

Portland Anthroposophic Times

Newsletter of the Portland Branch of Anthroposophical Society in Portland, Oregon

www.portlandbranch.org

Volume 6.1 January 2010

George O'Neil's Contribution to Anthroposophy

By Mark Riccio, New York City



Mark Riccio graduated from the Waldorf School in New York City. He gives occasional workshops on Steiner compositional style and on Waldorf education in the light of Steiner's organic thinking. He and Gerald Reilly are founding the

"George O'Neil Study Group" at the NYC Branch and have a website for George's work (www.organicthinking.org).

"Think of the many themes that were really fundamental themes, and how we had to build up our whole thought structure time and again out of the basic scheme: physical body, etheric body, astral body and ego....But this is and remains a reliable thread on which to string our thoughts: these four members of man's being and their interworking; and then on a higher level, the transformation of three lower members: the third into the fifth, the second into the sixth and the first into the seventh member of our being....You are laying down the plan or basis for your system of thought, as once the gods laid down the plan for the wisdom of the world." Rudolf Steiner

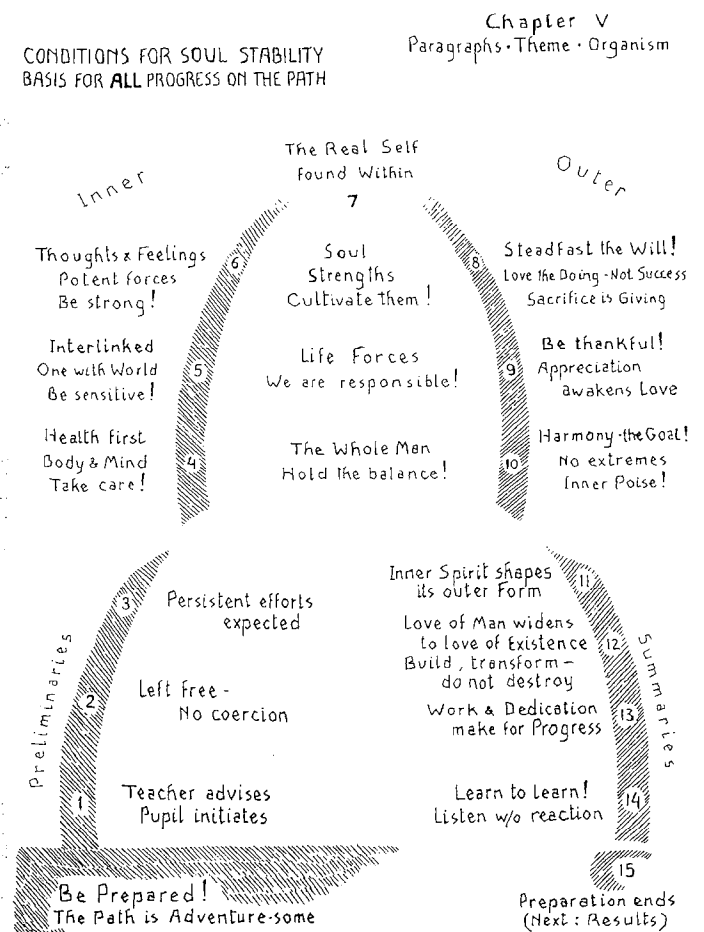
When paging through the old Newsletter of the Anthroposophical Society, one finds many articles written by George and Gisela O'Neil. (There is no biography of George O'Neil. You can find his name in Hemingway biographies as he escorted him on his trips to Spain to see the bullfights. George evidently went to Columbia University and made such an impression that a philosophy professor named a chapter after him, an *Irishman among Brahmins*.) They wrote *How to Read a Book: a study of Knowledge of Higher Worlds* and *The Human Life* series of articles (the latter published in book form). George was expert at reading, distilling, and putting Steiner's ideas into a picture form. His study of *The Philosophy of Spiritual Activity* and *Knowledge of Higher Worlds* are some of the most original work done in Anthroposophy.

What did George do exactly? When George read a Steiner book, he took notes, sketched the transitions in a chapter, and found the gestalt of Steiner's thoughts. George knew the texts not only by heart (not word for word), but by their unique forms; he could behold them in their entirety as living ideas.

When he made his findings public, Anthroposophists were baffled by his work and so his work fell into obscurity.

There was a 'revival' of George's work starting in the mid-1990s. Florin Lowndes, George's student, was in part responsible for the reawakened interest as he was preaching the 'good word' about George's research. Copies of O'Neil's old manuscripts were being re-circulated around the various branches, and study groups took up George and Lowndes' artistic approach to reading Steiner called "heart-thinking." Lowndes brought together much of O'Neil's work in his two books, *The Enlivening of the Chakra of the Heart* and *Das Erwecken des Herz-denkens*.

The following graphic is one example from George's article from the old Newsletter. George charted Chapter 5 of *Knowledge of Higher Worlds*. (To view O'Neil's work go to www.organicthinking.org) Notice the gentle balance of the paragraphs and their themes, also called "polarity" by George. The first half deals with the "Inner" aspects and the second half with the "Outer" aspects of the chapter's theme. This diagram helps the student to see the gestalt and the interval quality of the conditions.



After reading O’Neil’s work, I challenged my own competence concerning *Knowledge of Higher Worlds*: “What were the exercises in Chapter One? In Chapter Two?” I realized I could not remember anything, except to be silent. How on earth could I claim to practice something I can’t even recall? Then I asked some anthroposophical friends who had studied this book numerous times... they had no clue either. George *knew* the exercises. Ask your friends too and see what they say.

George’s work was too honest to be too popular. Again his approach: first make a chapter, and its exercises, part of your

etheric. This means learn all of the paragraphs and their main ideas.

1. be healthy;
2. feel connected;
3. watch your thoughts;
4. see the higher in others;
5. stay committed;
6. be thankful;
7. harmonize the other six

You are then able to practice the tasks or seven conditions in the example above because you now know what they are. In the many study groups I attended in the U.S. and Europe, the main emphasis has been placed on reading a Steiner text *aloud* in a group, and listening to visiting lecturers. It is a rare group that sticks with the text, discusses and practices the exercises. George required that the members of his group learn the whole chapter for the meetings; in other words, some *mastery of the ideas* was a pre-requisite for the group. Is it worth talking about a text with those who have never really read the text?

But there is more to heart-thinking, according to George. It is a way of writing and thinking and even teaching. When Steiner wrote, he *composed* his books in etheric waves with polarity and inversion identical in principle to the seven-fold human being. Here is a *very abstracted* account of the twenty-four paragraphs of Chapter 5 of *Knowledge of Higher Worlds*.

Can there be a second form in addition to the one George had in the *Newsletter*? The short answer: Heart-thinking is a flexible system which allows for many possible perspectives. From a “physical” point of view there are fifteen main paragraphs, from an “etheric” point of view there are twenty-four paragraphs! The *dashes in the text introduce new paragraphs*, not parenthetical remarks. Thus there are at least two ways of looking at this chapter.

Some might object: “Where is the “heart” in these pictures and rigid schema?” For George, the “heart” in heart-thinking is reflected in the way Steiner’s thoughts climb and descend like the bodies of the seven fold human being (physical, etheric, astral, ego, and back down the four levels). By meditating in these perspectives – blue (physical level), green (etheric level), red (astral level), and yellow (ego level) – we experience a new form of etheric wave-meditation. Lowndes in his book,

If you are interested to learn more about the Portland Branch of the Anthroposophical Society, please call Diane Rumage at (360) 241-7854.

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The *Portland Anthroposophic Times* is published twelve times a year by the Portland Branch of the Anthroposophical Society in America to serve members and friends in the wider anthroposophical community. Printed copies of the newsletter are available at the Steiner Storehouse, Portland Waldorf School, Cedarwood Waldorf School, Shining Star and Swallowtail School. The newsletter and calendar are also posted on the Portland Branch website at www.portlandbranch.org.

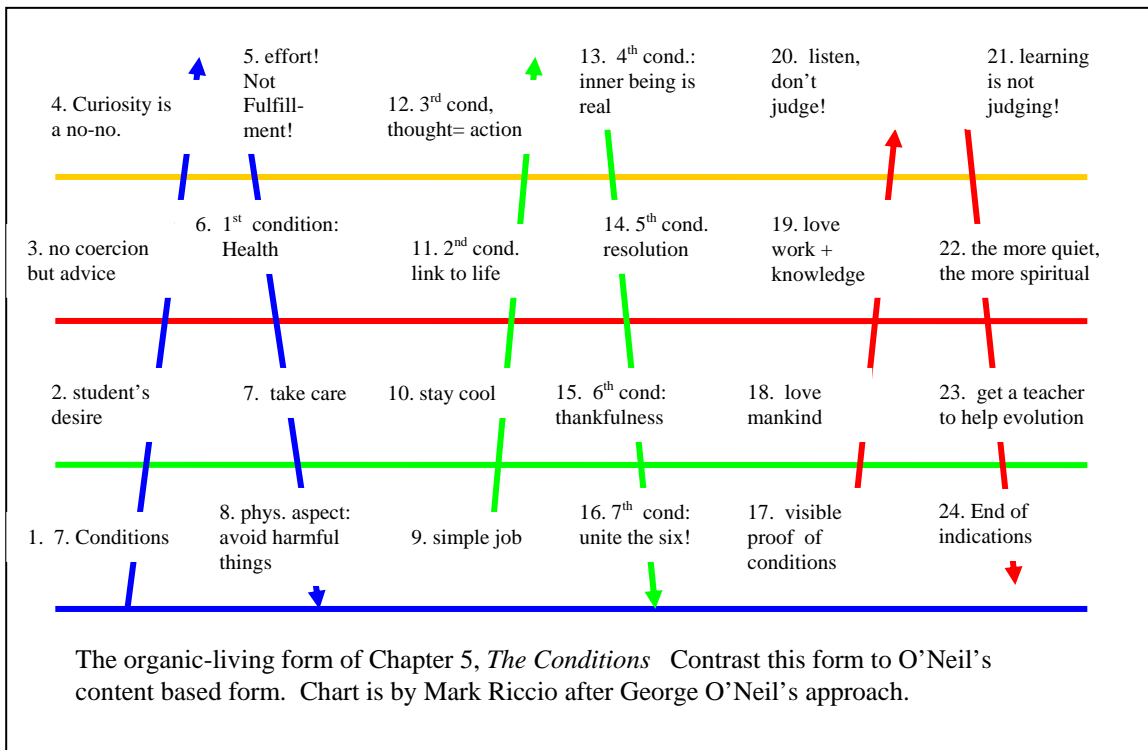
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First Class of the School of Spiritual Science 2010 Calendar

Bothmer Hall, Blue card required Discussion at 8:30 AM, Class at 9:30 AM sharp. Please contact Jannebeth Röell 503/249-3807 or Diane Rumage at (360) 241-7854. Here are the dates for class lessons in 2010, all Sundays: January 10th, February 14th, March 14th, April 11th, May 9th, June 13th, July 11th, No Class in August, September 12th, October 10th, November 14th, December 12th



Enlivening the Chakra of the Heart, shows how a full understanding of the first subsidiary exercise (control of thinking) requires a thought-movement through the perspectives of what? how? why? who? etc. of an object such as a pencil. This wave-thinking stimulates the heart-chakra; it is that simple.

It is, indeed, hard to believe that ideas structured in this way stimulate the heart chakra. And it is no wonder O'Neil's work is often criticized as being schematic. But what if O'Neil was correct to assert that Steiner used a method of organizing his ideas that is derived out of the seven-fold human being? Is it so absurd to see in the Waldorf curriculum - Fairy tales, Animal fables, Hebrew stories, and Norse myths - in light of physical, etheric, astral, and ego? We know from Steiner that the seven lines of the *Lord's Prayer* address the members of the seven-fold human being. Is it possible Steiner was hinting at his own method of organizing his books?

George's work called for a re-evaluation of Anthroposophical practice. Where people used to read *solely* for content, they now read for form. Where we used to intellectualize, we now learn a gestalt and practice formative-thinking. The new form of group study requires the participants to know a whole chapter by its content and form. *This is easier than one may think*. Instead of arguing in our groups, we perform the compositional content of the chapter over and over again in our own words. Group work becomes heart-chakra work.

How does this work? The group chooses a Steiner text such as chapter one of the *Philosophy of Freedom* or chapter five of *Knowledge of Higher Worlds*. Then everyone prepares synopses of all the paragraphs of the chapter. Everyone then presents their work to the group. Then the group puts the forms on the board and discusses the polarities. And finally, every

member presents the chapter, paragraph for paragraph without any notes, and with a feel for the levels and their character. (Nearly all English translations of Steiner's books must be compared to pre-1926 German original texts because German publishers and English translators have altered the punctuation, paragraph- and sentence-count. This is an interesting occurrence. Translators are not sure what to do with the dashes.)

This work has a magical effect on the participants. It invigorates the group study to a very high degree. Participants never get tired of presenting the texts in their etheric forms because these forms are energy creating. Everyone comes prepared with the *whole* text and notes, thus giving energetically to the group. Everyone can see the entire chapter just by looking at it in one's mind's eye!

O'Neil's work is really great, which is why it is surprising that more isn't being done to promote it. I imagine that it is strange for people to treat a Steiner text as a musical score or as an idea-painting. Even if one doesn't believe that presenting and rewriting Steiner's ideas is a primer for etheric thinking, one can, nevertheless, see that O'Neil did discover that Steiner used the human being in his three-, four-, seven-, or eight-fold gestalt as his organizing principle. Look at *form* of the four parts of the Christian Community service, of the Waldorf curriculum, of the Beatitudes in their nine-foldness, of the first seven chapters of the *Philosophy of Freedom*, of the six subsidiary exercises, of the structure of the *Calendar of the Soul*, and you will see this formative principle everywhere. George was never dogmatic about his discoveries; *he never left a clear account of what he discovered and experienced*; but he did leave, however, enough of a legacy that Steiner's etheric thinking can be rediscovered and made into a *universal* method of organic, heart-thinking.

Dear Friends,

At the Holy Night Readings this year I was inspired by the way Rudolf Steiner closed the fifth lecture from the Fifth Gospel.

"May the labors of every individual soul further our aims in the right way."

Patricia Lynch

News From The Farm

By Jacqueline Freeman, Venersborg, WA



When I first suggested our farm guest, Nina, spend time lying under the path of the bees, I sensed her self-consciousness and hesitancy. We walked up to the hive where a thick clump of bees filled the air around the entrance. We chose a spot about ten feet from the hive to lie on our backs in the grass. I said, "Let's see what we notice about the bees, about ourselves."

The bees flew above us, revealing their travel paths, their pollen-laden bodies swooping in and out of the hive with precision and grace. The air vibrated with the enlivening sound, folding us into a place where our small sense of self disappeared into a far larger presence. I felt the bees' enthusiastic anticipation of the honey fields beyond the trees. After a few minutes I left quietly. Nina spent another hour watching the hive, then, as she described it, "drifted off into a deep sleep listening to the bees."

Nina came to us on the recommendation of her sister who found us on the internet. Nina's boss suggested she take time off to recharge her batteries. The emotional stress of her job had taken its toll. She struggled with exhaustion, insomnia and worry. Despite weekly sessions with a counselor, she felt drained and weak, like she had no more to give. Obviously she needed a restful vacation, but she also needed more than time off from work. She needed to find a path back to joy, to generosity, to love.

Like many people who function while surrounded by stress and trauma, she hardened herself, closed down her senses to keep from being overloaded with information that didn't nurture her. While that may seem a rational way to deal with a harsh environment, is it healthy to stay cut off from the natural world? Without a connection with Nature, can we live up to our full potential? Can we fruitfully interact with friends and family?

Nature is the well we drink from and without it we lose touch with the source of life. Daily we need to replenish and invigorate our souls. A heartfelt connection to Nature brings us back into the primal co-creative partnership with the world around us and shows us how to contribute to our community.

We earn our living by teaching farm classes and offering farm-stays to people who want to awaken their senses. Unlike a bed and breakfast, our guests make their own beds, eat with us and help with dishes. Then they take part in whatever we're doing that day -- lugging hay, prepping compost, packing or digging up cow horns, preparing meals, grooming the animals, singing to seeds we're planting, or turning the day's harvest into dinner.

In our classes we provide groups with practical step-by-step instruction in orchard skills, cooking, composting, food preservation, caring for bees, horses and chickens and other topics. Our agritherapy guests, however, get more personal one-on-one direction that leads them to learn more about nature and themselves.

Our friend, John Takacs, an anthroposophic physician in nearby Portland, OR, insightfully told us, "I can trace every disease my patients have back to a disconnection with nature." His encouraging words and our own observations led us to ask our farm to help bring people back to harmony.

For the past six years we've invited people to stay in our roomy farmhouse, immersing them in our nature-filled life. Though we didn't start out with a goal of changing their lives, we surely noticed, as did they, that something marvelous happened to them after a few days on the farm. We don't have alarm clocks, cable TV or newspapers to unnerve us. Instead we have birdsong. No automatic dishwasher either; we've found those machines altered the pleasant after-dinner time when we continue conversation while we all clean up. Our days begin with a leisurely breakfast, animal and garden time, and the pleasure of each others' company in tasks done together throughout the day interspersed with private time in Nature's hands.

Shared time is just as important as the tasks we do. These times bond us and open us to caring how each of us comes through the day. It helps us know each person, and through that knowing, invites caring about them.

I grew up in a small town and an unstructured life surrounded by animals, pastures, orchards, farm gardens and wildflowers. Unlike many people today, I had plenty of free time in my childhood. After school I went outside and spent nearly every day until dinner exploring field and forest, learning about flowers, fruit, wild edibles and farm animals. I tracked small wild animals and passed immeasurable hours studying the swamp, watching water ripple where it drained into the lake. I taught myself to weave grasses, identify bird songs, and predict the bloom times of trilliums and jack-in-the-pulpits. I learned the valuable skills of compassionate observation and focused thinking.

As an adult these skills serve well. Nature taught me to pay attention to everything around me. I feel welcome and comfortable in most situations or, like when given an invitation to leave by a territorial bee, know when it's wise to go elsewhere.

When someone like Nina arrives, I sit down with her over tea and pie and talk. I ask about her life, her work, stresses she lives with, and what she'd like to learn to take home with her. Answers may range from wanting "a good night's sleep" to "how to stop," to "how to remember that childhood sense of connection with the land."

This conversation is important. It helps me know where to start our Agritherapy and gives permission for this person to step consciously into the natural world with each action we undertake. I come out of this conversation with ideas about how to re-introduce Nature to her.

Though these conversations I begin to recognize what feels strong in them and where they seem to have a "gap" in their presence. As they talk I visit their physical presence and their energetic impress, noticing where they seem resilient or weak, and what their capacity for self-reflection is. Out of these observations I start to design ideas that will begin to reconnect them with Nature and Spirit.

Most often I find people don't know how to turn off the constant mind talk. They don't know how to begin to pay attention to the natural world around them.

Most people who come for Agritherapy are sensorially deficient. People who have lost connection with their senses seem to wander in a joyless place, out of touch with the world around them, knowing they are missing something but at a loss to know what it is or how to find it again.

I am thankful for our beloved farm, our main teacher. The farm presents us with constant life-affirming presence in a myriad of ways that encourage observation, deep listening, perception of natural patterns, "blending" time, and the richness of being in harmony with one's environment.

When Nina and I first approached the bee hive, I described to her all the tasks the bees were doing -- going out in search of flowers, returning with nectar and pollen, the midday observation flights of the day's newest field foragers, the sweet dispositions of the drones, the earnest work of the foragers. I helped her identify the bee-line so we didn't accidentally stand in it and get a bee tangled in our hair.

Then we laid on the ground under them and I encouraged her to open all her senses and notice sights, scent, sound, subtle taste and feelings. When I left her there, I trusted that the

powerfully persistent work ethic of the bees would work their magic on her. An hour later she came back to the farmhouse, journaled for a brief bit and fell into a restful nap that lasted two hours.

I tried my best not to guide her experience too narrowly. I wanted her to see what she noticed, not what I led her to seeing. Autonomy of experience is more important than directing her perception.

Many people don't know what to do in a garden other than weed and pick, and they are often not very good at either because these tasks are often done without much presence. At the farm we work on heightening our senses to inform our knowing. Rather than weeding everything but the carrots, I asked her to study what grew nearby, to notice if any plant impinged on the growth of the carrots. I asked her to find one plant that seemed to protect the soil beneath the plants. Then to find another that might be a bit over eager; and another that doesn't seem to have as much life force as the rest. I encouraged her to notice vibrancy of color, tone and texture. How do different insects interact with these plants? What's the nature of the soil? How does the breeze affect the plants? What

do you feel when you're noticing all this? I am not sure what to call these exercises because even naming them takes one out of the experience, and that's counter to what my intent is. So we take another breath and go deeper.

Over the days to follow we fill the unmeasured time with reflection, dipping into the sensual world that surrounds and embraces us. Our conversations center on truly current events: the enchantment of cows chewing their cud in the field, the warm fullness of the teat, the earnest bleating of the young heifer calling from outside the barn, the vanilla sweet smell of frothy milk in the pail, the heartfelt satisfaction of Nature's enfoldment.

Every action, every moment, brings a gift. As the days pass, Nina becomes calmer, more open, softer.

She arrived head down and caught in a loop of worrisome thought, disconnected from her surroundings, with diminished access to her creativity. On her first day I felt her tension even before she entered the room. Now I barely notice her as she journals on the front porch, so quiet has her presence become. A few times a day she heads off into the fields, gardens or forest, often barefoot, her mouth pleasantly upturned, eyes keen to birds in air. Our ever-generous farm has returned another soul to a conscious life bathed in Spirit. She's fitting back into Nature, becoming one with the world again.

More farm information and photos can be found at: <http://www.friendlyhaven.com/whatsnew.html>



Portland Anthroposophical Society Calendar - January 2010

Ongoing Events and Study Groups

Anthroposophical Course for Young Doctors Study Group

Once a month on the 1st Wednesday at the Pohala Clinic, 12050 SE Holgate Blvd. 7-8:30 PM. Contact Julie Foster by phone at (503) 572-4196 or by e-mail at julie@pohalaclinic.com.

Eurythmy

Eurythmy with Laura Radefeld every Wednesday morning that school is in session at the PWS Orchard Room @ 8:30 AM. Donations accepted to cover cost of piano accompanist. For more info call 503-654-4362 or contact by e-mail at laura.radefeld@gmail.com.

Karma Exercises and Study

The study group has just completed its multi-year work with the entire *Karmic Relationships* lecture cycle, and is now starting to work with Rudolf Steiner's karma exercises on the first and third Thursday of each month. Call James Lee for information 503 249-3804 or e-mail him at anthroposophy@earthlink.net.

Meditation and Practical Spiritual Science

We are currently studying Rudolf Steiner's lecture cycle "True and False Paths of Spiritual Investigation", also called "Initiate Consciousness". We encourage a lively conversational exchange of questions of all kinds. New members welcome. Meetings are on second and fourth Thursdays at 6:30 PM at 9510 SW View Point Terrace, Portland OR 97219. To RSVP, questions and directions call (503) 244-2277 or e-mail elsas@ohsu.edu

Mystery Dramas, with Speech-Formation Exercises

On the second and fourth Wednesdays each month, 7:30 - 9:00 PM, in SW Portland. Currently beginning work on the 2nd Mystery Drama by Rudolf Steiner, *The Soul's Probation*. No acting experience necessary, just a love of the Word. Contact Diane Ramage by e-mail at drumage@earthlink.net or by phone at 360 241-7854 for information.

Occult Science

First and third Tuesdays from 7:30 - 9:00 PM at 3046 NE 33rd Avenue, Portland, OR 97212. Contact Donna Patterson and Bob Kellum at 503-331-7393.

Painting Classes

Friday mornings 9AM-11AM. Painting class with Robin Lieberman, MSW, LCSW. Each class will hold a different theme. Since space is limited please call ahead 503-222-1192, 1410 SW Morrison Street, Suite 901, Portland, OR 97205. \$25 per class, materials included. www.robinlieberman.net

Portland Waldorf School Community Choir

Every Friday morning from 8:45 - 10:15 am (at the Portland Waldorf School, 2300 SE Harrison Street, Milwaukie) in the Orchard room, whenever school is in session. Anyone in- and outside the PWS community who enjoys singing songs through the seasons, across the centuries and around the world is very welcome, including drop ins. This event is free and a community builder. More information: Marion Van Namen (503) 956-4046.

Portland Youth Discussion Group

We invite you to join some of the young, and young-at-heart, members of our community for an ongoing potluck/study group. After a summer break, we will be meeting again, soon. We are considering working with *Knowledge of Higher Worlds*, to renew our understanding of this key work (other possibilities exist). We welcome new people who are open to exploring spiritual science, asking questions, discussing topics that sometimes get overlooked in other groups, and trying to keep Anthroposophy as fresh, relevant, and living as possible. We meet Sunday evenings, twice a month to share a potluck dinner, practical/artistic activity, and conversation. For more information, please contact Angelica Hesse at 503-238-0055 or swingsprite@gmail.com.

Psychosophy Study Group

Working with the Steiner text, *Psychology of Body, Soul and Spirit*, we meet the second and fourth Tuesday of the month, 7:30 PM - 9:00 PM. Call Cheri Munske for more info: 503-484-4133.

Waldorf Education and Teacher Training

Lectures and courses conducted throughout the year by the Michael Institute. Contact John Miles at 503/774-4946. johncmiles@usa.net.

Upcoming Events

JANUARY 8-29, 2010

Community Building: The Social Impulse of the Waldorf School

Michael Institute –Introductory Courses. 1/7 The Social Evolution of the World; 1/14 The Threefold Social Order for today and its future development; 1/21 The Waldorf School as an expression of the Threefold Social Order; 1/28 The Social Tasks for Humanity – now and in the coming age; held in the Music Room at Portland Waldorf School, 2300 SE Harrison, Milwaukie. Contact 503 774-4946 or email johncmiles@usa.net.

Sunday, JANUARY 10, 2010

First Class of the School of Spiritual Science

Bothmer Hall, Blue card required – Discussion on Recapitulation Lesson 5 at 8:30 AM, class at 9:30 AM sharp. Recapitulation Lesson 6. Please contact Jannebeth Röell 503/249-3807 or Diane Ramage at (360) 241-7854.

Sunday, JANUARY 10, 2010

Quarterly Branch Meeting

This meeting for members and friends starts with a potluck 11AM and program from 11:30AM-1:30PM. The topic will be Camphill Communities. Patricia Thom will introduce the biographies of the founders of the Camphill movement, Betty Baldwin will talk about therapeutic work with children in a community setting and Jack Walsh will lead us in an exercise in clay. www.portlandbranch.org

Tuesday, JANUARY 12, 2010

Portland Branch Council Meeting

7 PM – 8PM study of the theme of the year followed by a business meeting at the home of Ruth and Tom Klein, 3609 SE Center, Portland OR 97202, phone: 503-777-3176. All Branch members are welcome to attend.

Thursday JANUARY 21, 2010

The Double

Steve Usher will explore the double or doppelganger in world literature and in the work of Rudolf Steiner. Steiner calls meeting the double "a milestone on the path of knowledge." 7:30 PM at the home of James Lee and Jannebeth Roell, 3135 NE 17th Ave. Phone: 503-249-3807. \$10.00 to cover Steve's costs.

JANUARY 22-24, 2010

The New Mystery Knowledge and the Wisdom to Heal Modern Social Life A weekend with Steve Usher in Seattle WA. Information: call (206) 517-4917 or email: branch@seattleanthroposophy.org.

Friday, FEBRUARY 5, 2010

Art Exhibit Opening

Patricia Lynch, Cheri Munske, Donna Patterson-Kellum and Jannebeth Röell, spend the early hours of Tuesday mornings on Sauvie Island. They spend their time entering into the forces of nature and heightening their senses to experience each in their own way the nature of color. The paintings are taken back to the studio and worked further and transformed. They would like to share with you the results of their work. Please join them on Friday February 5th for the opening of the exhibit 6 PM - 8:30 PM at the Eleven O'49 Gallery at 11049 SE 21st St., Milwaukie, Oregon

FEBRUARY 5-26, 2010**Eurythmy and Goethean Science**

Micha-el Institute –Introductory Courses.2/4 Eurythmy as a Performing Art - Laura Radefeld; 2/11 Therapeutic Eurythmy and Movement - Margaret Kerndt; 2/18 "Goethean Science - including the Human Being" Wade Cavin; 2/25 Goethean science - Waldorf Applications" Wade Cavin; Eurythmy held in the Eurythmy Room; Goethean Science held in the Science lab at Portland Waldorf School, 2300 SE Harrison, Milwaukie.

Contact 503 774-4946 or email johncmiles@usa.net.

Tuesday, FEBRUARY 9, 2010**Portland Branch Council Meeting**

7 PM – 8PM study of the theme of the year followed by a business meeting at the home of Ruth and Tom Klein, 3609 SE Center, Portland OR 97202, phone: 503-777-3176. All Branch members are welcome to attend.

Sunday, FEBRUARY 14, 2010**First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required – Discussion on Recapitulation Lesson 6 at 8:30 AM, class at 9:30 AM sharp. Recapitulation Lesson 7. Please contact Jannebeth Röell 503/249-3807 or Diane Rumage at (360) 241-7854.

FEBRUARY 25-27, 2010**The Immune System**

Canadian Anthroposophic Medical Association Annual Conference. Guusvan der Bie MD will address questions concerning the immune system from a phenomenological and anthroposophical perspective. Then we will also look at ways to help our patients who struggle with issues of the immune system. Several Physicians will share experiences from their practice and explore the use of anthroposophical remedies. In the art and eurythmy courses we will experience some of the therapies these modalities use. Toronto Waldorf School, Canada For details: <http://www.anthromed.ca>

FEBRUARY 27**Mothers and Daughters**

Using color as the expressive language, aspects of the female spirit will be explored in this artistic workshop. This annual event in support of understanding and strengthening the intimate female bond is lead by Cheri Munske. 10AM-1PM,Bothmer Hall, 5919 SE Division St. \$110/couple. 503-484-4133, woolhorse@mindspring.com.

MARCH 4-APRIL 15**Waldorf Curriculum**

Micha-el Institute –Introductory Course. 3/4 An Overview of the Waldorf Curriculum; 3/11 Before the Nine Year Change Grades 1, 2 & 3; 3/18 The Golden Age of Childhood Grades 3, 4, 5 & 6; 4/15 The Middle School Years Grades 6, 7 & 8; held in the Music Room at Portland Waldorf School, 2300 SE Harrison, Milwaukie.

Contact 503 774-4946 or email johncmiles@usa.net

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7 PM – 8PM study of the theme of the year followed by a business meeting at the home of Ruth and Tom Klein, 3609 SE Center, Portland OR 97202, phone: 503-777-3176. All Branch members are welcome to attend.

MARCH 19-21, 2010**The Relation of Bees with Humanity in History up to Modern Times**

Total workshop including lecture, workshop and film \$90 early registration. More detail at www.portlandbranch.org.

Friday 7PM, opening lecture by Gunther Hauk, Portland Waldorf School, 2300 SE Harrison, Milwaukie. \$15.00 for the Friday lecture only.

Saturday 9AM- 5PM Workshop Portland Waldorf School.

Saturday 7PM Special screening of Queen of the Sun film, place TBA.

Sunday 9AM-12AM continuation workshop, plenum and closing, Portland Waldorf School. Contact Walter Rice at dub0302@hotmail.com for more information or to offer to assist the branch with the event.

MARCH 26-28, 2010**Centenary of Rudolf Steiner's Announcement of the Reappearance of Christ in the Etheric**

A Conference Sponsored by The Novalis Branch of the Anthroposophical Society in America, Austin, TX. Contact Beth Usher (512) 288-6130 mbusher@sbcglobal.net

MAY 7-14, 2010**International Postgraduate Training in Anthroposophical Medicine**

Third year in the US at Mercy Center, Burlingame (San Francisco area) www.mercy-center.org. Contact Alicia Landman, MD PAAM Education Director with questions, or for extra brochures. paamdrscourse@anthroposophy.org 734-930-9462.

Wednesday, JUNE 2, 2010**Spiritual Embryology Lecture****Where do we come from? Spirit and Prenatal Existence**

Jaap van der Wal, M.D. Ph.D will set the tone for the four day workshop on spiritual embryology that starts Thursday. This event is sponsored by the Portland Branch. The lecture will take place from 7:30 until 9:30 PM at Warner Pacific College. For further details and booking please contact Dr. Bob Kellum by phone at (503) 331-7393 or by e-mail at healthbridge@integra.net. Spiritual Embryology workshop participants are free, all others pay \$10 at the door. More information can be found on the Portland Branch Website: www.portlandbranch.org.

JUNE 3-6, 2010**Spiritual Embryology**


Glimpsing the Mystery: The Nature of Life in the Womb – A four day intensive Thursday to Sunday, beginning June 3, 2010 through June 6, 2010 at Warner Pacific College in Portland with Jaap van der Wal, M.D. Ph.D. This event is sponsored by the Portland Branch. The aim is to help participants gain an understanding of the mighty processes that bring every human individual to life on earth. This presentation of embryonic development will open new perspectives on polarities, threefoldness and fourfoldness, heredity and incarnation, and the evolution of the earth and mankind. Participants share in the mighty processes that form the basis of every human individuality and life on this earth. Not only participating by means of the intellect but also with the heart. Moreover the way of considering embryonic development as it is presented here (a so-called 'embryosophy') will open completely new perspectives as to polarities and threefoldness, microcosm and macrocosm, heredity and incarnation, evolution and the development of mankind. This course is accessible for interested lay people as well as health professionals, be it medical or osteopathic doctors, naturopathic doctors, chiropractic doctors, nurses, physical therapists, massage therapists, midwives or representatives of psychosomatically and spiritually oriented therapies such as various anthroposophical therapies, craniosacral therapy, polarity or trauma therapy, psychotherapy, etc. Prior knowledge of embryology is not required. For further information about Dr. van der Wal see: www.embryo.nl. Contact Dr. Bob Kellum at healthbridge@integra.net for more information about the program. Venue: Warner Pacific College, Egvedt Room 203 East Portland Campus 2219 SE 68th Avenue, Portland, OR 97215. June 3-6, 2010. Four days from 9.00 am until 5.30 pm each day, with at least one evening session (ending 1:00 pm on the last day). A public lecture, *Where do we come from? Spirit and Prenatal Existence*, on Wednesday, June 2, 2010 is included with the workshop fee. Cost is \$400 if postmarked before April 1, 2010, or \$450 if postmarked after this date. Checks are payable to HealthBridge, Inc., c/o Dr. Robert Kellum, at 3046 NE 33rd Ave, Portland, OR 97212. A limited number of need-based, \$200 work-study grants are available. E-mail to healthbridge@integra.net describing your need, and reason for attending. Class size is limited to 35 people. Apply EARLY to assure your place. Professional CEU's pending.



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