



# Wider Horizons

A course of instruction and discussions covering aspects of knowledge and experience that are not normally available to most students.

## RESOURCE DOCUMENT

"Sooner or later in life nearly all serious-minded people, I suppose, feel the need to sit back and take a long, careful look at this world we find ourselves living in, and to think out for ourselves what our position is in relation to the Universe about us, where we come from, what we are heading for, what the purpose of life here is, and what personal philosophy we shall adopt to guide us through it all. We need to know the answers to these questions before we can determine rationally how we want to respond to the things that happen to us, and to what purposes we want to address our skills and energies throughout our lives."

Opening talk: "Spiritual Values and Practical Living", given at the 1979 Wider Horizons seminar, by George Blaker.

**These notes have been collated so that future planning of similar student events has the potential to recapture the magic of the past Wider Horizons. It is realised that the world has changed and thus different approaches may need to be adopted. We do however believe that the basic spiritual nurturing available in Wider Horizons is just as essential now as ever.**

**Paul Filmore & Jenny Blaker: August 2004**

BY Dr. PETER FENWICK

For several years, the Network has sponsored a Wider Horizons course. Each year about 12 young people, usually students, have had the opportunity of being exposed to alternative views of the structure and nature of man's mind and the world around him. Interspersed with lectures have been practical experiences in art, music, dance, etc. These courses have been found by all who attended them to be enormously influential in their understanding of themselves. The Wider Horizons students (Student Network) have tended to stay together as a group, forming a nucleus which can not only support itself but is able to offer others an alternative view. They organise their own meetings and have an exciting yearly programme.

It is very important that the Network continues to support the Wider Horizons courses and I would also like to propose an extension of these courses to other parts of the country. The Network now has over 570 members and thus it should be possible to mount courses in the North of England and possibly in Wales and Scotland. If we are to do this, then we will need volunteers who would help run the courses and be prepared to lecture. We would also need additional financial support as these courses by tradition have been subsidised in order that students could attend them. I very much hope that those members of the Network who feel they could help in this very well worth-while programme would write to the Director, David Lorimer, letting him know of their interest.

Our aim should be to run two courses in 1990 and then have a full regional programme by 1991. Enrolling students for these courses has always been difficult, as notices posted on notice boards are seldom powerful enough to attract the right people. If we are to go ahead with an expanded programme, then it will be necessary for those members of the Network who come into contact with students to let them know about the courses, and to support their enrolment.

**WIDER HORIZONS, 1988** - see also letter enclosed

The following comments were received from those who attended the 1988 Wider Horizons.

I came to Wider Horizons 1988 somewhat curious as to what I had let myself in for. However, the week course at Emerson College turned out to be fulfilling in many ways.

Having arrived slightly late, I was still met with a warm welcome and found I could easily fit in with the group of other like-minded people on the course.

The setting at Emerson was lovely. I remember the peaceful countryside, nearby farm and sparkling quartz crystal in the house itself.

The food, mostly vegetarian, was delicious and colourful. Moreover, a distinct ambience of freedom and harmony pervaded the place.

The lectures in contrast were mentally stimulating, whilst the practical disciplines we did involved a fair amount of physical work and concentration. Where Steiner principles such as painting to let the paints 'paint', eurythmic dancing in relation to harmony with gaia movement (the earth's forces) and sculpture to let the clay 'sculpt', required a type of reverse concentration where the 'ego' had to stand back. and let nature dictate (paint, sound energy, malleability of clay).

The underlying message of both aspects of the course (the mental and practical activities) seems to have been that we must not let concepts or objects crystallize into 'forms' through using our ego. **We must not predict, plan, categorize or mould and structure reality.** Instead, we must let it be shaken up and see how reality structures us on a different level.

Nowhere was this more aptly seen than in the sculpture where following the natural shape of the clay without prediction of outcome gave us a beautiful, harmonious, unusual form as an end product; compared with the brittle angularity of planned geometric forms which are inharmonious to look at.

However, we were not left with assuming that one view of reality is better than another. For also throughout the course emphasis was placed on **balance**.

Science and religion were seen as balancing each other out when they were seen in terms of explorations into spirituality and perception. Both have to be modified to account for experiential phenomena.

However, as Professor Arthur Ellison pointed out, experience has to be balanced by rationality. Cathy Filmore in her talk showed how the two aspects, spirituality and rational logic, could be worked out on a daily practical basis in one's life. How seemingly insurmountable physical challenges (such as fears) can be overcome through spirituality and faith in the positive, and how that adherence to spirituality often 'in turn' produces an unexpected physical reward. In this case, the satisfaction of seeing separate, isolated individuals melt and merge into being a single, satisfied and appreciative audience.

Finally, Dr Peter Fenwick stimulated our minds to realise the basic indefinable oneness of all things and to question every perceptual filter, model or framework, through which we might attempt to crystallise reality. With him we reached the conclusion that the 'now' uncrystallized in all its potentiality is the most important aspect of "reality". And that to align ourselves with the 'now' where the action is called forth from and in the moment frees our consciousness :

to observe where there is no observer,

to think where there is no thinker,

to act where there is no actor, and hence attain a greater awareness of how reality can be shaken up. Also of how we are both the holder of the kaleidoscope and the pieces within it.

The week left me changed - I realised that since 'beingness' renders all labels incomplete and meaningless, so reality leaves all frameworks, and explanations insufficient and reductionist. I was left feeling free to explore my own beingness in all its completeness having left behind and shed off all interjected labels or stereotypes. Free to emerge with 'like-minded'souls into the new, the now; and to accept the unknownness of things as natural, as is the cosmic joke.

Diana Docherty

I attended this year's Wider Horizons week long course, which was held at Emerson College. I arrived at the College not quite knowing what was in store for me, or whether the course would be at all suitable or sensible. I am glad to say, however, that the course was most suitable, whether one's understanding of the given subjects were either rudimentary or somewhat advanced. One could still be certain of completing the course with a far broader understanding than at the beginning, not to mention a whole new group of friends and contacts.

The approach was very mature and all involved became more aware of the nature of our responsibility as young human beings living in the world today. Our world problems were discussed and we were introduced to global co-operation and we talked about the necessity of world peace. Our views were much broadened by our explorations into science and religion, the paranormal, life and death, and of course, the essential unity of all life.

Most helpful to myself was the fact that all of us had access to eminent people whose work directly paralleled our own interests, this meant that it was possible to discuss one's own ideas and work with them, again greatly benefiting anyone who needed help, information or just simply challenging discussion.

All in all, a great time was had by everyone involved. A truly educational experience.

M. Shepherd

For me, the Wider Horizons week meant two things: firstly an enjoyable experience - meeting people with a common interest, taking part in stimulating discussions and exploring new and exciting ideas of expression in sculpture, painting and eurythmy. Secondly, it was a beginning for me: many of the ideas and experiences were seeds which later grew within me. I often find myself referring back to the week as a starting point for changes that have taken place in many areas of my life. I felt it challenged me as a whole person and I loved it!

Vicky Mears

After the week I felt that I could no longer fall into old patterns of thinking mostly based on (false) models of reality built up from childhood. I now viewed life as a whole more subjectively - able to see through my apparent paradigms.

I also felt more creative due to the sessions on art, sculpture and dance. I now appreciated art and its forms more deeply.

Overall, I found it to be an important part of my development as an individual. I also feel it could play an important part for others too.

Jason Brown

I must say that Wider Horizons came at a perfect time in my life. The course was a birthday gift, and with no knowledge of what was to come except a week in the country I accepted.

To my delight, I found my fellow students were very friendly. Cathy and Paul Filmore were extremely supportive in their roles as hosts. The 'lecturers' and discussions were illuminating and inspiring ... and then there was the painting, sculpture and so much more.

Clare Brown

I often found myself sitting in a discussion in an odd-shaped room, with an incredible rush of inspiration. On other occasions I painted, danced and cried. With the course being held in the countryside at a Steiner College, and the blessing of fine weather, the memory of the week indelibly etched.

Kaprice Kea

## The "Wider Horizons" Course

Newsletter 15: November 1979

For five years now the Network has organised this week-long residential course for about 12 persons of ages ranging from approximately 18 to 25. The course is designed to offer instruction and discussion covering aspects of knowledge and experience that are not normally taught in any of our official educational institutions. Prominent members of the Network, who act as leaders of the sessions, seek to start beyond the point that can be reached by learning in letters and numbers, and beyond concepts dealing only with the exterior material universe and materialistic ways of thought. The course is concerned, instead, with fundamental and transcendental values, with the inner nature of people as spiritual beings, and with the deep purposes of human life.

The students grapple with such questions as:

What are we here for? What are the potentialities of human beings of the present and future? Where is evolution heading? What is the contribution we can make individually to human life as a whole? What is the meaning of the actual personal experiences that come to people but are outside what is taught in the present phase of our developing culture? These are the kind of issues that the session leaders talk about and discuss freely and undogmatically with the participants. There is no attempt to convert to any particular "-ism" or religion apart from conveying a broad understanding of the importance and relevance of spiritual values in the handling of everyday problems.

Usually there have been plenty of candidates for the course, and sometimes rather too many, so that publicity for the facilities offered has been deliberately muted. Sometimes there has been none except for a brief notice in Network Newsletters. However, in the current year we found ourselves rather short of applications at first, although, owing to an unexpected and very welcome irruption from the Channel Islands, eleven out of the possible twelve places were filled on the day. It would seem a waste if the rare opportunity of such a course were not taken advantage of to the full, so for the 1980 course the intention is to spread the news rather more widely. That is why there is more in this Newsletter about the 1979 event than we have ever circulated about previous courses.

Annex A contains an account of the week by Peter Bann, one of the participants.

There is no doubt that the 1979 week was, as it always has been in other years too, a heart-warming success. For this we owe especial thanks to Network members Russell Evans, Max Payne, Geoffrey Leytham, Dr. D.M.A. Leggett, Max Magee and Dr. Ian Pearce, who acted as session leaders this year, to John Davy and the Council and staff of Emerson College for acting as our hosts and generally allowing us the full use of the excellent facilities there, and to our instructors who gave us new and deeper insights into various artistic skills, including Mark Baxter, (clay modelling), Van James, (colour painting), Ursula Koepf (physical movement), John Wilkes, (water flow forms), and Roger Yates, (eurhythmy).

**The dates for the course in 1980** are September 3rd - 10th. Bookings can be made with the Network secretariat from now on.

Meanwhile the letters received afterwards from the participants have been so warm and appreciative that it seems a neglect of good material not to share them more widely. They are too long and numerous to be quoted in full, though they deserve it, but the following selection of sentences from them can be taken as representative of the observations made; and are gratefully acknowledged as an encouragement to continue a similar effort for another year.

"I was very happy when . . . came to see me yesterday and told me how `fantastic' the `Wider Horizons' course had been."

"It did have, very much, the effect of widening my horizons."

". . . no end of unexpected ways in which things are appearing differently. Whatever it has started, it was a marvelously enjoyable week."

"The immense physical beauty and harmony of the place called for recognition as much as did the talk of spiritual, intuitive realities in our discussions. It was like living in the midst of a fulfillment of a very great and ancient promise, and really showed how the form grows out of the spirit in all things".

"How much there was during one magical week that I think I needed to hear and feel as at no other time."

"It was one of those times when a great crystallisation of thought and a great seeding of growing points take place."

"Oh! How can I explain to you how much I felt that here at last were people who were GOING HOME!"

"Here I found the deepest contact with the utter reality of what was being brought into being by `the gardeners'."

"Lastly, and most importantly, it has enabled a clarity to come to my purpose `this time' - the field of healing, to which the call came when I was a very young child. That that should come three weeks before the beginning of Clinical Studies is of immense significance to me."

"We have become part of one another in a very intimate experience."

"All of us have a strong desire to keep in touch so as to continue to share in the discoveries initiated at Emerson."

"I know what you are doing is right, instinctively, and thus it will succeed, but at the same time I don't think that success lies in numbers or in official recognition."

"I have never known anything like the atmosphere at Emerson College, I mean the people staying there were so friendly and I was extremely surprised when I went up to a stranger and just started to talk about things from the heart, and the person listened and then followed suit. In the big wide world, if you want Peace you have to be alone, but there Peace and harmony are not words. "

"We all hated to leave."

"On leaving, it felt very much as if we were leaving home."

"I did leave wishing we could have had a day or two longer together."

"Clearly a great kindling of new energy happens at these peaceful sounding seminars."

## SEMINAR FOR STUDENTS ANNEX A

### **An Account of the `Wider Horizons' Seminar.** (See above).

The theme for this year's seminar for students was "Wider Horizons", in other words the Network was offering a course of instruction and discussions covering aspects of knowledge and experience that are not normally available to most students. In his opening talk entitled "Spiritual Values and Practical Living" George Blaker touched on the direction the seminar was going to take.

"Sooner or later in life nearly all serious-minded people, I suppose, feel the need to sit back and take a long, careful look at this world we find ourselves living in, and to think out for ourselves what our position is in relation to the Universe about us, where we come from, what we are heading for, what the purpose of life here is, and what personal philosophy we shall adopt to guide us through it all. We need to know the answers to these questions before we can determine rationally how we want to respond to the things that happen to us, and to what purposes we want to address our skills and energies throughout our lives"

The course was essentially divided between talks/discussions and practical exercises covering a number of different areas of experience. As it was being held at Emerson College (a Rudolf Steiner college) the opportunity was taken to draw in the excellent staff and facilities there as well as some eight different session leaders from far afield.

The talks and discussions were balanced with creative activities, including sessions of eurhythmy, a group exercise based on the development of geometric forms and flowing rhythms. We shared in an experience of painting with colour (the teaching of art at Emerson is heavily influenced by Goethe's colour theory and is very different from the usual art classes one encounters in schools and colleges). Like the eurhythmy, the sculpture classes were designed to help the student to a greater understanding of the development of form. This year the sculpture class dealt with the modelling of a sheep's backbone; this enabled the group first to work individually on a single vertebra and then on all the vertebrae as a group. Those of us who had found difficulty with the painting found the sculpture much more satisfying. In addition the group were instructed in pentathlon exercises led by Ursula Koepf. Ursula's interpretation of the five Greek exercises can be regarded as a western equivalent of Yoga, since the exercises are much more than just physical exercises, but, like all the creative experiences, are also an exercise for the mind.

Much of the discussion tried to deal with the problems of contemporary society. Max Payne in his talk on the Crisis of 20th Century Man, presented the problem as a spiritual crisis. Symptomatic of this is the decline in national confidence in many western countries and the problem of what can only be described as a post-Christian society, namely a feeling of total nihilism expressed in art and music today. Symptomatic of this post-Christian society is the rise in crime; today's society is far more violent and aggressive than it was in the 1930s. From a modern viewpoint Christianity can look like a betrayal of democratic and scientific views; individuals brought up in such a society will find the essential tenets of Christianity difficult to swallow. In Max Payne's view the only possible outcome is a new synthesis between religion and science. Since much of eastern philosophy is quite compatible with scientific views, Max felt that to restore Christianity to full health Christianity would need to absorb some of the teachings of the East.

Geoffrey Leytham, in his first talk to us, dealt with psychological health and the work of Maslow on the characteristics of the self-actualized person. The individual with a high degree of self-actualization is one who is using all his abilities and does not have what Maslow calls deficiency needs. Geoffrey went on to talk about creative thinking as a four stage process 1) Preparation: background research, deciding on specific questions to be answered. 2) Incubation: forgetting about the problem, i.e. just sleeping on it. 3) Inspiration: usually occurring when one is relaxed. 4) Elaboration: thoughts tend to develop of their own accord. Finally, Geoffrey Leytham talked about Psychosynthesis, following Roberto Assagioli. Basically, Psychosynthesis is a model of personality which aims to establish a link between the "Higher Self" and the "I". Assagioli mentions a number of techniques for achieving this (see "Psychosynthesis" by R. Assagioli).

Dr. Leggett has always had an interest in the implications of well attested paranormal occurrences and mystical experiences. He presented a wide range of evidence about the nature of the total human being drawn from these sources and gave us some details of many thought-provoking cases recorded in the

literature, including some that seemed to throw light on theories about reincarnation and the nature of the after-life. He pointed out some far-reaching implications of these for earthly life now.

A most charismatic and exciting speaker was Max Magee. Max is a hardened veteran of the spiritual battle-ground of Ulster, India and elsewhere. There are many intensely religious people in Ulster, but few of them could be regarded as spiritual. In his quest for spiritual growth Max has found orthodox religion to be restrictive. Max emphasised the need to start from where one is, rather than trying to be what we are not, or trying to get somewhere else first; the starting point for spiritual growth is where we are now not where we would like to be. Max pointed out that a positive acceptance of one's current situation is vital for spiritual growth; then the cosmic forces begin to work in one's favour and undam the source of spiritual life that is present in everyone but for most people has become blocked up. Although Max maintained that spiritual growth was very much a process that happens by itself, one can help matters on by clearing the ground; this Max called the honesty technique. To be honest one needs to learn the art of listening or being aware, and to allow the intuition to develop but not to take over; to achieve a balance between intellect and intuition.

The final speaker on the course was Dr. Ian Pearce. Dr. Pearce is a General Practitioner and very much concerned with applying spiritual techniques for healing sick people. Dr. Pearce put great emphasis on meditation for relieving stress in the individual's life; 75% of all cases that had come before him were of psychosomatic origin and could have been avoided through regular meditation.

With hindsight the most important outcome of the seminar for me, and I think for most people, was not so much the intellectual gain from the seminar, although this was considerable, but rather the degree to which group spirit developed during the week we were at Emerson College. Perhaps it was the sharing of discovery of a tremendous nature together that was responsible for this warmth growing amongst us. I think George Blaker summed this up well when referring to the feelings of past seminar students which resulted in the setting up of the Student Network; this was the feeling that, having had their lives revolutionised, the Network could not then just forget about them. All of us have a strong desire to keep in touch so as to continue to share in the discoveries initiated at Emerson.

Peter Bann September 1979

Selected extracts from Written Comments by some of those who attended the "Wider Horizons" week last August.

"It was so good to meet such a group of people of my own age group who could not be dismissed as crackpots or a lunatic fringe. So often if one has spiritual ideals there is a feeling of isolation in the materialistic and ignorant world in which we live and the Wider Horizons week was a powerful affirmation of my own heartfelt convictions."

"The week worked marvelously - it was a feast intellectually, artistically, and in terms of a setting for expressing really positive contacts between people who had only recently come together - therefore it's very difficult to either add to it or take away from it."

"What did I particularly value learning or doing or hearing? I particularly valued the group meditations, experiences with colour, long afternoons to get to know one another, the relaxed but well ordered atmosphere and the variety of subjects and experiences."

"Wider Horizons did help me so much . . . because I'm not so afraid of being open with people, and I have already found this very rewarding. It has also helped me to feel very much more positive about my job and my career."

"I really could not imagine a more suitable setting than Emerson College, where the atmosphere felt very special and appropriate to the subject matter of the course, including the opportunity to meet and share with the students of all nationalities."

"What did I particularly enjoy? This is very difficult! I particularly enjoyed everything! The meditation lecture (was) very helpful in applying outside the course because it was very down to earth."

"I enjoyed the whole week so much that I find it hard to think of anything constructive to say!"

"Could the course be made one or two days longer?"

"Postpone the end of the week!"

"I really didn't feel there was anything I would have liked to have changed about it. I honestly felt that the balance was just right and that to increase any one area would ruin it. I also felt that Emerson College was the ideal place for such a course - I could go on for ever!"

## WIDER HORIZONS 1986

For the young with enquiring minds (aged about 18-25) the dates of the Wider Horizons week, 1986, are August 22nd-29th. Enquiries to Andrew Bates, Lake House, Ockley, Dorking, Surrey RH5 5NS, Tel: 0306-711268 or Ashok Jashapara, 3 Cobden Buildings, 128 King's Cross Road, London WC1X 9DS.

Mariellen Romer

With the number of Network members growing, some members may not be aware of Wider Horizons, the Network's course for young people aged approximately 18-25. I felt it might be helpful to write a few words on what, why, and when, it is, and to add something of my own experience regarding it.

20 years ago the ideas, concepts, and approach that members of the Scientific and Medical Network embody seemed to be almost entirely absent from formal education. The Network's response was to devise an annual, 7 day residential course for a dozen young men and women. The course included sessions with visiting Network members, who would describe their particular set of values and often how these dovetailed with their professional life. Since this gave seven complementary approaches, it provided an excellent basis for discussion. The discussion sessions were sandwiched between more active ones of painting, sculpture, eurythmy (movement), and free time to walk, talk, swim or simply to think, time to let some of the ideas sink in and be mulled over, and time also to further one's thoughts for more discussions, questions, and the surges of insight that seemed to occur again and again.

For many of the participants, inner questings had been a completely private, solitary exercise until this stream of session leaders opening their minds and experience brought forth the startling realisation that such a quest need not be lonely any longer; that one's quest was as unique as its owner, but the experience of that quest could resonate in a joyous companionship and support. This realisation was a momentous thing, because to share in it one usually began to step from behind one's own shield of privacy and solitude in the delight of finding company. The whole process is much more subtle than my description might lead one to think, but none the less discernible for all that. The course has always had an "anchor" for the entire week, to ensure continuity and to keep a watchful eye for those for whom the experience may at first feel daunting. This role was taken first by George Blaker, President of the Network, and since 1988 has been taken with great experience and care by Paul Filmore and Catherine Thom (Filmore), a Trustee and Council Member respectively, who also act on occasion as session leaders.

Today's Wider Horizons course bears a very strong resemblance to the first. Still heavily subsidised by the Network, the format and the quality of the result stays very much the same. Over the years there have been small changes, remarkably few given the huge increase in public awareness and understanding of some of the topics discussed. George Blaker gave the aim of the Wider Horizons course as to "sow the seeds, which may or may not germinate, of the concept that man is a spiritual being temporarily inhabiting a physical body, and all the implications which arise from that." I had been brought up within a rather conventional Christian teaching, but nothing within that had ever made me feel the enormity of the universe, nor my part within it, tiny though it was, to be so precious and cherished. One warm evening, as a Wider Horizons student, I stood by myself in the darkness gazing at millions of stars, just beaming at them all. The feedback from participants continues to tell us that the format is still as balanced, as appropriate, and as successful in meeting a real need as it ever was.

This year's Wider Horizons course will be held from 15 to 22 August at Hawkwood College near Stroud, Gloucester. The course is subsidised by the Network and by sponsorship and part-sponsorship by individual members (details from the Director) to about £150 per person, keeping the cost to the participant down to £80. Further bursaries may also be available for those in particular need. If you know of any men or women aged about 18-25 who may be interested, more details are available from Paul and Catherine Filmore, Higher Oldclims, Pempwell, Stoke Climsland, Callington, Cornwall PL17 7 8LN Telephone/FAX 0579 370700, or from the Director.

The Scientific and Medical Network

## SEMINAR for STUDENTS

August 31st - September 7th 1979 at Emerson College

### W I D E R H O R I Z O N S

The Network is arranging its fifth week-long residential "Seminar for Students" from Friday 31st August to Friday 7th September inclusive, at Emerson College (a Rudolf Steiner College), Forest Row, near East Grinstead, Sussex. The course is open to any suitable person between the ages of about 18 and 25, and details about applying are given at the end of this note. Admission on this occasion is again limited to 12 students.

The theme this year is "Wider Horizons". This means that the Network is offering a course of instruction and discussion covering aspects of knowledge and experience that will not normally have been taught in any of our official educational institutions. The course seeks to start beyond the point that can be reached by learning in letters and numbers, and beyond concepts dealing only with the external material universe and materialistic ways of thought. It is concerned instead with fundamental and transcendental values, with the inner nature of people as spiritual beings, and with the deep purposes of human life. An attempt is made to present new attitudes of mind in which life is not cut up into separate departments and disciplines but is approached as a single unified whole. What are we here for? What are the potentialities of human beings of the present and future? Where is evolution heading? What is the contribution we can make individually to human life as a whole? What is the meaning of the actual personal experiences that come to people but are outside what is taught in the present phase of our developing culture? These are the kind of issues that the session leaders will talk about and will discuss freely and undogmatically with the participants.

The intention is that the whole week should be an informal and friendly affair, as relaxed as possible. The session leaders are mostly well known and professionally qualified members of the Network. Care will be taken to see that intellectual discussion is balanced by plenty of opportunity for physical exercise and creative activity of various kinds.

Attendance at all sessions is voluntary, but it is expected that all participants will attend the whole course. (No provision can be made for part-time attendance). All meals, vegetarian for those who prefer it, are provided by Emerson College. Sleeping accommodation may be scarce, so that some may need to share rooms, but this will be avoided if possible.

Accepted participants are asked to present themselves at Emerson College between 5.0 and 6.0 p.m. on Friday August 31st. The costs of the course are subsidised by the Network, but each applicant is asked to contribute £12 towards the cost as an earnest of his or her genuine wish to join. Each participant should have a sponsor (an "elder" who knows him or her, and preferably a member of the Network) who will also be given an opportunity to contribute, if possible, a limited sum towards the cost.

Applications should be made to George Blaker, The Scientific and Medical Network, Lake House, Ockley, Nr. Dorking, Surrey, RH5 5J, 1S (Tel: 0306-711268) and not to Emerson College.

The Scientific and Medical Network

SEMINAR for STUDENTS

August 31st - September 7th 1979 at Emerson College

**W I D E R H O R I Z O N S**

Friday 31st August

5.00 - 6.00 p.m. Arrive at Emerson College.

7.00 Supper.

8.00 Welcome. The Idea. George Blaker, John Davy, Russell Evans.

Saturday 1st September

7.45 a.m. Eurhythmy, I. Roger Yates.

8.30 Breakfast.

9.45 Spiritual Values and Practical Living. George Blaker.

11.00 Coffee.

11.30 Has Life a Meaning? Russell Evans.

1.00 Lunch. '

Afternoon free.

4.15 Tea (for those who want it).

5.00 Form, I. Experiences in Sculpture. Marl: Baxter.

7.00 Supper.

8.15 Human Values - Wonder, Compassion and Conscience. Russell Evans.

9.30 Meditation. (All Meditation Sessions are optional).

Sunday 2nd September

8.30 Breakfast.

10.00 Farm Walk (including a look at the water experiments).

1.00 Lunch.

Afternoon free.

4.15 Tea.

5.00 Form, II. Experiences in Sculpture. Mark Baxter.

7.00 Supper.

8.15 The Crisis of 20th Century Man. Max Payne.

9.30 Meditation.

Monday 3rd September

7.45 Eurhythmy, II. Roger Yates.

8.30 Breakfast.

9.45 The Spiritual Disciplines. Max Payne.

11.00 Coffee.

11.30 Discussion, with Max Payne.

1.00 Lunch.

Afternoon free.

4.15 Tea.

5.00 Form, III. Experiences in Sculpture. (Final). Mark Baxter.

7.00 Supper.

8.15 Psychological Health. Geoffrey Leytham.

9.30 Meditation.

Continued

Tuesday 4th September

7.45 Eurhythmy, III. (Final). Roger Yates.  
8.30 Breakfast.  
9.45 Creative Thinking. Geoffrey Leytham. .  
11.00 Coffee.  
11.30 Psychosynthesis. Geoffrey Leytham.  
1.00 Lunch.

Afternoon free.

4.15 Tea.  
5.00 Colour, I. Experiences in Painting. Van James.  
7.00 Supper.  
8.15 The Human Situation: The Evidence. Dr. D.M.A. Leggett Leggett.  
9.30 Meditation.

Wednesday 5th September

7:45 Pentathlon Exercises, I. Ursula Koepf  
8.30 Breakfast.  
9.45 The Human Situation: Making Sense of the Evidence. Dr. DM.A. Leggett.  
11.00 Coffee.  
11.30 Discussion, with Dr. Leggett.  
1.00 Lunch.

Afternoon free.

4.15 Tea.  
5.00 Colour, II. Experiences in Painting. Van James.  
7.00 Supper.  
8.15 Some Practical Implications of trying to be Spiritual, I. Max Magee.  
9.30 Meditation.

Thursday v 6th September

7.45 Pentathlon Exercises, II. Ursula Koepf.  
8.30 Breakfast.  
9.45 Some Practical Implications of trying to be Spiritual, II. Max Magee.  
11.00 Coffee.  
11.30 Discussion, with Max Magee.  
1.00 Lunch.

Afternoon free.

4.15 Tea.  
5.00 Colour, III. Experiences in Painting. (Final). Van James.  
7.00 Supper.  
8.15 Physical, Emotional, Mental and Spiritual Health: The Way Ahead. Dr. Ian Pearce.  
9.30 Meditation.

Friday 7th September

7.45 Pentathlon Exercises, III. (Final). Ursula Koepf.  
8.30 Breakfast .  
9.45 Any Questions? Final Discussion with Panel, including Dr. Ian Pearce.  
11.00 Coffee.  
11.30 Any more loose ends to discuss? Summing up.  
12.30 -12.45 Farewell. Closing of Conference. George Blaker.  
1.00 Lunch.

Afternoon - disperse.

# WIDER HORIZONS

A SEMINAR PARTICULARLY  
RELEVANT FOR STUDENTS OF  
SCIENCE AND MEDICINE

(Organised by the Scientific and Medical Network)

18th - 25th August, 1982, Emerson College, Sussex



Talks to be given at this year's seminar include:

"CREATIVE THINKING"  
"PSYCHOSYNTHESIS"

by Mr. G. Leytham, Director of Communications Studies,  
Liverpool University.

"THE NATURE OF SCIENCE"  
"IDEOLOGICAL BATTLES"

"THE POINT OF COSMOLOGY"  
by Dr. M. Shallis, Astrophysicist, Oxford.

"NEW HORIZONS - THE PERENNIAL SEARCH"

by Dr. D. M. A. Leggett, Former University Vice Chancellor.

"HIGHER STATES OF CONSCIOUSNESS AND THE FULL POTENTIAL OF LIFE" "THE NEW  
PHYSICS AND THE NATURE OF REALITY"

by Dr. R. Prosser, Quantum Physicist.

"REGRESS AT YOUR PERIL - A DOCTOR'S PERSPECTIVE"

by Dr. A. Robertson, F.R.C.O.G.



For full details of the presentations by professional scientists and doctors at this year's subsidised seminar, please contact:-

The Scientific and Medical Network

WIDER HORIZONS WEEK

24th - 31st August 1984  
at Emerson College, Sussex

The Scientific and Medical Network is offering a week-long residential course of talks and discussions covering aspects of human experience - things that happen to people - that are not normally taught in our established educational institutions. It is intended for persons between 18 and 25 years of age, is limited to twelve participants at a time, and it runs from Friday 24th August, 6.00 p.m., to Friday 31st August, 2.00 p.m., in the beautiful grounds of Emerson College, Forest Row. near East Grinstead, Sussex.

The course seeks to reach beyond formal learning in letters and numbers, and beyond concepts dealing only with the external material universe and mechanistic ways of thought. It is concerned instead with fundamental and eternal values, with the inner nature of people as primarily spiritual beings, with the deep purposes of human life, with what people are and what they can become. It will note the crucial importance of people's own attitude of mind as a factor in bringing about what happens to them and around them. It will consider the incident of death in a continuing life. It will look at the evidence for, and the implications of, a wider view of life and what this reveals about the way humanity should act in everyday and longer-term situations and how people can best advance their own evolution and that of the world. It is a unique opportunity that many would want to take if they knew about it.

The talks and discussions will be balanced by "fun" periods, artistic, creative and physical. The intention is that the whole week shall be an informal and friendly affair, as relaxed as possible. The session leaders (a different one each day) are mostly qualified and experienced members of the Scientific and Medical Network.

Food and accommodation are provided by Emerson College. Meals are generally vegetarian, but meat is sometimes available. The cost to participants is £25 for the whole week, inclusive of everything. (The cost to the Network is about double that amount).

Applicants please write, as soon as possible, with brief particulars about yourselves (age, education, what you are doing or hope to do, address, telephone numbers where you can be contacted now and in the last week before the course begins) to Marguerite Watts, 39 Hoveland Lane, Taunton, Somerset, TAI 50E, (Tel: 0823-54261), or to Andrew Bates, Lake House, Ockley, Dorking, Surrey, RH5 5NS, (Tel: 0306-711268). Information will be sent to participants about how to get to Emerson College and what to bring.

The Scientific and Medical Network

WIDER HORIZONS WEEK - 1986

22nd - 29th August

At Emerson College, Sussex

"WIDER HORIZONS" is a residential, week-long course for a dozen young people (aged 18-25) who are disillusioned with the purely materialistic approach to life, and who are deeply concerned by the destructive effects that this way of thinking is having upon both our individual lives and the ecology of the whole planet.

This course attempts to cover different areas of human experience things that happen to people - that are not, yet, normally dealt with in our established educational institutions. It is concerned with fundamental and eternal values, with the inner nature of people as primarily spiritual beings and the scientific evidence for this. Seminars and discussion groups are focused and led mostly by qualified and experienced members of the Scientific and Medical Network. A balance between head and heart is nourished by "fun" periods that include unusual approaches to painting, sculpting and movement.

One important aspect of the week is being together as a group and sharing our experiences and aspirations in a friendly and meaningful way. This can help us to put more into practice what we know deep down to be right, but find so difficult to do.

The course is held in the tranquil atmosphere of Emerson College, Forest Row, near East Grinstead, Sussex, and is sponsored by the Scientific and Medical Network. Meals are vegetarian, but meat is sometimes available as well. The cost to each participant is £40 for the whole week, which is inclusive of everything.

Enquiries to: Andrew Bates, The Scientific and Medical Network, Lake House, Ockley, Dorking, Surrey, RH5 5NS (Tel: 0306-'711268, or Ashok Jashapara, 3 Cobden Buildings, 128 King's Cross Road, London WC1X 9DS, giving your name, age, details of your education, what you do or hope to do, interests, address and telephone number ( now and one week before the course starts ). Map and details of what to bring will be sent to you.

This is a unique opportunity that many would want to take if they knew about it, so please pass this description sheet on to anyone you may know who you think might be interested in contacting us.



## TOWARDS A WIDER AWARENESS.

A Seminar to be held at Sidmouth House

From September 17th to September 24th, 1975.

It is our intention to keep the pattern of this seminar as informal as possible; therefore we are not issuing a detailed programme at this stage. But we are sending to you a broad description of the form that we envisage the week will take.

We ask participants to arrive at Sidmouth house between five and six pm on Wednesday, September 17th. We can then start to get to know one another before and during supper, which will take place at seven o'clock. After supper there will be an introductory and explanatory talk by Sir Kelvin Spencer. During the rest of the week the pattern of each day may vary slightly but in general will consist of: a morning meditation followed by a session of music and movement. Breakfast will be at about nine-fifteen a.m. The morning session will commence at ten-thirty and last until lunch, with a coffee break at some convenient time. Every afternoon will be free. There will usually be another session at five pm and some activity after supper each day. (On one evening we have arranged for all who want to go to one of the monthly subscription concerts at Ottery St Mary).

Subjects for discussion at sessions (and it is hoped at other times whenever two or three people find themselves talking together) will include:- meditation and other spiritual exercises; the grades and expansion of consciousness; scientific and spiritual complement and conflict; education, learning and teaching; intellect and intuition; music and movement, colour and design and their effect on living; philosophical considerations of life in the world today and tomorrow; a closer awareness of other life and nature; healing. There will be ample time for discussion and for leisure. Walking, sailing and swimming are all available if the weather permits, and excursions can be arranged to places of interest if requested.

Living will be simple but, we hope, comfortable. Diet will be whole food and, predominantly vegetarian. Rooms, which are large and airy, will be shared (on an average three to a room). Please dress exactly as you like, though girls may like to bring a long skirt. Sleeping bags and your own towel will help the domestic organisation.

As you will know, the seminar is being organised by the Scientific and Medical Network. There will be opportunity to learn more about this group during the week.

The following have agreed to take part in the seminar as session leader:- Sir George Trevelyan, David Price-Hughes, George Blaker, Theo Gimbel, Roger Pawley, Eileen Noakes, Sir Kelvin Spencer, Patrick Shackleton and probably one or two others as well.

A course fee of £10 is payable by each participant and should be paid any time now. Cheques should be made payable to Mrs Eileen Noakes and sent to her at: Sidmouth House, Cotmaton Road, Sidmouth, Devon, EX10 SST. ("The telephone number of Sidmouth House is Sidmouth 3963). Likewise any cheques for sponsorship of participants should be similarly addressed,



If you have any questions you would wish to raise, will you please write to Dr Patrick Shackleton at Sidmouth House.

Finally, Sidmouth House can be reached from the A30 or A35 by taking the A375 to Sidmouth. Go towards the sea-front. At the Radway Cinema, turn right into All Saints Road. Cross two cross-roads and you will find yourself in Cotmaton Road. Sidmouth house is on the right hand side immediately after a green block of flats called St Helens, Or, if you are travelling by rail, the train leaving Waterloo at 13.00 hours and arriving at Honiton at 16.29 hours will be met by request. Other trains can be net by arrangement.

We shall look forward to giving you a warm welcome on September 17th

Sidmouth House,  
Cotmaton Road,  
Sidmouth,  
Devon EX10 8ST.  
July 29th, 1975.

Eileen Noakes,  
George Blaker,  
Patrick Shackleton.



Back Row: Jonathan Coker, Jonathan Price, Nicholas Hall, Richard Woodger, Patrick Shackleton

Middle Row: Sahara (cook), Margaret Aves

Front Row: Haluk Akbulut, Barbara Horan, Paul Filmore, Eileen Noakes, Beth Noakes, Pete (helper)

Lucy David & Jenny Blaker (behind the camera)

# The Scientific & Medical Network

## "Wider Horizons" Programme, 15-22 August, 1992

	Saturday 15 August	Sunday 16 Aug	Monday 17 Aug.	Tuesday 18 Aug	Wednesday 19 Aug	Thursday 20 Aug	Friday 21 Aug	Saturday 22 Aug	
7.15		Breakfast ----->							
8.15		Peter Hewitt "Physics and Spirituality"	Dr. Craig Brown "Healing and Wholeness"	Max Payne "The Nature of the Paradigm Shift"	Ruth Rowles "Deeper Understand- ings in Everyday Living"	Gill Wright "Esoteric Philosophy and Subtle Understanding"	Catherine Thom "Music of the Spirit"	Dr. P. Fenwick "Exploring Consciousness & Reality"	
8.30		Coffee/Tea ----->							
9.45		Eurythmy ----->							
10.15		Discussion with Peter Hewitt	Discussion with Dr. Craig Brown	Discussion with Max Payne	Discussion with Ruth Rowles	Discussion with Gill Wright	Discussion with Catherine Thom	"Back to Earth" with Dr. Peter Fenwick	
11.15		Lunch ----->							
12.15 for 12.30		Afternoon free ----->							
2.00		Tea for those who want it ----->							
4.00		Experiences with Colour				Experiences with Form			
4.30		Supper ----->							
6.00									
7.30	Dr. Craig Brown	Max Payne	Ruth Rowles	Gill Wright	Catherine Thom	Dr. Peter Fenwick			
7.30 Paul & Catherine Filmore "Getting to know each other"									
9.00	Disperse								