

Portland Anthroposophic Times

Newsletter of the Portland Branch of Anthroposophical Society

www.PortlandAnthroposophy.org

Volume 103, February 2013



Introducing Donna Patterson-Kellum

*We are pleased to present here the third in a series we're calling "The Practitioners' Corner", aimed at providing information about those in our community whose professional offerings have been influenced by their study of Anthroposophy. With this issue we are also enthusiastically inaugurating a new column by Donna, **The Zodiac**, in which she will share her research on the appropriate glyph each month. She also provides an introductory overview in this issue. ~Ed.*

I've been practicing as a "bodyworker" now for over 28 years, developing my skills through continual explorations into many different modalities. When I was a little girl, I had the great gift, along with the companionship of my younger sister, of growing up in a forested area next to a kill that ran beside our home, outside a sleepy little village in upstate New York. As children, all summer long, and after every school day, we would hurry home to play with the fairies and elves in our back yard. It sounds funny to say that today. We had no consciousness of nature spirits in the way anthroposophy might discuss them, but we were acutely aware of a living presence about us. We shared a wonderful innocence, naiveté and reverence in our communion with nature, that we still share in our hearts today. My mother, who was a registered nurse, was a very spiritual person in that respect as well. She would talk about the angels and would often engage with different spirits herself. But we also grew up within a small town mentality that didn't know how to deal with this kind of craziness, and unfortunately, my mother was taken from us when we were still too young, to be institutionalized for the rest of her life with what was diagnosed as paranoid schizophrenia. Her loss was a major life event for me and framed much of how I came forward in the world in its aftermath. These experiences opened me to the spirit

world long before I really consciously knew what it was or how to "own it" as something within me and "of me," and created in me also a deep desire to affirm the truths of my mother and our loving connection.

Our little town was so small that my high school graduating class contained little more than a dozen people, most of whom I connected with recently at a golden reunion. After graduation, I went on to Business College, and worked for a time as a secretary before having a family of my own. I do feel my early connection with the spirit world kept me oriented toward the healing professions during those years. And in addition to earning an Associate Degree in the Humanities and Social Sciences, I started a Children's Museum that has grown to a wonderful institution today. I also developed my own home-based computer medical billing and transcription service, which I operated with a small staff for 24 years. That experience crystallized out of a full-time relationship with a neurologist, Dr Green, with whom I worked as a secretarial assistant side-by-side for many years. Dr Green was a compassionate and caring doctor, and for years I watched his increasing frustration and malaise at the limitations of his profession, and his wish for something more. It was in this context that I became increasingly attracted to bodywork and the perhaps somewhat abused term "energy" work. I began to learn about new possibilities for helping people in ways that even got Dr Green excited, and after he died, I launched into my own study and practice of massage therapy.

This path has increasingly been a healing one for me as well, in the affirmation and encouragement it has provided, in recasting my mother's own thwarted path as a nurse, toward coming to more deeply know a spiritual world as a healing force instead of a pathology. Today I do very little in the way of traditional "massage", but instead practice a blend of craniosacral therapy, visceral manipulation, lymphatic drainage, myofascial release, along with many other integrated modalities.

**The Portland Branch of the Anthroposophical Society
invites you to**

Save The Dates!

- March 16** **Michael, Mani & the Interior of the Earth –
Contact James Lee to register, See p. 5**
- April 26-27** **Rudolf Steiner's Work on Karma – See
attached Flier**

For more information about these branch-sponsored events, and other events and initiatives in our community, see the calendar section of this newsletter or visit the branch website.

I have been particularly influenced by the Anthroposophic Rhythmical Massage Workbook and also by my teacher, Frank Lowen. Frank worked with John Upledger and Jean Barral for over 25 years (also my teachers), and has since developed what he calls "Dynamic Manual Interface", a holographic method of accessing and facilitating the body's lymphatic, vascular and neurological flows, in a threefold approach to releasing patterns of connective tissue obstruction and adhesion, that somatically reflects our biographic and karmic histories.

For me, the process of healing is somewhat like a dance. Every organ in the body is keeping pace with a rhythm in this dance, both within itself as well as in its relationship with all other organs. In each of our bodies, there is a tapestry of tissues woven into compensation patterns, trying to dance as best as they can around the adhesions, restrictions and other obstacles of life. In the unique restricted dance each of us is doing, there is familiarity and safety in some ways. But also within this restricted familiar dance, there is fatigue and pain, and sometimes further injury and illness. So when you are on my table, whether it's for a motor vehicle injury, TMJ dysfunction, diabetes, back pain, headaches, scoliosis or whatever, I work with you to help you alter that tapestry of tissues a little bit, and to open you to a new dance. This means new steps, unknown steps in some ways, steps involving connections that are weak or completely undeveloped, and steps that can be hard to see when overshadowed by the known and familiar. Initially, one may not get the new dance at all in this process, and not make the conscious connections sufficiently to do anything different than the painful dance. With repeated "lessons", however, a new dance becomes possible, and you can begin to feel relief for longer and longer periods after a session. Often I will combine my work with my husband, Bob, bridging the bodywork with the support of Naturopathic and Chinese Medicine, and also, for both of us, the invaluable insights arising from our meditation and study in Anthroposophy. I love my work, but I still need more than ever to get out in nature every day, feel the nature spirits around me and within me, to renew myself for my husband and for those I work with.

In my free time, in addition to hiking, performing drama, exploring art through color and form, and music, I try my hand at biodynamic gardening, enjoy cuddling by the fire, learning more about anthroposophic cosmology, and correcting my husband. (My work is never done!)

You can see more about our work online at www.healthbridgeinc.net, contact us by email at healthbridge@integra.net, or schedule an appointment for a free 15-minute initial consult at 503-331-7393. We are located at 3046 NE 33rd Ave, Portland, 97212.

MONTHLY NEWSLETTER ZODIAC ARTICLES: INTRODUCTORY OVERVIEW

Based upon my explorations in anthroposophic cosmology, including a wonderful workshop on the soul nature of color with Dennis Klocek this past summer, I have become increasingly interested in the rich interdependencies between how we evolve in our bodily, soulful and spiritual life on earth, and their relationships with zodiacal spiritual forces. Over the course of the next 12 months, I would like to share some of this exploration with you all, in small articles that I hope are as revelatory for you as this project continues to be for me.

MY AWAKENING: In my practice of bodywork over the past 28 years, I have gradually evolved in my understanding of the energy fields of the body. Even as there was a time when I was unable to describe them as anything more than lifeless electromagnetic fields, my own LIVING somatic connection with them, and the passion with which I came to my work, has over time increasingly guided me to a higher plane of understanding.

Doing an optimal job as a facilitator in healing requires regularly exercising something akin to a therapeutic entrainment with the many patterns of resonance in both the physical and nonphysical aspects of a person's body. And of course to become effective at this one must engage in that very process for oneself as well. In my efforts to help others then, what a gift they have given me in return!

Additionally, a major discovery for me has been that entraining myself to the perpetually changing and renewing moods of nature has helped me to understand the functional and morphological development of our own body parts as a cosmic embryological process by which transformation of the body unfolds according to little shifts in spiritual consciousness. In his lecture, "The Four Sacrifices of Christ", Steiner points out: "In His three preparatory steps, taken before the actual Mystery of Golgotha, Christ provided for the complete evolution of humanity." The steps Christ took involved His carrying out three sacrificial acts of will, to bring his own three-fold animal-soul nature under the control of the Ego organization. As a result we can accomplish the same thing through the practice of self-control. Our astral-Ego processes dominate our etheric body and are expressed in our physical organic life-processes out of which come changes in our form and structure as well as our state of health. And in healing work, a therapist or other health practitioner can recognize and support the fulfillment of these three spiritual preparatory steps as they unfold now on the physical plane, as a part of each person's healing process, ushering in and promoting change in their physical body. We shall explore the three preparatory steps of Christ, in their relation to the four bodies, as a way to take our understanding of ourselves deeper.

THE ZODIAC GLYPHS: Something I came to appreciate with Dennis Klocek this past year involves the energetic signatures or pictures of the Zodiac Glyphs as a way to access the parallel in growth forces that flow into plants, animals and us from deep within the earth and from out of the cosmos. The glyphs morphing from one into another show how growing conditions change from season-to-season, both in biodynamic agriculture rooted in the land, and our biodynamic evolution rooted in the cosmos. If it were not in the nature of everything to be a resonant seed of consciousness, to sprout every new form out of the old, life itself could not manifest in the world. Klocek describes climate as the interface between humanity and the Earth. On these terms, every climate crisis displays the results of our efforts in a mutual evolution to attain higher consciousness. The first of Christ's preparatory steps, coming through the climatic crisis of our Lemurian past, allowed for the evolution of our senses; senses which, once formed, made it possible for us to learn how to consciously reharmonize ourselves with the closeness to spirit that we lost. By going beyond simple sensory enjoyment, to the point of developing a reverent feeling for the beauty of nature, we may come to know the sense world as a medium for an appreciation of the Christ experience within us. In future articles, we will explore this for each month to see how this manifests.

THE SOUND GESTURES: We are inextricably linked with the cosmos in many ways, but I chose to explore the "sound gestures" of the earth because "listening" to the body is second nature to me. We seldom give a second thought to the air we breathe, but spiritual air or atmosphere is different from our own. It is sensitive and alive with sounds, waves and gleams of light that arise as a kind of inner cosmic speech in response to our own gestures, acts and thoughts. First an inner sounding happens in us when we resonate soulfully with the soul of the earth day-by-day. Then each evening as the physical sun sets and the spiritual Sun begins to rise, we carry our inner-sound experiences into the spiritual world. Whether in our sleep or after our death, everything that happens on Earth reverberates in colors, light and sound in the spiritual air. Then spiritual forces radiating from the stars and planets create little shifts in our consciousness by infusing us with spiritual insight about the significance of our life on earth through the changing seasons. Through these insights, I am hoping in these articles to move toward a more intimate understanding of nature.

THE BODY PARTS: For years I worked as a doula, helping many new moms through pregnancy, labor and delivery. A freshly born baby has never failed to bring a sacred hush to the room, yet I have to say that taking the Embryology Workshop with Jaap van der Wal, showing me how these embryonic beginnings continue throughout life, equally filled me with awe and reverence. I have a similar appreciation for Diane Ramage in her work with Astrosophical birth charts. Considering the development

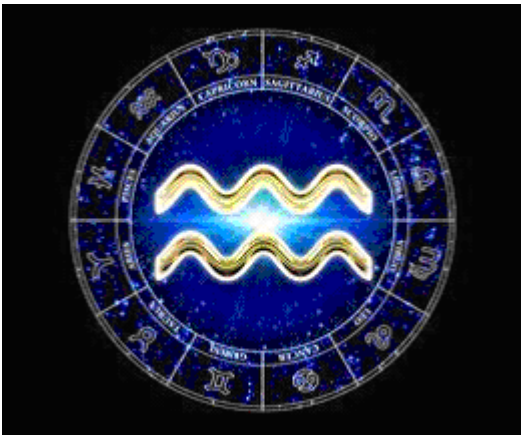
of body parts, meditation and study begins to bring into clarity that the human embryo was a participant during all the stages of earthly development. At one time the earth, moon and sun were all united in one body, the basis of our body today, a resonant seed that moved forward in reference to the star constellations, which are relatively fixed in their positions like the face of a heavenly clock. It was apparent to people long ago that the shape and structure of the head and sense organs were organized by the creative spiritual forces of the upper constellations of Aries, Taurus, Gemini and Cancer. That the structure of the organs of the chest region were connected with the middle constellations of Leo, Virgo, Libra and Scorpio. And the metabolic organ-and-limb system was related to the lower constellations of Sagittarius, Capricorn, Aquarius and Pisces. Our ancient ancestors recognized that everything affecting their whole essential being, including their own physical body, was intimately related to the stars and planets. Even before it became interpenetrated by an etheric and astral body, our physical body was already organized in a way that it could become the bearer of Spirit. Klocek describes how the Earth, as the source of our body, now urgently depends on our efforts to shift toward goals higher than self-satisfaction, entertainment, and consumption. Healing journeys often demonstrate how the second of Christ's preparatory steps gave us the spiritual potential "to rise from the dead" and live more consciously, more selflessly, enabling us to bring to light the causes of our excessive appetites and addictions, fears and phobias and overcome them.

THE WORLD VIEWS: Drawing attention in upcoming articles to month-by-month shifts in how our thoughts are molded by the spiritual cosmos, and how our soul is subtly conditioned and influenced by each zodiacal sign, is intended to help deepen insight into the way the 12 different world views arise, as well as strengthen understanding for the different perspectives we are presented with daily. The third of Christ's preparatory steps consolidated our soul forces, laying the groundwork for our own Ego strength to overpower and redirect any aberrant soul tendencies so that we may at will open our hearts and minds to receiving the views of others.

THE CULTURAL EPOCHS: I remember feeling the void as a high school student and longing for more inspiring textbooks. And how delighted my husband and I were to find and read the history books of Charles Kovacs. Intended for Waldorf students, Kovacs' books make the heroes of history come alive in relationship to the arts, math, science and religion. Of course the Earth is not just an indifferent ball of matter; rather all its happenings are subject to different influences from the spiritual cosmos. Every 2,160 years a new epoch begins at the vernal equinox, when the Sun passes into a new constellation of spiritual beings who then guide whole groups of people as they find their way to carry spirit into nature through that epoch of life experiences. This is

approximately the same period of time needed for a human being to gather all the experiences of an epoch from the perspectives of a male and a female incarnation. Tracing through the cultural epochs makes our spiritual development today stand out more in the way we are taught to devote our life to form. The Spirits of Form (Exusiai) gave birth to and direct the 'I' or spiritual-Ego consciousness in this present Earth-epoch which has become the epoch of forms. In upcoming articles, we can begin to see how the cultural epochs evolve according to shifts that occur in the collective "I" consciousness, and how it may be necessary for certain epochs to strongly oppose the trend of one or another world-view which may have developed to the extreme, overshadowing the other eleven outlooks.

THE GLYPH OF AQUARIUS, THE "WATERMAN"



THE TWELVE MOODS: AQUARIUS

Let the bounded offer itself up to the unbounded.
 Let what lacks boundaries
 Set boundaries for itself in the depths;
 Let it come into circulating, streaming,
 As wave, form-maintaining in flowing.
 Shaping itself to beinghood in its evolving.
 Set thy self boundaries, O thou boundless
 element.

This glyph depicts "the setting of spring" through part of February and March. Centuries before Christ, ancient cultures have regarded this time period after the winter solstice as the beginning of each new year. Dennis Klocek describes the two separate wavy lines of the Aquarius glyph as linked in the way they flow in a cadence with each other, like heaven and earth, or wind above water, or "as above so below". Water, with its capacity to overcome the forces of gravity, is suddenly activated, with the prelude of spring's return of light and warmth in the air, out of its winter resting place within the earth. The awakening, rising forces of nature are in dynamic accord at this time but not fully formed as yet. In consequence, as the days here in Portland are mostly overcast, cold and damp, I often find

myself hurrying back indoors to sit by the fire, and appreciate the elements through the window.

SOUND GESTURE: These wavy lines also look like lips coming together as they make the M sound. M, the sound gesture of Aquarius, is the symbol of Wisdom, and of the Word becoming our own individualized etheric, or "Water-man" form. Water is the medium for the human spirit to work through the body senses to create all the aspects of our "consciousness boundaries". The Water-man form within us is in dynamic accord with nature, but never fully formed. Lymphatic currents flow throughout our entire body, carrying a certain sense of things that is imparted by the Ego, and we receive sounds through the lymph fluid in our ears according to that sense. The Ego also works inward through the aqueous humors of our eyes as our soul looks outward into the world of Maya. Waves of cerebrospinal fluid give the brain buoyancy, which allows for our thoughts to arise around our particular spiritual grasp of the world. And through all these fluid processes, wherever consciousness boundaries are intoned through the M-sound gesture within each of us, etheric spaces are created for our soul as a bearer for the Spirit, to become more deeply embodied within us. But the Ego can take hold of our physical body, as a constantly renewing growth process, only after it has ensouled its forces within the streams of our astral and etheric bodies by flowing in our blood from below upward and by pouring itself into our senses, skin included, and by working through our food and other sources of self-nourishment. Aquarius is among the lower signs, a winter constellation of spiritual forces which radiate through our astral body and ego organization mainly at night.

BODY PARTS: The calves and forearms densified during the evolution of our Water-man form because as human beings we need to stand firmly upright and walk. And because we also need support from the outside world to feel safe and secure, we must adapt to external conditions. So simultaneous with the hardening of our extremities, our senses of movement, balance, touch and smell, and also our life sense, evolved into much greater physical experiences in connection with our inner being during this period. These are the senses we use to perceive ourselves through the effect that things have in us. These senses are all in line with the M sound-gesture, opening us in an inward direction, and through our perception of what is within, transmitting to us our relationship to the outer world. With smell, for example, we get a whiff of something and react, through movement of our calves and forearms, instinctively going inward in a self-protective way or outward in a self-assertive way.

WORLD VIEW: Pneumatism is the worldview of the Aquarius Water-man. During the epochs in which the Gospels were written, "water" was called water; but "spirit" or "pneuma", was then called air: "Verily, verily, I say unto thee, except a man be born of water and air he cannot enter into the Kingdom of Heaven." This means that Man condensed out of water and air into his present material form, and only by being truly, consciously re-born in the Spirit, will he be able to again diffuse into air and water and ascend to life with the gods. So as pneuma means the air or the breath of divine spirit that enlivens everything, pneumatism is the sole belief in One Undivided Universal Spirit which is actively embodied by living breathing beings who have ideas and an ability to do things. Opposition to this world view might come from a soul conditioned by the sensationalism of Leo, that is, someone whose basic reality is limited to sensual phenomena, with thought a mere addition.

CULTURAL EPOCH: By the beginning of the Lemurian epoch, the Earth was a vaporous fiery-mist as the first rudiments of air, fire and water began to develop. And while the earth was working through the Lemurian epoch, Man had a more etheric-Son or Angel-like nature and he could manifest himself physically only by perceiving a material outside himself, using something vaguely like our sense of smell to do this. And the water on the whole earth was much thinner than it is today. Because of this quality, the water could be moved and directed into technical services which are impossible today because of its density. But then what also occurred was the first of the three preparatory steps to the Mystery of Golgotha, when an archangel offered his soul power and so manifested a Spiritual Being that could become permeated by the Christ. This was a sort of prophecy of John's Baptism. John the Baptist was called the Aquarian, or bearer of the Angel, because he immersed people in water just long enough for them to feel their own mortality. By feeling the sudden need to take in oxygen, they were able to realize their own etheric nature, that they were living in a delicate balance between the world of the Spirit Father above and the world of the material mother below. When Aquarius stands behind the sun in the coming epoch, a "new Christianity" can evolve through mankind into becoming the Spiritual or Sixth Sub-race.



The **Portland Anthroposophic Times** is published monthly to serve Branch members and friends. To learn more about the Portland Branch of the Anthroposophical Society, contact Diane Ramage at 971-271-7479.

To submit an article, a calendar item, sign up for our email list, and contact the editors or the Council, go to

<http://www.portlandbranch.org/contact>. The deadline for submissions is the 15th of the month. Items selected for publication may be edited for style, content and length.

Newsletter co-editors are Wes Burch & Valerie Hope. Seth Miller is our webmaster, and Ruth Klein is our accountant.

The newsletter and calendar are posted on the Branch website, www.portlandanthroposophy.org. Paper copies are available at the Takacs, Pohala and Healthbridge Clinics; and the Cedarwood & Portland Waldorf Schools, and Swallowtail School.

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2012!

Cyndia Ashkar, Chrystal Brim, Sandra Burch, Wes Burch, Lesley Cox, Yvonne DeMaat, Mia Ellers, Ron Ennis, Sacha Etzel, Charles Forester, Valerie Hope, Marsha Johnson, Tish Johnson, Bob Kellum, Ruth Klein, Tom Klein, Kathy Kremer, James Lee, Robin Lieberman, Regina Loos, Cheri Munske, Robin O'Brien, Donna Patterson, Timothy Popof, Padeen Quinn, Jeff Rice, Walter Rice, Jannebeth Roell, Twila Rothrock, Diane Ramage, Chiaki Uchiyama.

**Please submit your Branch membership dues (\$50), or your donations, to: The Portland Branch
c/o Ruth Klein, 3609 SE Center, Portland, OR 97202**

Michael, Mani and the Interior of the Earth

A Workshop with Marijo Rogers

Saturday, March 16, 2013, 10:00 AM to 2:30 PM Location in NE Portland

Registration is open and a few seats remain. Cost \$35. Contact James Lee at anthroposophy@earthlink.net or (503) 249-3804 to register.

In *Leading Thoughts*, written at the end of his life, Rudolf Steiner says that in our time we must develop the strength "not to go under." With this strength we are able not to succumb to dark intentions conjured into civilization today by adversarial powers from spheres within the earth. We can take initial steps in knowing about these spheres, for they affect us continually. Michael, the leading spirit of our time, and the individuality of Mani are essential for this work. There will be two 1.5 hour sessions with a potluck lunch in between them.

Portland Branch Calendar

February 2013

Portland Branch Council Meeting

Monday, February 11, 7-9 pm • 2606 SE 58th Ave. Contact 503-775-0778 • email valerieannhpdx@aol.com.

All Branch members are welcome to attend, and/or to call us with agenda items, proposals, suggestions, or to observe. Meetings are on the second Monday of each month.

First Class of the School of Spiritual Science, Lesson 14

Sunday, February 10 • 9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97207, Contact Diane Ramage at 971-271-7479 or Cheri Munske at 503 772-2632 Blue card required. Second Sunday of each month

Candelmas/Valentine Painting Workshop with Robin Lieberman

Saturday, February 2, 2013, 10 am-2pm • Studio 901, 1410 SW Morrison St. • \$50 includes all materials, community potluck table • Contact Robin, 503-222-1192 or robin@robinlieberman.net

Come together, light the way to Valentine's Day by creating beautiful expressions of inner light with watercolor, pastels, crayons and collage.

Watercolor Veil Painting with Sandra Burch

New classes forming in March, private lessons and open studio time available • For details contact galenalyng@gmail.com or 503-353-1818

The Incarnation of the Logos, an Epic Tale of Christ's Coming to Earth (Saturday); and Kaspar Hauser, the open Secret of the Foundling Prince (Sunday)

Saturday, February 9th, 7pm & Sunday, February 10th, 7pm • Eugene Waldorf School Eurythmy Hall • \$15 each performance Advanced paid tickets: office@wtee.org

WTEE invites you to enjoy two evenings, each dedicated to the telling of surprising and compelling stories. Glen Williamson, story teller extraordinaire, has been invited from New York for this special week-end event sponsored by Waldorf Teacher Education, Eugene. Please come to the Eurythmy Room in the Great hall before 7:00. Seating limited to 60.

Michael, Mani and the Interior of the Earth, With Marijo Rogers

Saturday, March 16, 2013, 10:00 AM to 2:30 PM • Location, NE Portland • Registration will be limited to the first 15 registrants. Cost \$35. Contact James Lee at anthroposophy@earthlink.net to register.

In *Leading Thoughts*, written at the end of his life, Rudolf Steiner says that in our time we must develop the strength “not to go under.” With this strength we are able not to succumb to dark intentions conjured into civilization today by adversarial powers from spheres within the earth. We can take initial steps in knowing about these spheres, for they affect us continually. Michael, the leading spirit of our time, and the individuality of Mani are essential for this work. There will be two 1.5 hour sessions with a potluck lunch in between them.

Rudolf Steiner's Work on Karma: Emperor Julian, Herzeleide and Tycho Brahe, with Linda Connell, Jannebeth Roell, Marijo Rogers, and Diane Ramage

Friday, April 26, 8pm – 9:30 pm, April 27, 9am-5pm • Bothmer Hall, 5919 SE Division St. • Portland • Requested Donation \$50. Scholarships are available; no one will be turned away because of finances. Contact Robin Lieberman, 503-222-1192 or robin@robinlieberman.net or register online at www.portlandbranch.org

This workshop is dedicated to Rudolf Steiner's work on karma, by using one of the karma exercises he gave at the end of his life. We will explore a series of incarnations cited by Rudolf Steiner in 1910 in *Occult History* and in 1924 in *Karmic Relationships*, Vol. II. After the presentation of these incarnations there will be a conversation with all participants using the Saturn, Sun, and Moon exercise in which we try to experience for ourselves the connection between these incarnations and something of the true impulses of this individuality.

Ongoing Local Activities and Study Groups

Council Meetings of the Portland Branch • Second Monday of the month 7-9 PM

2606 SE 58th Ave., Portland • Contact Valerie Hope, (503) 775-0778, valerieannhpdx@aol.com

All Branch members are welcome to attend, and/or to call us with agenda items, proposals, suggestions, or to observe.

First Class of the School of Spiritual Science • Second Sunday of the month

9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97207 • Blue card required. Contact Diane Rumage at 971-271-7479 or Cheri Munske at 503 772-2632

First Class Study • Second and Fourth Tuesday of the month • Blue card required

7:30-9pm • Contact Tom Klein, 777-3176, Tgklein@aol.com.

This group works with the contents of the class.

Anthroposophical Course for Young Doctors • First Tuesday of the month

7-8:30 pm • Pohala Clinic, 12050 SE Holgate Blvd. • contact Julie Foster 503-572-4196, julie@pohalacclinic.com

Karmic Relationships Study • First and third Thursday of the month

7-9:30 pm • Contact James Lee, 503-249-3804, anthroposophy@earthlink.net

The study group will continue working with lectures from the Karmic Relationships lecture cycle and applying Rudolf Steiner's karma exercises.

Knowledge of the Higher Worlds • First and third Tuesdays

7:30-9 pm • 3046 NE 33rd Ave. • contact Donna Patterson and Bob Kellum, 503-331-7393

Cancelled for February & March - Monthly Painting Circle with Robin Lieberman

Second Thursday of each month, 5:30-8:30 pm • 1410 SW Morrison St., Suite 901 • \$50 includes all materials and snacks. Please register in advance • contact robin@robinlieberman.net or 503-222-1192

Each second Thursday Robin opens her studio to all who wish to paint in community. Inspired by the work of Liane Collot-d'Herbois we will explore a color or theme each month. Curiosity is the only prerequisite!

Mystery Dramas, with Speech-Formation Exercises 2nd and 4th Wednesdays

7:30 - 9:00 PM, in SW Portland • Starting anew on March 13, 2013 with Steiner's 4th Mystery Drama, "The Soul's Awakening."

Beginners welcome! Contact Diane Rumage by e-mail at drumage@comcast.net or by phone at 971-271-7479.

Portland Waldorf School Community Choir • Friday Mornings

8:45-10:15 am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, in the Orchard Room . Free.

Contact Marion Van Namen, 503-956-4046

Waldorf Education and Teacher Training Lectures and Courses

Conducted throughout the year by the Micha-el Institute. Contact John Miles, 503-774-4946 johncmiles@usa.net



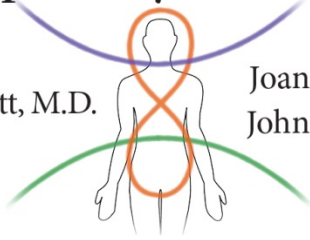
Auburn Series by Jannebeth Roell, www.jannebeth.com

Multi-Specialty Health Clinic

Susan Schmitt, M.D.

Joan Takacs, D.O.

John Takacs, D.O.



The clinic offers alternatively extended medicine including Physical Medicine and Rehabilitation and Comprehensive Family Practice. The physicians utilize holistic principles that include the Anthroposophical world conception and its medical modalities, movement principles from Spatial Dynamics®, Feldenkrais®, Intermuscular Stimulation (IMS), Musculoskeletal Ultrasound and refined hands-on techniques to augment alternative and mainstream medical approaches in diagnosis, treatment and prevention of illness and injury including work related injuries, personal injuries, motor vehicle injuries and sports injuries.



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Portland, OR 97206

www.anthroclinic.com

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Marta Hammel, Oregon Broker

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Fax 503 670 9004

Marta@PremierePropertyGroup.com



Pohala provides family primary care using anthroposophic medicine.

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Embryo In Motion: Understanding Ourselves as Embryo

4-DVD Set Now Available With Jaap van der Wal, PhD, MD

This beautiful 4-DVD set was professionally recorded live in Portland, OR, June 3–6, 2010.

To learn more about the 4-DVD set and for instructions on how to order it, go to the “shop” portal on the Portland Branch website at www.PortlandAnthroposophy.org.

Rudolf Steiner's Work on Karma: Emperor Julian, Herzeleide and Tycho Brahe

With Linda Connell, Jannebeth Röell, Marijo Rogers, and Diane Rumage

April 26 and 27, 2013

Bothmer Hall, 5919 SE Division St., Portland, Oregon

Suggested Donation \$50 (No one will be turned away because of inability to pay.)

Contact Robin Lieberman, 503-222-1192 or robin@robinlieberman.net Send a check to Robin, payable to The Portland Branch, 1410 SW Morrison St., S. 901, Portland, 97205 Or register online at www.portlandbranch.org

Emperor Julian (331-363) was a Roman emperor who worked to keep the Mysteries alive when faced with the way the new religion of Christianity appeared in the world. Behind **Herzeleide** (9th c.), the mother of Parzival as represented in Wolfram von Eschenbach's story, was a real person, the incarnated individuality of Julian. **Tycho Brahe** (1546-1601), the next incarnation of that individuality, was a Danish astronomer who is regarded as the founder of accurate instrumental astronomy.

As this workshop is dedicated to Rudolf Steiner's work on karma, we will be using one of the karma exercises he gave at the end of his life. We will explore a series of incarnations cited by Rudolf Steiner in 1910 in *Occult History* and in 1924 in *Karmic Relationships*, Vol. II. After the presentation of these incarnations there will be a conversation with all participants using the Saturn, Sun, and Moon exercise in which we try to experience for ourselves the connection between these incarnations and something of the true impulses of this individuality.

Friday, April 26

8:00 p.m.

- ♦ Introductory Thoughts on Rudolf Steiner's Work on Karma – Linda Connell
- ♦ The Stars Spoke Once to Man, a verse by Rudolf Steiner – Diane Rumage
- ♦ Emperor Julian, "the Apostate" – Jannebeth Röell

9:30 p.m. Refreshments

Saturday, April 27

9:00 a.m.

- ♦ The Karma Exercises of Rudolf Steiner – Jannebeth Röell
- ♦ The Stars Spoke Once to Man – Diane Rumage
- ♦ Herzeleide, the mother of Parzival – MariJo Rogers

11:00 Break with refreshments

11:30 Movement with Diane Rumage

12:30 pm. Lunch break (Bring a lunch or walk to one of the nearby restaurants.)

2:00 pm

- ♦ Tycho Brahe – Linda Connell
- ♦ Tycho's Influence on the Future, indications by Rudolf Steiner – MariJo Rogers

3:30 Break

3:45 Working Together on the Karma Exercise

5:00 The Stars Spoke Once to Man – Diane Rumage

Linda Connell is a member of the Western Regional Council of the Anthroposophical Society and the Los Angeles branch. She lives in Glendale CA with her husband Phillip Mees.

Jannebeth Röell is a member of the Portland OR branch where, with her husband James, she has had a study group on Karma for the past nine years.

MariJo Rogers is an active member of the Faust Branch in Fair Oaks. She met Anthroposophy through her interest in Parsival.

Diane Rumage is an Astrosopher and a native of Portland. She is a proud grandmother of three.

Suggested reading of lectures by Rudolf Steiner: *Occult History*, Lectures 4 and 5, December 30 and 31, 1910; *Karmic Relationships*, Vol. II, May 4 and 9, 1924; *Karmic Relationships*, Vol. IV, September 12 and 14, 1924.

The Stars spoke once to Man.
It is World-destiny
That they are silent now.
To be aware of the silence
Can become pain for earthly Man.
But in the deepening silence

There grows and ripens
What Man speaks to the Stars.
To be aware of the speaking
Can become strength for Spirit-Man.

Rudolf Steiner, Translated by George and Mary Adams

Art: Jannebeth Röell

"GIVE YOURSELF TO LOVE" Kate Wolf

A painting workshop with ROBIN LIEBERMAN, MSW,
painting therapist and artist

CANDLEMAS:

MIDWAY BETWEEN WINTER SOLSTICE
AND SPRING EQUINOX, COME LIGHT THE WAY TO

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EMBRACE THE CELEBRATION OF LOVE
CREATING BEAUTIFUL EXPRESSIONS
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watercolor, pastels, pencil, crayon, collage

Studio 901

1410 SW Morrison Street

Portland

Saturday, February 2, 2013

10:00 am to 2:00 pm

\$50 includes all materials and instruction
(community potluck table)

Contact robin@robinlieberman.net or

call 503-222-1192

to reserve your place at the table



WTEE Invites you to enjoy two evenings, each dedicated to the telling of surprising and compelling stories. Glen Williamson, story teller extraordinaire, has been invited from New York for this special week-end event sponsored by Waldorf Teacher Education, Eugene, Please come to the Eurythmy Room in the Great Hall before 7:00 for the evenings. Seating limited to 60. Advanced paid tickets: office@wtee.org

Anthropos presents

Saturday, February 9th 7:00 PM Eugene Waldorf School Eurythmy Hall tickets \$15

The Incarnation of the Logos

An Epic Tale of Christ's Coming to Earth

The Incarnation of the Logos harmonizes the conflicting nativity accounts of the Gospels of Matthew and Luke, and weaves the threads of many traditions into an intimate but also cosmic drama. Adam and Eve, Moses, Adonis, Osiris, Isis, Apollo, Krishna, Buddha and Zarathustra all appear in this sometimes astonishing retelling of the greatest story ever told. This saga is based on the Gospels and the work of spiritual researcher Rudolf Steiner and theologians Emil Bock and Edward R. Smith.

and

Sunday, February 10th, 7:00 PM Eugene Waldorf School Eurythmy Hall tickets \$15

Kaspar Hauser

The Open Secret of the Foundling Prince

A true story of an innocent boy imprisoned in a dark cell for most of his childhood. In a journey through darkness to light, this tale explores what it means to be human. Created as an epic fairytale with historical interludes, this story includes inspiring spiritual pictures as well as the latest scientific research about one of 19th Century Europe's most compelling figures.