

## EURYTHMY – SCULPTURE IN MOVEMENT

Excerpts from a talk given by Rudolf Steiner given before a Eurythmy Performance on September 17, 1922

Certainly what is offered as art should not be explained; that would be an inartistic beginning! Art must achieve its own effect through immediate perception and this is especially true for eurythmy. Since eurythmy is emerging as a new art, created from new artistic sources that today are still unfamiliar, and since it uses an artistic medium, perhaps I may speak briefly about these things.

What you are now going to see on the stage is definitely not to be looked upon as dancing, or as mime or pantomime. It is visible speech. One can actually observe by sensible-supersensible perception, if I may use Goethe's expression, that when a person sings or speaks, his entire organism seeks only special, concentrated expression through his larynx and its neighboring organs. Singing, that is, the music that comes from the human being, and also speech, are of a nature that they engage his entire being. Something that is happening in all the rest of his organism is only just indicated by his speech and is metamorphosed in a special way in his specific organs for singing and speaking.

One can actually observe what lies behind human speech. One sees inclinations toward movement, inclinations toward form. Now, one can carry these over to the whole human being – suitably changed so that they can be seen – while we do not see the movements of the special speech organs but *hear* them as they are transformed into the movements of the air. What normally is heard in song or speech is seen in the eurythmy movements. For this reason, a eurythmy gesture is something quite different from a dance gesture or from a gesture in mime or pantomime. Just as little as one can use any haphazard speech sound to express a particular soul experience, just so little can one use any random eurythmy gesture to express it. For a human being to express himself clearly through eurythmy, there are definite movements to be used in relation to definite sounds, definite word stresses, word formations, etc. Also, therefore, one should not expect to devote one's perception to the single gestures, but just as when hearing a melody one listens to the succession of tones, so here one should be watching a flow of movements – whether a single eurythmist is creating the flow or groups of eurythmists are moving in eurythmy forms.

Eurythmy can indeed be thought of as moving sculpture. Someone who has a feeling for such things could say that when we stand before a statue in its stillness, we have there a vivid portrayal of human silence, soul silence. In contrast, what is expressed here when the human being is in movement,

is the human soul when it is stirred. Gestures are used that belong as specifically to human soul experiences as speech sounds belong to them. Thus, perhaps this new art could be described as sculpture-in-movement.

There will also be visible song in the program, where the eurythmy accompanies music played by single instruments or by an ensemble. We have undertaken to perform both for you, eurythmy with music and eurythmy with recitation. When one recites for eurythmy, one must pay attention to the structure of the language and to the musical element. In this sense, the art of recitation and declamation must return to what it was in more artistic centuries than the present one. What we are trying to develop here into a real art can today still be regarded as strange. When someday our age returns to a really artistic level, it will be understood.

There are two other sides to eurythmy. One is curative eurythmy, in which the movements that you are now going to see made artistically are transformed. All eurythmy flows out of the healthy human organism, bringing it into movement such as a healthy organism demands. The eurythmy movements can also, therefore, be used therapeutically, as is already to be seen in our Arlesheim clinic and elsewhere.

A third element is pedagogical eurythmy. A school curriculum can include eurythmy by the side of gymnastics as, one might say, an ensouled gymnastics. In the Stuttgart Waldorf School we are already convinced that from the youngest child to the oldest, the eurythmy works strongly on the will so the children find their way into eurythmic speech as easily as they are used to finding their way into ordinary speech. Particularly in the "ensouled gymnastics" one can see what an important element eurythmy is for education. One sees a child's body, soul and spirit all growing healthy through its use. In eurythmy, the living human being is used as medium. Goethe said that man finds himself confronted by nature and takes measure, harmony, order, significance from it, rising by use of them to the creation of a work of art. So it may well be said that man, as a microcosm, holds all the secrets of the world within himself. If, therefore, these secrets are discovered and lifted into view through the art of eurythmy, then, because man himself is the instrument, and nothing external, the secrets of the human form can be revealed through him. Man can be a reflection of the secrets of the larger world, of the entire macrocosm.

For the very reason that eurythmy lifts harmony, order, measure, significance out of man and reveals them through hum, one can say that while eurythmy is today still in its beginning, it will undoubtedly go through a broad development and someday be able to take its place as a fully recognized, valuable art among the older arts.

## THE NOBLE NATURE

It is not growing like a tree  
 In bulk, doth make Man better be;  
 Or standing long an oak, three hundred year;  
 To fall a log at last, dry, bald, and sere:  
 A lily of a day  
 Is fairer far in May,  
 Although it fall and die that night –  
 It was the plant and flower of Light  
 In small proportions we just beauties see;  
 And in short measures life may perfect be.

Ben Johnson

## PORTLAND BRANCH WORKS ON BYLAWS AND GOVERNANCE

By James Lee, Portland, Oregon

The Portland Branch of the Anthroposophical Society in America has entered into a process to develop bylaws that will provide it with a framework for decision making, governance and legal standing in the community. At the May 15th members' meeting, assembled members voted unanimously to approve a mandate for the Bylaws Development Committee to create draft bylaws and carry a process where members can provide feedback and suggestions to refine and improve the draft. The committee has been given the responsibility to encourage and solicit the participation of Branch members to create the broadest possible participation in the bylaws development process. The Bylaws Development Committee was empowered to work on this process until September 1, 2005, when it is hoped they will have a final product that can be approved by members. Branch members will receive work in progress updates no later than 10 days before branch members' meetings, and conversations at these meetings will be used as milestones to build consensus for the work. The next members' meeting is scheduled for 3:00-5:00 PM Sunday, June 19th at Bothmer Hall. This is an important process that will set the stage for the Portland Branch to successfully meet its potential. Your participation at these meetings is important for the future of the branch!

**IF YOU ARE INTERESTED TO LEARN MORE ABOUT THE PORTLAND BRANCH OF THE ANTHROPOSOPHICAL SOCIETY, PLEASE CALL DIANE RUMAGE AT (503) 240-0908.**

### THE PORTLAND BRANCH THANKS THE FOLLOWING MEMBERS FOR THEIR GENEROUS DONATIONS!

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The *Portland Anthroposophic Times* is published twelve times a year by the Portland Branch of the Anthroposophical Society in America to serve members and friends in the community.

Printed copies of the newsletter are available at the Steiner Storehouse, Portland Waldorf School and the Cedarwood Waldorf School. The newsletter and calendar are also posted on the Portland Branch website at [www.portlandbranch.com](http://www.portlandbranch.com).

Questions, suggestions and submissions may be sent by e-mail to [anthroposophy@earthlink.net](mailto:anthroposophy@earthlink.net). Items selected for publication in the Portland Anthroposophic Times may be edited for style, content and length.

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The deadline for submissions to the *Portland Anthroposophic Times* is the first day of each month for the following month's edition. For example, an article or calendar submission for the August newsletter must be received by July 1<sup>st</sup>.

## BRANCH MEMBERS MEETING CONSIDERS "WARM INTEREST IN OTHERS"

by Valerie Hope, for The Carrying Group of the Portland Branch of the Anthroposophical Society in America.

The conversation at the April branch members' meeting was lively as the assembled group considered aspects of Steiner's recommendation to cultivate a warm interest in one another. We discussed the barriers to interest that we encounter, and how to overcome them. It was noted that sympathies can create as much difficulty as antipathies. Following are excerpts from *Evil*, selected lectures by Rudolf Steiner, pp.81-83, parts of which were read aloud:

“Every tendency to extricate ourselves from a rooted connection with reality, to spread our wings and soar above our actual circumstances, points to the influence of the Luciferic. Another Luciferic aspect of human nature is to lose interest in our fellow-men... It is the Luciferic element in us that diverts our interest away from other people... a story of the true nature of the human being would show us that the world would be a very different place if we recognized the real origin of our absorbing interest in our own backyard, and of our far too meager interest in the thoughts, feelings and will of others. We can only acquire a proper knowledge of the human being by lifting up this question into our consciousness: *What is it that impels me to lose interest in*

*other people?* To understand why this is so will be a necessary future task of self-knowledge and culture. People today think that knowledge of the human being is just an arbitrary, personal kind of thing, that anyone's opinion, imagination, or belief about what people are, or should be like, is perfectly valid. Seeing human nature for what it truly is and being clear that everyone, just in their 'unimproved', ordinary state - yes, even the criminal - actually has more to tell us about the real nature of the world than our most elevated fancies and beliefs about the human being, establishes the right equilibrium in us, counteracts the sway of the Luciferic.

To strive for this kind of knowledge about the human being would reveal an enormous amount. Yet we have never been less interested in a real, genuine perception of human nature than we are today at our present state of earthly evolution. This does not mean that we should have a wholly uncritical attitude toward human beings. Anyone who clings to the premise that all people are good and should all be loved equally is making things luciferically comfortable for himself, for his fantasy alone is operating. To regard people as equal is pure Luciferic fantasy; the point is not to cherish a general idea but to penetrate to the actual reality of every individual, and to develop a loving (or, perhaps more accurately, an interested) understanding for each specific instance of humanity.

You may wonder what good this Luciferic tendency in us is if it hinders us from being tolerant and understanding of human nature, and from being interested in others... We need this Luciferic force for if we just flowed on... in the ongoing stream of our innate evolution, and were therefore never sidetracked away from a natural and spiritual perception and knowledge of every human being we would... drown in our knowledge... instead of coming properly (back) to ourselves... and reawaken our self interest.

...If we look at the course of human history, we can see that Luciferic forces are at work wherever far-reaching visions and programs are hatched out which fail to reckon with the reality of human nature. What a vast number of ideas and ideals have been imagined for achieving humanity's happiness! And those who devise them are always firmly convinced that their plans alone will lead to this happiness...Such ideas of how to make the world a better place always rely on a defective knowledge of the human being and are invariably Luciferic in nature."

## STAR LIGHT

By Diane Rumage, Portland, OR

The virtue of the month for June 21 - July 21 given by Rudolf Steiner is "Selflessness becomes Catharsis". One definition of catharsis is purification or purgation bringing about spiritual renewal. We know the sign as Cancer, the crab. It's very faint stars were sometimes described as two donkeys (said to be

bearing Bacchus and Silenus) feeding from a crib, and the smaller cluster is called the manger.

Cancer represents the mother, the breast, family, birth, sacrifice, nurturing and care that another may incarnate. The mother becomes a moon and envelops the incarnating child in watery warmth. In the moon sphere we experience what we did to others and desire to set things right. Cancers empathize, get hurt, withdraw into themselves and wallow in their feelings, and must learn to love again. They can be pack rats and gather and hoard old sentimental items. They can cling to their mother, and after they have their own family it can be hard to let their children leave the nest. They need to let others unfold their own selves. They need to learn that there is no security in clinging to the old. They can become materialists, with its root of mater, mother.

The sound for Cancer is "F", which Steiner says expresses "know that I know"; it represents initiative. The summer solstice is June 21, the longest day of the year in the northern hemisphere. Though Cancer is ruled by the moon, and is a watery sign, the "F" expresses the warmth of the longest day, the fire of St John the Baptist's Day Festival of June 24. We have the 2 spirals - one in winding, the other out winding -- as soon as the longest day is reached the days begin to shorten. He who baptized with water, St John, must go away that He who baptizes with fire and the spirit may come.

What happened at the Baptism in the Jordan? In the "Gospel of St John" Steiner speaks of how the ego of Jesus of Nazareth left, appearing as a white dove, to make place for the Christ to descend and transform the 3 lower bodies further. What a wonderful image of selflessness becoming catharsis! He describes how after the Baptism Christ changes water to wine, heals the man born blind, and speaks of rebuilding the Temple, showing Christ working into the etheric, astral and physical bodies. He describes the unique transformation of the mother of Jesus of Nazareth, how she re-attained her virginity at the same moment as the Baptism. People in former times had married into a certain tribe, folk or bloodline. The female carried in her blood that which retained the similar blood line through the ancestors, and this blood enabled magical forces to work from soul to soul. This blood stream enabled the mother to nurture the son. One felt comfort in the family. The blood was kept pure. It is not healthy in our time--only recall the Nazi Aryan Race forced attempt. At the Baptism, the son turned the tide, so to speak. He now served the mother. He reversed the flow back to the spiritual. He redeemed her--Eva became Ave.

Oedipus was the example of the seeker who sought wisdom in the old way that had become decadent--the old initiation no longer worked (releasing the etheric/astral from the ego/physical for 3 days) and he ended up killing the father (ego/physical) and uniting with the mother (etheric/astral), and blinding himself. Christ shows the new way--after initiating Lazarus/John with His forces, he says to his mother standing by the cross: "Woman, behold thy son", and to the

disciple whom he loved: "Behold thy mother". The old familial love and wisdom that streamed through the blood was transformed by Christ who sacrificed himself (and in the sense of the Greek drama aroused pity and fear in the audience to bring about catharsis) and thus brought a renewed love into wisdom, and renewed wisdom into love. Human beings are now related in their wisdom and love of Christ.

On 6/24/05 at 10:30 p.m. Jupiter should be visible (if the clouds leave us) in the SW in mid-Virgo constellation. Mars is below the horizon opposite Jupiter. Full moon occurs right on the solstice, June 21, and new moon occurs July 6. Heliocentric historic similars are Johann Valentin Andreae, Le Corbusier, Leonardo da Vinci, Lady Stanhope, Eugen Duhring, Angelus Silesius, Emile Zola.

## EXPLORING THE LIFE SENSE

A lecture summary by Tesa Briles, Bend, Oregon

*Working with Anxious, Nervous, and Depressed Children, A Spiritual Perspective to Guide Parents Exploring the Life Sense*, Henning Köhler. AWSNA Publications, 1995.

In a series of lectures, Henning Köhler, a therapeutic educator well known in Europe for founding the Janusz-Korczak-Institute, a clinic near Stuttgart, Germany for children and young people with educational or developmental problems, has hit the nail on the head when it comes to connecting the source with the symptoms we see in our children struggling to cope with everyday learning and living.

In his lecture, "Exploring the Life Sense," Köhler defines "sense" as "any perceptive capacity whereby we gain direct information as to what is going on in and around us without relying on our thinking about it." While he agrees that the *life sense* is among the most difficult to describe from a developmental-psychological angle, he also terms it a most fundamental sense. Rudolf Steiner, founder of Waldorf education, attributes our first experience of a "still-dreaming sense of identity" in connection with "feeling comforted and comfortable through and through, with being at home in oneself," to the life sense.

The sense of life serves two functions: 1) to keep us informed of whether our body can or cannot sustain undisturbed interaction with the surrounding world, and 2) to supply awareness of distress in the body which then triggers its own seeking of ways to restore its "expected state" of well-being. Just as our sense of hearing is disturbed by shrill and excessively loud noise, our sense of life, our sense of well-being, can be disturbed by disharmony in the life. The very world we live in today taxes the life sense with excessive electronic devices all around us, compromised nutrition, mechanical rhythm replacing natural rhythm, and a general sense of hurriedness everywhere we go.

Köhler goes on to say that from the sense of life comes our first and fundamental experiencing of wholeness and continuity, inner restfulness, security and the sense of self-containment. Trust and self confidence also stem from the life sense. The life sense is a mediating force between the body and soul, a force that strives toward the completion of the union between body and soul — a process that begins at birth and continues throughout one's life. At any age, in a quiet state, bodily awareness becomes the focus. If the body is in distress this awareness is disturbing, it brings awareness of discomfort. Continued discomfort can result in what Köhler describes as a "damaged life sense." A compensatory reaction for children experiencing a disturbed life sense can result in what has typically been labeled "hyperactive" behavior: fidgeting, endless talking, racing, noise making, nail biting, anything that will ensure the absence of inner quiet. "It is as if quietness is ever threatening to set in." Given time these same children can develop ticks, nervous or conspicuous coughing, excessive blinking, or holding their breath as attempts to "block out" awareness of their own bodily condition. This blocking out behavior has a self-preservation quality to it, yet, it is a symptom of a damaged life sense. "The hyperactive child is driven by fear of becoming attentive to his own body." To further compound the problem, electronic games and excessive desire to eat sugary foods offer a seductive quick fix for many children coping with bodily discomfort.

Köhler states that, "today, more and more children lean in this direction, and that parents' need not feel it is their fault that this is happening." The whole background, he says, of civilization today is a troubled one. "We need to address the problem and seriously seek fitting pedagogical solutions; in this way we are working for our children's future."

To begin, Köhler suggests giving the care needed to develop the life sense with inner devotion. Establish rhythm in the way they are fed, warmed, in the way their bodies are handled, in all contact with them, in seeing that they get proper sleep. For the proper tending to these basic needs *we need* an unhurried sense, patience, foresight and a capacity of inner quiet which allows for what might be called a reverential atmosphere. In spite of the difficulty in achieving these qualities, Köhler says even occasional success is important. He adds that the effect is greater when efforts of this kind are made consciously rather than as an empty practice. As parents, educators and therapists, we must begin by nurturing our own life sense. We cannot expect our children to become patient, reverential and kind when they see us forgetting ourselves, running around, upset all day long and conveying to them a feeling that they should be different than they are. "Active tolerance" is a term Köhler uses to describe not only leaving others free to be themselves but also to wanting to understand them so thoroughly that we can honor their differences, acknowledge their individual nature. "Unhurried peacefulness, reverence and patience give birth in the social realm to the virtue of active tolerance." While

parents are not to blame, they can and need to contribute to their child's healing. One way to do this is to train themselves, to strengthen in themselves, the specific capacities they see their children struggling with, i.e. patience, reverence, and unhurried peacefulness. "If tolerance is in short supply," Köhler states, "nothing works. ...healing another's damaged life sense depends first of all on being tolerant oneself." As adults dealing with a troubled child, we want to spare the child any suffering possible through our own foresight, and perhaps even more important than that, to accept him or her as he or she is from a completely tolerant attitude. Concern for one's reputation as a "good parent" is self-serving and unproductive regarding the child's well being. Education, self-education, and tolerance are of key importance to helping our children live healthier lives.

Pondering the contents of this lecture brings to mind a whole new perspective on the popular trend in thinking today, namely, that our children have much wisdom to bestow upon us. Yes they do, but have we heard their message yet, or has their wisdom passed us by? The message according to Köhler is clear: the cry for help in the form of learning and behavioral difficulties is a loud call to us—to awaken us to our own needs and shortcomings. If, in order to meet the needs of our children who every day and in every way are displaying greater needs for basic learning and living skills, we need to become self-educated, to develop active tolerance, to retrieve unhurried and peaceful lives with a reverential atmosphere in the home, then our children are indeed bringing a wisdom that we have much to be thankful for.

Note: Tess Briles is a Board Member of the Sagewood Waldorf School and an Art Therapist in Bend, Oregon.

## YOUTH SECTION 2005-2006

Per Eisenman, Youth Section Representative to the North American Collegium for the School for Spiritual Science.

The Youth Section is a free space within the School of Spiritual Science, at the heart of the Anthroposophical Society, where young people can find Anthroposophy and find themselves. Much of that searching is a personal matter and we can only support it as one individual to another. On the other hand, Steiner created the Youth Section as an open space within a living institution where young people could

undertake that searching and finding. The passionate open questioning of youth often leads to involvement in the more formed institutions of the anthroposophical movement. Individuals need to be active within the institution of the School of Spiritual Science in order to keep that space open and alive. The Youth Section has no members, it's not supposed to, therefore it needs even more activity to keep it alive than a more formed organization.

Goals for 2005/2006:

- Create a holding group for the Youth Section composed of people of all ages. These people will carry the Youth Section both in an inner, meditative way, and in an outer public way, representing the Youth Section to others and being contact people for their geographic area. Steps in this process include short meetings at the Heartbeat Vermont conferences and at the Becoming Awake conference in Ann Arbor, MI. We also hope to have a two day group meeting in Spring 2006.
- Connect to people already doing anthroposophical youth work and encourage anthroposophical groups and individuals to take up youth work. This will take place through the web site ([www.youthsection.org/usa](http://www.youthsection.org/usa)), through sharing best-practices, and through the individual work of active Youth Section participants.
- Making the Anthroposophical Society and the School of Spiritual Science more visible to Waldorf High School students. This will take place through the newsletter leaflet which will be mailed to all Waldorf High Schools. It will also be a responsibility of active Youth Section participants.

The discussions about the Youth Section are just beginning to grow lively again. I can feel another wave of activity coming. These goals are just a beginning of what we can do together. Youth Section activity arises out of young people taking the initiative to discover themselves and each other. We will support them in that activity and who can predict what will spring from those discoveries.

[www.portlandbranch.com](http://www.portlandbranch.com)

The **Portland Branch Newsletter** can now be downloaded and printed directly from the Internet! Go to the Portland Branch website and click on the Newsletter button to enter the archive. An up-to-date **Anthroposophical Community Calendar** is also available at the website.



# Portland Anthroposophical Society Calendar - July 2005

## Study Groups

### ***Anthroposophia Studies for Branch Life***

Working with the spiritual realm helping our community life. Call for meeting times to Valerie Hope 503/775-0778.

### ***Biodynamic Agriculture***

Focus on biodynamic agriculture with reading, discussion and art. Call Carrie Jo Caralyus at 503-239-5633.

### ***Eurythmy***

Training offered by Portland Eurythmy on weekends and evenings. Please contact Natasha Moss at 503/233-0663.

### ***Karmic Relationships – currently full***

Working through Rudolf Steiner's Karmic Relationships Cycle of lectures. Call James Lee for information 503/249-3804.

### ***Life Beyond Death – currently full***

Reading the collection of Steiner's lectures. Call Cheri Munske for information 503/772-2632.

### ***Mystery Dramas***

Most Wednesdays at 7 PM. Please call James Lee at 503/249-3804.

### ***Religious Instruction for Children NEW***

See calendar listing for June 15 & 24. Contact Lucia Mello with questions or for more information 503/892-5296.

### ***Special Needs / Camphill***

Fridays, 7 – 8:30 PM Reading from Rudolf Steiner's Education for Special Needs, formerly titled Curative Education. Call Craig Thom 503/256-1622 for location and directions.

### ***Waldorf Education and Teacher Training***

Lectures and courses conducted throughout the year by the Micha-el Institute. Contact John Miles at 503/774-4946.

## Upcoming Events

### **Wed JUNE 15**

#### ***Renewing Christianity***

Multnomah Arts Center at 7:00pm in the Morningstar Kindergarten Classroom Educator and Christian Community festivals organizer **Lucia Mello** warmly invites parents and others to the first meeting of a new study group that is preparing to support religious instruction, as indicated by Rudolf Steiner, for children this fall. Renewing Christianity by James Hindes and Wellspring of the Soul by Herbert Hahn are being read to create a foundation for this initiative. Also see June 24. Please contact Lucia Mello with questions or for more information 503/892-5296.

### **Mo JULY 11**

#### ***Biodynamic Viticulture: A Day featuring Alan York***

Veneta, OR - 9:30 AM to 4:30 PM

Sponsored by the Biodynamic Farming and Gardening Association, this one day seminar is a rare opportunity to learn from one of the world's foremost biodynamic advocates and educators, **Alan York**. He has inspired many to practice biodynamic viticulture, now referred to in the mainstream wine industry press as "the right way to make wine." Register early! For more information, contact BDFA at 541/998-0105, [biodynamic@aol.org](mailto:biodynamic@aol.org) or [www.biodynamics.com](http://www.biodynamics.com)

### **Mo JUNE 13 – 16**

#### ***Home-schooling Conference***

PWS -Times TBA

Offered by John Miles of the Micha-el Institute. Please contact the Micha-el Institute at 503/774-4946.

### **Sa JUNE 18**

#### ***The Legend of the Weaver and the Herd Boy***

Midland Library – 2 PM

Wool Horse Puppet Theater will perform an ancient Japanese tale suitable for all ages; also runs July 13 at Hillsdale library: For more information call Cheri Munske 503/772-2632.

### **Su JUNE 19**

#### ***Branch Meeting***

Bothmer Hall – 3 to 5 PM

Starting with a Rudolf Steiner reading and continuing with local affairs, please join in a community-wide gathering of Anthroposophical Society members and friends. You're invited to bring tea and treats to share. Contact Diane Rumage 503/240-0908.

### **Su JUNE 19 - 30**

#### ***Early Childhood Intensive Conference***

PWS -Call for Times

Offered by John Miles of the Micha-el Institute. Please contact the Micha-el Institute at 503/774-4946.

### **Fr JUNE 24**

#### ***Saint John's Festival with Bonfire and Potluck***

Pendleton Park - 6:00 PM

Please join forces with us to create a Garden Labyrinth to celebrate the St. John's Festival. All welcome, young and old. Bring a blanket, your family's place setting and cutlery, a dish to contribute to the potluck, some greens to help create the Garden Labyrinth and a rose. The park is located behind Lucia Mello's house at 5534 SW Pendleton St. Please contact Lucia with questions or for more information 503/892-5296.

**Fr JULY 1 – Please send in copy for August calendar by this date to [patriciadair@comcast.net](mailto:patriciadair@comcast.net)**

### **JULY 3 – 22**

#### ***Teacher Deepening Conferences***

PWS -Call for Times

A series of intensive workshops for Waldorf School teachers on grades 1 through 8, offered by the Micha-el Institute. Please contact the Micha-el Institute at 503/774-4946.

**Wed JULY 6 through August 10, 2005*****Six Painting Classes on Wednesday Mornings***3135 NE 17<sup>th</sup> Avenue 9 to 10AM

In these Wednesday morning classes we will focus on light and darkness; beginners are welcome. Fee: \$90.00 paid on July 6 or \$20.00/class. For reservations and more info call Jannebeth Röell 502-249-3807

**Wed JULY 13*****The Legend of the Weaver and the Herdboy***

Hillsdale Library – 2 PM

An all ages tale of an ancient Japanese tale perform by **Wool Horse Puppet Theater**. For more information call Cheri Munske 503/772-2632.

**Su JULY 17*****Branch Meeting***

Bothmer Hall – 3 to 5 PM

Starting with an hour of reading and continuing with local affairs, please join in a community-wide gathering of Anthroposophical Society members and friends. You're invited to bring tea and treats to share. Contact Diane Ramage 503/240-0908.

**JULY 18 – 22*****Music & Speech Eurythmy Workshop***

Portland – 10 AM to Noon

Join a weeklong exploration of the art of movement with Music and Speech Eurythmy with **Francine Adams** and **Natasha Moss**. In eurythmy we experience the drama of color, the rhythmic quality of music, the forming quality of sculpture and the imaginative quality of poetry as we move the universal creative forces here on earth in our human capacity. We become partners of a living space. We dance with space as a poem or music unfolds through Eurythmy. The program will bring experienced eurythmists together with newcomers. Contact Dara Star, Portland Eurythmy at 503/975-3008 for information

**Fr JULY 22*****Special Branch Event with Christof Wiechert***

Bothmer Hall - 7 to 9:15 PM

Please join us to welcome the return of Christof Wiechert to Portland. He will be speaking with the branch on the theme: **"The Mission of Anthroposophy and the Anthroposophical Society in our Time: The Challenges We All Face."** Contact James Lee at 503/249-3804 or [anthroposophy@earthlink.net](mailto:anthroposophy@earthlink.net)

**Su – Th JULY 24 - 28*****Reincarnation and Karma with Christof Wiechert***

PWS – Sunday 6:30 Pm to Thursday Noon

This is a Conference on the principles of Reincarnation and Karma led by Christof Wiechert, Leader of The Pedagogical Section of the Goetheanum. Everyone interested in Anthroposophy is invited to attend. The conference fee is \$290 if paid before July 1<sup>st</sup>, \$360 thereafter. However, finances should not stop participants from attending and the Michael Institute is offering partial scholarships to those who need them. Mornings: Eurythmy or Spacial Dynamics followed by a lecture by and a seminar with Christof. Afternoons: Speech followed by a choice of workshop on the conference theme - Art Therapy, Clay Modeling, Copper Beating or Puppetry. Preparatory Reading for the Conference: Re-incarnation and Karma - 5 Lectures by Rudolf Steiner. For books or further information call the Michael Institute on 503 774-4946.

**Su JULY 24**

Portland

***Oregon Biodynamics Group Summer Meeting & BD******Welcome Home for Beth Wieting***

For directions and further information, contact Deborah Johnson Tel: 503/493-7449.

**Mo AUG 1 – Please send in calendar copy for September newsletter by this date to [anthroposophy@earthlink.net](mailto:anthroposophy@earthlink.net)**

**Th AUG 4 through Sat 10*****Combined Artemisia and Medical Section Meeting***

University of Michigan, Ann Arbor, MI

Medical Section First Class Meeting and Artemisia Meeting, Developmental Pediatrics Preventive Cardiology, Endocrinology, Pediatric Neurodevelopmental Disorders with Richard Fried, Kimberton, PA. Coronary Artery Disease and Preventive Cardiology with Andreas Fried from the Havelhoehe Hospital in Berlin, Endocrine Disorders with Rainer Sollfrank from Wala. The conference will follow the same format as the 2004 conference with 3 hours per day of sessions for physicians only in order to work in-depth on clinical and practical issues together as physicians. For additional information, contact [rsbc@earthlink.net](mailto:rsbc@earthlink.net)

**Sun to Fri AUGUST 7 – 12*****Advanced Eurythmy Workshop with Michael Leber***

Portland – 7 to 8 PM

Renowned eurythmist and master teacher **Michael Leber of the Else-Klink-Ensemble, Stuttgart**, leads a workshop offered for those with prior experience. Contact Dara Star, Portland Eurythmy at 503/975-3008 for information.

**Th to Mon AUGUST 11 – 14*****Being Awake!***

In Ann Arbor, Michigan

A conference for Anthroposophical Society members and friends with the leaders of the worldwide Society. See the webpage link for additional information, program of events, lodging possibilities and contact information: <http://www.anthroposophy.org>. We will publish additional information on this conference as it becomes available.

**Su AUGUST 21*****Branch Meeting***

Bothmer Hall – 3 to 5 PM

A community-wide gathering of Anthroposophical Society members and friends. Contact Diane Ramage 503/240-0908.

**Th SEPT 1 – Please send in copy for October newsletter by this date to [anthroposophy@earthlink.net](mailto:anthroposophy@earthlink.net)**

**Su SEPTEMBER 11*****First Class of the School of Spiritual Science***

*Bothmer Hall – Discussion at 8:30 AM, class at 9:30 AM sharp* Lesson One, for First Class members. Please contact Jannebeth Röell 503/249-3804.

**Tu SEPT 20*****Eurythmy Performance of Antonin Dvorak's New World Symphony***

Newmark Theater, Portland

Contact Don Marquiss for more information 503/233-0663

**Su OCTOBER 9*****First Class of the School of Spiritual Science***

Bothmer Hall – Discussion at 8:30 AM, class at 9:30 AM sharp Lesson Two, for First Class members. Please contact Jannebeth Röell 503/249-3804.

**OCT 14-16*****National Biodynamic Conference***

Long Hungry Creek Farm in Red Boiling Springs, TN

The Biodynamic Farming and Gardening Association's annual conference. Contact Carrie Jo Caralyus at 503-239-5633 or check for ongoing updates: [www.biodynamics.com/calendar.html](http://www.biodynamics.com/calendar.html)

**Fr-Su OCTOBER 21 – 23*****General Anthroposophical Society Meeting***

Portland

The AGM comes to Portland! There will be many conversations and workshops to attend, and much for our branch to do to support this important gathering. Look to the newsletter for updates on the AGM. For more information, contact Valerie Hope 503/775-0778.

## ANNOUNCEMENTS AND NOTICES

### WELCOME NEW MEMBERS

**The Portland Branch and the Anthroposophical Society in America welcome the following new members:**

Tesa Briles (Bend, OR), Mark Ludeman (Beaverton, OR), Margaret McCarthy (Vancouver, WA) and Charles Nugent (Eugene, OR).

### GOT PLATES?

As we plan for the October Conference, “**Freedom and Responsibility in the New Mysteries: The Need for Spiritual Discernment**”, our Portland Branch Planning Committee has encountered a somewhat mundane question regarding “Freedom and Responsibility” that we would like you to help with. It is the matter of service for the meals, which we estimate could involve 80-100 people. Rental of china and flatware is beyond the means of the conference budget, as we have worked hard to keep conference fees as low as possible. The most reasonable solution cost-wise is the use of disposable cups, plates, and flatware, which would also avoid the cost of hiring dishwashers. We are, however, conflicted because the use of disposables doesn't seem environmentally responsible, nor are they considered by some as aesthetically pleasing as metal and glass and china. Some members have suggested that it would be useful for the Branch to own china and flatware to be used at Branch social events. We are interested in your suggestions. Do members have extra, odd pieces of china, glass and flatware that they could donate that would add up to enough for the conference? Or would people be willing to loan the necessary items just for the conference? What d'you think would be a good direction? We are also looking for large urns for serving coffee and hot water for tea. Please respond to the AGM Committee through Valerie Hope, 503-775-0778, email [valerieannhpdx@aol.com](mailto:valerieannhpdx@aol.com).

**Save the dates: October 21 (eve), 22, 23 (a.m.) Annual General Meeting of the Society**

### HOUSING NEEDED

**Housing needed** with local community members for attendees of the Annual General Meeting of the Anthroposophical Society, October 21-23. Single and double rooms with private or shared bath. Please contact Cheri Munske at 503-772-2632 or [woolhorse@mindspring.com](mailto:woolhorse@mindspring.com) if you have a room available for this special weekend.

### EURYTHMY: SALT LAMPS

Portland Eurythmy is selling Salt Lamps as a fund raiser for the incredible price of \$65.00 each. These lamps are large, 18-21 lbs, and typically sell for as much as \$129.99 in stores. They are affixed to a round wooden base and the light and cord are included. Europeans have long believed in the usefulness of rock salt lamps for the treatment of a variety of illnesses including asthma, allergies, rheumatism, high blood pressure and migraine headaches. The negative ions produced by a salt lamp will also cleanse your air of contaminants such as dust, dust mites, pollen, odor, pet dander, and cigarette smoke. Not to mention, the warm glow they add to every room. All proceeds go to supporting Portland Eurythmy. Please call Dara at 503-975-3008 or email [darastar@gmail.com](mailto:darastar@gmail.com) to place your order. We will give discounts on multiple orders, so get one for every room.



You are invited to summer eurythmy in Portland, Oregon with

Francine Adams and Natasha Moss

10am-1pm July 18-22  
and

master teacher and artistic director of the  
Stuttgart Eurythmy Troupe

Michael Leber

7-8 pm August 9-12

# EURYTHMY

In Eurythmy we experience the drama of color, the rhythmic quality of music, the forming quality of sculpture and the imaginative quality of poetry as we move the universal creative forces here on earth in our human capacity. Become partners of a living space as we dance with a poem or music unfolding through eurythmy.

Register by July 10th and August 1st respectively.

For further information, please contact

Dara Star (503) 975-3008

darastar@gmail.com



# FREEDOM AND RESPONSIBILITY IN THE NEW MYSTERIES

## The Need for Spiritual Discernment

a conference sponsored by  
**The Anthroposophical Society in America**  
October 21-23, 2005 in Portland, Oregon

In all areas of life today we are challenged with the question, "What is true, and and what is untrue?" As modern human beings we feel we must take responsibility for our own future and for our own inner development. Given the enormous freedom we have in this time, we struggle every day to use it wisely. How can we develop the skills to know if we are on the right track? How can we find inner security in a world of outer uncertainty? How can we be responsible for the implications of our choices? These are problems in today's new spiritual mysteries that we must strive to resolve.

We invite you to join us for a conference designed to explore our profound questions about how inner work and practices can lead to clearer discernment, and help us to differentiate between truth and illusion.

### Speakers

**Dennis Klocek** will lecture on "**Transforming Fantasy into Imagination.**"

Many sensitive or gifted persons can be confused or even imprisoned by the fantasies of their visionary consciousness. Occult discrimination depends upon a seer voluntarily transforming visionary experiences into reliable, cognitive experiences. Meditation practices contained in spiritual science provide the essential mood of soul for those who wish to undertake this transformation.

**MariJo Rogers** will describe how "**Parzival's Path Is Our Path in the New Mysteries.**"

Our age is one in which many struggle to overcome a sense of failing to meet their high goals and the needs of our time. Parzival is the forerunner of these struggles. He fails many times but takes responsibility for the consequences of his deeds and by persevering finds a new path that leads to the Grail.

We will also offer workshops for educators and parents to explore two key issues. In the morning **Joan Almon** will offer "**Helping the Child Discriminate Between What is True and What is Not.**" In the afternoon, **Joan Treadaway** will bring "**What Do the New Mysteries Mean for the Education of the Child?**"

**Group Work:** The conference includes significant time for conversation. We can work together to elaborate and digest the themes brought to us in the lectures and workshops. There is also the possibility to bring additional themes that interest participants.

**Artistic and Social:** We will experience the Werbeck approach to singing and a scene from the mystery dramas. Saturday night we have the opportunity to enjoy a performance of an original work by local artists entitled "**Poetry in Buchenwald**", adapted from Jacques Lusseyran, as well as individual works by eurythmists from the Northwest.

### The Annual General Meeting

The Annual General Meeting of the Anthroposophical Society in America will be held on Sunday morning. All members of the Society are warmly invited. We hope to see you in Portland.

### Registration Form

Return along with your payment to:

**Anthroposophical Society in America**  
**1923 Geddes Ave.**  
**Ann Arbor, MI 48104**  
**Phone: 734-662-9355**  
**Fax: 734-662-1727**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Registration fee: \$95

(includes Friday reception, Saturday lunch and dinner, Saturday evening performance)

Sunday box lunch: # lunches @ \$8/each

Vegetarian?      yes    no

Lunch total:      \_\_\_\_\_

Total enclosed:      \_\_\_\_\_

(checks payable to the Anthroposophical Society)

Credit Card Authorization (Visa or MasterCard)

Card number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Expiration date \_\_\_\_\_

\_\_\_\_\_  
Signature (name on card)

# FREEDOM AND RESPONSIBILITY IN THE NEW MYSTERIES

**Friday, October 21, 2005**

**Pacific Crest School**

7:30 p.m. Dennis Klocek – *Transforming Fantasy into Imagination* – How can we cultivate a scientific feeling of evidence that validates the truth of our inner experience?

**Saturday, October 22, 2005**

**Portland Waldorf School**

8:45 a.m. Werbeck Singing Workshop, Part I, with Diane Rowley  
9:00 Verse, welcome and announcements  
9:15 Dennis Klocek – *Stages of Consciousness: from Fantasy, through Imagination, to finding a Spiritual Home* – Workshop utilizing an image from an alchemical text  
11:15 Conversations and workshop

### **Conversations on Individual/Group Development**

Choose one:

1. *How can I develop the capacity for personal spiritual discernment?*
2. *Why is it important that I work with others on issues of spiritual discernment?*

(Additional topics to be determined by participants.)

### **Workshop on Childhood Development**

Joan Almon – *Helping the Child*

*Discriminate Between What is True and What is Not; the role of fantasy and imagination in the development of creative thinking.*

Followed by group discussion

12:30 p.m. **Lunch at Portland Waldorf School**

2:00 Werbeck Singing Workshop, Part II, with Diane Rowley

2:30 MariJo Rogers – *Parzival's Path is Our Path in the New Mysteries: The courage to fail and still persevere*

3:45 Conversations and workshop

### **Conversations on Individual/Group Development**

Continuation of morning conversations

### **Workshop on Childhood Development**

Joan Treadaway – *What Do the New Mysteries Mean for the Education of the Child?*

Followed by group discussion

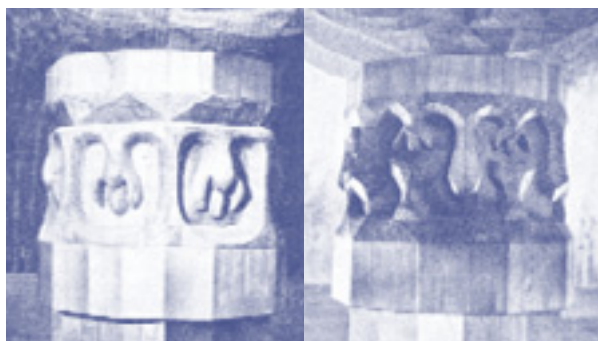
5:00 Review and reports of sessions to plenum

5:50 A reading of Scene 10 from "The Portal of Initiation" by Rudolf Steiner

6:00 **Dinner at Portland Waldorf School**

**Pacific Crest School**

8:00 *Poetry in Buchenwald*, adapted from the work of Jacques Lusseyran, with eurythmy, marionettes, music and poetry.  
Cheri Munske, Natasha Moss, Helen Lubin and Jeffrey Levy  
And a performance by eurythmists from the Northwest



## **ANNUAL GENERAL MEETING OF THE ANTHROPOSOPHICAL SOCIETY IN AMERICA**

**Sunday, October 23, 2005 • Portland Waldorf School  
9 a.m. to 12:30 p.m. • The agenda will be mailed to members**

### **REGISTRATION INFORMATION**

Members of the Portland Branch are enthusiastically preparing a warm welcome for the AGM. Great food, convenient transit, and venues that will show off different aspects of the city and the anthroposophical community will enhance our time together.

**Fees:** The \$95 conference fee includes a Friday reception, Saturday lunch and dinner, and a Saturday evening performance.

For those attending only portions of the conference, Dennis Klocek's Friday night lecture and Saturday workshop will be \$15 each. Admission for Saturday evening's performance is \$20/\$10 students and seniors.

Registration refunds are available if requested five days prior to the event, minus a \$35 processing fee. Additional donations to help defray conference costs will be gratefully accepted.

**There is no fee for attending the Annual General Meeting on Sunday morning.**

**Food:** Saturday lunch, dinner and breaks will be provided. A box lunch can be ordered for Sunday after the AGM meeting for \$8. For Friday evening dining before the lecture, a diverse list of restaurants within easy walking distance of the Pacific Crest School will be provided with registration confirmation materials.

**Housing:** We recommend the Mallory Hotel, centrally located in Downtown Portland with great transit access to the rest of the city: just 2 blocks from the MAX airport train stop, 35 minutes by bus from the Waldorf School, and 15 minutes from the Pacific Crest School. They suggest you book 1 – 2 months in advance. Call 1-800-228-8657. Be sure to mention the Anthroposophical Society to get the \$89 rate for 1 – 2 people, \$10 more/person up to 4 people. For rooms in the homes of local community members contact Cheri Munske, 503-772-2632 or woolhorse@mindspring.com.

**Transportation:** If you would like transportation to and from the airport or between locations contact Angela Sparks, 503-772-5202 or angela@sparkshome.net

**Locations:** Maps will be provided with registration confirmation.

The Saturday conference and the Sunday morning AGM will be held at the Portland Waldorf School, which is graciously supporting the event with the use of their beautiful spaces and kitchen. The address is 2300 SE Harrison St., Milwaukie, Oregon 97222. Phone: 503.654.2200

The Friday evening talk by Dennis Klocek, and the Saturday evening performances of eurythmy and *Poetry in Buchenwald* will be held at the Pacific Crest Community School, a private alternative school serving grades 6 – 12. Pacific Crest is generously supporting the event with the use of their theater. Address: 116 NE 29th Ave., Portland, Oregon. Phone: 503.234.2826

For additional information visit the Portland Branch website at [www.portlandbranch.com](http://www.portlandbranch.com), or call the Society's offices in Ann Arbor, Michigan at 734.662.9355  
email: [information@anthroposophy.org](mailto:information@anthroposophy.org)