

# The Portland Branch of the Anthroposophical Society in America

# Anthroposophic Times

A newsletter of the Portland Branch of the Anthroposophical Society [www.portlandanthroposophy.org](http://www.portlandanthroposophy.org) Volume 138, February 2016



*Star Money*, Carolina Allen, chalkboard, [www.themothertree.org](http://www.themothertree.org)  
(Think *Listening Bowl*)

## What Are We to Each Other?

Please join us for a conversation (with listening bowls) toward imagining the future of the Anthroposophical Society, and the role of a new General Secretary

~Respectfully submitted by Carrie Gibbons, Valerie Hope and Neil Weinberg.

On February 18 we would like to invite you to join us to ponder this question together: **What are we to each other, as members of the Anthroposophical Society?** Our conversation is intended to help inform the nominating process for a new general secretary of the Anthroposophical Society in America. An aspect of this can be: what it is that we hope for from the Society and from each other? Jannebeth Roell from Portland is one of five members of the nominating committee, and has agreed to be part of the conversation. We will engage one another by means of the *Listening Bowl Process* developed by Carrie Gibbons, which several of us have found to be a profound experience.

Upon receiving a packet from the Society which was sent to all members, and the news that Jannebeth was involved, Rebecca Soloway had an impulse, or imagination: What if members of branches had conversations that could help to inform this process, and the future of our struggling society! Can we consider together what we can contribute from our local activity and individual efforts?

On a rainy recent afternoon, over bowls of soup made from winter squash soup from Valerie's garden, three of us – Carrie, Neil and Valerie met to have a conversation about how the Portland Branch might respond to this call for nominations. What was immediately apparent was that we had no names to recommend to Jannebeth - but we did have a lot to say to each other about our thoughts for the future of the Anthroposophical Society, as well as how we in Portland might work together for that future.

It became clear quite early in our conversation that the

The Portland Branch of the Anthroposophical Society  
Invites you to

## Save The Dates!

See the attached Calendar & fliers for more info.  
And more events

- |             |   |
|-------------|---|
| February 18 | What are we to Each Other?<br>Listening Bowls Conversation<br>re. Future of Society, gen.<br>sec'y. |
| February 25 | Beat the Devil! (Faust, the<br>whole story) with Glen<br>Williamson                                 |
| March 12    | Beyond the Blood with<br>Marie Laure Vilandro   |
| March 20    | Easter Observance: Spirit<br>Triumphant!  |
| April 16    | Rudolf Steiner's Healing<br>Impulse, with Dr. Incao   |

Your 2016 dues will be gratefully received. Thank you for helping to make our lively community life possible. Please send \$50 – or what you can – c/o Ruth Klein, 3609 SE Center St., Portland, OR 97202. No amount is too small.

three of us were most interested in the 'spiritual treasure' of the Christmas Foundation. Whatever one might say about that Christmas Foundation, we hear the Foundation Stone resounding in Portland in 2016.

[And here's what Rudolf Grosse has said: "The Christmas Foundation is the Beginning of a New Cosmic Age!" And F.W. Zeylmans Van Emmichoven: "When the Foundation Stone of the General Anthroposophical Society was laid, it was possible to experience the event as a Mystery, whose deep significance will only reveal itself to mankind as time goes on"]

Included in the mailed packet from the ASA were these words from Rudolf Steiner of January 30, 1924 in The Constitution of the School for Spiritual Science:

*"We have not the right to give people anything else than what they themselves are longing for. It is important for us to gain this spirit. We have no right to place ourselves above the people to whom we have something to bring. We must wean ourselves of the habit of appearing in a doctrinal fashion or as agitators. We must be able to make it true, that insight –pure insight-- is the fundamental element of the life of the Anthroposophical Society.*

*But the Anthroposophical Society must also be administered –that is to say, the spiritual treasure must be administered, and to this end human beings are needed. This too had to be provided by the Christmas Foundation Meeting."*

**Arising out of our relationships with one another in community, we call on members of the Portland Anthroposophical community to join us for an evening of listening, using the *Listening Bowls* and the practice of listening developed by Carrie. This process can lead each participant to consciously create a sacred space in which to receive what is spoken by the other. The theme of our meeting: *What is our perception of the Anthroposophical Society? As members of the ASA, what/who are we to each other?***

In the meantime, we can consider some clear thoughts offered by Marjorie Spock about the needed preparation for such a conversation:

*"One cannot, however, step with a single stride from ordinary thought and chatter into a Goethean conversation. The latter requires the most loving preparation. Thoughts must first be conceived like children, and then brooded out in the spirits of the thinkers. To this end the theme of the meeting is set in advance. Each member lives with it as a developing concern in his meditation. As the day of the foregathering draws near, s(he) begins to anticipate the coming together of a festival of light which, if s(he) and her fellows have done their work well, will lead to their illumination by the spiritual world."*



## **Pamela Whitman: Light, Color and Darkness**

**Respectfully submitted  
by Robin Lieberman**

Don't miss Pamela Whitman's March visit to Portland! In addition to her presentation at the opening of her exhibit at the Art Hall on Friday, March 11, that weekend she will be offering a special opportunity to learn veil painting.

Pamela is a certified Light, Color and Darkness Painting Therapist; an international teacher of the work of Liane Collot d'Herbois, Rudolf Steiner and Goethe; and an adjunct faculty member of Rudolf Steiner College. She has always had multifaceted interests spanning art, science and spirit, and the relationship between them. She brings to her students and clients her love, enthusiasm, patience, understanding and dedication to this work.

Pamela has created art since childhood, often inspired by religious themes and calligraphy. From an early age she was also drawn to science, and worked actively to develop this interest. Her dream of attending MIT became a reality, and she was one of fifty women in her class of 1950. She pursued her love of crystals and science through Materials Science but felt something was missing. Half way through, she changed her major to Humanities and Science, to be able to encompass more art, philosophy and psychology. In retrospect, she feels that what she was really looking for at that time was Goethean Science. Her B.S. thesis focused on the work of Teilhard de Chardin, integrating science, spirit and the evolution of consciousness, themes she took up in various ways until she found anthroposophy about 15 years later.

With a foundation in both science and the humanities, she has worked across the spectrum, including teaching in a boys' reform school, making and marketing radiation detectors for medical and space applications, being a milieu therapist in a psychiatric hospital, doing environmental research and monitoring on Lake Tahoe and being an educational activist. She has traveled



widely, seeking the perspective of the rest of the world, including driving from Germany to Nepal and back again with a friend. She studied calligraphy and other arts over many years and did freelance calligraphy and graphic work. Teaching has woven through all of her adult life, and she helped to found and administrate a Waldorf School. Through Waldorf education she discovered anthroposophy, which eventually led her to her true vocation in the pioneering work in Light, Color and Darkness of Liane Collot d'Herbois, anthroposophical artist and therapist.

Pamela has done considerable study of art and anthroposophy at Rudolf Steiner College and has sought out and worked with many of the early practitioners of the work of Collot d'Herbois in this country and Europe. She has studied painting most extensively with artist Leszek Forczek. She participated in the second international training in Light, Color and Darkness Painting Therapy at the

Emerald Foundation in The Hague, completing her requirements as a Painting Therapist as part of her Masters degree program in Human Development. She feels fortunate to have met and worked with Collot d'Herbois during the last 5 years of her life. She received her certification as a Painting Therapist from the Medical Section at the Goetheanum in Dornach, Switzerland.

Her career and interests bridge the fields of science, art, spirituality, consciousness, psychology, healing and education, all of which she incorporates as a painting therapist and adult educator, and on occasion, as a lazure artist. She is grateful now for the impetus to devote more time to painting, research and writing. Her husband is an acupuncturist and healer; they have two children and two grandchildren and live in Grass Valley, CA.



Pamela Whitman

[www.lightcoloranddarkness.org](http://www.lightcoloranddarkness.org)

Pamela  
Whitman



## From Dust to Light

by George Hoffecker

The creative will of our thinking  
ignites the heart's receptivity,  
like color arising from the play  
of light and dark.

The darkness has sympathy  
for the light.

It says,

"I will step aside and make way for the light!"

Between black and white  
our living is a grey living  
but not a colorless one.

But what is the color of smoke?  
It depends on our point of view  
for color forms where light and darkness  
meet.

Just look...

The colors we see  
depend upon our relationship  
to the light.

Like love?

Color is a changing thing.

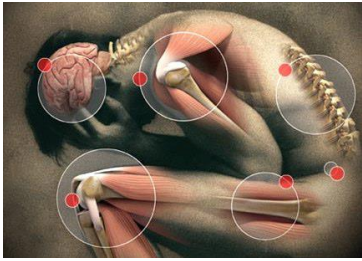
Like life?

We are born into magenta;  
violet at death;  
indigo in between.

The gift of our epoch:  
when the will receives  
heart's thinking  
and pure light emerges!  
Viridian chakra!

Divine fulcrum of freedom!

This poem is a synthesis of George's experience at a workshop for teachers.



## Pain, the Path from Prison to Portal

Respectfully submitted by  
Dr. John Takacs

A rare opportunity presents itself on March 4th and 5th for the public to take a short Spatial Dynamics course presented by Jaimen McMillan entitled: "Pain, the path from prison to portal." Traditionally, most Spatial Dynamics trainings occur over several years, and rare topic oriented courses are given during intensive 5 day periods. On Friday evening March 4th, 7:30pm-9pm & Saturday March 5th 9am-5pm, Jaimen will lead those attending through the Spatial Dynamic concepts and liberating movements that entwine the body and life forces in the soul and spirit experience of pain. As he explains in the brochure "Techniques will be explored for dealing with one's own pain, and for helping others learn to manage their own."

This in depth, yet brief and lower than usual cost-effective course takes place within a longer 5 day advanced professional Spatial Dynamic graduates training, so the public portion will benefit from the attendance of a number of other highly trained therapists. The course will take place at Bothmer Hall at 5915 SE Division St, and registration is through the Spatial Dynamics Institute 1-518-695-6377, or [info@spacialdynamics.com](mailto:info@spacialdynamics.com) More info on the events calendar at [www.spacialdynamics.com](http://www.spacialdynamics.com)

Former students are active in adult education, art therapy, biographical counseling, elder care, medicine, parent support and various community building activities.



### Help for Honeybees & Beekeepers: Winter is a good time to prepare a beehive!

It is a nice winter project to assemble a beehive to be ready for setting out in April.

Warré Top Bar Beehives are meant for hands-off, minimalist and sustainable beekeeping practices and are suited to provide a comfortable home for honeybees in the Pacific Northwest. Used extensively by backyard beekeepers in the United States and Europe, they are designed to be simple, economical, bee-friendly and to assure a surplus of honey for the beekeeper.

A kit can save a lot of money. I have built these Demeter compliant Warré beehive kits for beekeepers in the Willamette Valley since 2008. My hives were chosen to be placed in the Spikenard Bio-dynamic Honey Bee Sanctuary in Virginia and Taggart Siegel, the director of the honey bee documentary "Queen of the Sun", chose my Warré beehives to place in his back yard at his home. For more information, and to inquire about kits See: [www.beeologique.com](http://www.beeologique.com), or contact [Bill Wood](mailto:Bill Wood), 541-687-8211, [beeologique@gmail.com](mailto:beeologique@gmail.com)



### BIOGRAPHY AND SOCIAL ART PROGRAM – Summer 2016

**East Coast** – hosted by *Threefold Educational Foundation and Sunbridge Institute, Spring Valley, New York*

**West Coast** – hosted by *Rudolf Steiner College, Sacramento, CA*

This part-time program of experiential learning is for people who are seeking images of the human being that reveal wholeness, development and meaning. Through exercising social art, participants cultivate capacities for a living understanding of nature, individual biography, the story of humanity, and our participation in a broader world while enlivening themselves and their interest in and understanding of others.

Applications are now being accepted for two independent cohorts of the new cycle of the Biography and Social Art Program to begin the summer of 2016. Basic elements of the program are the practice of observation, artistic exercises, self reflection and the sharing of questions and experience in the service of practical research.

If you would like more information about this program, see our website [biographysocialart.org](http://biographysocialart.org) or contact us: [center4biography@gmail.com](mailto:center4biography@gmail.com)

## Calendar of the Soul

### January 31-February 6, Verse 45

The potency of thought  
is firmed by oneness with the spirit's birth,  
it thrills the vague delights of sense  
to crystal clarity,  
should overflowing soul  
seek with the world's becoming to unite,  
the senses' revelation  
must welcome Thinking's light.

### February 7-13, Verse 46:

#### Ahrimanic Deception

The world intends to lull asleep  
the vigor vested in my soul.  
Now Recollection, out of Spirit-deeps  
stand forth and, shining bright, enhance  
that penetration in my glance  
which strength of will alone can long sustain.

### February 14-20, Verse 47

Emerging from its covering by the world  
zest-of-becoming means to have its way,  
to liven up the beauty born of sense,  
now let it find my thinking clad in mail,  
corroborate by forces from the gods  
themselves alive, no weaklings, here within.

### February 21-27, Verse 48

#### Light from Cosmic Heights

Within the light that, flooding from on high,  
would pour into the soul let there appear,  
healing the ravell'd souls perplexities  
the unalterable Thinking of the World,  
focusing its almighty throng of rays  
to the wakening of love in human hearts.

### February 28-March 5, Verse 49

'I feel the puissant\* Being of the World'  
so speaks a cloudless mind  
recalling dark World-winter-nights, wherethrough  
its spiritual stature grew,  
and the bright hope within it points it there  
where the new Daylight-of-the-world  
draws near.

~ Paraphrase, Owen Barfield

\* Puissant: Powerful and in possession of authority

From: *Calendar of the Soul; Multiple Translations,*  
Available from Mercury Press!

[www.mercurypress.org](http://www.mercurypress.org)

## The Sun and the Heart

Sun, thou bearer of rays,  
Thy light's power over matter  
Magics life out of the earth's  
Limitless rich depths.

Heart, thou bearer of soul,  
Thy light's power over spirit  
Magics life out of the human being's  
Limitless deep inwardness.

If I gaze upon the Sun  
Her light speaks to me in radiance  
Of the Spirit, filled with grace,  
Wielding through the beings of worlds.

If I feel within my heart  
The Spirit speaks its own true word  
About the human being, loved by him  
Through all time and eternity.

Looking upwards, I can see  
In the Sun's bright disc  
The mighty heart of worlds.

Looking inwards, I can feel  
In the heart's warm beat  
The human Sun ensouled.

~ Rudolf Steiner



**“Festivals are not merely the commemoration of historical events or personalities. They are in and of themselves, each year, spiritual events carrying a significance that grows and deepens with the developing phases of human evolution.” ~Rudolf Steiner**

# Portland Branch Calendar

February, 2016

## **First Class of the School of Spiritual Science – Lesson One**

Sunday, February 14, 9:30 am sharp (no admittance after the class starts) • Bothmer Hall, 5919 SE Division St, Portland, 97206, Contact Diane Ramage at 971-271-7479; Cheri Munske at 503- 484-4133; or Rebecca Soloway, (516) 850-1027. Blue card required. Second Sunday of each month.

## **Portland Branch Council Meeting**

Monday, February 15 • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778; email [valerieannhpx@aol.com](mailto:valerieannhpx@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.

See article in November newsletter.

## **MJ Davison: Color and Light in Midlife – Art Hall Exhibit through February 11**

The Art Hall at Cedarwood Waldorf School, 3030 SW Second Ave. • Contact Robin Lieberman, 503-222-1192, [robin@robinlieberman.net](mailto:robin@robinlieberman.net) [www.thearthall.wordpress.com](http://www.thearthall.wordpress.com)

Visit this beautiful exhibit and see the recent evolutionary work of life-long artist, MJ Davison. To read about MJ and see photos of the opening reception please go to: [www.thearthall.wordpress.com](http://www.thearthall.wordpress.com)

## **What Are We to Each Other as Members of the Anthroposophical Society? A Conversation with Listening Bowls**

Thursday, February 18, 7pm • Hope's Home, 2606 SE 58<sup>th</sup> Ave. • rsvp Valerie, [valerieannhpx@aol.com](mailto:valerieannhpx@aol.com) 503-775-0778 • Sponsored by the Portland Branch

Please join us for a conversation toward imagining the future of the Anthroposophical Society, and the role of a new general secretary. Carrie Gibbons (who developed the Listening Bowl Process), Valerie Hope, Rebecca Soloway, Neil Weinberg, and Jannebeth Roell, who is a member of the nominating committee.

## **Beat the Devil! (Faust, the Whole Story) a Performance by Glen Williamson, Anthropos Theater**

Thursday, February 25, 7 pm • Portland Waldorf School Music Room, 2300 SE Harrison St., Milwaukie, OR 97222 • Contact Wendy Rea, [wendy.rea@portlandwaldorf.org](mailto:wendy.rea@portlandwaldorf.org) 503-654-2200 x220 • Suggested admission is \$10, but should not present a barrier to attending. **Please be on time. Latecomers will not be admitted.**

An exhilarating romp through Goethe's theatrical masterpiece about heaven, hell and a battle for the soul of a man searching for truth, satisfaction . . . and a Goddess. Astonishingly pertinent to our time and our struggles to be truly human. A man who has studied everything, feels he knows nothing and takes up magic to find something to satisfy his craving for beauty, knowledge and meaning. But his bargain with the devil has surprising twists. Based on Goethe's play (Parts I and II) (Ninety minutes including an intermission. Yes, the whole story!) Beat the Devil! Faust, the Whole Story won the award for Best Adaptation at the United Solo Theatre Festival off Broadway in NYC in 2011! Glen trained in the Michael Chekhov acting technique and at The Juilliard School and has acted with the American Conservatory Theater in San Francisco and the American Stage Festival in New Hampshire. Google "Glen Williamson" to visit his website.

## **Third Annual Anthroposophic Medicine Club Symposium – Topical Applications**

Friday March 4, 7-8:30 Keynote with Dr. Paul Kalnins; Saturday 8 am-5:30 pm • NCM Academic Building, 049 SW Porter St., Portland, street parking available • Free for students, \$25 for the public • Contact Sandy Musclow, 971-271-4241 [sandymusclow@gmail.com](mailto:sandymusclow@gmail.com)

We will cover various remedies and modalities that support those who are ill, using the three-fold man as a framework for guiding treatment. We will cover modalities such as homeopathic injections, foils, topical ointments and creams, herbals, baths, wraps, compresses, rhythmical massage, eurythmy and more. All are welcome and encouraged to attend!

## **Pain: The Path from Prison to Portal, a public workshop with Jaimen McMillan and Dr. John Takacs**

Friday, March 4, 7:30 pm – 9pm; Saturday March 5, 9am-5pm • Bothmer Hall, 5915 SE Division St. • registration is through the Spacial Dynamics Institute 1-518-695-6377, or [info@spacialdynamics.com](mailto:info@spacialdynamics.com) More info on the events calendar at [www.spacialdynamics.com](http://www.spacialdynamics.com) **Workshop fee is \$200 USD. (Early bird pay by February 15th only \$175 USD.)**

Jaimen will lead those attending through the Spacial Dynamic concepts and liberating movements that entwine the body and life forces in the soul and spirit experience of pain. As he explains in the brochure "Techniques will be explored for dealing with one's own pain, and for helping others learn to manage their own." See article and flier in this newsletter.



### **Creating a Space for Spirit Through Light, Color and Darkness with Pam Whitman**

Friday, March 11, 5:30-7:30 pm Opening Reception; 6 pm Artist Talk • The Art Hall at Cedarwood Waldorf School, 3030 SW Second Ave. • Contact Robin Lieberman, 503-222-1192, [robin@robinlieberman.net](mailto:robin@robinlieberman.net) [www.thearthall.wordpress.com](http://www.thearthall.wordpress.com)

This is a special exhibit by Pam Whitman, internationally known teacher and art therapist. Please see flier and article in the February newsletter. See even more on her website at [www.lightcoloranddarkness.org](http://www.lightcoloranddarkness.org)

### **Exploring Color Space Through Veil Painting, with Pam Whitman**

Saturday & Sunday, March 12-13, 9:30 am – 5pm • Held in a lovely westside forested setting • \$175 fee includes materials • Contact Robin Lieberman, 503-222-1192, [robin@robinlieberman.net](mailto:robin@robinlieberman.net) or [pamwhitman@yahoo.com](mailto:pamwhitman@yahoo.com)

This is a wonderful opportunity to learn veil painting or work on your skills and techniques with internationally known teacher and therapist of Light, Color and Darkness. See even more on her website at [www.lightcoloranddarkness.org](http://www.lightcoloranddarkness.org)

### **Beyond the Blood: A personal journey across foreign lands and centuries with insights from Spiritual Science, with Marie-Laure Vilandro**

Saturday, March 12, 3-7:30 pm, potluck dinner at 5 pm • Donation • Contact Valerie Hope, [valerieannhpx@aol.com](mailto:valerieannhpx@aol.com) • Sponsored by the Portland Branch

Marie will share her epic journey through Africa, Western and Central Asia, and Europe to explore the lives, culture, and landscape of the Judaic, Christian, and Muslim worlds. Motivated by a yearning to learn about and understand the "other," regardless of culture and faith, she invites us on her adventures to ancient cities, architectural masterpieces, stunning landscapes, and even a camelback expedition in the desert. Marie-Laure will share her insights, joys, and inner struggles—and her human-to-human and down-to-earth encounters with the people she met along the way—as she endeavored to move beyond mere tolerance, to a place of true understanding and respect for the other. Her intention is to help to decipher the mysteries behind Muslims, Christians, and Jews, which can inspire us to embark on our own journey of discovery.

### **Easter Observance, Portland Branch - Save the Date!**

Sunday, March 20 (Palm Sunday) • Bothmer Hall, 5919 SE Division St. • Contact Rebecca and Jerry Soloway, , [jrsoloway@hotmail.com](mailto:jrsoloway@hotmail.com) or 503-908-7615 • Sponsored by the Portland Branch

Stay tuned for further details.

### **PCCI Camphill-inspired initiative Gala fundraising meet & greet event with Graham Oslund**

Saturday, April 9, 4-6 pm • South Performance Space, Cedarwood Waldorf School, 3030 SW 2<sup>nd</sup> Ave • Contact Robin Lieberman, 503-222-1192, [robin@robinlieberman.net](mailto:robin@robinlieberman.net) See article December Newsletter.

### **Rudolf Steiner's Healing Impulse, with Dr. Philip Incao**

Saturday, April 16 • Bothmer Hall, 5915 SE Division. • For more information contact Dr. Bob Kellum, 503-331-7393

Dr. Incao is one of the first practitioners of Anthroposophic medicine in the U.S. He received his MD from Albert Einstein College of Medicine in 1966, and studied Anthroposophy and Anthroposophical medicine at Forest Row, England and Arlesheim, Switzerland. His special interest is learning how to apply to practical healing Rudolf Steiner's profound insights into the human being. He has studied children's health, the immune system, infections and vaccinations since 1970, and has given many lectures and written many articles on these topics.

### **Christian Community Events**

Contact Sandra Burch with questions 503-353-1818, [galenalyn@gmail.com](mailto:galenalyn@gmail.com) Rudolf Steiner gave new life to education with the Waldorf School, and he helped to found the Christian Community – a Movement for Religious Renewal – a Christian path for modern people. Come experience the renewed Mass and the Children's Service.

May 19-22, Reverend Sanford Miller visits Portland

## **Ongoing Local Activities and Study Groups**

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

9:30 am sharp (no admittance after the class starts) • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Blue card required. Contact Diane Ramage 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](mailto:Tgklein@aol.com). This group works with the contents of the class.

**First Class Study: The First Class of the Michael School and its Christological Foundations by S. Prokofieff • Second Thursday of the Month • For Members of the School of Spiritual Science**

7:30-9:00 pm • Contact Rebecca Soloway, [jrsoloway@hotmail.com](mailto:jrsoloway@hotmail.com) or 503-908-7615 • Blue Card required

**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](mailto:valerieannhpdx@aol.com)

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

**Eurythmy for Waldorf Alumni: Wednesdays**

Study, 6:30-7:30 pm; Eurythmy; 7:30-8:30 pm • Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Contact Carrie Mass, [Carrie.mass@portlandwaldorf.org](mailto:Carrie.mass@portlandwaldorf.org)

If you've ever attended a Waldorf High School, this is for you!

**Eurythmy Foundation Course: Tuesday Evenings, and one weekend a month.**

Tuesdays 6-7:30 pm; Saturdays 10:30 am - noon & 1-2:30 pm; Sundays 10:30 am - noon • Fee, \$20/session • Portland Waldorf School, 2300 SE Harrison St., Milwaukie • Contact Jolanda Frischknecht, 503-896-3345 or [jolandafrischknecht@hotmail.com](mailto:jolandafrischknecht@hotmail.com) ; or Micha-el Institute, 503-774-4946, <http://www.micha-elinstitute.com/>

This class is for adults with prior experience in Eurythmy and beginners. Drop-ins welcome, but regular attendance is strongly encouraged.

**Eurythmy, Portland Waldorf School Community: Wednesday Mornings**

8:45-9:30 am, Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Free

All are welcome. Contact: Carrie Mass, [Carrie.mass@portlandwaldorf.org](mailto:Carrie.mass@portlandwaldorf.org)

**Festivals Study Group: First and Third Thursdays**

7-8:30 pm • 3711 SE Brooklyn St. • To find out which Thursday is next contact Suzanne Walker, 503-208-2426 [zzwalker@mac.com](mailto:zzwalker@mac.com)

We are working with various of Dr. Steiner's lectures in an effort to better understand the festivals and how we may come to observe them. This is also greatly deepening our experience of the cycle of the year.

**Light, Color and Darkness in Painting (Therapy) Working with Indications from Liane Collot d'Herbois; a study and painting group: First Monday of the month beginning February 1**

10 am – 12 pm • Studio 901 at 1410 SW Morrison St. • Contact Robin Lieberman, 503-222-1192 or [robin@robinlieberman.net](mailto:robin@robinlieberman.net) or Cheri Munske 503-484-4133

Please join Robin Lieberman, MSW, painting therapist and Cheri Munske, art therapist, for study and painting. We will be working from Liane's book of the same title, exploring color each month. Some experience with Anthroposophy and painting preferable.

**Mystery Dramas of Rudolf Steiner and Speech-Formation Exercises • Second and Fourth Wednesdays (holidays excluded)**

7:30-9:00 pm • Free. Beginners are welcome –come check us out! • 8654 NE Boehmer St., Portland 97220 • Contact Diane Ramage by e-mail at [dramage@comcast.net](mailto:dramage@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 will donations gladly accepted, all voices are welcome. Contact [www.portlandwaldorf.org](http://www.portlandwaldorf.org) • [pws\\_choir-subscribe@yahoogroups.com](mailto:pws_choir-subscribe@yahoogroups.com) (503) 654-2200

**Painting and Study with Patricia Lynch, Friday Mornings**

9:15-11:00 am, 3359 NE 72<sup>nd</sup> Ave., Portland. Contact Patricia Lynch at [patriciahomanlynch@gmail.com](mailto:patriciahomanlynch@gmail.com)

Painting from "Fifty-Two Weeks" by Laura Summer, and reading "Art as Spiritual Activity, Rudolf Steiner's Contribution to the Visual Arts." All are welcome.

**The Temple Legend Study Group • First and third Tuesdays**

7:30-9 pm • 3046 NE 33<sup>rd</sup> Ave. contact Donna Patterson and Bob Kellum, 503-331-7393 • All are welcome



### **Theosophy Study Group • First Monday of the Month**

7:45-9:00 pm • Bothmer Hall, 5919 SE Division St., Portland 97206 • Contact Jerry Soloway 503-908-7615 or [jrsoloway@hotmail.com](mailto:jrsoloway@hotmail.com)

Please join us in lively discussions centered on Rudolf Steiner's *Theosophy*.

### **Threefold Social Renewal Study Group • Every Friday, beginning on September 18**

11:30 am – 1pm • Portland Waldorf School, 2300 SE Harrison St., Milwaukie • contact Michael Givens, [mgivens.lac@gmail.com](mailto:mgivens.lac@gmail.com) or 503-609-0890

We will be reading and discussing *Becoming Human: A Social Task – The Threefold Social Order* by Karl Konig

### **Community Painting Group • Tuesday Mornings**

8:45-10:00 am • Portland Waldorf School, Grimm Room next to aftercare, 2300 SE Harrison St., Milwaukie • \$15 PWS parents & alumni, \$20 all others (per session) • Adults only. All levels of painting experience welcome! • To register contact Cheri Munske, [cherimunske@gmail.com](mailto:cherimunske@gmail.com), 503-484-4133 [www.transformativeartspdx.com](http://www.transformativeartspdx.com) •

Led by Cheri Munske of Transformative Arts, participants will explore the beauty, colors and moods of the ever-changing seasons through watercolor painting and dynamic drawing exercises.

### **World Economy Study Group • Last Friday of the Month**

6:00-8:00 pm • 3046 NE 33<sup>rd</sup> Ave. • contact [mgivens.lac@gmail.com](mailto:mgivens.lac@gmail.com) or 503-609-0890

Please join us in a diverse study group around the principles and practices of Associative Economics. We will be reading and discussing Rudolf Steiner's 14 lectures on the "World Economy". The recommended text is "Economics: World as One Economy", translated by Dr. Christopher Houghton Budd. It can be found at <https://www.cfae.biz/publications/shop/>

### **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](mailto:johncmiles@usa.net)

### **Waldorf Teacher Education, Eugene**

September-June • Eugene Waldorf School • Contact Lee Ann Ernandes @ message phone, 541-686-9112

Preparing Waldorf teachers for their future vocation since 1990.

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 or a calendar item, email it to both Valerie Hope, [valerieannhpx@aol.com](mailto:valerieannhpx@aol.com) and Wes Burch, [truelion@comcast.net](mailto:truelion@comcast.net). The **deadline** for submissions is the **15<sup>th</sup> of the previous month**. Items selected for publication may be edited for style, content and length.

To sign up for our email list, or to contact the Branch Council, go to <http://www.portlandbranch.org/contact>

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

### **The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2015:**

Betty Baldwin, Wes & Sandra Burch, Gia Davis, Yvonne DeMaat, Mia Ellers, Julie Foster, Christopher Guilfoil, Joiline Hardman, Roxanne Hazen, Helen Homola, Valerie Hope, Lauren Johnson, Tish Johnson, Bob Kellum, Donna Kellum, Ruth Klein, Tom Klein, James Knight, James Lee, Robin Lieberman, Regina Loos, Patricia Lynch, Robin O'Brien, Nancy Pierce, Jeff Rice, Susan & Walter Rice, Jannebeth Roell, Diane Ramage, Padeen Quinn Jerry Soloway, Rebecca Soloway, John & Joan Takacs, Chiaki Uchiyama, Elizabeth Webber, Beth Wieting

We will gratefully receive your Branch membership dues (\$50 or what you can afford) each January. Send to: The Portland Branch c/o Ruth Klein, 3609 SE Center, Portland, OR 97202

## Physical Medicine & Injury Rehabilitation



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 Spacial 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.

5909 SE Division Street, Portland, OR 97206

[www.anthroclinic.com](http://www.anthroclinic.com) 503-234-1531



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*Robin Lieberman*  
MSW, LCSW

503.222.1192 [robinlieberman.net](http://robinlieberman.net)



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A Place for Healing

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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.

# What Are We to Each Other?



You are invited to A  
Conversation  
With Listening Bowls

Thursday, February 18, 7 pm

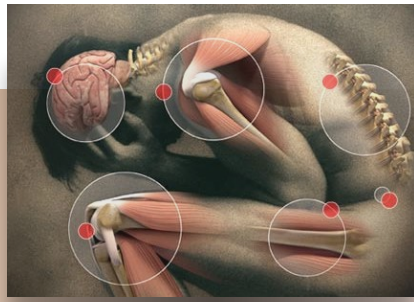
The Hope's Home 2606 SE 58<sup>th</sup> Ave.

Please rsvp to Valerie, [valerieannhpdx@aol.com](mailto:valerieannhpdx@aol.com)  
or 503-7754-0778

Please join us for a conversation toward imagining the future of the Anthroposophical Society, and the role of a new General Secretary. *Rebecca Soloway, Carrie Gibbons, Valerie Hope, Neil Weinberg, and Jannebeth Roell, who is a member of the nominating committee.*



# Pain



## *The Path from Prison to Portal*

*Public Workshop* with

*Jaimen McMillan and Dr. John Takacs D.O.*

*March 4-5, 2016*

*Takacs Clinic, Portland, OR*

*Pain is consciousness stuck in the wrong place: be it in the body, soul, or spirit. In moving to and from a spatial understanding of pain, one can begin to objectify one of the most subjective of all experiences. Techniques will be explored for dealing with one's own pain, and for helping others learn to manage their own.*

*This workshop is open to everyone. Workshop begins Friday evening 7:30-9:00 pm, and continues Saturday at 9:00 am -5:00 pm. The course will take place at the Takacs Clinic in Bothmer Hall, 5909 SE Division St., Portland, Oregon, 97206.*

*Workshop fee is \$200 USD. (Early bird pay by February 15th only \$175 USD.)*

*To register for the course, please go to*

**[www.spacialdynamics.com](http://www.spacialdynamics.com) [info@spacialdynamics.com](mailto:info@spacialdynamics.com) 518-695-6377.**



**Spacial Dynamics Institute**

*info@spacialdynamics.com (518)-695-6377 129 Hayes Rd. Schuylerville NY 12871*

**Workshop: Pain     March 4-5, 2016**

Course Location: Takacs Clinic in Bothmer Hall ,5909 SE Division St., Portland, Oregon, 97206.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Course Fee: \$200 USD (Early bird pay by February 15, 2016 only \$175 USD.)

\_\_\_\_\_ Check Enclosed    check # \_\_\_\_\_    (payable to SDI, USD)

\_\_\_\_\_ I will pay via PayPal. Go to [www.spacialdynamics.com](http://www.spacialdynamics.com) and click "pay tuition" and note course.

\_\_\_\_\_ Charge my credit card: Mastercard and Visa only.

Credit card # \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Please return registration form to our business office:**


**Kay Zwirn  
Spacial Dynamics Institute  
129 Hayes Road  
Schuylerville, NY 12871**

*Anthropos Presents*

# **Beat the Devil!**

## **Faust, the *Whole* Story**

Told by actor and storyteller Glen Williamson  
Based on the drama by Johann Wolfgang von Goethe



**A tragic love story.  
A battle for the human soul.  
A search for a Goddess.  
A parade of natural, human and divine events.**

**It's more than a devil bargained for!**

**Thursday, February 25, 7pm**

**Be on time, late-comers will not be admitted.**

**Suggested Admission \$10, but should not be a  
barrier to attending**

**Portland Waldorf School Music Room  
2300 SE Harrison St., Milwaukie, OR**

Contact Wendy Rea, [wendy.rea@portlandwaldorf.org](mailto:wendy.rea@portlandwaldorf.org)  
503-654-2200 x 220





# Beyond the Blood

With

**Marie-Laure Valandro**

**Saturday, March 12**

**3-7:30 pm**

**Potluck at 5 pm**

**Bothmer Hall**

**5919 SE División St.**

Marie will share her epic journey through Africa, Western and Central Asia, and Europe to explore the lives, culture, and landscape of the Judaic, Christian, and Muslim worlds. Motivated by a yearning to learn about and understand the "other," regardless of culture and faith, she will invite us on her adventures to ancient cities, architectural masterpieces, stunning landscapes, and even a camelback expedition in the desert. Marie-Laure will share her insights, joys, and inner struggles—and her human-to-human and down-to-earth encounters with the people she met along the way—as she endeavored to move beyond mere tolerance, to a place of true understanding and respect for the other. Her intention is to help to decipher the mysteries behind Muslims, Christians, and Jews, which can inspire us to embark on our own journey of discovery.

Marie is an accomplished painter and art therapist, a student of world religious traditions and Anthroposophy, as well as an avid biodynamic gardener. She has traveled and trekked throughout the world, and has lived in Bourgogne, Morocco, Algeria, Bretagne, Paris, Iran, the U.S., and British Columbia.

In addition to her book, *Beyond the Blood*, she has written several others, including: *Camino Walk*; *Deliverance of the Spellbound God*; *Letters from Florence*; *Nutrition for Enlightened Parenting*; *Touched*; *Via Podiensis*, *Path of Power*; and *Wisconsin Hills Farm Stories*.

Sponsored by the Portland Branch of the Anthroposophical Society



You are warmly invited  
to a new exhibition at  
**The Art Hall at Cedarwood Waldorf School**

# MJ Davison

**Color and Light at Midlife**

**Opening Reception**  
Wednesday, January 13, 2015  
5:30 - 7:30pm

**Artist Talk**  
6:00pm

Exhibit open to the public  
by appointment through  
February 11, 2016.

[thearthall.wordpress.com](http://thearthall.wordpress.com)

Please direct all inquires to  
Robin Lieberman at  
503-222-1192 or at  
[robin@robinlieberman.net](mailto:robin@robinlieberman.net)

Cedarwood Waldorf School  
3030 SW Second Avenue  
Portland, OR 97201



# *Watching Paint Dry:* *Exploring Color Space through Veil Painting*

A Weekend Veil Painting Workshop with Pamela Whitman, M.A.,  
Light, Color and Darkness Painting Therapist and International Teacher  
**All levels – no artistic expertise is required!**

**Date: March 12 - 13, 2016, Saturday and Sunday**

**Time: 9:30am - 5:30pm Saturday, 9:30am – 4:30pm Sunday**

**Cost: \$175 for the weekend, including all materials.**

(Please bring your lunch and your own brushes, if you have them. Stretched paper on boards will be provided, but you are welcome to bring your own board with 140 lb Arches rough or cold press paper stretched on it. Please let us know if you plan to do this.)

**Location:** Lovely Westside forested setting - details with registration.

This class will be a comprehensive introduction to watercolor veil painting and the world of color as it emerges out of the interaction of light and darkness. We will explore the essential idea of **Color Space** and experience its connection to the human being. We will learn the basic techniques of **Veil Painting**, which involves building up color with successive washes of transparent watercolor, each layer drying before the addition of the next. Working with the laws of light, darkness and color, we will first create a color “atmosphere” or “mood” and then gradually bring in form arising out of the world of color. Artistic and practical, challenging and inspiring – **we develop ourselves as we develop our art!**

**Enrollment is limited.** Please call Robin at 503-222-1192 or email: [robin@robinlieberman.net](mailto:robin@robinlieberman.net) to pre-register or reserve your space.

*Those who plan to attend are encouraged to email Pam ([pamwhitman@yahoo.com](mailto:pamwhitman@yahoo.com)) ahead of time with input on the following questions, so she can tailor what she brings to especially address the needs of those present:*

- 1) *Will this be your first experience with veil painting or have you done it before? Have you done other types of painting?*
- 2) *What attracts you to veil painting?*
- 3) *What would you most like to learn, achieve or experience in this class? (e.g., burning questions, mysteries to explore, challenges or hindrances to overcome, connections to spiritual work, understanding color, developing technique, etc.)*





You are warmly invited  
to a new exhibition at  
The Art Hall at Cedarwood Waldorf School

# PAM WHITMAN

CREATING A SPACE FOR SPIRIT THROUGH  
LIGHT, DARKNESS, AND COLOR

## Opening Reception

Friday, March 11, 2016

5:30 - 7:30pm

## Artist Talk

6:00pm

Exhibit open to the public  
by appointment through  
April 21, 2016.

Two day veil painting  
workshop with Pam.

Details at  
[thearthall.wordpress.com](http://thearthall.wordpress.com)

Please direct all inquires to  
Robin Lieberman at  
503-222-1192 or  
[robin@robinlieberman.net](mailto:robin@robinlieberman.net)

Cedarwood Waldorf School  
3030 SW Second Avenue  
Portland, OR 97201



3<sup>rd</sup> Annual Symposium  
Anthroposophic  
Medicine Club  
**TOPICAL  
APPLICATIONS**  
March 4-5, 2016

NCNM STUDENTS: FREE  
PUBLIC: 25\$  
REGISTER & INFORMATION:  
[WWW.ANTHROMEDCLUB.COM](http://WWW.ANTHROMEDCLUB.COM)  
National College of Natural Medicine  
Portland, Oregon Rm310

## ANTHROPOSOPHIC MEDICINE

Through the lens of the 3-fold human being we will address illness via the nervous, rhythmic and metabolic systems using various modalities, focusing on topical applications. Case studies will be presented and break out sessions provided for hands-on experience.

**Friday Night Keynote 7-8:30pm** – Paul Kalnins, ND, MSOM, Lac – Is Three Enough?

**Saturday 8-5:30 pm**

James Knight – Eurythmy

Jennifer Schmitt ND – Foils, Injections, Topicals

Julie Foster NP – Healing of Wounds – Physical & Psychological

Margaret Kerndt BCST, RCST – Rhythmical massage, biodynamic craniosacral therapy

Contact Sandy Musclow at [anthromedclub@gmail.com](mailto:anthromedclub@gmail.com) for more information

THE PORTLAND ANTHROPOSOPHICAL SOCIETY AND THE SOCIETY FOR PHYSICIANS OF ANTHROPOSOPHIC NATUROPATHY PRESENT:

# DR PHILIP INCAO

SPEAKING ON:

## “RUDOLPH STEINER’S HEALING IMPULSE”



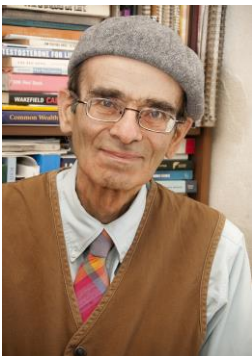
SATURDAY, APRIL 16, 2016

PORTLAND OREGON

7PM-9PM

**BOTHMER HALL**  
5915 SE Division  
Portland, OR 97206

**Cost: \$7.00-25.00 sliding scale—please give what you can afford to support Dr Incao’s trip here.**



One of the first practitioners of Anthroposophic Medicine in the United States, Dr Incao had a busy practice in upstate New York in a Waldorf School and Biodynamic Farming Community for 23 years, until 1996. He then moved to Denver to help the growth of anthroposophic medicine in the West, founding and practicing at the Gilpin Street Holistic Center until 2006, when he moved to Crestone, Colorado. Today he continues to practice part-time in his home. Dr. Incao's special interest is learning how to apply to practical healing Rudolf Steiner's profound insights into the human being. Dr. Incao has been studying children's health, the immune system, infections and vaccinations since 1970, giving many lectures and articles on these topics. Philip Incao studied liberal arts and life sciences at Wesleyan University and then received his MD from Albert Einstein College of Medicine in 1966. He studied Anthroposophy and Anthroposophic Medicine in Forest Row, England and Arlesheim, Switzerland. For more about Philip, see: <http://philipincao.crestonecolorado.com>

FOR MORE INFORMATION ABOUT THIS UPCOMING EVENT, CONTACT DR BOB KELLUM AT 503-331-7393