



# Anthroposophical Society PORTLAND BRANCH

Newsletter

January 2017

## The Intellect and Meditation; Opportunities During the Holy Nights and Beyond

By Valerie Hope

**T**he thirteen Holy Nights, from Christmas to Epiphany (December 25-January 6), can be seen as an especially important time to deepen our meditative life, taking up in earnest the task of the fifth post-Atlantean epoch, to grasp the essence of Christ, to experience “Not I, but Christ in me”.<sup>(1)</sup> What is at work at this particular time of the year? Rudolf Steiner tells us that “...the forces of the Christ-Impulse can in those days particularly influence human souls, if only they are open to receive them.”<sup>(1)</sup>

Dr. Steiner describes the thirteen nights as the darkest of the year’s course on earth. He goes on: “... it is indeed a fact that there are two seasons of the year which are cosmically like opposite poles in relation to the soul-life of man living in his physical body (St. Johns, and the Twelve Holy Nights, ed.)...But the spiritual forces which are also active in the darkness unfold their greatest strength in the middle of the winter, when the sun’s forces reach the lowest point of their physical unfolding. And one may rightly say that it is in accordance with cosmic laws that the festival of the birth of Jesus of Nazareth should be celebrated in the winter season. When the external physical world is darkest of all, then the soul that unites with the forces spiritually pervading the aura of the earth, may have the strongest experiences... pictures corresponding to an imaginative knowledge...indicate living realities which are accessible to human souls when they transcend the body during these days



of physical darkness, which are, however, days of spiritual enlightenment, — when the human soul lives in forces that surge and weave through the aura of the earth.” <sup>(1)</sup>

“The earth’s aura then truly acquires forces which it does not have when it is flooded and illuminated by the physical forces of the sun. And because Christ is united with the aura of the earth ever since the Mystery of Golgotha, also the forces of the Christ-Impulse can in those days particularly

*Devotion*

Cheri Munske

Watercolor and Beeswax Crayon; 9”x12”

influence human souls, if only they are open to receive them.” (1)

**E**lsewhere, Dr. Steiner characterizes this time of the year as follows: “We know that during these days when in a sense the deepest outer darkness prevails over the earth, when the growth of vegetation is at its lowest ebb, when, in a sense, everything external in physical earth-life is at a standstill, that the earth-soul awakens and attains its fullest waking consciousness.” And he who cannot become conscious that a psychic distinction prevails between the winter and summer conditions of the earth is like a man who sees no difference between waking and sleeping. Those great beings of nature in whom we live, undergo states of spiritual transformations as does man himself, who is a microcosmic copy of the great macrocosm. Nature and the experiencing of it, the spiritual living with it has a certain significance. And he who can evoke a consciousness that just during these thirteen nights something transpires in the soul of the earth which man can also experience, will have found one of the ways through which man can live more and more into the spiritual world. The feeling for this experience of what is lived through in the great Cosmic existence has been lost to humanity today. We hardly know any more of the difference between winter and summer than that in winter the lamps must be lit earlier, and that it is cold in winter and warm in summer. In earlier times humanity really lived together with nature, and expressed this by relating in pictorial fashion how beings traversed the land while the snow fell, and passed through the country when the storm raged but of this in its deepest sense the present-day materialistic mind of man understands nothing.(2)

Writing about her book, *Meditations on the Twelve Holy Nights*, Kristina Kain is poetic: This period is like the germinating seed in the depths of the earth which will sprout and finally bloom at the Resurrection of the Christ-ened Jesus after the crucifixion. During these days and nights we have the opportunity to reach a new level of understanding of this, the most profound mystery known to man, and indeed in the whole universe.”

As we live into this reality, it may be helpful for our meditative life to consider Dr. Steiner’s answer to a young medical student’s question, “What must

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

## **Save The Dates!**

See the attached calendar & fliers for more info. and more events

### **Holy Nights Readings**

**January 1 to 6...see page 4**

### **Portland Branch Annual Meeting**

**Feb. 5, 12 to 3PM, Cedarwood School**

**8/19-21 Oliver Conradt, Solar Eclipse**

**8/29-9/2 Dr. Jaap van der Wal**

**10/26-30 Thomas Meyer**

I do out of the ego when I am meditating?” His reply:

“From out of the ego? Meditation consists, does it not, in the following. As a modern person you feel that you must understand every sentence. This is emphatically an activity of the ego in the present incarnation. Everything you do intellectually is an activity of the ego. In the present incarnation the intellect predominates and everything else is overshadowed by the ego, works upwards at the most like a dream, and is unconscious. In contrast with this, meditation means elimination of this intellectual striving and, to begin with, taking the content of the meditation just as it is given — purely according to the sounds of the words. When you approach the content of the meditation intellectually you bring your ego into movement before you absorb the meditation, for you think about the content; it is outside you. If you let the meditation be present in your consciousness just exactly as it is given, not cogitating over it at all but simply letting it be in your consciousness, then your ego is working in you not from the present incarnation but from the past. You hold the intellect still, simply transporting yourself into the word-content which you hear inwardly, not outwardly; you transport yourself into this word-content and as you do so your inner being works within the content of the meditation — the inner being which is not that of the present incarnation. But thereby the content of meditation becomes — not something for you to

understand merely — but something that works within you in reality; so that finally you become aware of: Now I have experienced something I was unaware of earlier.

**T**ake a simple meditation which I have often given: “Wisdom lives in the Light.” If we think about this we can extract many very clever things but equally frightfully stupid things from it. “Wisdom lives in the Light” is there in order to be heard inwardly. When you hear this inwardly that within you which listens does not come from your present incarnation but what you have brought with you from former earthly lives. It is this that thinks and experiences, and after some time there lights up within you something you did not know before, that you cannot think out with your own intellect. Inwardly you are much further than your intellect. Your intellect contains only a tiny extract of what is really there.” (3)

Dear Friends, blessings on the remainder of your Holy Nights.

(1) *Spiritual Science, a Necessity for the Present Time*, Rudolf Steiner

(2) *The Forming of Destiny and Life after Death*, Chapter 6, Lecture on the Poem of Olaf Asteson; *The Darkness of the Present-Day Spiritual Life and the Lack of Truth in Our Thinking*, Rudolf Steiner

(3) *Young Doctors Course: Easter Course: Lecture I* Dornach, April 21, 1924, Rudolf Steiner

#### Calendar translation by Stefan Schwabe:

“A transposition; I tried to recast these calendar verses in cadence and tenor, into our current English, to bring to our appreciation their strength and spirituality in terms of today’s thinking, feeling and willing.”

~St. Michael’s Feast 2011

“The course of the year has its own life. With this life the human soul can unfold a feeling-unison. If the soul opens itself to the influences that speak so variously to it week by week, it will find the right perception of itself. Thereby the soul will feel forces growing within that will strengthen it. It will observe that such inward forces want to be awakened – awakened by the soul’s ability to partake in the meaningful course of the world as it comes to life in the rhythms of time. Thereby the soul becomes fully aware of the delicate, yet vital threads that exist between itself and the world into which it has been born.”

– Rudolf Steiner  
author of the Calendar of the Soul

## Calendar of Soul

### 39. Thirty-ninth Week (Dec. 29 - Jan. 4)

Surrendered to the Spirit’s Revelation  
I find the Light of Cosmic Being.  
Strength of thought expands,  
Transfigured, gifting me my Self;  
Awakening it liberates  
From Concentration, Self-awareness.

### 40. Fortieth Week (Jan. 5 - 11)

And when I rest in Spirit grounds  
The bottom of my Heart is filled,  
Are vacancies of self-illusion filled  
From loving spheres of Soul  
With the Logos’ fiery might.

### 41. Forty-first Week (Jan. 12 - 18)

The creative powers of my Soul  
Aspire from deep within my Heart  
To ignite in Human Lives  
The forces of the Gods to just endeavour,  
To manifest the Self  
In human Love and human Deeds.

### 42. Forty-second Week (Jan. 19 - 25)

It is the strong urge of the Soul  
In this dark, Winter’s Night  
To manifest the Powers of the Self,  
To guide them into Darknesses  
And to expect with glowing Heart  
What the Senses shall reveal.

### 43. Forty-third Week (Jan. 26 - Feb. 1)

Within the Depths of Winter  
Essential Spirit Being starts to glow,  
Apparently endowing all the World  
Through forces of the Heart  
With steadfast Beingness;  
Defying frosty worlds, with fire of Soul  
The hearts of Human Beings.



## Holy Nights Schedule

All readings begin at 7:30

It is always a good idea to check that the schedule has not changed before leaving to go to the reading.

This year we will be reading *The Fifth Gospel* and, *Necessity and Freedom* lecture series which we last read in 2009.

Please call me at 503-777-3176 for more information. ~Tom Klein

### Sunday, Jan. 1

Tom & Ruth Klein  
3609 SE Center Street  
503-777-3176

### Monday, Jan. 2

Cheri & Martin Munske  
7652 SE Lincoln Street  
503-772-2632

### Tuesday, Jan. 3

James Lee & Jannebeth Röell  
anthroposophynow@comcast.net,  
503-249-3804

### Wednesday, Jan. 4

Patricia & Owen Lynch  
3359 NE 72nd Avenue  
503-288-9761

### Thursday, Jan. 5

Tom & Ruth Klein  
3609 SE Center Street  
503-777-3176

### Friday, Jan. 6

Rebecca & Jerry Soloway  
3105 SE Riesling Rd, Milwaukie  
503-908-7615



Earth Angel

Laura Summer - 2009

Back of card has this quote:

“Art does not reproduce the visible, it makes visible.”

~ Paul Klee

Dear Friends,

Things in the world are pretty intense and I, like so many others, wondered what I could do to help. Given my situation and my capacities, was there some way I could respond? In relation to this I asked, well, what does our culture need? And I thought, it needs what can awake in the human being through art, through creativity in making art and in the inner soul movement by witnessing that creativity when viewing art.

So art, and what else? Our culture needs to wonder about the spirit because wondering is the beginning of the path to knowing.

But I wanted the subject of this response to be

at least somewhat accessible to people. And the idea of an angel, a presence watching over me and us seemed like something familiar, something everyone could wonder about.

I don't know yet all of what this project will include but it will start with the distribution of cards on the topic of angels, perhaps with quotes about angels or wonder, by the artist who created the image or by someone else. Free Columbia will fund the production of the cards and everyone is welcome to submit images, text, quotes, poems. I don't guarantee that they will all get printed but I will try to keep the project moving.

It's important that the cards get distributed, that they get out into the world with a link to a page on the Free Columbia website about the project. The cards will be given to you and anyone else to distribute. If you're inspired to support the project you could make a donation to Free Columbia. The cards cost us between 15 -50 cents each to produce.

Perhaps the project will grow to include dispersals of paintings, readings of poems, playing of music. Let me know how you might want to be involved.

The first card is Earth Angel and will be ready for distribution by December 15. Let me know if you would like some cards. If you send me an image for future cards make sure it is high resolution.

Thanks and good wishes,  
Laura Summer

### **Portland Branch Annual Meeting**

**February 5  
12 to 3 PM**

**Cedarwood Waldorf School**

We will enjoy a potluck with Tom Klein's famous turkey, and engage in some art work with Chris Guilfoil. For our annual conversation we are considering topics submitted by community members -let's hear what you'd like to talk about.

Contact Valerie Hope: 503-775-0778  
valerieannhpx@aol.com

**The Portland Branch Newsletter** 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 both to 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 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>

The newsletter and calendar are posted on the Branch website, [www.portlandanthroposophy.org](http://www.portlandanthroposophy.org). Paper copies are available at the Pohala and Healthbridge Clinics; and the Cedarwood, Michael & Portland Waldorf Schools, and Swallowtail School.

Newsletter co-editors are Wes Burch & Valerie Hope; Seth Miller is our webmaster; and Ruth Klein is our treasurer; Christopher Guilfoil is our design and layout artist.

### **The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2016:**

Amy Joy Allahdadi, Amanda Eastman, Christopher Guilfoil, Helen Homola, Valerie Hope, Tish Johnson, Bob Kellum, Donna Patterson-Kellum, Margaret Kerndt, Tom Klein, Ruth Klein, Anne Kollender, James Lee, Heidi Vaneck Leontie, Judith Levin, Martin Levin, Robin Lieberman, Regina Loos, Patricia Lynch, Brian McClure, Cheri Munske, Natalie Norman, Padeen Quinn, Walter Rice, Susan Rice, Jannebeth Roell, Diane Ramage, Diane Schell-Rowley, Rebecca Soloway, Jerome Soloway, Barbara Strong, Linda Sussman, Marion Van Namen, Elizabeth Webber, Cindy Weinberg, Neil Weinberg, and thanks to a generous anonymous donor.

**We will gratefully receive your Branch membership dues**

**(\$50 or what you can afford).**

Send to: The Portland Branch c/o Ruth Klein, 3609 SE Center,  
Portland, OR 97202





## Community Sketch Group

by Patricia Lynch

In the summer of 2014 Laura Summer came to Corvallis and offered a week long workshop on The Nine Training Sketches for the Painter. These sketches were given to Henni Geck by Rudolf Steiner in 1922 for the purpose of training painters at the Goetheanum.

As a painter I am always looking for ways to better understand the work of being a painter. Luckily Rudolf Steiner provides lots to think about concerning this field. There are lectures on color, the Spiritual Being of Art, Image colors, Lustre colors, Truth, Beauty and Goodness and much more. Laura Summer, a co-founder of the art training called Free Columbia, in NY, had been working with these nine sketches, and she was invited to come to Oregon to offer a workshop. Laurie McCloskey graciously hosted the workshop in Corvallis.

We worked with the first two sketches, Sunrise and Sunset. We did exercises in black and white and then worked with the sequencing of color



from the sketches. The question for me is, what is Steiner showing us through these sketches? It is a very mysterious journey. After the workshop there were participants interested in continuing this exploration.

We have met a number of times either in Corvallis, Eugene or Portland with others who have joined the research. A group meets regularly in Eugene, and there are individuals who work alone. We come together to talk, paint, observe, and share our research on the nine sketches given by Rudolf Steiner.

Following are some statements from participants about their experience with this group or with the sketches.

“The exploratory play turning into focused work, and focused work into exploratory play. That’s the ongoing movement I experience in working with Steiner’s sketches. “

“What do I know of colors?  
through darkness  
to light  
silently unfolding  
revealing whispers of radiance  
Consider which color is first, she said.  
How do they move in and out?  
breathing  
humming  
singing with each other  
I listen for truth  
for beauty  
for goodness  
if I endeavor  
will I, like the changing colors,  
be transformed?  
Between the spaces  
are they gathering some substance  
rich and mysterious?  
are they speaking?  
How can I hear what they are offering?  
I listen again.”

“In The Nature Sketches by R.Steiner, my attention is directed to the Sun, the Moon and Nature. Working with the sketches I tried to think about light; the sunlight and the moon light and their rhythms and what we owe to them. Questions arose like: How do I live myself in these light rhythms? What

are the artistic tools to express these feelings?  
How does nature express these movements?  
The “working together “on the sketches was very  
inspiring and feels to be a whole new step in “art  
school”! “

“A year and a half ago I began to work with Steiner’s (remarkably) unremarkable training sketches, I started by copying them: stroke for stroke, trying to decipher what order the colors were laid down, pausing to feel the effect of each color. Then I began to paint, using each of the sketches as a starting point, over and over. Steiner’s sketches are trail markers on a path that branches, circles back on itself, leads through brambles, breaks out into the open—What do the colors call for in their interaction with each other? What is the hierarchy of the colors? What happens with more of one? less of one? What about the motifs? What is my experience of painting from top to bottom? bottom to top? Do I understand green at all? What of the experience of the cosmos surrounding the earth, and of the earth radiating outward? What of the color beings themselves? I began to understand Steiner’s wisdom in not writing about how to use the training sketches. I began to feel him at my shoulder, smiling, “go on, what will you do?” Do. Do more. What will happen if I work with these sketches for another year? Ten years?”



Our research will be on display at the Art Hall, Cedarwood Waldorf School in January. There will be a short presentation and an opportunity to meet the artists on Friday January 13, 2017.

See flyer for more details.

## Valerie Miles: Working Out Of Anthroposophy

by Robin Lieberman

**A** loving crowd representing various periods in Valerie Miles’s career as teacher and artist here in Portland attended her opening reception for *Playing with Color, Rhythm and Form*: students, from high school seniors who were in her last 8th grade class at the Michael School to a fourth grader who had Valerie in her first year; parents of students; Waldorf teacher colleagues; artists; other professionals in our community; and her ever-present husband and partner in life, John—all eager to hear her eloquent presentation amidst her gorgeous and riveting works of art. Valerie took to the podium with the familiarity, ease and confidence of a professional. She began her inspiring presentation declaring that her life’s work comes out of anthroposophy and how out of personal tragedy, losing someone very close, she came to work with color, learning from the well-known German painter, Karo Bergman. In this relationship (Karo spoke no English and Valerie spoke no German!) they communicated through the being and essence of color. After this time in Germany Valerie and her family returned to England, enrolled their children in a Waldorf School, and John and she began their training. She told us that Waldorf Education contains every aspect of anthroposophy and has the power to heal and change lives, most of that streaming through the Arts.

Valerie delighted us with a story of awareness, explaining how one of her teachers once said, “an artist should not be a teacher”. Her reflections: That’s an interesting concept and I had never thought about it before. Now I can think about it...I like it! Why did she say that? I think as an artist now I can just start to feel the communication that I need to bring the forces, and what I see behind those forces, and bring them into the Arts. When you’re a teacher you’re always preparing, marking, giving out, going to meetings...You can’t hold that space, not if you’re a Waldorf teacher. I’m just about getting to that place. But what I found most of all, most satisfying, and this has always been so, ever since the work with Karo Bergman and later



at Tobias School of Art, and (with) many other teachers: that power of color.

**W**e're forgetting what's in our environment...what's God-given, if you like, what sustains us. The power of color, all that rhythm that lives, how it changes...This is why I've always been so fascinated by the seasons and what's happening.

Sharing her process Valerie said: I'm a very fair weather artist and I have to be in the mood. But I'm getting past that a bit...If I feel inspired I just take a color—any color—and put it on paper and then another color and another and I just play with them; I literally play with them and hope—there's a lot of trust involved here— "is something going to turn out?" And fortunately, a lot of times it does work! It's a trust process.

Most telling, a child in the captive audience asked a question at the end of Valerie's presentation "What inspires you?" Valerie's beautiful response was "children, like you, who are closest to the spiritual world.



Thank you, Valerie, for your dedication to the Arts, anthroposophy, your impeccably executed work, and a most beautiful exhibit at the Art Hall! Many, many beings received the healing power of the color you shared. We hope you'll come back.

## Light

**"Light** does not attack or contest. What Light does is to evoke itself within a system. It's not so much that we "send" Light to someone or someplace as it is that we evoke through resonance their own Light or the Light of that situation to emerge and make itself known. Light operates by changing the environment.

Here the metaphor of physical light can be useful. If I step into a dark room and turn on the light, the light doesn't start fighting the darkness and forcing it to retreat. The light simply is, and where it is, darkness cannot also be. Light alters the environment, whether we're talking about physical light or sacred Light. In a strict sense, then, there are no "Warriors of Light." Rather there are **Light-bearers**, those who can bring into and evoke from a situation potentials for sacredness in expression."

David Spangler  
Views from the Borderland  
Year 6, Vol. III

<https://lorian.org/views-from-the-borderlands/>





TONIGHT BY THE FIRE, AS I STROKE YOUR SILVER HAIR

Tonight by the fire as I stroke your silver hair  
It's 20 years ago, I drive to see you in the snow  
Through a tunnel of white, illuminating night,  
Out from which wet snowflakes guide me there

In that still moment, in a feeling of quickening quietude,  
Lightness radiates from dark, and with the same inspiring spark  
Spirits guide each stumbling move, like a well-loved record's  
groove

As I'm led to you for one more interlude

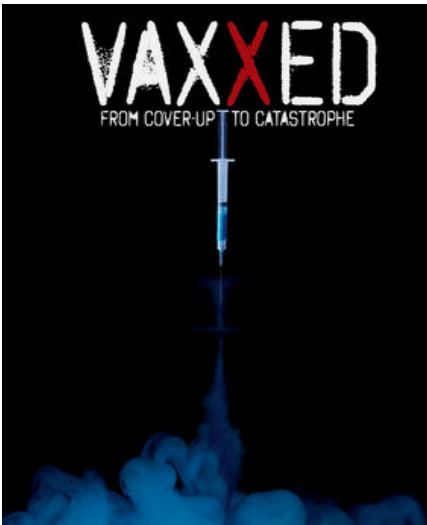
I make my way to you and climb the stair  
To the smell of onions and incense, both familiar, both intense  
The sounds of Billie Holiday, the 40's jazz you love to play  
The tenderness felt here no less than there

And like then, now, I find I am transported  
Time stops, space collapses and expands  
And again I am some place not yet recorded  
With a sense of warm remembrance in my hands

Eternity is touched in just these seconds  
As our bodies both disintegrate from wear  
And we open to a spirit, birthed, that beckons  
Tonight by the fire....as I stroke your silver hair

Robert Kellum  
11-14-12

## FILM REVIEW



### Vaxxed: From Cover-Up to Catastrophe<sup>1</sup>

#### Editor's Note:

Dr. Philip Incao, an Anthroposophical MD, has offered lectures in our community about how we develop immunity, the functions of disease, and about vaccinations in that context. Following up on the interest that he generated, Dr. Robert Kellum, an Anthroposophical Naturopath, was instrumental in bringing the ground-breaking movie VAXXED to a Portland theater. We have excerpted his excellent in-depth review of the movie below, but recommend that you see the full version, which is accompanied by a description of the dynamics around building a balanced immune system, concerns about greater risk of chronic auto-immune diseases, and a wonderful resources page.

#### Link to the full review and resource page:

<http://www.portlandanthroposophy.org/wp-content/uploads/2010/10/VAXXED-FILM-REVIEW-2.pdf>

**F**or anyone with an open heart and an open, critical, mind, the documentary movie "Vaxxed" is a real game changer in the vaccination debate. It is also very well documented. Where the film couldn't do complete justice to every detail in its 91 minutes, you can download a 94MB pdf of materials, much of which the former CDC Research Director (Dr WilliamThompson) himself has provided, as additional support. <http://vaxxedthemovie.com/download-the-cdc-autism-mmr-files-released-by-dr-william-thompson/>

"Vaxxed" effectively skewers the argument that all who protest the pharmaceutical industry's influence in directing vaccination policy are ir-

rational, anti-vaccination, anti-science conspiracy mongers. Likely there are people in the world who fit this profile, but it isn't the makers of this film nor the people in it, and it's not the audience the film is addressing. What the film DOES do, is show how big pharma, and the media it influences<sup>2</sup>, regularly DOES drag precisely this type of "anti-science" critique out in its own defense, simultaneously making every effort to avoid the "elephant in the room", the deeper issues which this film really takes to task. It bears noting too that the film does much to exonerate Andrew Wakefield, who has been mainstream medicine's punching bag for the past 18 years for suggesting that a study be done to examine the relationship between vaccinations and autism. He uses the revelations of William Thompson, the CDC whistleblower who made suppressed studies and data available, to corroborate his own earlier study and address past criticisms against him.

In truth, much of this film is about how the Centers for Disease Control and Prevention (CDC) has handed us lies instead of the true science we really do need: how it changed the analysis plan of its research, altered its cohorts, and otherwise manipulated data to downplay highly significant correlations between the MMR vaccine and autism (autism as carefully defined in the film), and how when that still was insufficient to hide the truth, it chose to destroy the data itself, and then cover up what it had done. This film then is also about the potential deleterious effects of vaccinations when given UNDER CERTAIN CONDITIONS, specifically such as administering them in combination, giving too many and too frequently, and giving them before a child has developed an immune system and is most susceptible to harm, as shown in suppressed CDC studies. And ultimately it's about people being denied the right to have control over their own bodies and the information needed to make consciously informed decisions for themselves (as witnessed in the recent mandatory vaccination law in California, signed by Governor Brown in 2015, presaging comparable attacks upon our medical freedom in further states) .

It's also a very human film with heartbreaking stories of some of the many broken lives potentially arising because this information was withheld for 14 years: of disillusioned doctors who, faithfully relying upon the CDC's information, are



now uncertain of their path. It also carries a chilling message regarding the continued rise of autism in our future, mediated in part by past changes in diagnostic criteria<sup>3</sup>, yet, even so, expanding at rates so rapid (~200-fold increase in the past 30 years) as to potentially threaten the very fabric of our culture and economy.

In his 1962 book, *The Mirage of Health*, microbiologist Rene Dubos warns that, "Complete freedom from disease and struggle is incompatible with the process of living,...All the accomplishments of science and technology cannot ultimately secure health because they ignore the dynamic process of adaptation to a constantly changing environment that every living organism must face." This capacity for adaptation requires balance, not the mirage that we can fend off our appointments with destiny through a life of perpetual vaccination. We can no longer afford to sacrifice truth for profits. We owe the makers of this film a great deal of thanks for helping to steer this conversation back on track.

#### (Endnotes)

1) 2016 Cinema Libre Studio:  
[www.vaxxedthemovie.com](http://www.vaxxedthemovie.com)

v

2) \$5.2 billion in drug ads annually as of 2016, see :  
<http://www.cbsnews.com/news/drug-ads-5-2-billion-annually-and-rising/>

3) See, for example  
<http://autismsciencefoundation.org/what-is-autism/how-common-is-autism/>



**Dr Robert Kellum** is a board-licensed Naturopathic physician and practitioner of Classical Chinese medicine, a licensed body worker for over 25 years, and holds

advanced degrees/training in sociology, anthropology and psychology. As a board-certified IPMT Graduate of Anthroposophic Medicine, Bob spearheaded the development in 2012 (with other interested colleagues) of the Society for Physicians of Anthroposophic Naturopathy (SPAN). Part of an umbrella group of practitioners within the Anthroposophic Association of Medical Therapies in America (AAMTA), SPAN offers a 5 year certification program for Naturopaths to take training in Anthroposophic Naturopathy. In addition to the time he spends with his wife and patients, Bob's passions lie in further developing the cross-disciplinary seeds of a truly integrative spiritual science, through the drawing together of NDs and other like-minded colleagues as a conscious force in their professions. He currently sees patients in Portland, Oregon. For more information, you can contact Bob directly at [healthbridge@integra.net](mailto:healthbridge@integra.net). For more on SPAN, visit:

We stand about here idly -  
while up above they wait for us!  
We merely walk here idly.

No seriousness in our loyalty -  
while up above they wait for us:  
no serious, active loyalty.

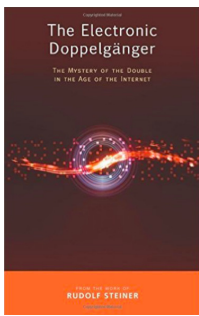
Neither above nor here below can grow  
from such poor help, meaning or victory.  
Above and below instead there grows

from such half-heartedness shame and grief.  
The gods above are ailing and  
here human beings wither, Sorrow, grief

replace the work of love within the world.

~ Christian Morgenstern

## BOOK REVIEW



### **The Electronic Doppelgänger: The Mystery of the Double in the Age of the Internet**

**From the works of Rudolf Steiner  
Rudolf Steiner Press, 2016**

In November of 1917 Rudolf Steiner began a cycle of lectures in St. Gallen, Switzerland, on a topic he would never speak on again. These lectures were later completed in Dornach, Switzerland. The geographic location where these lectures began in Europe was named after St. Gallen, the pupil of Columbanus, (Irish: Columbán, 543 - 21 November 615) who worked to “wall off” Europe from the influence of what is the central theme of this book, the American ‘geographical’ or ‘ahrimanic’ doppelgänger. The story of why they would seek this separation and consequently where we are today in relationship to this ‘electronic doppelgänger,’ is carefully crafted in Andreas Neider’s introduction and afterward.

The powers of remembering and creating mental imagery reside in the etheric body. How these powers develop form the central tenet of the modern paradigm of pedagogy as practiced in schools versed in Steiner’s insights. They also become the free powers of attention in our etheric bodies leading to the capacities for concentration, meditation and the various review exercises as developed through spiritual science. In these lectures Steiner lays out the way in which this basis for freedom in the human being is replaced with the electronic doppelgänger (literally double-goer).

But as the translator points out, doppelgänger is the appropriate term in English and not ‘double,’ especially today within the context of online social media with its digital avatars. This is significant in the light of Steiner’s distinction between the psychological alter-ego, the luciferic doppelgänger, or

‘Double,’ and this ahrimanic doppelgänger which is the focus of this book.

The geographical nature of the doppelgänger is also related to geographical medicine, which was the main reason that early Europeans, prior to the Renaissance, began to journey to North America to study this phenomena. This wisdom was integral to healing and medicine prior to the massive materialism invoked with the ‘fall of the spirits of darkness.’ How this wisdom will, and must be renewed, Steiner places at the core of what will prevent the replacement of these free-forces with the electric doppelgänger.

Steiner makes clear that these are geographical concepts and not concepts that pertain to a people, or folk. But equally clear is the assertion that this doppelgänger influences individuals and cultural life. Steiner contrasts Ralph Waldo Emerson, who “opposed the doppelgänger with his full humanity”, and Woodrow Wilson, who was “merely an outer shell for the doppelgänger.”

Humanity’s increasingly conscious relationship with the so-called ‘dead’ is also in a perilous state due to the electronic doppelgänger. This also relates to the usurping of these free-forces. Along with geographical medicine, staying connected to the dead is vital for the healing of the earth and humanity.

The growth of this electronic doppelgänger surrounds us now. It is rightly unavoidable. We are, and will produce these “machine-animals” ourselves. But Steiner also reassures us, “it will be the task of a spiritual science that explores the cosmos to ensure all the temptations do not exert any damaging influences on human beings.”

Andreas Neider’s introduction and afterward to this new volume from Rudolf Steiner Press nearly stands alone with its insight into Steiner’s wisdom and our contemporary context. How we can balance this doppelgänger with our full humanity is given full attention and a practical application.

[The Electronic Doppelgänger: The Mystery of the Double in the Age of the Internet](#), from the works of Rudolf Steiner. Introduction and afterward by Andreas Neider. Rudolf Steiner Press, 2016.

~Christopher Guilfoil



# Portland Branch Calendar January, 2017

## First Class of the School of Spiritual Science

January 8 (no admittance after the class starts) • Bothmer Hall, 5919 SE Division St, Portland, 97206, Contact Diane Rumage at 971-271-7479; Cheri Munske at 503- 484-4133; or Rebecca Soloway, (516) 850-1027. Blue card required. Second Sunday of each month.

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## Portland Branch Council Meeting

January 9 • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778; [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.

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## For the Holy Nights

January 3, Tuesday You are invited to a presentation of the “Madonna Series”. 7:30pm; Bothmer Hall. Adults only. Donations accepted Please see accompanying flyer at the end of the Newsletter.

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## Holy Nights Readings

January 1 to 6 See listing in the January Newsletter.

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## Christian Community Events

January 27 to 29 With Reverend Craig Wiggins

All events at Bothmer Hall - unless otherwise noted, 5919 SE Division St.

Contact Sandra Burch with questions: 503-353-1818; [galenalyn@gmail.com](mailto:galenalyn@gmail.com)

Suggested donation: \$10/talk or what you can afford.

Friday January 27, 1:00PM Current Events in the Light of Christ - bring your questions - at the Burch house.

7:30PM What is America’s Spiritual Task? at Bothmer Hall.

Saturday January 28, 9:00AM The Act of Consecration of Man.

10:30AM - 12:30PM Forgiveness - a contemplation with and artistic exercise with Cheri Munske. \$25.

1:30PM Gospel Study: Matthew 18 - How Often Do I Forgive?

Sunday January 29, 9:15 Religious Instruction (grades 1-8), 10:00 Children’s Service (grades 1-8),

10:30 The Act of Consecration of Man. (Child care must be pre-arranged, call Sandra in advance). Potluck to follow.

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## Opening Reception, Regional Sketch Group Studies

Friday, January 13, 5:00-7:30 PM, The Art Hall at Cedarwood Waldorf School

Research work done by several local Oregon artists based up Rudolf Steiner’s 9 Training Sketches for Painters.

A presentation will be made by Wade Cavin at 6:00 PM. The exhibit will continue through February 24.

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## Portland Branch Annual Meeting

February 6, 12 to 3pm, Cedarwood Waldorf School • Potluck, art work with Chris Guilfoil, and annual conversation.

Contact Valerie Hope: 503-775-0778 [valerieannhpx@aol.com](mailto:valerieannhpx@aol.com)

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## Biodynamics and Eurythmy Coming in March!

The Anthroposophic Medicine Club at NUNM will be sponsoring a visit to Portland by Harald and Cynthia Hoven from Rudolf Steiner College March 10-12, 2017 for a weekend of Biodynamics and Eurythmy. Harald (biodynamic gardener) and Cynthia (eurythmist) will team up to bring movement, and vignettes on biodynamic farming and gardening. Friday events will be in Portland - focused on the biodynamic preparations - from cosmology to tending to these plants in your backyard, and using the preparations. The Saturday event will be a Seed Saving workshop held at the beautiful Maysara Biodynamic winery in McMinnville OR. Sunday events will be with the Oregon Biodynamic Farming group’s annual spring event - touching on planting with the moon calendar, and other basics to biodynamic agriculture. Details to follow. Please email to RSVP and to offer any ideas/topics you have for Harald and Cynthia’s visit! For more information email Sandy at [anthromedclub@gmail.com](mailto:anthromedclub@gmail.com) and see the website [www.anthromedclub.com](http://www.anthromedclub.com).

## Ongoing Local Activities and Study Groups

### **First Class of the School of Spiritual Science • On 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 Rumage at 971-271-7479, Cheri Munske at 503 772-2632, or Rebecca Soloway (516) 850-1027

### **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 516-850-1027

### **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.

### **An Outline of Esoteric Science 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 An Outline of Esoteric Science.

### **Eurythmy Foundation Course with Jolanda Frischknecht • Tuesdays & One Weekend/Month**

Tuesdays 6-7:30 pm, One weekend/month Friday 6-7:30, Saturday 10:30-2:30 with lunch break • Takes place in Bothmer Hall, 5919 SE Division St., Portland 97206 • \$20/session; Tuesdays Only \$80; weekend \$50; all classes \$120 • Contact Jolanda, [jolandamf44@gmail.com](mailto:jolandamf44@gmail.com), or 503-896-3345

This class is for those who have done Eurythmy for some time as well as for those new to it; for those who want to deepen their experience and dive into the eurythmical movements more intensively; session will consist of both Tone and Speech Eurythmy; we will explore and deepen the basic elements of Eurythmy as well as entering into an artistic process together of expressing poetry and music through the wonderfully enlivening and meaningful movements of Eurythmy.

### **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, 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

### **Light, Color and Darkness in Painting (Therapy) Working with Indications from Liane Collot d'Herbois; a study and painting group: Last Monday of the Month Beginning September 26**

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 • For artists working therapeutically out of Anthroposophy

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.

### **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 Rumage by e-mail at [drumage@comcast.net](mailto:drumage@comcast.net) or by phone at 971-271-7479.



### **Portland Waldorf School Community Choir • Friday Mornings**

8:45-10:15 am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, in the Orchard Room • Free will donations gladly accepted, all voices are welcome. Contact [www.portlandwaldorf.org](http://www.portlandwaldorf.org) • [pws\\_choir-subscribe@yahoo.com](mailto:pws_choir-subscribe@yahoo.com) (503) 654-2200

### **Painting and Study with Patricia Lynch**

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

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

### **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

### **Threefold Social Renewal Study Group • Every Friday**

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! 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. observe them. This is also greatly deepening our experience of the cycle of the year.

• To register contact Cheri Munske, [cherimunske@gmail.com](mailto:cherimunske@gmail.com), 503-484-4133 [www.transformativeartspdx.com](http://www.transformativeartspdx.com) •

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

6:00-8:00 pm • 3046 NE 33rd 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 Michael Institute. Contact John Miles, 503-774-4946 [johncmiles@usa.net](mailto:johncmiles@usa.net)

### **Waldorf Teacher Education Eugene**

September-June • Eugene Waldorf School • Contact LeeAnn Ernandes @ Message phone: 541-686-9112

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## **Embryo In Motion: Understanding Ourselves as Embryo**

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

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

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

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MSW, LCSW

503.222.1192 [robinlieberman.net](mailto:robinlieberman.net)

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**Benjamin Bell LMT**  
OR Lic. 3382

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***Transformative Arts presents***

## ***The Madonna Series***



***Tuesday, January 3, 2017***

***5:30: Contemplations on  
the Madonna Series***

***6:15: Presentation of the  
Madonna Series***

***Bothmer Hall***

In 1911, Dr. Felix Pipers, an Anthroposophical physician, approached Rudolf Steiner to work with him in treating children and adults. Steiner suggested a series of Madonna images, primarily painted by the Renaissance artist, Raphael. This series has become known as the "Madonna Treatment", and is used as a therapy in Camphill Communities and other therapeutic settings. The essence and importance of the series lies in the particular sequential order as well as the composition of the pictures. The 15 images, often accompanied by lyre music, have a regenerative force, enlivening the human being.

*During the Holy Nights you are again invited to join us in a devotional mood for this remarkable and healing Madonna Series. At 5:30 we begin with a brief contemplative overview on the Series, followed by the presentation, 6:15-7:05.*

*Adults Only. Donations welcome.*

*Presentation: Cheri Munske Lyre: Diane Rowley  
[cherimunske@gmail.com](mailto:cherimunske@gmail.com) [transformativeartspdx.com](http://transformativeartspdx.com)*





Sunrise



Sunset



Shining Moon

**Nine Training Sketches  
of Nature Moods for  
Painters by Rudolf Steiner**



Blossoming Trees



Summer Trees



Moonrise



Moonset



Sunrise II



Sunset II

**As Interpreted  
by the  
Regional  
Sketch Group**

**January 13  
THROUGH  
February 24**

OPENING RECEPTION  
**Friday, January 13  
5 to 7:30PM**

**Cedarwood Waldorf School  
3030 SW Second Avenue  
Portland, Oregon 97201**

**The Art Hall at Cedarwood Waldorf School** warmly invites you to attend the opening reception Friday, January 13, 2017, 5:00-7:30 PM.

A presentation will be made by Wade Cavin at 6:00 PM.

The exhibit will continue through February 24

Please direct inquiries to Robin Lieberman, 503/222/1192



# DR PHILIP INCAO



**SPEAKING ON:**

## **The Courage to Heal, the Will to Heal:**

**Two Essentials for Practice that Medical Training Doesn't Teach Us.**

**FRIDAY, APRIL 14, 2017      PORTLAND OREGON**

**7PM-9:00PM**

**NUNM**

**049 SW Porter  
Portland, OR 97201**

**Cost: \$6.00-15.00 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>

**ALSO COME OUT TO HEAR PHILIP SPEAK ON "COSMIC NUTRITION" AT BOTHMER HALL  
(5915 SE DIVISION) FROM 7:00-9:00PM ON SATURDAY, APRIL 15, 2017.**

SPONSORED BY THE PORTLAND BRANCH, AND THE SOCIETY FOR PHYSICIANS OF ANTHROPOSOPHIC NATUROPATHY:

# THE EMBRYO IN US

## UNDERSTANDING OURSELVES AS EMBRYO

August 30 – September 2, 2017



PRICE, PAYMENT ARRANGEMENTS, EARLY BIRD DEADLINE, AND CEU INFO TO BE POSTED SOON

LOCATION:

Cedarwood Waldorf School, 3030 SW 2<sup>nd</sup> Ave, Portland, OR 9720.

**WORKSHOP LIMITED TO 40 PEOPLE**

There will also be a public lecture on the evening preceding the workshop:

*Mind and Body in the Womb – How Do We Exist as Embryo?*

**7:00-9:00 PM, Tuesday, August 29, 2017,**

This evening lecture is for course participants as well.

FOR MORE INFORMATION CONTACT BOB KELLUM AT [HEALTHBRIDGE@INTEGRA.NET](mailto:HEALTHBRIDGE@INTEGRA.NET)