



ADMINISTRATIVE OFFICE
4500 19TH STREET, #369
BOULDER, CO 80304
TELEPHONE: 303-242-5388
EMAIL: SOPHIA@SOPHIAFOUNDATION.ORG
WEBSITE: WWW.SOPHIAFOUNDATION.ORG

The work of the Sophia Foundation of North America is devoted to the spiritual unity of humankind, acknowledging the spiritual teachings from different religions and spiritual traditions, which are united in the service of Love and Wisdom. The Sophia Foundation comprises a community of individuals and friends who honor the Cosmic Christ and Holy Sophia as Divine Beings of Love and Wisdom. Within the Sophia community are individuals of varying spiritual orientations.

The spiritual work of the Sophia Foundation is intended as a contribution toward the arising of the Rose of the World, referring to the spiritual flower that already exists on a cosmic level, where each petal is a different religion or spiritual tradition and the stem is the one all-pervasive divinity that nourishes all the petals – together forming a magnificent blossom for which the image of a rose is appropriate. This celestial rose – when it will have completed its descent from heavenly heights to the environs of the Earth – is an image of the future time when the Holy Wisdom of Divine Sophia prevails on Earth and humanity then knows and experiences the unified relationship and interweaving of the world's great religious and spiritual traditions, each in its own way unique to the whole. Awakening consciousness to Sophia will help to nurture the spiritual oneness of humanity, signifying the fulfillment of Sophia's peace-bestowing mission, guiding creation toward the wise unfolding of the future, bringing about the global culture of the *Rose of the World*.

The founding of the Sophia Foundation of North America took place during the Holy Nights 1994- 1995. It was founded to serve the community of Sophia and to be a vessel for the work of the spiritualization and redemption of Mother Earth, in harmony with the new impulse that is arising in our time through the Cosmic Christ. This impulse can awaken our moral responsibility toward the Divine Mother, as well as signify an infusion of new life into the whole of Nature and the Earth.

To offer a background for the work of the Sophia Foundation, here is a brief summary relating to the founding meeting. On the evening of December 29, 1994, Robert Powell presented a lecture entitled "*Michael-Sophia in Nomine Christi*," focused on three spiritual teachers of the twentieth century as bearers of the impulses of Christ, Sophia and the Archangel Michael. This lecture, provided insight into the spiritual maxim underlying the Sophia Foundation: "*Michael-Sophia in nomine Christi*." It addressed the new revelation of the Archangel Michael and that of Divine Sophia – both in the name and service of Christ. This founding lecture has been published in Robert's book, *The Most Holy Trinosophia*, pages 100-148. The significance of the words "*Michael- Sophia in nomine Christi*" is also referred to in the first of the Inner Development lectures by Valentin Tomberg, published by Steiner Books.

On the evening of December 30, 1994, the "Our Mother" prayer was the central theme. This great prayer was given to humanity at this time of the coming of the Etheric Christ, as a companion to the *Lord's Prayer*, which was given two thousand years ago, when Christ walked the Earth on the physical plane.

The spiritual founding of the Sophia Foundation of North America took place on New Year's Eve, 1994. The themes of the second coming of Christ, the descent of the Cosmic Christ to the heart of the Divine Mother in the depths, and the new revelation of Christ in the ethereal realm (the all-pervading life forces of Mother Nature) created the context for the deeper significance of the founding of the Sophia Foundation.

At the culmination of the founding the "Our Mother" prayer was spoken together and received into the hearts of the community as a spiritual seed for the future. This took place amid the Redwood trees of northern California, as the great representatives of the Divine Mother, surrounded by all the beings of Nature who bore witness to the founding and enveloped it with their silent presence.

The mood of deep gratitude present at the founding lives on and continues to find expression as heartfelt thanks to all who spiritually support the Sophia Foundation of North America with good thoughts, prayers, and best wishes, including Fr. Thomas Schipflinger – author of the book *Sophia- Maria* – for the poem he wrote for the founding.

On the cosmic level, the founding on the evening of December 31, 1994, coincided within a few hours with the conjunction of the Sun and Moon (New Moon) in the middle of sidereal Sagittarius at exactly the same part of the zodiac as the location of the Sun at the birth of Jesus of Nazareth as described in the *Gospel of St. Luke*.

The Sophia Foundation seeks to help provide a physical vessel to serve a community of Sophia by facilitating – among other things – spiritual work endeavoring to establish a connection with the renewed activity of Christ in the ethereal realm and also enabling a deepening relationship with the new revelation of the Sophianic Trinity, also known as the Most Holy Trinosophia.

The enclosed material describes the spiritual work and meditative study courses provided by the Sophia Foundation of North America to help establish a connection with the activity of Divine Love and Holy Wisdom in our time and to assist in the deepening of a relationship with the Cosmic Christ and with Holy Sophia. We look forward to hearing from you if you would like to receive further information from the Sophia Foundation of North America.

Sincerely yours, with best wishes,

Kim Marie
Administrator
Sophia Foundation

SOPHIA FOUNDATION SPIRITUAL WORK

Sophia is the mother of all creatures, the matrix in which are heaven, the stars, the elements, the Earth, and everything that lives and grows, contained as if in a single image.

— Jakob Boehme

All the great spiritual teachers and founders of religions were inspired, to a greater or lesser extent, by Sophia. Aspects of Her Divine Wisdom are to be found in all true religions and spiritual teachings. Scientists, genuinely searching for truth, have been inspired by Sophia. Artists understood her mission to unite humankind, depicting her in paintings and icons. People from divergent religious backgrounds and members of diverse spiritual streams feel themselves united in Sophia, who is known as the “Mother of humanity.”

Sophia is the potentizing force uniting all human beings and peoples as members of one spiritual family in the peace and harmony of Divine Wisdom. Archetypally we are one family of homo sapiens, the family of “wise human beings” (homo = human being; sapiens = wise; Sapientia = Wisdom = Sophia). Awakening consciousness to Sophia will help to nurture the spiritual oneness of humanity, signifying the fulfillment of Sophia’s peace-bestowing mission, guiding creation toward the wise unfolding of the future, bringing about the global culture known as the Rose of the World.

It is this living current of spiritual tradition that underlies the activities of the Sophia Foundation of North America. Intrinsic to our work is an inclusive, unifying perspective that embraces all spiritual traditions that embody enlivening, spiritualizing, healing impulses sustained by love, equality, and sister/brotherhood based on individual human freedom. Through the work of Sophia, community arises – community upholding human freedom. Through celebrating and embracing the re- emergence of Divine Sophia, together we sow the seeds for a future culture founded on universal wisdom, love, and peace.

In the early years of the new millennium it is becoming increasingly evident how important it is that human beings – individually and in groups – dedicate themselves to spiritual work in the sense of the words:

You are the light of the world. A city set on a hill cannot be hid, nor do human beings light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before others, that they may see your good works and give glory to your Father who is in heaven. (Matthew 5: 14-16)

With the founding of the Sophia Foundation during the Holy Nights 1994/1995, a new spiritual work has commenced. The intention of this work is to come to a living experience of Divine Love and Holy Wisdom as they are active in our time. The central aspect of their spiritual revelation is a renewal of the Sophia Impulse, embracing the mystery of the Sophianic Trinity: Mother, Daughter and Holy Soul (concerning the Sophianic Trinity, see Literature: especially *Divine Sophia, Holy Wisdom* and *The Most Holy Trinosophia*).

A conscious spiritual endeavor is necessary in order to be able to participate in a creative way in the new revelation of the Sophianic Trinity: Mother, Daughter and Holy Soul. Two thousand years ago Christ – Divine Love incarnate – taught the "Our Father" prayer (known as the *Lord's Prayer*). Now, in this New Age of an awakening to Holy Sophia, the "Our Mother" prayer has been given. The "Our Mother" prayer can serve as a spiritual seed in the hearts of all those engaged in the work of the spiritualization of Mother Earth. And just as the "Our Father" prayer is a prayer of infinite depth, so the "Our Mother" contains an untold wealth of spiritual treasure in each of its seven petitions.

To penetrate the mysteries of the "Our Mother" prayer, a deeper spiritual understanding of the "Our Father" prayer provides necessary insight, as the "Our Mother" prayer is a counterpart or reflection of the *Lord's Prayer*. Those who feel called to take up the spiritual work of the Sophia Foundation of North America, may wish to work meditatively with the "Our Father" and the "Our Mother" prayers. Parallel to this deeper spiritual work, an esoteric schooling is provided by meditating upon the content of the spiritual classic: *Meditations on the Tarot: A Journey into Christian Hermeticism*, working through one letter/arcanum each month. A variety of esoteric study materials are offered– a list and descriptions and how to obtain them are included with this introduction.

A framework for the entire spiritual work of the Sophia Foundation of North America is provided by Rudolf Steiner's Esoteric School, 1904-1914, in particular by the *Main Exercise* and the *Subsidiary Exercises*. The *Main Exercise* and *Subsidiary Exercises* are invaluable for those wanting to take part in the spiritual work. The six *Subsidiary Exercises* are normally carried out in a rhythm of one exercise each month, working through them twice in the course of one year. Naturally everyone is free to find his or her own monthly rhythm, and for those who would like to adhere to a monthly rhythm that is at the same time a cosmic rhythm, one possibility is to follow the Sun's passage through the zodiacal signs. For example, as each of the six *Subsidiary Exercises* comprises a human activity corresponding to one of the signs of the zodiac, they may be worked with in connection with the passage of the Sun through the sidereal signs of the zodiac:

April 15	May 16	Aries	Control of Thought
May 16	June 16	Taurus	Mastery of Will
June 16	July 16	Gemini	Balance of Feeling
July 16	Aug. 18	Cancer	Positivity
Aug. 18	Sept. 18	Leo	Openness
Sept. 18	Oct. 18	Virgo	Harmony
Oct. 18	Nov. 17	Libra	Control of Thought
Nov. 17	Dec. 17	Scorpio	Mastery of Will
Dec. 17	Jan. 15	Sagittarius	Balance of Feeling
Jan. 15	Feb. 14	Capricorn	Positivity
Feb. 14	March 14	Aquarius	Openness
March 14	April 15	Pisces	Harmony

A further aspect of spiritual work is daily prayer, praying once each day with full strength of soul. A communication made by the Russian spiritual teacher Valentin Tomberg in 1972, one year before his death, indicated a prayer sequence including the "*Our Father*" prayer and the "*Our Mother*" prayer as central prayers in the sequence. Many people pray this prayer sequence as part of their daily spiritual practice. The prayer sequence in the sacred dance of eurhythmy, has undergone a further development and expansion in the sacred dance of eurhythmy, which may be worked with daily- in harmony with the cosmic rhythm of the Moon's phases as indicated by the New and Full Moon.

This devotional prayer eurhythmy (sacred dance) can be learned through personal contact either at the annual conference or in one of the regional workshops or Sophia Grail Circles or others connected with the work of the Sophia Foundation. The sacred dance of eurhythmy is practiced at many of these events, even if not explicitly referred to on the program, and may present an opportunity to learn the prayer sequence in sacred dance. (See the *Prayer Sequence in Sacred Dance*, described in the following pages.)

When people engaged in a common spiritual work come together, this can lead to an intensification and a mutual fructification through the very fact of meeting. Such meetings are the life blood of spiritual work in the spirit of the words: "*Where two or three are gathered in my name, there am I in the midst of them.*" (*Matthew 18:10*) These words spoken two thousand years ago are now true for the activity of the Cosmic Christ and also for the activity of Holy Sophia in our time.

Where such group work is not feasible, we hope that it will be possible for you to connect in a more human and direct way with the Sophia Foundation community through our newsletter and annual gatherings.

Clearly, it is important for each person who embarks upon the spiritual work to develop his or her own relationship to the Cosmic Christ and to the Sophianic Trinity. An individual path to Christ is outlined in Rudolf Steiner's work *Knowledge of the Higher Worlds*, culminating in the meeting with Christ as the Greater Guardian of the Threshold. Another preparation for this meeting is presented in the book *Meditations on the Tarot: A Journey into Christian Hermeticism*, the goal of which is the Great Initiation by the Master: "*There are no longer any more 'masters' because there is only one sole Master, who is the Initiator above*" (first letter/ arcanum).

To summarize: this spiritual work is directed toward a living experience of the Cosmic Christ and of the new revelation of the Sophianic Trinity, also known as the Most Holy Trinosophia. This revelation of the Mother, Daughter and Holy Soul is coming at a time when Mother Earth is ravaged through the egotistical application of technology; the *Divine Wisdom of the Daughter (Sophia)* is veiled by abstract intellectuality and materialistic science; and the *Community Impulse of the Holy Soul* is undermined by the widespread disintegration of community.

Our endeavor at this time is to find a connection with the Cosmic Christ and the new revelation of the Most Holy Trinosophia - through which humankind and the Earth may be healed. It is toward this relationship with Divine Love and Holy Wisdom that the spiritual work described here is oriented.

BIBLIOGRAPHY OF LITERATURE

Divine Sophia, Holy Wisdom: Describes the Sophia impulse and the work of the Sophia Foundation. Essential reading.

Meditations on the Tarot: A Journey into Christian Hermeticism, by Anonymous (Tarcher/Putnam: New York, 2002). Recommended as foundational for all spiritual work.

Sophia: The Wisdom of God, by Sergei Bulgakov (Lindisfarne Press: Hudson, NY, 1993).

The Life of the Blessed Virgin Mary by Anne Catherine Emmerich (Tan Books: Rockford, IL, 2004).

The Life of Jesus Christ by Anne Catherine Emmerich (Tan Books: Rockford, IL, 2004). 4 vols.

Chronicle of the Living Christ: Foundations of Cosmic Christianity by Robert Powell, based on the visions of Anne Catherine Emmerich (SteinerBooks: Gt. Barrington, MA, 1996).

The Sophia Teachings by Robert Powell, (Lindisfarne Books: Gt. Barrington, MA, 2001) Digital recordings also available (Sounds True: Boulder, CO, 1997)

The Most Holy Trinosophia and the New Revelation of the Divine Feminine by Robert Powell (SteinerBooks: Gt. Barrington, MA, 2000). Three lectures on the Sophianic Trinity: Mother, Daughter and Holy Soul, together with the founding lecture of the Sophia Foundation (pp. 100-148)..

Facing the World with Soul, by Robert Sardello (Lindisfarne Press: Hudson, NY, 1992).

Love and the Soul, by Robert Sardello (Harper Row: New York, NY, 1994).

Guidance in Esoteric Training, by Rudolf Steiner (Rudolf Steiner Press: London, 1972). Describes the Main Exercise and the Subsidiary Exercises of the Esoteric School.

Isis–Mary–Sophia, by Rudolf Steiner (Steiner Books: Gt. Barrington, MA, 2003).

Knowledge of Higher Worlds, by Rudolf Steiner (Rudolf Steiner Press: London, 1986).

New Edition: *How to Know Higher Worlds* (Steiner Books: Gt. Barrington, MA, 1994).

Cosmic Christianity and the Changing Countenance of Cosmology by Willi Sucher (Steiner Books: Gt. Barrington, MA, 1994).

Lazarus Come Forth! by Valentin Tomberg (Lindisfarne Books: Gt. Barrington, MA, 2006).

Inner Development, by Valentin Tomberg (SteinerBooks: Gt. Barrington, MA, 1992).

Christ & Sophia (Anthroposophic Meditations on the Old Testament, New Testament, and Apocalypse) by Valentin Tomberg (Steiner Books: Gt. Barrington, MA, 2006).

For further information about the Sophia Foundation and activities around the world, please visit the website: www.sophiafoundation.org.

SOPHIA FOUNDATION

SPIRITUAL WORK

(The following is offered as a stimulus for contemplation.)

The work of the Sophia Foundation of North America is devoted to the spiritual unity of humankind, acknowledging the spiritual teachings from different religions and spiritual traditions, which are united in the service of Love and Wisdom. The Sophia Foundation comprises a community of individuals and friends who honor the Cosmic Christ and Holy Sophia as Divine Beings of Love and Wisdom. Within the Sophia community are individuals of varying spiritual orientations. The following seven ideals honor Divine Love and Holy Wisdom under the names Christ and Sophia by which they are known in the spiritual traditions of the West.

SEVEN IDEALS RELATING TO A PATH OF CHRIST AND SOPHIA:

- To endeavor to serve the Luminous Trinity of the Father, Son and Holy Spirit, and the Mother, Daughter and Holy Soul.
- To acknowledge Christ and Sophia as Divine Incarnations of Eternal Love and Divine Wisdom, the Son and the Daughter, in Jesus and Mary, as representatives of humanity.
- To seek the guidance of Christ and Sophia at all times.
- To constantly strive towards greater knowledge and love of Christ and stay true to the path of moral and spiritual development.
- To acknowledge that any departure from this path signifies the need to make good, and return to the path of moral and spiritual development.
- To truly serve Christ and Sophia, to undertake self-transformation of all negative tendencies, such as pride, ambition, anger, untruthfulness and impurity.
- To constantly seek to bear in mind that Christ and Sophia behold everything.

FOR FURTHER STUDY

The Foundational Spiritual Work of the Sophia Foundation of North America includes a Daily Prayer Sequence originally given by Valentin Tomberg, *Main Exercise* and *Subsidiary Exercises* from Rudolf Steiner's Esoteric School. Meditation study courses are also available.

If you are interested in taking part in the spiritual work of the Sophia Foundation of North America, please read the "*Seven ideals relating to a spiritual path of Christ and Sophia*" and give them careful consideration. They are intended as a stimulus to awaken consciousness of conditions pertaining to the spiritual work described.

Most of this study material is not intended to be circulated, other than among the immediate circle of people participating in the spiritual work. Therefore we ask that you speak about it only with those genuinely devoted to deepening their relationship to Christ and Sophia. If you know of any one else who would be interested in these materials and spiritual work of this nature, please have them contact the Sophia Foundation directly.

If you wish to participate in this spiritual work, please fill out and return this form to the Sophia Foundation administrative office.

Name: _____ Date: _____

Address: _____

Email: _____

Phone: _____

We would be grateful if you would share with us how you came to hear of the Sophia Foundation, and if you would like to also share briefly your spiritual orientation and/or your present motivation to participate in this spiritual work. Thank you.

Spiritual Work of the Sophia Foundation of North America

STUDY MATERIAL AND RELATED PUBLICATIONS

The spiritual work of the Sophia Foundation of North America is intended to form a community of people who, through inner work and shared spiritual activity, shape a “Grail vessel” to help prepare the future culture of Divine Sophia, known as the Rose of the World. A brief description of the Rose of the World can be found in the cover letter to the Introductory Study Material packet. The study materials listed here provide a variety of possibilities for people with different interests. They are described on the following pages. All study materials may be requested from the administrative office or online.

FOUNDATIONAL SPIRITUAL WORK:

These prayers and exercises are foundational to the spiritual work of the Sophia Foundation and all subsequent spiritual work.

- *Main Exercise and Subsidiary Exercises* by Rudolf Steiner
- *Daily Prayer Sequence* given by Valentin Tomberg, further developed by Robert Powell
- *Deepening of the Morning Meditation, Notes* by Valentin Tomberg, translated by Robert Powell.

The Foundational Spiritual Work may be requested by sending the “*For Further Study*” form (from the *Introductory Study Material* packet) along with a donation (\$25 suggested) to the administrative office.

*The Sophia Foundation is grateful for all donations which makes it possible to develop and continue to provide study materials. All donations are tax deductible. You will receive a receipt for your records.

SOPHIA GRAIL CIRCLE GUIDES:

These booklets are intended to provide additional support to the Foundational Spiritual Work and also a deeper orientation to the Sophia Grail Circle celebrations, described in the following pages.

- *Prayer Sequence in Sacred Dance*, by Laquanna Paul and Robert Powell,
- *Morning Meditation in Eurythmy: Four Steps of Realization of the Words “Not I, but Christ in me”*, by Robert Powell
- *Morning Meditation to Sophia in Eurythmy*, by Karen Rivers
- *Consecration to the Immaculate Heart of Mary Sophia & Consecration to the Sacred Heart of Jesus Christ*, by Robert Powell
- *The Foundation Stone Mediation in the Sacred Dance of Eurythmy*, by Laquanna Paul and Robert Powell

The Grail Circle Guides may be requested at any time. We suggest a donation of \$25 per booklet.

MEDITATION STUDY COURSES:

These meditation study courses work in conjunction with the prayers and exercises in the Foundational Spiritual Work (above). This inner work is at the heart of the Sophia Foundation.

- *Lord's Prayer Course* by Valentin Tomberg, available in installments for two years of meditative work.
- *Our Mother Course* by Valentin Tomberg, a continuation of the Lord's Prayer Course, available after completing the Lord's Prayer Course, in installments totaling ten years of meditative work.
- *Seven Apocalyptic Seals from the Book of Revelation*, a three-year course by Robert Powell, available in yearly installments.
- *The Mysteries of Sophia*, a three-year course by Karen Rivers, available in yearly installments.
- *Challenges of Inner Development: Encountering the Double*, a two-year course by Karen Rivers available in yearly installments.

*These courses are available to those who are already working with the Foundational Spiritual Work. They may be requested from the administrative office along with a donation (\$30 suggested for each installment.)

RELATED PUBLICATIONS:

*These publications provide essential or important esoteric background to the Foundational Spiritual Work and the Meditation Study Courses, particularly the *Lord's Prayer* and *Our Mother Courses*. Many of these volumes may be purchased from the Sophia Foundation, Steiner Books, or other booksellers. See Bibliography of Literature.

Knowledge of Higher Worlds, by Rudolf Steiner: describes an individual path to Christ, culminating in the meeting with Christ as the Greater Guardian of the Threshold.

Meditations on the Tarot: A Journey into Christian Hermeticism, author Anonymous, translated by Robert Powell: comprises twenty-two letters/meditations offering a schooling in Christian Hermeticism, signifying a fusion of the Egyptian mystery stream of Hermeticism with Christianity. This is first and foremost a schooling in moral development leading to an imaginative participation in the Christian mysteries. The letters/meditations relate to the major arcana of the tarot as spiritual archetypes that may be entered into on the imaginative level and also on higher levels.

Study Material on the Meditations on the Tarot: A Journey into Christian Hermeticism, is available from John Hipsley: jhipsley@igc.org Tel: 408-744-9004 (see below).

Essential Companion volumes to the *Lord's Prayer* and *Our Mother Course*:

- *The Bible: Old and New Testaments*
- *Christ and Sophia*, by Valentin Tomberg (Anthroposophical Studies on the Old Testament, New Testament, and the Apocalypse of St. John)

Other works referred to in the Lord's Prayer and Our Mother Course:

- *The Fifth Gospel*, by Rudolf Steiner
- *The Gospel of St. Matthew*, by Rudolf Steiner
- *Guidance in Esoteric Training* by Rudolf Steiner
- *Knowledge of Higher Worlds*, by Rudolf Steiner

A "GRAIL VESSEL" OFFERING: When people engaged in a common spiritual work meet together, this can lead to an intensification and a mutual fructification through the very fact of meeting. Such meetings are the "life blood" of spiritual work in the spirit of the words: "*Where two or three are gathered in my name, there am I in the midst of them.*" (Matthew 18: 10).

These words spoken by Christ on the physical plane, are true for His activity now in the etheric realms and also for the activity of Sophia. When people gather in spiritual community a "chalice" is formed which allows an in-streaming of grace to pour down upon the earth and an outpouring of human love and service to be offered to and received by the spiritual world.

Where such group work is not feasible, we hope that it will be possible for you to connect in a more human and direct way with the growing Sophia community through our newsletter, or by joining us at our Annual Conference and/or the Meditation Retreat which takes place every other year or one of our pilgrimages to sacred sites throughout the world. All events, including regional Choreocosmos workshops, are listed on the website. It would be wonderful to see you, if you are able to join us!

The Sophia Foundation journal, *Starlight*, available in the Spring and Fall, includes a rich offering of articles, reports, and often newly translated material from Valentin Tomberg. You will receive the *Starlight Journal* when you make a donation to the Sophia Foundation as a "Friend of Sophia" online or through our administrative office, with a request for the journal.

**Your donations make it possible for the Sophia Foundation to continue making these materials available, as well as develop new materials. Donation amounts are suggested. If this presents a financial hardship and/or you are unable to help in this way, please let us know and we will work with you. We are grateful for donations of any amount. All donations are tax deductible and you will receive a receipt for your tax records.*

SOPHIA GRAIL CIRCLE

The Sophia Grail Circle is central to the activities of the Sophia Foundation of North America. In the booklet *Divine Sophia, Holy Wisdom*, created for the founding of the Sophia Foundation, is written:

Through the inspiration of Sophia, new artistic ritual forms will gradually incarnate into the world – forms in which great spiritual truths will be enacted by way of rituals in an artistically (spiritually and aesthetically) meaningful setting. Participating in such rituals can help to bring about far-reaching transformations in consciousness and the entire inner life, even taking effect in the outer world, in the kingdoms of nature. This will lead to Sophianic liturgical forms, complementary to the traditional Christian forms of liturgy.

In the years since the founding of the Sophia Foundation on New Year's Eve 1994/1995, the *Sophia Grail Circle* has evolved with respect to the development of Sophianic liturgy. At the present point in time there are several *Sophia Grail Circle* celebrations:

Sophia Celebration

*Meditation on the Seven Seals from
the Book of Revelations*

*Meditation on the Nine Beatitudes from the
Sermon on the Mount*

Peace Service

Zodiac Celebration

The Rose of the World

Sacred Marriage Celebration

*Foundation Stone Meditation given by
Rudolf Steiner at Christmas 1923*

*Ascent through the Planetary Spheres
("Jacob's Ladder")*

Liturgy to the Earth

*Descent through the Planetary Spheres
into Incarnation*

Liturgy to Christ in the Etheric

Liturgy to Mary Sophia

Each of these celebrations has a unique and profound quality. What they all have in common is the circle arrangement with a central focus – a flower arrangement or altar comprising meaningful meditation symbols – this being the “Grail principle”. These are community celebrations with music alternating with readings of sacred texts, and sometimes including sacred dance.

The “Grail principle” is that of a community spiritually united, *oriented toward a central focus*, creating a vessel into which Higher Beings (such as Christ and Sophia) can incarnate as Bearers of an overlighting intelligence and power of spiritual communion, bringing Divine Grace and Peace to the participants. The *Sophia Grail Circle*, working out of the “Grail principle”, proceeds from an artistic level – through music and sacred texts (sometimes including the sacred dance of eurythmy) – to a religious level of experience.

This requires that there first be preparation on a cognitive level – for example, in the case of the Seven Seals, to contemplate the meaning of the Seven Seals in relation to the stages of evolution, which is one of the ways in which the Seven Seals can be approached. (As with all true *spiritual* symbols, the Seven Seals have multiple levels of significance.) There is an ascent, therefore, from the cognitive to the artistic to the religious dimension, the word “religion” meaning “to re-unite”.

Expressed briefly: the *Sophia Grail Circle* is a community of people who join together to form a vessel to serve Christ and Sophia and the spiritual evolution of humanity and the earth. Toward this end, we work together consciously and purposefully to maintain the intention and vision of our Circle. The *Sophia Grail Circle* is an endeavor focusing on Sophia at the heart of the community. It is a human weaving that serves to enable the inspiration of the Divine to work into the heart of each and every person in the circle and also into the heart of the wider Sophia community and – beyond – into the community of all humankind as a grace and blessing.

The Cosmic Christ and Divine Sophia are universal beings known to various peoples and traditions by different names at different times. Uniting with them for the furthering of human evolution is the focus of the *Sophia Grail Circle*. The various texts – in booklet form – published as *Sophia Grail Circle Guides* are intended to help give an orientation and thereby enable the

focus of the *Sophia Grail Circle* to be realized. Their purpose is to provide additional support to the *Sophia Grail Circle* celebrations. They can be read also in their own right without necessarily attending any of the *Sophia Grail Circle* activities.

SOPHIA GRAIL CIRCLE GUIDES

THE PRAYER SEQUENCE IN SACRED DANCE:

Prepared by Lacquanna Paul and Robert Powell, describes (with diagrams) the forms and gestures in sacred dance (eurythmy) for the Prayer Sequence in the Foundational Spiritual Work of the Sophia Foundation.

MORNING MEDITATION IN EURYTHMY

Four Steps of Realization of the Words "Not I, but Christ in me": Rudolf Steiner's Morning Meditation and the Eurythmy Sounds L, R, AU, M.

This work is the fruit of many years work by Robert Powell with Rudolf Steiner's morning meditation against the background of four major stages in Christ's life: the Transfiguration, the Crucifixion, the Resurrection, and the Ascension. Working with this meditation with the eurythmy sounds L, R, AU, M can help to activate the four primary energy flows in the human being, all in relation to the chakras.

MORNING MEDITATION TO SOPHIA IN EURYTHMY,

A path to deepen the Living Spirit of Sophia within one's heart through Rudolf Steiner's Morning Meditation and the Eurythmic Sounds L, R, AU, M.

Prepared by Karen Rivers and intended as a companion to the Morning Meditation in Eurythmy (above) by Robert Powell. This meditation came through extended work with the meditation, in answer to the question that arose "Is a path to deepen the living spirit of Sophia within one's heart also possible through these eurythmy gestures?" This meditation arose in response to this question.

CONSECRATION TO THE IMMACULATE HEART OF MARY SOPHIA & CONSECRATION TO THE SACRED HEART OF JESUS CHRIST

This guide, written by Robert Powell presents a way of uniting with the universal beings also known as the Cosmic Christ and Divine Sophia through consecrating one's heart to their hearts. The Consecrations offer daily practices that help to bring one closer to Christ and Sophia. They are also intended to help participants prepare for Sophia Grail Circle celebrations that are intended to form a sacred vessel in service to Christ and Sophia.

THE FOUNDATION STONE MEDITATION IN THE SACRED DANCE OF EURYTHMY

This guide, by Lacquanna Paul and Robert Powell presents a way of working in eurythmy with the Foundation Stone Meditation given by Rudolf Steiner on Christmas Day 1923. The meditation enfolds a supersensible reality which has been called by various names: The Holy Grail and the Philosopher's Stone being two of the more traditional designations for what

Rudolf Steiner called the Foundation Stone of Love. Includes an explanatory introduction and clear descriptions with diagrams of the forms and gestures.

MEDITATION STUDY COURSES

Lords Prayer Course by Valentin Tomberg

The *Lord's Prayer Course* is a course in Christian esoteric schooling that was given originally by Valentin Tomberg to a small group of people in Amsterdam between 1940 and 1942. It was his response as a Christian esotericist to antichristian forces working at that time during World War II. The course develops a deepening relationship with each of the seven petitions of the Lord's Prayer in correspondence to the seven chakras and the mysteries of Christian esotericism. *Meditations on the Tarot* can be worked with in parallel with the *Lord's Prayer Course*, working through one Arcanum each month. The twenty-two arcana of *Meditations on the Tarot* comprise a moral schooling in parallel with the *Lord's Prayer Course*.

OUR MOTHER COURSE by Valentin Tomberg (*only available to those who have completed the Lord's Prayer Course*). For those who have completed Weeks 1-96 of the Lord's Prayer Course, there is the possibility of continuing this study with the *Our Mother Course*.

This course is the continuation of the *Lord's Prayer Course* with the inclusion of the petitions of the Our Mother prayer interweaving with petitions of the *Lord's Prayer Course* running parallel to work with *Meditations on the Tarot*.

The Seven Apocalyptic Seals from the Book of Revelation

This three year meditation study course, prepared by Robert Powell, leads ever deeper into the Seven Seals of the Apocalypse through a daily meditation upon the *Seven Apocalyptic Seals* from the *Book of Revelation* (each seal corresponding to one day of the week). The Seven Seals were designed by Rudolf Steiner and painted by Clara Rettich:

"The Seven Seals of the Apocalypse of John are a kind of interpretation of this "ancient" wisdom. The Seals were painted by Clara Rettich according to esoteric indications. Every part of these Seals signifies something. If one enters into such an image in the right way, certain feelings arise through which spiritual forces are called forth that are slumbering in the soul."
Rudolf Steiner, *Bilder Okkultur Siegel und Säulen*, 1977, p. 104.

Before the course starts, it is important for each participant to obtain a set of the Seven Seals images, which may be purchased through the Sophia Foundation for \$25.

The Mysteries of Sophia

This course, prepared by Karen Rivers, is intended as a three-year cycle working with the Mysteries of Divine Sophia and the spiritual faculties of *Imagination*, *Inspiration*, and *Intuition* through a lunar cycle of meditations. The cycle begins on the first day after the new moon, with a new meditation each day leading up to the full moon and continuing each day to the

next new moon. There are twenty-eight meditations that are then repeated for each lunar cycle.

This course seeks to cultivate the faculty of Intuition through meditations on attributes of the Divine Feminine. The first year of the course seeks to cultivate the faculty of *Imagination* through a cycle of meditations focusing upon the life of Mary. The four weeks of the month address the period before and during the Ministry of Christ, the Spiritual mysteries in her life after the death of Jesus, and Archetypes of the Divine Feminine revealed through the life of Mary. The second year seeks to cultivate the faculty of *Inspiration* through meditations on the Holy Trinosophia. The third year of the course seeks to cultivate the faculty of Intuition through a cycle of meditations on attributes of the Divine Feminine. The new cycle begins on the first day after the new moon, with a new meditation each day leading up to the full moon and continuing each day to the next new moon.

There are twenty-eight meditations which are then repeated for each lunar cycle. For the first year cycle there are 28 colored art reproductions that correspond to the meditations. We are therefore asking a \$50 donation for the set of 28 images. These study materials have been prepared by Karen Rivers. Alternatively one can work with inner images or find suitable images for oneself. Two good resources with Mary/Sophia images are *Meditations on Mary* by Kathleen Norris and the icons by William Hart McNichols in *Mary, Mother of all Nations*, by Megan McKenna.

Challenges of Inner Development: Encountering the Double

This course, prepared by Karen Rivers, addresses the inner challenges all spiritual aspirants encounter as they strive for spiritual consciousness. It offers a daily meditation working with the tenets of the Eight-fold Path in relation to understanding and transforming the human shadow or double. The course also works with the zodiacal virtues, the five currents of the will, and the purification of the chakras. This material is offered to help overcome projection, denial, self-delusion, intolerance, anger, fear and egotism as they arise in our lives. This course offers foundational work in moral consciousness on the path of spiritual development.

Meditations on the Tarot

Meditations on the Tarot: Invocations and Images

This is a set of color printed images of the 22 Major Arcanum of the Tarot with contemplative verses corresponding to each. This set is a valuable tool for working with the arcanum, and may be purchased from the Sophia Foundation for \$35.

Meditations on the Tarot: A Journey into Christian Hermeticism.

This volume comprises twenty-two letters/meditations offering a schooling in Christian Hermeticism, signifying a fusion of the Egyptian mystery stream of Hermeticism with Christianity. This is first and foremost a schooling in moral development leading to an imaginative participation in the Christian mysteries. The letters/meditations relate to the Major Arcana of the Tarot as spiritual archetypes that may be entered into on the imaginative level and also on higher levels. The book may be purchased from the Sophia Foundation website bookstore or other booksellers.

A study guide has been prepared by John Hipsley and is available by contacting him directly at: jhipsley@igc.org Phone: 408-744-9004

PUBLISHED MATERIAL ON STAR WISDOM

Cosmic Dances of the Zodiac

Cosmic Dances of the Zodiac by Lacquanna Paul and Robert Powell describes the twelve signs of the zodiac and the 36 decans in relation to the stars, provides meditation material and describes the zodiacal forms and gestures (with diagrams) for the cosmic dances of the zodiac. This work was intended for students of the Choreocosmos School of Cosmic and Sacred Dance and those interested in Star Wisdom (Astrosophy), but is also useful for classroom teachers and may be of interest to the general public. It provides an excellent introduction to the nature of the zodiacal signs (sidereal zodiac) and their subdivisions (decans), with examples of historical personalities born in these signs and decans.

Cosmic Dances of the Planets

Companion volume to *Cosmic Dances of the Zodiac*, also by Lacquanna Paul and Robert Powell, this work describes the seven classical planets and their forms and gestures in cosmic dance (with diagrams) and includes a wealth of information on the planets and their correspondences of interest to students of Astrosophy and classroom teachers, as well as the general public.

PUBLISHED MATERIAL RELATING TO CHRIST IN THE ETHERIC REALM

The intention of this study is to come to a living experience of Christ in the etheric realm and to participate in a creative way in His Revelation. Robert Powell's researched chronology of Christ's years upon the earth offers a way to read the signs of Christ's life in the etheric as it unfolds in our time. *Chronicle of the Living Christ: Foundations of Cosmic Christianity* by Robert Powell and the companion volume *Christian Hermetic Astrology: The Star of the Magi and the Life of Christ* are available for deepening one's conscious relationship to the Etheric Christ. Further indications regarding this study are published in the yearly *Journal of Star Wisdom*, published by Steiner Books. These volumes may be ordered through the Sophia Foundation website bookstore, (www.sophiafoundation.org)