events should be submitted in date order for inclusion in the diary.

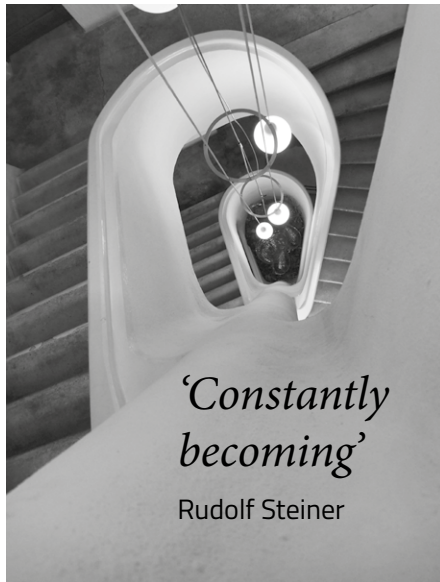
### Cover Artwork:

*Haus am Abhang (House on a slope)*  
by Stefan Krauch [www.krauch.de](http://www.krauch.de)

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[www.squiffweb.co.uk](http://www.squiffweb.co.uk)



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# Welcome

## Reintroducing a London Steiner Newsletter

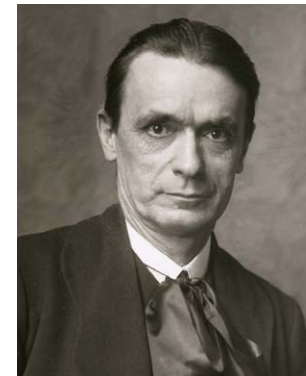
The idea of a London newsletter is not new. By reawakening it, we want to create a forum for gathering and sharing information from existing and new initiatives inspired by the work of Rudolf Steiner in the London region.

This is by no means the finished format, rather work in progress and if you have any suggestions or comments we would like to hear from you.

With your help we aim to expand the Diary of Events and the Directory to eventually include as many relevant listings as possible. Please send any contributions to Ilona at [admin@anth.org.uk](mailto:admin@anth.org.uk)

We are also considering offering advertising space and classified ads in future issues. If you are interested in placing an ad please get in touch with us.

Please also do let Ilona have your email address if you would like to receive *Impulses* by email in PDF format.



## Rudolf Steiner (1861-1925)

Rudolf Steiner's research into the spiritual nature of the human being and the world around us - also known as anthroposophy - has led to a wealth of practical initiatives such as Steiner Waldorf education, biodynamic agriculture and anthroposophical medicine and therapies. On-going work takes place in many other fields, including science, drama, speech, music and eurythmy (an art of movement), architecture and the other visual arts, as well as social care, sociology and economics. Further information relating to the many areas of work arising from his impulse is available from Rudolf Steiner House in London.

Rudolf Steiner's published work includes some 30 books and the transcripts of over 6000 lectures, many of which are available from the bookshop or library at Rudolf Steiner House or via any bookshop. Catalogues are published by Rudolf Steiner Press ([www.rudolfsteinerpress.com](http://www.rudolfsteinerpress.com)) and SteinerBooks ([www.steinerbooks.org](http://www.steinerbooks.org)). There is also an on-line archive ([www.rsarchive.org](http://www.rsarchive.org)).

## Regular Groups and Classes

Unless otherwise stated the venue is Rudolf Steiner House. You can find details of all the venues listed on page 12. All entries are correct at time of printing, please check before attending.

### DAILY CLASSES

10.00 – 11.00am

#### **Bothmer Making Everyday Living more Conscious**

With Trudy Lewis

Free sessions

Venue: on Primrose Hill

Contact: bothmerlondon@gmail.com

### MONDAYS

6.45 – 8.15pm

#### **Kairos Rehabilitation Study Group**

With Ingrid Hermansen

Venue: Kairos Rehabilitation,  
Forum at Greenwich

For parents, teachers, health  
professionals and others interested  
to weigh up and apply clinical  
anthroposophic insights in their work.

Contact Ingrid on: 07712810108

7.00 – 8.30pm

#### **Philosophy of Freedom**

With Trevor Dance

**3rd, 17th, 31st October, 14th, 28th  
November & 12th December**

Members and friends are warmly invited.

Suggested donation £3/£2 concessions.

7.00 – 8.30pm

#### **Working with the Rose Cross Meditation**

With Sue Peat and Adrian Hotten

**10th, 24th October, 7th, 21st  
November & 5th December**

Members and friends are warmly invited.

Suggested donation £3/£2 concessions.

### WEDNESDAYS

2.00 – 4.00pm

#### **From Symptom to Reality in Modern History**

With Trevor Dance

**5th, 19th October, 2nd, 16th, 30th  
November & 14th December**

Members and friends are warmly invited.

Suggested donation £3/£2 concessions.

2.00 – 4.00pm

#### **Toward Imagination**

With William Bishop

**12th, 26th October, 9th, 23rd  
November & 7th December**

Members and friends are warmly invited.

Suggested donation £3/£2 concessions.

6.15 – 7.30pm

#### **EURYTHMY**

*An Art of Movement*

Class with Chrystal Hayn

**21st September - 12th October and  
9th November - 7th December**

£8.00 per session

Contact: chrystlucia@yahoo.co.uk

### COMING SOON:

Days and dates to be arranged

#### **Find Your Voice - Find Yourself**

SPEECH COURSE

with Geoffrey Norris

Contact: jefron@hotmail.com

4.15 – 6.15pm

#### **Foundations of Esotericism**

With Brendon McQuillan

**5th, 19th October, 16th, 30th  
November & 14th December**

Members and friends are warmly invited.

Suggested donation £3/£2 concessions.

7.00 – 8.30pm

#### **Soul and Spirit and Consciousness**

With Trevor Dance, Adrian Hotten,  
David Lowe & Sue Peat

**5th October, 2nd November,  
7th December**

Members and friends are warmly invited.

Suggested donation £3/£2 concessions.

### THURSDAYS

6.30 – 7.30pm

7.30 – 8.30pm (newcomer class)

#### **Bothmer Making Everyday Living more Conscious**

Class with Trudy Lewis

Full term in advance: £125/£95  
concessions (full time student, unwaged)

Single sessions Drop-in: £10/£8

Contact: bothmerlondon@gmail.com

### FRIDAYS

4.00 – 7.00pm

#### **Rudolf Steiner's New Life - Mother and Child**

WATER COLOUR PAINTING COURSE  
with Angela Lord

**7th, 14th, 21st, 28th October**

£120

Please contact Angela Lord for more  
information T: 01825 713 314

### Study Group invitation

Chris Jones is asking if anybody would  
be interested in taking part in  
new study groups. To start off he is  
proposing: Human and Cosmic Thought  
but he is open to suggestions. Possible  
day, time and venue:

**Mondays, 7:30 – 8:30pm  
at Rudolf Steiner House.**

Contact: jeanwhit2003@yahoo.co.uk

For regular PARENT & CHILD GROUPS  
please see page 15

## Conversation

*The healing power  
of conversation...*

*Therapeutic empathy.*

*Revealing our strong vibration...*

*Empathic therapy.*

*Dialogue between man,  
woman and nation...*

*No judgement.*

*Don't crush them.*

*Acknowledge emotional growth  
with celebration.*

*Just the essence... of presence.*

*The healing power of  
conversation...*

*Therapeutic empathy.*

### 'KP Kev the Poet' Panton

Poem by Kevin Panton, a recent  
graduate of the Kindergarten  
Teacher Training Course.



## DIARY OF EVENTS – October - December 2016

Unless otherwise stated the venue is Rudolf Steiner House. You can find details of all the venues listed on page 12. All entries are correct at time of printing, please check before attending.

### OCTOBER 2016

For dates for the School of Spiritual Science please see page 13

Sunday 2nd October, 11.30pm

#### **Michael Summons Our Thinking**

TALK with Peter van Breda

No booking required, just turn up.

For more information T: 020 8748 8388

**Venue: Temple Lodge**

Monday 3rd October, 7.00 pm

#### **The Fertile Ground of Bewilderment**

TALK with Charles Eisenstein

Charles speaks of Steiner warmly and often in his talks, he spent some time in a Camphill community in the USA. He lives brightly in Michaelic light.

**Cost: £15**

Book via: [www.alternatives.org.uk](http://www.alternatives.org.uk)  
or call 020 7287 6711

**Venue: Alternatives in St James' Church**

Monday 3rd – Friday 28th October

#### EXHIBITION:

#### **Paintings by Nicholas Cope**

The most important influences on these paintings are the themes expressed by a group of writers central to the 'Traditionalist School'. Their central concept is that of the 'Sophia Perennis', the 'Perennial Wisdom',

[www.rsh.anth.org.uk](http://www.rsh.anth.org.uk)

Tuesday 4th October

6.30 - 8.00pm

#### **Greenwich Steiner School**

MIDDLE SCHOOL OPEN EVENING

T: 020 88584404

E: [admin@greenwichsteinerschool.org.uk](mailto:admin@greenwichsteinerschool.org.uk)

[www.greenwichsteinerschool.org.uk](http://www.greenwichsteinerschool.org.uk)

Friday 7th October

7.30 – 9.00pm

#### **Developing Consciousness:**

#### **Hans Christian Andersen's**

#### **'The Snow Queen'**

LECTURE by Sylvia Francke

All welcome, no need to book.

Suggested donation £5.00/  
£3.00 concessions

Saturday 8th October

11.00am - 2.00pm

#### **St Michael High School**

#### **OPEN DAY**

T: 020 8893 1299

E: [info@stmichaelsteiner.hounslow.sch.uk](mailto:info@stmichaelsteiner.hounslow.sch.uk)

Saturday 8th October

10.00am - 12.30pm

#### **Greenwich Steiner School**

#### **OPEN DAY**

T: 020 88584404

E: [admin@greenwichsteinerschool.org.uk](mailto:admin@greenwichsteinerschool.org.uk)

[www.greenwichsteinerschool.org.uk](http://www.greenwichsteinerschool.org.uk)

Saturday 8th October

11.00am - 1.00pm

#### **The Children's Garden**

#### **OPEN DAY**

T: 020 89482959

E: [regine.childrensgarden@hotmail.com](mailto:regine.childrensgarden@hotmail.com)

[www.thechildrensgarden.org.uk](http://www.thechildrensgarden.org.uk)

Wednesday 12th October

North London

#### **Rudolf Steiner School**

#### **OPEN DAY**

Tel/Fax: 020 83413770

[info@rudolfsteiner.london.sch.uk](mailto:info@rudolfsteiner.london.sch.uk)

Thursday 13th October, 7.30 pm

#### **Earthstars Sacred Space:**

#### **Genesis and Evolution of the**

#### **Giza Pyramids,**

PRESENTATION by Andrew Collins

£12 at the door, concessions and donations possible – all welcome.

Please contact Marion Briggs for more details: [marionbriggs148@btinternet.com](mailto:marionbriggs148@btinternet.com)

Friday 14th October, 7.30 – 9.00pm

#### **Developing Consciousness:**

#### **Transforming Inheritance**

*Epigenetic and Personal Development*

LECTURE by Dr. Peter Gruenewald

All welcome, no need to book.

Suggested donation £5/£3concessions

Saturday 15th October, 7.30pm

#### **International CONCERT series:**

#### **Piano Favourites**

Louis Demetrius Alvanis

Admission: £15-£20

Book in person at the Rudolf Steiner Bookshop or online at:

[www.internationalconcertseries.eventbrite.co.uk](http://www.internationalconcertseries.eventbrite.co.uk)

Sunday 16th October, 11.30am

#### **TALK on Parzival**

#### **From Fool to Grail King**

With Peter van Breda

No booking required, just turn up.

**Venue: Temple Lodge**

Contact: 020 8748 8388

Tuesday 18th October, 7.30 pm

#### **The Lyre – An Instrument of Our Time**

A TALK with Musical Illustrations, with Anna Prokhovnik Cooper accompanied by Sarah Boyd and Hanae Nakamura

Suggested donation at the door: £15

**Venue: Temple Lodge**

Contact Sue Peat T: 0777 057 7372

Tuesday 18th October

6.30 - 8.00pm

#### **Greenwich Steiner School**

MIDDLE SCHOOL OPEN EVENING

T: 020 88584404

E: [admin@greenwichsteinerschool.org.uk](mailto:admin@greenwichsteinerschool.org.uk)

[www.greenwichsteinerschool.org.uk](http://www.greenwichsteinerschool.org.uk)

Friday 21st October

7.30 – 9.00pm

**Developing Consciousness:  
Transforming Consciousness  
through Colour**

LECTURE by Angela Lord

All welcome, no need to book.

Suggested donation £5/£3 concessions

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Sunday 23rd October, 11.30am

**Kundry and Klingsor in balance**

TALK on Parzival with Peter van Breda

No booking required, just turn up.

Venue: Temple Lodge

For more information T: 020 8748 8388

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Sunday 23rd October

12pm onwards

**Singing to the land at the  
River Thames**

Shakti Sings choir

Very uplifting choir following on the work of the late Nick Prater, the Waldorf teacher who was instrumental in creating so many natural voice choirs throughout this land and so much more.

This singing really invokes the folk soul of this land and weaves together the above and below through our being together in sound. The choir meets once a month in London and everyone is welcome.

Venue: River Thames

More details at: [www.shaktisings.org](http://www.shaktisings.org)

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Sunday 23rd October

2.00 – 5.00pm

**Gardening the Biodynamic Way**

WORKSHOP with Philip Martyn & Sue Peat

Bring a 1L bottle for 500. All Welcome, no need to book.

Suggested donation £5/£3 concessions

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Thursday 27th October, 7.30pm

**The Bee - Its Genius and its  
significance for nature  
and humanity**

PRESENTATION by Ralf Roessner

£12 at the door, concessions and donations possible – all welcome. Contact Marion Briggs E: [marionbriggs148@btinternet.com](mailto:marionbriggs148@btinternet.com)

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Friday 28th October

7.30 – 9.00pm

**Developing Consciousness:  
'Free energy' is a challenge  
for us all**

LECTURE by Ralf Roessner

All welcome, no need to book.

Suggested donation £5/£3 concessions

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Friday 28th October

7.30 – 9.00pm

**Developing Consciousness:  
Raphael, Michelangelo,  
Leonardo – Beginnings of the  
Consciousness Soul**

LECTURE by David Lowe

All welcome, no need to book.

Suggested donation £5/£3 concessions

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Saturday 29th October

7.00 – 8.15pm

**The Incarnation of the Logos –  
An Epic Tale of Christ's Coming  
to Earth**

PERFORMANCE by actor and storyteller Glen Williamson

Suggested donation: £10/£8

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Monday 31st October –  
Friday 9th December

EXHIBITION:

**The Bees and the Kingdom  
of the Animals**

Libuse Mikova-Mika

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NOVEMBER 2016

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Friday 4th November, 7.30pm

**International CONCERT series:  
Portraits of Earth**

Alexander Chapman Campbell

Admission: £12-£15

Book in person at the Rudolf Steiner Bookshop or online at:

[www.internationalconcertseries.eventbrite.co.uk](http://www.internationalconcertseries.eventbrite.co.uk)

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Friday 4th November

7.30 – 9.00pm

Developing Consciousness:

**Our Consciousness of the Dead**

LECTURE by Dr. Sue Peat

All welcome, no need to book.

Suggested donation £5/£3 concessions

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Saturday 5th November

2.00 – 6.30pm

**The Portal of Initiation**

WORKSHOP: A mystery drama reading with Trevor Dance

All welcome, no need to book.

Suggested donation £5/£3 concessions

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Wednesday 9th November

7.30 – 9.00pm

Looking at Art

**The Path of Abstract Art  
in the 19th Century**

ILLUSTRATED TALK with David Lowe

Suggested donation £5/£3 concessions

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Thursday 10th November, 7.30pm

Earthstars Sacred Space:

**The Guardian Goddesses  
of London**

PRESENTATION by Caroline Wise

£12 at the door, concessions and donations possible – all welcome.

Contact Marion Briggs

E: [marionbriggs148@btinternet.com](mailto:marionbriggs148@btinternet.com)

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Friday 11th November

7.00 – 8.30pm

**Shakespeare's Prospero**

SEMINAR with Patrick Dixon

All welcome, no need to book.

Suggested donation £5/£3 concessions

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Friday 11th November and  
Saturday 12th November  
**CONFERENCE on the  
Foundation Stone Meditation**

*Deepening our Understanding and  
Working with its Rhythms*

With Paul Mackay, Marjatta van  
Boschoeten and Mary Watson

(For details see page 14)

Saturday 12th November  
10.00am - 12.30pm  
**Greenwich Steiner School  
OPEN DAY**

T: 020 88584404

E: admin@greenwichsteinerschool.org.uk  
www.greenwichsteinerschool.org.uk

Friday 18th November  
**The Alliance for Childhood  
Global Play Event  
Where Do Children Play?**

CONFERENCE with Marion Briggs  
(see also PLAYDAY on Sunday 20th)

To mark Universal Children's day and the  
anniversary of the signing of the UN  
Convention on the Rights of the Child on  
20th November 1989.

**Venue: Goldsmith College**

: To register please contact Marion Briggs  
directly at: marion@allianceforchildhood.  
org.uk or register via Goldsmith's website:  
www.gold.ac.uk

Friday 18th November  
7.00 – 8.30pm  
**Can architecture support  
consciousness?**

SEMINAR with Richard Coleman

All welcome, no need to book.

Suggested donation £5/£3 concessions

Saturday 19th November, 7.30pm

**International CONCERT series:**

**Piano Romantics**

Anna Maria Stanczyk

Admission: £15 - £20

Book in person at the Rudolf Steiner  
Bookshop or online at:

www.internationalconcertseries.eventbrite.  
co.uk

Saturday 19th November  
**North London  
Rudolf Steiner School  
ADVENT FAIR**

Tel/Fax: 020 83413770

info@rudolfsteiner.london.sch.uk

Sunday 20th November

**The Alliance for Childhood  
Global Play Event**

**Where Do Children Play?**

See 18th November for details

**PLAYDAY**

**Venue: anywhere children like to play,**

in the street, in the woods, in an adventure  
playground.

Would you like to join? To register go to  
www.alliancechildhood.org  
or E: info@alliancechildhood.org

Wednesday 23rd November  
7.30 – 9.00pm

**Looking at Art**

**The development of Abstract Art  
in the early 20th Century**

Illustrated TALK with David Lowe

Suggested donation £5/£3 concessions

Friday 25th November

7.00 – 8.30pm

**What's Behind Brexit?**

SEMINAR with Philip Martyn

All welcome, no need to book.

Suggested donation £5/£3 concessions

Saturday 26th November

6.00 – 9.00pm

**All Souls - A Festival**

**Remembering the Dead**

*"Continuing our Relationship with those  
who have died"*

WORKSHOP with Philip Martyn and

Dr Sue Peat, followed by a

EURYTHMY PERFORMANCE

by London Eurythmy

Come and join us to celebrate!

Suggested donation £5/£3 concessions

Wednesday 30th November

**North London**

**Rudolf Steiner School**

**OPEN DAY**

Tel/Fax: 020 83413770

info@rudolfsteiner.london.sch.uk

**DECEMBER 2016**

Friday 2nd December

7.00 – 8.30pm

**Consciousness of working with  
one's biography**

SEMINAR with Julia Dvinskaya

All welcome, no need to book.

Suggested donation £5/£3 concessions

Saturday 3rd December

11.00am - 3.00pm

**St Michael Steiner School**

**ADVENT FAIR**

T: 020 8893 1299

E: info@stmichaelsteiner.hounslow.sch.uk

Saturday 3rd December

2.00 – 6.00pm

**The Heart's virtues**

*A compassionate enquiry into courage,  
temperance and love.*

WORKSHOP with Dr Peter Gruenewald  
and Aya Husni Bey

Suggested donation £25/£20 concession.

Booking essential, via Epi Deb Sarker

E: epi@londonintegratedhealth.co.uk

Tel: 07898650182

Sunday 4th December

**Greenwich Steiner School**

**ADVENT FAIR**

T: 020 88584404

E: admin@greenwichsteinerschool.org.uk  
www.greenwichsteinerschool.org.uk

Thursday 8th December, 7.30pm

**Earthstars Sacred Space:**

**The Mysteries of Samothrace**

An illustrated TALK by Julia Cleave

£12 at the door, concessions and  
donations possible – all welcome.

Please contact Marion Briggs for more  
details: marionbriggs148@btinternet.com

Friday 9th December,

7.00 – 8.30pm

**Consciousness and the word of  
man and the word of God**

SEMINAR with Rev. Peter van Breda

All welcome, no need to book.

Suggested donation £5/£3 concessions

Saturday 10th December, 7.30pm

### International CONCERT Series Christmas

Bellprints Handbell Ensemble

Admission: £15 - £20

Book in person at the Rudolf Steiner Bookshop or online at:  
[www.internationalconcertseries.eventbrite.co.uk](http://www.internationalconcertseries.eventbrite.co.uk)

Monday 12th – Friday 30th  
December

#### EXHIBITION:

### The Art of Concentration

Flora Duley

An exhibition inspired by thoughts and practice of exercises found in 'Knowledge of the Higher Worlds' by Rudolf Steiner and the 'New Yoga Will' by Heinz Grill

[www.art-of-concentration.co.uk](http://www.art-of-concentration.co.uk)

Saturday 17th December

3.30 – 5.30pm

### Christmas Plays from Oberufer

For adults and children

Further details and programme available from Rudolf Steiner House or Dr Sue Peat on [suejoanpeat@gmail.com](mailto:suejoanpeat@gmail.com)

24th December - 6th January

### FESTIVAL: Holy Night Gatherings

A programme of talks, conversations and music on most of the Holy Nights beginning on Christmas Eve at 4.00pm.

Further details and programme available from Rudolf Steiner House or Dr Sue Peat on [suejoanpeat@gmail.com](mailto:suejoanpeat@gmail.com)

#### LIST OF VENUES:

##### Rudolf Steiner House

35 Park Road, London, NW1 6XT  
T: 020 7723 4400 | [www.rsh.anth.org.uk](http://www.rsh.anth.org.uk)

##### Alternatives in St James's Church

197 Piccadilly, London W1J 9LL  
T: 020 7287 6711  
[www.alternatives.org.uk](http://www.alternatives.org.uk)

##### The Children's Garden

Grove Gardens Chapel, Lower Grove Road, Richmond Surrey TW10 6HP  
T: 020 89482959  
E: [regine.childrensgarden@hotmail.com](mailto:regine.childrensgarden@hotmail.com)  
[www.thechildrensgarden.org.uk](http://www.thechildrensgarden.org.uk)

##### Goldsmith College

Goldsmiths, University of London, New Cross, London SE14 6NW  
[www.gold.ac.uk](http://www.gold.ac.uk)

##### Greenwich Steiner School

Woodlands, 90 Mycenae Road, Blackheath, London, SE3 7SE | T: 020 88584404  
E: [admin@greenwichsteinerschool.org.uk](mailto:admin@greenwichsteinerschool.org.uk)  
[www.greenwichsteinerschool.org.uk](http://www.greenwichsteinerschool.org.uk)

##### Kairos Rehabilitation

Forum at Greenwich, Trafalgar Road, Greenwich, SE10 9EQ  
T: 07712 810 108  
[www.kairosrehabilitation.org.uk](http://www.kairosrehabilitation.org.uk)

##### North London Rudolf Steiner School

1-3 The Campsbourne off Hornsey High Street, London N8 7PN  
Tel/Fax: 020 83413770  
E: [info@rudolfsteiner.london.sch.uk](mailto:info@rudolfsteiner.london.sch.uk)

##### The St. Michael Steiner School

Hanworth Park, Park Road, London TW13 6PN | T: 0208 8931299  
E: [info@stmichaelsteiner.hounslow.sch.uk](mailto:info@stmichaelsteiner.hounslow.sch.uk)  
[www.stmichaelsteiner.hounslow.sch.uk](http://www.stmichaelsteiner.hounslow.sch.uk)

##### Temple Lodge Christian Community

51 Queen Caroline St, London W6 9QL  
T: 020 8748 8388

#### SCHOOL OF SPIRITUAL SCIENCE

The School of Spiritual Science was seen by Rudolf Steiner as the heart of the Anthroposophical Society. It aims to assist members in their striving for spiritual development and to provide a forum and a focus for spiritual research.

Events open to all members of the School of Spiritual Science.  
Please bring blue cards.

#### CLASS LESSONS

2.30pm – Free Rendering

4.00pm – Conversation

5.00pm – Reading

#### Sunday 9th October

Overview of the 19 lessons

Reading of Lesson 1

#### Sunday 13th November

Free rendering lesson 1

Reading Lesson 2

#### Sunday 11th December

Free rendering lesson 2

Reading Lesson 3

#### CLASS CONFERENCE

Saturday 22nd October

11.00am – 4.00pm

#### The London Lesson and the Sign and Seal

With contributions from Margaret Jonas, Elisabeth Murray Geoffrey Norris and Dr. Diana Pauli

Enquiries: Philip Martyn 0208 947 8763 or Sue Peat 07 770 577 372

#### Rudolf Steiner Bookshop

The bookshop team would like to greet all members and friends in London and wish *Impulses* well for the future.

We hope this space can be used to alert readers to new publications and stock you will be able to find in the shop and to invite you to visit us here at Rudolf Steiner House.

We are keen to continue our thriving Second Hand Section and this means we are looking for contributions of books - especially English translations of Rudolf Steiner but also other books by Anthroposophical authors in English.

We would also like to mention that we run a telephone service and we will send books and other items anywhere in the world.

Hope to see or hear from you soon.

*The Bookshop Team.*

*To truly know the world,  
look deeply within  
your own being;  
to truly know yourself,  
take real interest  
in the world.*

Rudolf Steiner



**SPECIAL EVENT HOSTED BY  
THE GENERAL SECTION OF THE ANTHROPOSOPHICAL SOCIETY**

11th -12th November 2016

**CONFERENCE on the Foundation Stone Meditation**

*Deepening our understanding & working with its rhythms*

Paul Mackay with Marjatta van Boeschoten & Mary Watson

The Foundation Stone Meditation is central to the inner life of many students of anthroposophy. This powerful and penetrating meditative text was presented and spoken by Rudolf Steiner during the Christmas Conference 1923/24 when the General Anthroposophical Society was re-founded. Rudolf Steiner then showed how elements of the meditation could be formed into new meditations, known as 'rhythms', connected to each day of the week, through which members could integrate them into their meditative lives. In this way the Foundation Stone Meditation can live within and between the members of the Anthroposophical Society and enable us to inwardly relate on a daily basis with the cosmic human dimension of the soul.

Working with these verses has deep significance, not only for the meditator but also for the Society itself.

With this in mind the intention is that this event will take place each year leading to the 100th anniversary of the Christmas Conference at Christmas 2023/24.

The sessions will feature presentations, questions and discussion, and small group work as well as eurythmy exercises with Mary Watson to explore in movement the essence of the rhythms for each day.

No prior knowledge necessary. This workshop is open to members and friends.

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Friday 11th November 7.30 – 9.00pm

6.30pm	Registration
7.15pm	Opening and welcome – Marjatta van Boeschoten
7.30pm	How the meditation came into being – Paul Mackay

Saturday 12th November 10.00am – 4.00pm

10.00am	Eurythmy introduction to the rhythms
10.30am	The rhythms of Wednesday & Thursday – Paul Mackay
11.30am	Break
12.00am	The Rhythms of Monday & Tuesday – Paul Mackay
3.30am	Closing

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**The conference fee is £25.**

Booking advisable via the office at Rudolf Steiner House T: 0207 723 4400

**EDUCATION**

**The Children's Garden**

(Early Years Setting)

**Parent and Child Groups**

Monday/Friday, 9.30am – 1.30pm

**Birth to 2 1/2 years**

Wednesday, 2.45 – 4.15pm

**2 to 3 1/2 years**

Thursday, 2.45 – 4.15pm

See directory for address details

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**North London**

**Rudolf Steiner School**

(Early Years Setting)

**Regular Parents and Child Groups**

Please enquire for dates

See directory for address details



**The St Michael Steiner School**

**Monday – Parent & Child group**

19th & 25th September and 3rd, 10th & 17th October.

9am - 11am (up to 4 years old), to be booked in an advance.

Cost: £30 per family

**Wednesday – Parent & Child group**

14th, 21st & 28th September and 5th, 12th & 19th October.

1.30-3pm (up to 4 years old),

to be booked in advance.

Cost: £36 per family.

**Thursday – Parent & Child group**

15th, 22nd & 29th September and 6th, 13th & 20th October.

10am-12noon (up to 4 years old), to be booked in advance. Limited to 8 children.

Cost: £36 per family.

**Thursday – Outdoor**

**Woodland Garden group**

15th, 22nd & 29th September and 6th, 13th & 20th October.

1.30-3pm (up to 7 years), drop in session: book on the day by phone.

Cost: £6 per family, per session.

**Friday – Parent & Child group**

16th, 23rd & 30th September and 7th & 14th October.

10am-12noon (up to 4 years old), to be booked in advance on a half-termly basis.

Cost: £30 per family.

**Friday – Baby & Parent Group**

16th, 23rd & 30th September and 7th & 14th October.

1.30-2.45pm (birth to first steps), to be booked in advance.

Cost: £30 per family.

See directory for address details



## The Alliance for Childhood

The Alliance for Childhood is an international network of people and organisations whose aim is to raise awareness in society of the importance of a good and healthy childhood, promoting the development of human beings able to build a society based on a culture of peace, environmental sustainability and respect for all differences.

### The Alliance for Childhood London CONFERENCE - Where Do Children Play?

Friday 18th November at Goldsmith College London  
and PLAYDAY 20th November 2016

To mark Universal Children's day and the anniversary of the signing of the UN Convention on the Rights of the Child on 20th November 1989.

In August 1923, Rudolf Steiner visited Deptford in South London at the invitation of Margaret McMillan. She and her sister Rachel had established an open air nursery school there for the local children who were living in poverty. Her vision of the school was as 'a garden city for children', with children playing, learning and sleeping outside. It is these children and the work of the McMillan sisters which lies in part behind the inspiration to hold a conference in Deptford on the theme 'Where Do Children Play?'. This is to draw attention not just to the need to create spaces for play, but also to make development and policies which take children into account.

This conference is in anticipation of an international play day on Sunday 20th November. Events will take place in countries around the world where the Alliance for Childhood is active and has connections.

For more information or to register, please contact Marion Briggs,  
at E: [marion@allianceforchildhood.org.uk](mailto:marion@allianceforchildhood.org.uk) or book a space at: [www.gold.ac.uk](http://www.gold.ac.uk)

## The Rudolf Steiner Bookshop

We are an independent bookshop selling all the available books by Rudolf Steiner published in English and titles by other authors relating to Steiner's ideas. We stock a range of titles on Biodynamic Agriculture, Waldorf Steiner Education, Anthroposophical Architecture, Arts and Spiritual Science.

We also supply Hauschka, Weleda, Lavera, Speick products and other biodynamic/organic healthcare brands.

All of our products are mostly handmade and natural: wooden toys created in Camphill Communities, arts and craft materials often used in Waldorf Steiner Schools.

If you would like to talk to one of our booksellers for advice or a recommendation, or have an enquiry, or simply want say hello call our shop on T: 020 7724 7699 or come and visit us in person at: Rudolf Steiner House Bookshop, 35 Park Road, London, NW1 6XT You can also email us on E: [rsh-bookshop@anth.org.uk](mailto:rsh-bookshop@anth.org.uk)

## OTHER ACTIVITIES

### Earthstars Sacred Space

Earthstars Sacred Space will continue in the autumn with talks and presentations by a number of independent researchers who have made some exciting discoveries through their work.

Sacred Space joined with Earthstars last year because of an overlap in our activity. Earthstars was established by Chris Street who has made many discoveries over the last 30 years about a geometric pattern which links the Sacred places of London, including churches and holy wells. The sacred geometry of this pattern resembles that behind the St Mary Chapel in Glastonbury, Solomon's Temple in Jerusalem and Stonehenge. It is an archetype which connects all sacred sites within the etheric body of the earth. A network of people are working around London, helping to heal and transform the negative effect of our city living and restore the sacred pattern, adapted for the present time. We have regular Earthstars Group meetings, usually just before the time of the Celtic Festivals for people who are active in and around the city to share their experiences.

Sacred Space talks begin with Annette Armstrong. She is a storyteller who some of you might have heard at the Shakespeare Festival at Steiner House in April performing a storytelling version of Shakespeare's play 'Cymbeline', set in Celtic Britain. While researching the play, she dug deep into what Britain was to the ancients; and how this island was

perceived in Shakespeare's time. In this referendum year there is a pressing need for those of us who live on this island – this Honey Isle – to rediscover and re-imagine our island identity. Her talk is 'Shakespeare's Cymbeline - finding a new vision for Britain'.

Andrew Collins is a regular speaker at our Sacred Space evenings. He is well known as a psychic quester and has made some interesting discoveries about the Giza Plateau and its origins. He will speak on the Genesis and Evolution of the Giza Pyramids. Andrew also organises the Origins Conference which this year will take place on Saturday 12th November in the Theatre at Steiner House.

We will hear about the Guardian Goddesses of London from Caroline Wise, looking back to the earliest strata of mythology connected with London where you can find a multitude of sacred figures whose titles are recalled by the names of churches, streets, gardens and crossroads through the heart of the city. In December, Julia Cleave, a member of the Academic Board of the Temenos Academy, will explore the many striking parallels which exist between the practices surrounding the ancient mysteries of Samothrace and the rituals and symbolism of Freemasonry.

Marion Briggs

For more information, see Autumn Events on p6 and contact Marion at [marionbriggs148@btinternet.com](mailto:marionbriggs148@btinternet.com)

## LONDON DIRECTORY

### ARCHITECTURE

#### Richard Coleman City designer

14 Lower Grosvenor Place  
London SW1W 0EX  
T: 020 7630 4880  
F 020 7630 4881  
E: rcc@citydesigner.com

### BIODYNAMIC FOOD

#### Amico Bio

Italian vegetarian restaurant using only biodynamic vegetables with the rest of the ingredients being purely organic. Amico Bio Barbican, 44 Cloth Fair, London EC1A 7JQ | T: 020 7836 7509  
www.amicobio.co.uk

#### At Crystal Palace Food Market

(Saturdays 10am - 3pm) and elsewhere:

##### Brockman's Farm

Biodynamic fruit, veg & juice from Kent & organic fairly traded fruit & veg

##### Brambletye Biodynamic Fruit Farm

Biodynamic fruits from extensive orchards in East Sussex - orchard eggs (from hens than run around them) & vegetables, juices, honey & jams

##### Jacobs Ladder Farms

"Properly" reared meat from tiny organic/biodynamic farms in Kent & East Sussex. Often rare breed & always delicious. Also try their famous hamburgers, which are cooked alongside the butcher stall.

*And much more!*

Bottom of Haynes Lane, Top of Bedwardine Road, Upper Norwood, London SE19 3AP  
www.crystalpalacefoodmarket.co.uk/  
suppliers

#### Rudolf Steiner House Café

Currently open every Saturday serving organic and seasonal food! A selection of biodynamic and organic packaged food is also available for purchase.

35 Park Road, London, NW1 6XT  
T: 020 7724 7699  
E: rsh-bookshop@anth.org.uk

#### The Hive Wellbeing

Biodynamic and organic restaurant in Bethnal Green. We believe that biodynamic agriculture is the key to a sustainable, healthy future.

286-290 Cambridge Heath Rd,  
cnr. Vyner St, London E2 9DA, UK  
www.thehive wellbeing.com

### BOOKS – AND MORE

#### The Rudolf Steiner Bookshop

Rudolf Steiner Bookshop,  
35 Park Road, London, NW1 6XT  
T: 020 7724 7699  
E: rsh-bookshop@anth.org.uk

#### The Wellspring Bookshop

Now purely operating online as a stockist for Anthroposophical books  
www.wellspringbookshop.co.uk

### EDUCATION

#### Steiner Waldorf Schools

##### The Children's Garden (Early Years Setting)

Grove Gardens Chapel, Lower Grove Road, Richmond Surrey TW10 6HP  
T: 020 89482959  
E: regine.childrensgarden@hotmail.com  
www.thechildrensgarden.org.uk  
Enquiries: 98 Bathhurst Gardens, NW10 5HY

#### Greenwich Steiner School (Early Years to age 11, Middle School opening September 2017)

Woodlands, 90 Mycenae Road, Blackheath, London, SE3 7SE  
T: 020 88584404  
E: admin@greenwichsteinerschool.org.uk  
www.greenwichsteinerschool.org.uk

#### North London Rudolf Steiner School (Early Years Setting)

1-3 The Campsbourne  
off Hornsey High Street, London N8 7PN  
Tel/Fax: 020 83413770  
info@rudolfsteiner.london.sch.uk

#### The St. Michael Steiner School (Early Years to age 18)

Park Road, Hanworth Park,  
London TW13 6PN | T: 0208 8931299  
E: info@stmichaelsteiner.hounslow.sch.uk  
www.stmichaelsteiner.hounslow.sch.uk

#### St. Paul's Steiner School (Early Years to age 14)

1 St. Paul's Road, Islington,  
London, N1 2QH | T: 020 7226 4454  
E: SchoolOffice@stpaulssteinerschool.org  
www.stpaulssteinerschool.org

#### Waldorf School of South West London (Early Years to age 14)

9, Weir Road, Balham, London SW12 0LT  
T: 020 87723504  
E: info@waldorf-sw-london.org  
www.waldorflondon.co.uk

#### Training Courses in Steiner Waldorf Education

##### London Waldorf Teacher Training Seminar

Offers a two-year, part-time Steiner Waldorf teacher training course at Rudolf Steiner House.

E: info@waldorftraining.org.uk  
www.waldorftraining.org.uk

#### Level 4 Diploma in Steiner Waldorf Early Childhood Studies (Early Years Educator)

The Ofqual accredited part-time course is based at Rudolf Steiner House.

E: lynneoldfield@lineone.net  
T: 01452 812393

#### Level 3 Diploma in Holistic Baby and Child Care (Early Years Educator)

This part-time training integrates Steiner early childhood studies and the Pikler approach whilst meeting Level 3 Early Years Educator criteria. and is held at Rudolf Steiner House, London, and at Emerson College, East Sussex.

E: registrar@emerson.org.uk  
www.emerson.org.uk/  
holistic-baby-and-child-care  
T: 01342 827771

or T: 01904 612683

E: dorothy@dorothymarlen.net  
www.dorothymarlen.net

### HEALTH

#### Michael Mehta Registered Osteopath & Eurythmy Therapist

Hermes Health Limited, Templeton House,  
33-34 Chiswell Street London EC1Y 4SF  
Tel 020 7638 3203 | www.hermeshealth.uk

#### Therapy Centre at Rudolf Steiner House

*Watch this space!*

# Come and visit Rudolf Steiner House

A living building with it's many activities and organic cafe serving nutritious organic vegetarian meals (Saturdays only).

We also have a library and bookshop stocking the rare works of Rudolf Steiner and other anthroposophical authors.

Rooms are also available to hire within Rudolf Steiner House.

## **Rudolf Steiner House**

35 Park Road, London, NW1 6XT

T: 020 7723 4400

[www.rsh.anth.org.uk](http://www.rsh.anth.org.uk)

*(Nearest Tube: Baker Street)*

