

The Portland Branch of the Anthroposophical Society in America

Anthroposophic Times

A newsletter of the Portland Branch of the Anthroposophical Society www.portlandanthroposophy.org Volume 137, January 2016



The Baptism of Christ, Guido Reni, c. 1623

The Birth of the Sun-Spirit as the Spirit of the Earth: The Thirteen Holy Nights

Excerpts, Rudolf Steiner, Hanover, Dec. 26, 1911

It is with some trepidation that I excerpt Rudolf Steiner's lectures, as he always builds his pictures in such marvelously intentional ways. However, my purpose is to offer a glimpse into what we can hope to experience at this particular time of year, through the 13 Holy Nights, if we attend to them - and to perhaps provide inspiration for reading the entire lecture from *Festivals and Their Meaning*, also found on the Rudolf Steiner Archive.

<http://wn.rsarchive.org/Lectures/Christmas/19111226p01.html> In this lecture Dr. Steiner describes why the observance of the birth of the Christ shifted from January 6, the Baptism of Christ, to December 24-25, the Birth of Jesus of Nazareth, as "...an affirmation that at the beginning of earth evolution, before the Luciferic forces began their work, man had a nature, an entelechy that can inspire him with undying hope." (ed.) cont. p. 2



Adoration of the Shepherds, Gerard Van Honthorst, 1622

By continuing to study together the lectures intended to illuminate the festivals in the cycle of the year, we can build up a common frame of reference for how to observe them in our community.

The Portland Branch of the Anthroposophical Society
Invites you to

Save The Date!

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

- | | |
|----------------|---|
| Dec. 26-Jan. 6 | Holy Nights Observance |
| January 31 | Branch Potluck and Annual meeting/conversation |
| March 12 | Beyond the Blood with Marie Laure Vilandro |
| March 20 | Easter Observance |
| April 16 | Rudolf Steiner's Healing Impulse with Dr. Incao |

Your 2015 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.

... as late as 353 A.D., 353 years after Christ Jesus had appeared on earth, the birth of Jesus was not celebrated, even in Rome. The Festival of Jesus' birth was celebrated for the first time in Rome in the year A.D. 354. Before then this Festival was not celebrated between the 24th and 25th December; the day of supreme commemoration for those who understood something of the deep wisdom relating to the Mystery of Golgotha, was the 6th of January. The Epiphany was celebrated as a kind of Birth-Festival of the Christ during the first three centuries of our era. It was the Festival which was meant to revive in human souls the remembrance of the descent of the Christ Spirit into the body of Jesus of Nazareth at the Baptism by John in the Jordan. Until the year A.D. 353 the happening which men conceived to have taken place at the Baptism was commemorated on the 6th of January as the Festival of Christ's birth. For during the first centuries of Christendom an inkling still survived of the mystery that is of all mysteries the most difficult for mankind to grasp, namely, the descent of the Christ Being into the body of Jesus of Nazareth.

...The hearts and minds of those who in the early centuries of our era understood the true import of Christianity turned to the Baptism in the Jordan of Jesus of Nazareth into whom Christ descended, Christ the Sun-Earth-Spirit. It was this — the birth of Christ — that was celebrated as a Mystery in the early Christian centuries. The insight for which we prepare ourselves today through Anthroposophy, through the wisdom belonging to the fifth Post-Atlantean epoch of civilization, flashed up in the form of vision from the vestiges of ancient clairvoyance still surviving during the age when the Mystery of Golgotha took place; it flashed up in the Gnostics, those remarkable, enlightened men who lived at the turning-point of the old and the new eras, whose conception of the Christ Mystery differed in respect of form but not in respect of content, from our own. What the Gnostics were able to teach trickled through into the world and although what had actually come to pass in the event indicated symbolically by the Baptism in the Jordan was not widely understood, there was nevertheless an inkling that the Sun Spirit had been born at that time as the Spirit of the Earth, that a cosmic Power had dwelt in the body of a man of earth. And so in the early centuries of Christendom the festival of the birth of Christ in the body of Jesus of Nazareth, the festival of Christ's Epiphany, was celebrated on the 6th of January.

But insight, even dim, uncertain insight into this deep Mystery faded away more and more as time went by. The age came when men could no longer comprehend that the Being called Christ had been present in a physical human body for three years only. More and more it will be realised that what was accomplished for the whole of earth-evolution during those three years in

the physical body of a man is one of the very deepest and most difficult Mysteries to understand. From the fourth century onwards, with the approach of the materialistic age, the powers of the human soul — then still at the stage of preparation — were not strong enough to grasp the deep Mystery which from our time on will be understood in ever greater measure. And so it came about that to the same extent to which the outer power of Christianity increased, inner understanding of the Christ Mystery decreased and the festival of the 6th of January ceased to have any essential meaning. The birth of Christ was placed thirteen days earlier and envisaged as coincident with the birth of Jesus of Nazareth. But in this very fact we are confronted by something that must always be a source of inspiration and thanksgiving. Actually, the 24th/25th of December was fixed as the day of Christ's Nativity because a great truth had been lost, as we have heard. And yet ... although the error would seem to point to the loss of a great truth, such profound meaning lay behind it that — although the men responsible knew nothing of it — we cannot but marvel at the subconscious wisdom with which the festival of Christmas Day was instituted.

Verily, the working of Divine wisdom can be seen in the fixing of this festival. Just as Divine wisdom can be perceived in outer nature if we know how to decipher what reveals itself there, so we can perceive Divine wisdom working in the unconscious soul of man when the following is borne in mind. In the Calendar, the 24th of December is the day dedicated to Adam and Eve, the following day being the Festival of Christ's Nativity. Thus the loss of an ancient truth caused the date of Christ's birth to be placed thirteen days earlier and to be identified with the birth of Jesus of Nazareth — but in a most wonderful way the birth of Jesus of Nazareth was linked with the thought of man's origin in earth-evolution, his origin in Adam and Eve. All the dim feelings and experiences connected with this festival of Jesus' birth which were alive in the human soul — although in their upper consciousness, men had no knowledge of what lay behind — all these feelings that were astir in the depths of the soul speak a wondrous language.

When understanding was lost of what had streamed from cosmic worlds in the event which would rightly have been celebrated on the 6th of January, forces working in hidden depths of the soul caused the picture to be presented of man as a being of soul-and-spirit before physical embodiment, at the starting-point of evolution as a physical human being. The picture is of the newborn child whose soul is as yet untouched by the effects of contact with the physical body, of the child at the beginning of physical evolution on earth. But this is not a human child in the ordinary sense; it is the child who was there before human beings had reached the point of the first physical embodiment in earth-evolution. This is the being known in the Kabbala as Adam Kadmon — Man

who descended from divine-spiritual heights, with all that he had acquired during the periods of Saturn, Sun and Moon. The human being in his spiritual state at the very beginning of earth-evolution, born in the Jesus Child — this was presented to mankind by a Divine wisdom in the festival of Jesus' birth. At a time when it was no longer possible to understand what had descended from cosmic worlds, from heavenly spheres, to the earth, remembrance of their origin, of their state before the advent of the Luciferic forces in earth-evolution was engraved into the souls of men. And when it was no longer realised that in the highest and truest sense it could be said of the Baptism by John in the Jordan: From cosmic worlds there has come into human souls the power of the self-revealed Godhead, in order that peace may reign among men who are of goodwill — when understanding of how this picture could be presented as a sacred festival was lost, another affirmation was presented in its place, the affirmation that at the beginning of earth revolution, before the Luciferic forces began their work, man had a nature, an entelechy that can inspire him with undying hope.

The Jesus of the Gospel of St. Luke — not the Jesus described in the Gospel of St. Matthew — is the Child before whom the shepherds worship. To them the proclamation rang forth: Now is the Divine revealed from the heavenly heights, bringing peace to the souls of men who are of good-will. And so for the centuries when the higher reality was beyond man's grasp, the festival was instituted which every year brings to his remembrance: Although you cannot gaze into the heavenly heights and there recognize the great Sun-Spirit, you bear within you, from the time of your earthly beginning, the Child-Soul in its state of purity, unsullied by the effects of physical incarnation; and the forces of this Child-Soul can give you the firm confidence that you can be victorious over the lower nature which clings to you as the result of Lucifer's temptation. The linking of the festival of Jesus' birth with remembrance of Adam and Eve gave emphasis to the thought that at the place visited by the shepherds a human soul had been born in the state of innocence in which the soul existed before the first incarnation on earth.

At this time of festival, therefore, since the birth of the God was no longer understood, the birth of a human being was commemorated. For however greatly man's forces threaten to decline and his sufferings to take the upper hand, there are two unfailing sources of peace, harmony and strength. We are led to the first source when we look out into cosmic space, knowing it to be pervaded by the weaving lift, movement and warmth of the Divine Spirit. And if we hold fast to the conviction that this Divine-Spiritual Power weaving through the universe can permeate our being provided only that our forces do not flag — there we have the Easter thought, equally a source of hope and confidence flowing from the cosmic

spheres. And the second source can spring from the dim inkling that as a being of soul-and-spirit, before he became the prey of the Luciferic forces at the beginning of his earthly evolution, man was still part of the same Spirit now awaited from cosmic worlds as in the Easter thought. Turning to the source to be found in man's own, original being, before the onset of the Luciferic influence, we can say to ourselves: Whatever may befall you, whatever may torment you and draw you down from the shining spheres of the spirit, your divine origin is an eternal reality, hidden though it be in the depths of the soul. Recognition of this innermost power of the soul will give birth to the firm assurance that the heights are within your reach. And if you conjure before your soul all that is innocent, childlike, free from life's temptations, free from all that has already befallen human souls through the many incarnations since the beginning of earthly evolution, then you will have a picture of the human soul as it was before these earthly incarnations began.

But one soul — one soul only — remained in this condition, namely the soul of the Jesus Child described in the Gospel of St. Luke. This soul was kept back in the spiritual life when the other human souls began to pass through their incarnations on the earth. This soul remained in the guardianship of the holiest Mysteries through the Atlantean and Post-Atlantean epochs until the time of the events in Palestine. Then it was sent forth into the body predestined to receive it and became one of the two Jesus children — the Child described in the Gospel of St. Luke.

Thus did the festival of Christ's Nativity become the festival of the Birth of Jesus.

If we rightly understand this festival we must say: That which we believe to be born anew symbolically every Christmas Night, is the human soul in its original nature, the childhood-spirit of man as it was at the beginning of earth-evolution; then it descended as a revelation from the heavenly heights. And when the human heart can become conscious of this reality, the soul is filled with the unshakable peace that can bear us to our lofty goals, if we are of goodwill. Mighty indeed is the word that can resound to us on Christmas Night, do we but understand its import.

Why was it that the festival of Christ's birth was set back thirteen days and became the festival of the birth of Jesus? To understand this we must penetrate into deep mysteries of human existence. Of outer nature, man believes, because he sees it with his eyes, that what the rays of the sun charm forth from the depths of the earth, unfolding into beauty through the spring and summer, withdraws into those same depths at the time when the outer sun-sphere is darkest, and that what will spring forth again the following year is being prepared in the seeds within the depths of the earth. Because his eyes bear witness, man believes that the seed of the plant

passes through a yearly cycle, that it must go down into the earth's depths in order to unfold again under the warmth and light of the sun in spring. But to begin with, man has no notion that the human soul too passes through such a cycle. Nor is this revealed until he is initiated into the great mysteries of existence. Just as the force contained in the seed of every plant is bound up with the physical forces of the earth, so is the inmost being of the human soul bound up with the spiritual forces of the earth. And just as the seed of the plant sinks into the depths of the earth at the time we know as Christmas, so does the soul of man descend at that time into deep, deep spirit-realms, drawing strength from these depths as does the seed of the plant for its blossoming in spring. What the soul undergoes in these spirit-depths of the earth is entirely hidden from the ordinary consciousness. But for one whose eyes of spirit are opened the Thirteen Days and Thirteen Nights between the 24th of December and the 6th of January are a time of deep spiritual experience.

Parallel with the experience of the plant-seed in the depths of the natural earth, there is a spiritual experience in the earth's spirit-depths — verily a parallel experience. And the seer for whom this experience is possible either as the result of training or through inherited clairvoyant faculties, can feel himself penetrating into these spiritual depths. During this period of the Thirteen Days and Nights, the seer can behold what must come upon man because he has passed through incarnations which have been under the influence of the forces of Lucifer since the beginning of earthly evolution. The sufferings in Kamaloka that man must endure in the spiritual world because Lucifer has been at his side since he began to incarnate on the earth — the dearest vision of all this is presented in the mighty Imaginations which can come before the soul during the Thirteen Days and Nights between the Christmas Festival and the Festival of the 6th of January, the Epiphany. At the time when the seed of the plant is passing through its most crucial period in the depths below, the human soul is passing through its deepest experiences. The soul gazes at a vista of all that man must experience in the spiritual worlds because, under Lucifer's influence, he alienated himself from the Powers by whom the world was created. This vision is clearest to the soul during these Thirteen Days and Nights. Hence there is no better preparation for the revelation of that Imagination which may be called the Christ Imagination and which makes us aware that by gaining the victory over Lucifer, Christ Himself becomes the Judge of the deeds of men during the incarnations affected by Lucifer's influence. The soul of the seer lives on from the festival of Jesus' birth to that of the Epiphany in such a way that the Christ Mystery is revealed. It is during these Thirteen Holy Days and Nights that the soul can grasp most deeply of all, the import and meaning of the Baptism by John in the Jordan.

It is remarkable that during the centuries of Christendom, wherever powers of spiritual sight developed in the right way, it was known to seers that vision penetrated most deeply during the period of the Thirteen Holy Nights at the time of the winter solstice. Many a seer — either schooled in the mysteries of the modern age or possessing inherited powers of clairvoyance — makes it evident to us that at the darkest point of the winter solstice the soul can have vision of all that man must undergo because of his alienation from the Christ Spirit, how adjustment and catharsis were made possible through the Mystery enacted in the Baptism by John in the Jordan and then through the Mystery of Golgotha, and how the visions during the Thirteen Nights are crowned on the 6th of January by the Christ Imagination. Thus it is correct to name the 6th of January as the day of Christ's birth and these Thirteen Nights as the time during which the powers of seership in the human soul discern and perceive what man must undergo through his life in the incarnations from Adam and Eve to the Mystery of Golgotha.

... Thus with the coming of Christ in the Spirit, it will become more and more possible for men to know how the spiritual forces weave and hold sway and that the festivals have not been instituted by arbitrary opinions but by the cosmic wisdom which so often lies beyond the reach of men's consciousness yet works and reigns throughout history. This cosmic wisdom has placed the festival of the birth of Jesus at the beginning of the Thirteen Days. While the Easter Festival can always be a reminder that contemplation of the cosmic worlds will help us to find within ourselves the strength to conquer all that is lower, the Christmas thought — if we understand the festival which commemorates man's divine origin and the symbol before us on Christmas Day in the form of the Jesus Child — says to us ever and again that the powers which bring peace to the soul can be found within ourselves. True peace of soul is present only when that peace has sure foundations, that is to say, when it is a force enabling man to know: In thee lives something which, if truly brought to birth, can, nay must, lead thee to divine Heights, to divine Powers. —

The lights on this tree are symbols of the light which shines in our own souls when we grasp the reality of what is proclaimed to us symbolically on Christmas Night by the Jesus Child in its state of innocence: the inmost being of the human soul itself, strong, innocent, tranquil, leading us along our life's path to the highest goals of existence. May these lights on the Christmas Tree say to us: If ever thy soul is weak, if ever thou believest that the goals of earth-existence are beyond thy reach, think of man's divine origin and become aware of those forces within thee which are also the forces of supreme Love. Become inwardly conscious of the forces which give thee confidence and certainty in all thy works, through all thy life, now and in all ages of time to come.

The Etheric Christ in Our Lives Now: Mini Workshop with Clay Modeling

Where do we find the forces of Christ's resurrection in our time? These forces did not just disappear. The resurrection was not just a one time event. Christ permeates space and time with his spiritual substance. In motion or movement is when Christ can 'incarnate' into the world. In moving from one state to another, in transitions, when we are changing ourselves this is where we may find the forces of Christ now. Can we experience something new, even today? In working with clay modeling we can begin to find our fixed conceptions and then move them around and come to a new awareness. Chris Guilfoil and Craig Wiggins will present a mini workshop on these themes at Bothmer Hall, Saturday January 30, 10:15-12:15. The cost is by donation, with a suggestion of \$30.

MJ DAVISON: Color and Light at Midlife

The Art Hall is pleased to announce the opening reception for our next exhibit by international artist and Portland Waldorf School parent, MJ Davison, titled *Color and Light at Midlife*, on Wednesday, January 13, 2015, 5:30 – 7:30 p.m., with an artist talk at 6:00.

MJ is a lifelong artist who has recently devoted her career to understanding color and light through veil painting. As a child, she asked "where am I?" and interpreted the world through drawing, painting, and collage. As a teen asking "who am I?" she painted and made found fabrics into wearable art and home fashions.

Her BFA from Kent State University in Kent, Ohio, encompassed crafts, fashion, and French. While here, she asked "who and what inspires me?" Professors Marlene Mancini-Frost, textiles, and Daniel Rohn, color theory, were most inspiring. The beauty and harmony of ancient Greece led MJ to form life-size figures in ceremony, made of printed and painted fabric, for her graduate thesis. Narrative and 3-D collage work continued at the University of the Arts, Philadelphia, where MJ earned her MFA in Book Arts/Printmaking. There, Bobbie Lippman, papermaker, Hedy Kyle, bookmaker, Sarah Van Keuren, photographer, and Frank Galuszka, painter, were all instrumental in her artistic development. In Philadelphia, MJ asked herself two questions: "who are we in relationship?" and "what is beyond us?" Here her work started to explore the family system and the spiritual self beyond the physical. These two questions would be answered through mixed media books and prints over the next two decades in two different cities, yielding many works collected nationally and internationally. One example is her book, *Evidence of Attendants*, produced through a residency at Women's Studio Workshop. Another is her non-silver photography, for which MJ received a grant from the Mid-Atlantic Arts Council.

MJ developed a fondness for teaching papermaking and bookmaking to all ages while living in Philadelphia and then in New York City, where she continued to exhibit in group art shows, locally and nationally. Commercially, MJ developed lines of hand-painted wallcoverings for design showrooms in New York, Chicago, and San Francisco.

Marrying and moving to San Francisco, MJ kept answering the question "what is beyond us?" through larger-scale acrylic paintings. The themes expanded into astronomy, astrology and eastern wisdom. The benefits of Anthroposophy came into MJ's family life through Karen Rivers, teacher, and the Marin Waldorf School community. It was there she began to unlearn what she thought she knew of painting in order to begin to ask "what is this beyond that which is?"

Settling the family in Portland, MJ has grown through therapeutic painting with Robin Lieberman, along with workshops given locally by Robin, Laura Summers, Marie-Laure Valandro, Sandra Burch, Cheri Munske, and in Crestone, Colorado, with Jennifer Thomson. Her personal study in conjunction with these teachers comes from readings on color and light by Rudolf Steiner, Goethe, Liane Collot d'Herbois, and Laura Summers.

Please join us on Wednesday, January 13, for the opening at 5:30 p.m. and for MJ's talk at 6:00! The exhibit will remain open to the public by appointment through Thursday, February 11. As usual, you may contact Robin with any questions. Please see flier.

Pain, the Path from Prison to Portal

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 More info on the events calendar at www.spacialdynamics.com

Indications given by Rudolf Steiner to Herbert Hahn for the Twelve Holy Nights

On December 24th the 12 Holy Nights begin

Notes by John Barnwell, Lake Orion, Michigan, December 16, 2013

The 12 Holy Nights are symbols for the 12 forces of the soul that live in us. And so this indication is valid forever, not only for the 12 Holy Nights.

On January 1 at noon we have the Sun as close as possible to the Earth [†] and that is why there are just five and half days before and five days and a half later, which is the time of the 12 Holy Nights.

On these nights, the darkest of the year, are closest to the Sun's Spirit and this means that the Spiritual Sun shining from inside the Earth makes it translucent and illuminates everything from the inside, not as it is afterwards when the Sun illuminates the Earth from above, from the outside.

You have to enter these 12 Holy Nights wide awake and very conscious. It is important that the first night (Dec. 24th) we only stay awake until one or two in the morning. On the other nights, if possible, try to go to bed regularly at the same time, it is of principal importance to live in a regular rhythm at this time, if this is not possible in the active life, one has to try to do so internally; Those who cannot be silent in the external life should seek constantly to be inwardly aware of the sanctity of the time. It is important to perform daily duties without losing sight of this realization, of the sacredness of the time, allowing nothing unhealthy, no ugly movement to enter the soul, remaining always attentive and severe on oneself in this regard.

During the experience of Christmas, with its 12 Holy Nights, we sow the seed for the next 12 months. Therefore these 12 days are important, if for example we make mistakes on the first day, we lay a seed, which, in the first month, will germinate negatively in the blood.

We must try to pass the 12 holy days properly, according to the Law, because we need each year to work on our rebirth - and we cannot lose any year.

Twelve Holy Nights by Dr Yubraj Sharma

Excerpted from Toks Coker Blog

One of my fabulous teachers, Dr Yubraj Sharma MBBS, MRCP, Dip Ac, MFHom; has been working on The Twelve Holy Nights Meditation for some years...

Christmas – represents the birth of Man in the earthly sphere, as the Nathan Jesus anchoring the innocent Adam

Epiphany (6th Jan) – represents the birth of God in the earthly sphere, as the Baptism of Jesus by John the Baptist

Between these two festivals are the 12 Holy nights, as 12 ascending stages of world consciousness towards cosmic consciousness. This is from Jesus to Christ. It is also the journey through the 9 spiritual hierarchies to enable Man to become the 10th hierarchy. It is also a journey from the starry region of the Fishes (Pisces) to the Ram (Aries).

Foundation Stone Meditation Fourth Verse

At the turning point of time
The Spirit-light of the world
Entered the stream of earth
existence.

Darkness of night
Had ceased its reign;
Day-radiant light
Shone forth in human
souls:
Light
That gives warmth
To simple shepherds'
hearts;
Light
That enlightens
The wise heads of kings.

Light divine,
Christ-Sun,
Warm
Our hearts;
Enlighten
Our heads;
That good may become
What from our hearts
We are founding,
What from our heads
Through our heads
We direct,
With single will.



Calendar of the Soul

December 27-January 2, Verses 39 & 40

Devoted whole to Spirit's revelation
I win as my reward
the Light that is the substance of the world,
Mind, grown more clear,
lets now my Self appear,
hid in the might of Thought true Selfhood
shakes
its sleeping wings and wakes.

Once I am truly in the Spirit's deeps
straightway from out my soul's foundation –
from boundless love within the heart –
the fraud,
the hollow shell of private inclinations
fills with the might, the fire of the Word.

January 3-9, Verse 41

The soul's creative power
Sent from the bottom of the heart aspires
The life of man with strength of gods to fire
For deeds- for selves to grow into a mould
Formed out of love for and things done for men.

January 10-16, Verse 42

This hour of sunless gloom
evokes a forceful impulse in the soul
to open and reveal the strength in her,
to make her way into the darkest places
and there what senses later shall impart
feel as a telling warmth about the heart.

January 17-23, Verse 43

In deepest winter's grip
true Spirit-being quickens into warmth,
it through the forces in the heart bestows
on what the world as void Appearance shows
Reality, existence, power,
defying winter's freezing cold,
fanning a human soul's interior fire.

January 24-30, Verse 44

Noticing through her senses new delights
soul recalls spirit lately brought to birth,
pervading with her own serenity
born of creative willing in my thought
a world's chaotic bursting into life.

January 31-February 6, Verse 45

The potency of thought
is firm'd 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.

~ Paraphrase, Owen Barfield.



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

www.mercurypress.org

“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

January, 2016

First Class of the School of Spiritual Science – Lesson Nineteen

Sunday, January 10, 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, January 11 • 2606 SE 58th Ave. • Contact Valerie Hope, 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.

Here Come the Holy Nights Readings! The Gospel of St. Mark

December 26-January 6, 7:30-9:00 pm • Locations: Community Members' Homes. Please volunteer your home, we'd love to come visit you • Contact Tom Klein, 503-777-3176

See article in November newsletter.

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

Wednesday, January 13, 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 thearthall.wordpress.com

Please see flier and article in the January newsletter.

Portland Community Coalition Initiative Event Planning Meeting

Wednesday, January 20, 6:30-8:30 pm • If you plan to attend, please reply to Robin Lieberman 503-222-1192 or robin@robinlieberman.net for location details and directions..

Help to plan the Spring Gala fundraiser. Though some structure is in place, help is needed carrying out the logistics.

A Conversation on Physician-Assisted Suicide with Craig Wiggins

Friday, January 29, 8:00-9:20 am • NCNM Academic Building, 049 SW Porter St., Portland, street parking available • Contact Sandy Musclow, 971-271-4241 sandymusclow@student.ncnm.edu or www.anthromedclub.com

Anyone seeking insight into suicide will find in this talk a profound and esoteric introduction to this controversial issue. Craig is a San Francisco-based professional non-judgmental anthroposophic reverend who incorporates ideas of reincarnation and karma, and the role of spiritual beings in his discussion. He will lead a discussion touching upon the soul-spiritual, ethical, and medical-therapeutic issues surrounding physician-assisted suicide (and suicide as such). The inspiration arises from both Rudolf Steiner and the Hippocratic Oath. All are invited and encouraged to attend!

Christian Community Events January

Bothmer Hall, 5919 SE Division St. Suggested donation per event \$10- \$15 or what you can afford. Contact Sandra Burch with questions 503-353-1818, galenalyn@gmail.com

Friday January 29, 7:30pm *The Return of Christ in the Etheric: Signs of the times in cultural life of the 19th, 20th and 21st centuries.*

Saturday January 30, 9:00am *The Act of Consecration of Man.* 10:15- 12: 15 Mini Workshop: *The Etheric Christ in our Meditative and Religious Life with Craig Wiggins and Clay Modeling with Christopher Guilfoil.* 1:15pm *Gospel Study -The Parable of the Sheep and the Goats Matthew 25: 31-46.*

Sunday January 31, 9:15 *Religious Instruction (grades 1- 8), 10:00 Children's Service (grades 1- 8), 10:30 The Act of Consecration.*

Pilgrimage to the Garden of Your Heart with Robin Lieberman

Friday, January 29-Sunday January 31, Center for Contemplative Arts, Manzanita • \$200 by January 15, \$225 after • Contact Robin Lieberman, 503-222-1192, robin@robinlieberman.net

Experience your innate creativity for more fluid self- expression through the rhythm of your breathing in yoga, painting, and between the two activities..

Becoming a Cause of Light in the Dark: Portland Branch Annual General Meeting, Potluck and Conversation
Sunday, January 31, 1 pm • Cedarwood Waldorf School, 3030 SW Second Ave. • Contact Valerie Hope, valerieannhpx@aol.com

Once a year we come together as a community to share food and friendship, elect Council members, look back over our year, and engage a significant topic together. Past conversations have lived with us and provided color for the rest of the year – and longer! This year we will consider the topic, “Becoming a Cause of Light in the Dark.” After our potluck lunch we will have a presentation on the topic by Chiaki Uchiyama, and engage each other in small group conversations and with the group as a whole. We will also be interested to hear what activities community members feel would enrich their Anthroposophical striving.

Annual Anthroposophic Medicine Club Symposium – Topical Applications

Saturday/Sunday, March 4th & 5th • NCNM 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

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 More info on the events calendar at 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.

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

Saturday, March 12, 2-5 pm • Donation • Contact Valerie Hope, valerieannhpx@aol.com

This book takes us on an epic journey throughout 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, the author invites us on her adventures to ancient cities, architectural masterpieces, stunning landscapes, and even a camelback expedition in the desert. Marie-Laure Valandro shares her insights, joys, and inner struggles—and her human-to-human and down-to-earth encounters with the people she meets along the way—as she endeavors to move beyond mere tolerance, to a place of true understanding and respect for the other. Her words of wisdom, as well as the insights of anthroposophists, theologians, poets, and historians, help to decipher the mysteries behind Muslims, Christians, and Jews. Not only are we, too, brought to a new place of understanding and wonderment, but we are also inspired 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 or 503-908-7615

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 2nd Ave • Contact Robin Lieberman, 503-222-1192, robin@robinlieberman.net See article December Newsletter.

Rudolph 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 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.

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 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

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

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 ; 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

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

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.

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 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 • pws_choir-subscribe@yahoogroups.com (503) 654-2200

Painting and Study with Patricia Lynch, Friday Mornings

9:15-11:00 am, 3359 NE 72nd Ave., Portland. Contact Patricia Lynch at 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 33rd 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

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 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 beginning January 12

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, 503-484-4133 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 33rd Ave. • contact 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

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 Rumage at 971-271-7479.

To submit an article or a calendar item, email it to both Valerie Hope, valerieannhpdx@aol.com and Wes Burch, truelion@comcast.net. The deadline for submissions is the 15th 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 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, Michael & Portland Waldorf Schools, and Swallowtail School.

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 Rumage, 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 503-234-1531



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Robin Lieberman
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503.222.1192 robinlieberman.net



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**And Support
the Portland Branch**

Contact Valerie Hope at Valerieannhpdx@aol.com

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.



Daniel F. Gerhartz

<https://danielerhartz.wordpress.co>

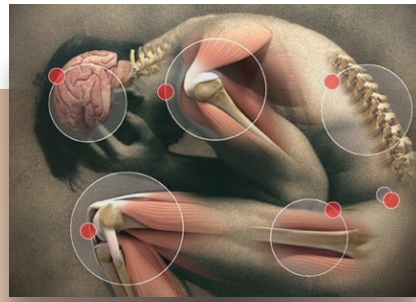
Becoming a Cause of Light in the Dark

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Potluck and Conversation
January 31, 1pm**

Cedarwood School, 3030 SW Second Ave.

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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 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 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**



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

Please direct all inquires to
Robin Lieberman at
503-222-1192 or at
robin@robinlieberman.net

Cedarwood Waldorf School
3030 SW Second Avenue
Portland, OR 97201

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

DR PHILIP INCAO

SPEAKING ON:

“RUDOLPH STEINER’S HEALING IMPULSE”



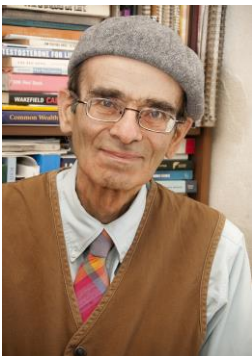
SATURDAY, APRIL 16, 2016

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.



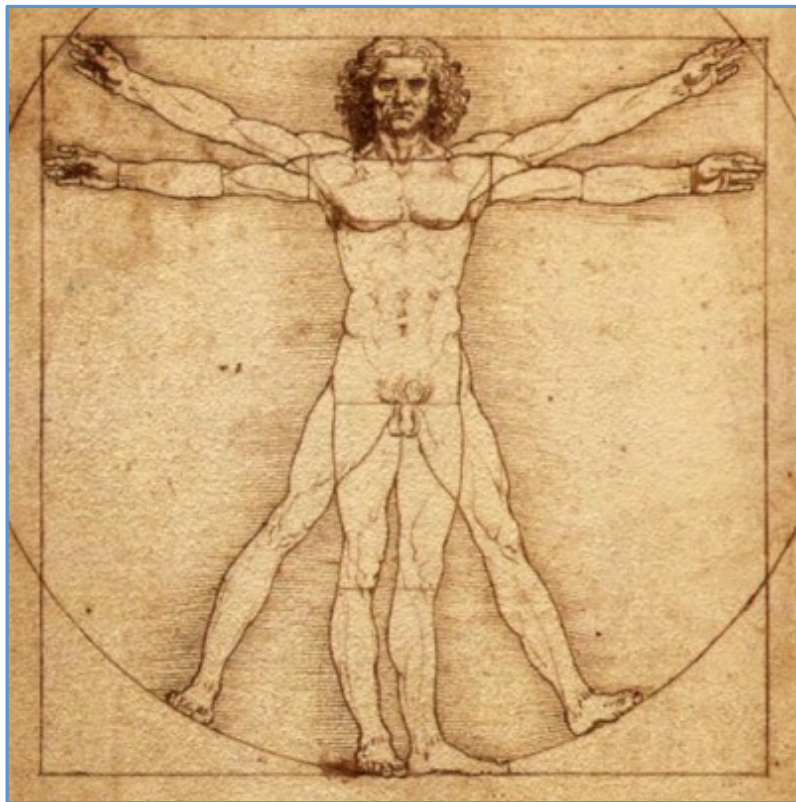
One of the first practitioners of Anthroposophic Medicine in the United States, Dr Incao had a busy practice in upstate New York in a Waldorf School and Biodynamic Farming Community for 23 years, until 1996. He then moved to Denver to help the growth of anthroposophic medicine in the West, founding and 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

NCNM Anthroposophic Medicine Club
Presents Guest Craig Wiggins
Friday January 29, 2016 Room 310 8:00-9:20 am

A Conversation on Physician-Assisted Suicide

Anyone seeking insight into suicide will find in this talk a profound and esoteric introduction to this controversial issue.



Craig is a San Francisco-based professional non-judgmental anthroposophic reverend who incorporates ideas of reincarnation and karma, and the role of spiritual beings in his discussion. He will lead a discussion touching upon the soul-spiritual, ethical, and medical-therapeutic issues surrounding physician-assisted suicide (and suicide as such). The inspiration arises from both Rudolf Steiner and the Hippocratic Oath.

Contact: sandy.musclow@student.ncnm.edu
www.anthromedclub.com

ALL ARE INVITED & ENCOURAGED TO ATTEND!

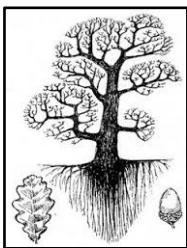
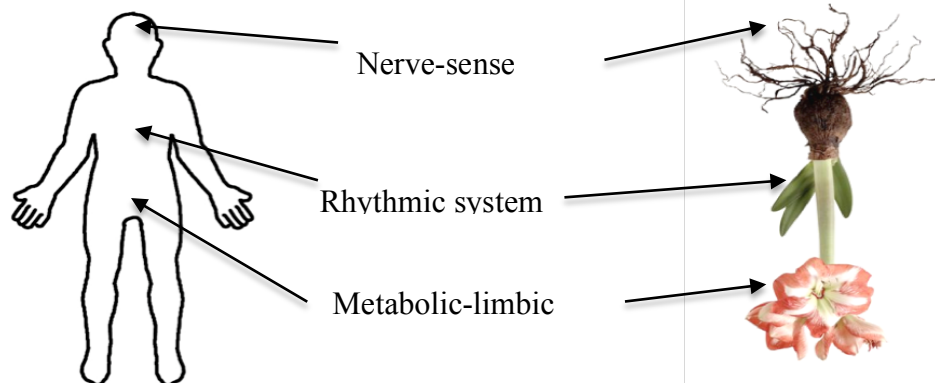
NCNM Anthroposophic Medicine Club

The Basics of Anthroposophic Medicine

Friday January 15, 2016 Room 301 8:30-9:20 am

A Basic Introduction to Anthroposophic Medicine

Anyone looking to get a broad overview of anthroposophic medicine and learn a little more about anthroposophy are welcome to come to this introductory talk on the 3-fold and 4-fold human being, Rudolf Steiner, Dr. Ita Wegman, biodynamic agriculture, practitioner resources in PDX, remedies, and more, are welcome to attend!



Contact: sandy.musclow@student.ncnm.edu
www.anthromedclub.com

ALL ARE INVITED & ENCOURAGED TO ATTEND!