

Portland Anthroposophic Times

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

www.portlandbranch.org

Volume 6.7 July 2010

NEWS AND VIEWS FROM THE COUNCIL



By Valerie Hope for
the Branch Council

Dear Friends,

Your Branch Council members have been planning and arranging for activities designed to promote a vibrant

soul and community life. Portland neighborhoods are alive with many study groups and individual initiatives; one of our goals is to bring all of us together periodically for special events.

Among these are our quarterly meetings, which have allowed us the joy of sharing potluck meals and exploring specific areas of interest. (Chrystal Godleske's brilliant idea.) The July meeting and potluck was held at the Hope's home, where Seth Miller shared his explorations (from his Master's thesis and PhD dissertation) on the topic of transformation. His thesis examined using Earth, Water, Air and Fire to work with transformative patterns; the dissertation focuses on transformation through the lenses of Anthroposophy, alchemy and cybernetic epistemology. High five, Seth! Stay tuned for information about the Autumn meeting.

In June the four-day Embryology Workshop and Friday lecture were well attended - in fact, additional spaces were opened up to meet demand. Council member Bob Kellum did an amazing job of organizing the workshop, which was presented by the Dutch Dr. Jaap van der Wal; many attendees reported being deeply affected by what they encountered, and evaluations included glowing reviews about the food, the facility and the presentation. Many thanks to Drs. Kellum and van der Wal.

The Council had been planning for an observance of the 150th anniversary of Rudolf Steiner's birth in February. The theme: "How is the world different because of what Rudolf Steiner brought into it?" The corollary question: How, accordingly, is your life different?

However, the Western Regional Council made a strong request that Portland host the October 2011 Annual General Meeting of the National Society, carrying the birthday observance through the year (a "Jubilee" year) with our proposed theme. The Portland Council has agreed to do so, and will shortly send a proposal to the national group. If you would like to be on the organizing committee, or help in any way, please contact Valerie Hope at 503-775-0778. The previous AGM held in Portland brought us together with fellow Anthroposophists from around the country, enlarging our sense of community.

However, we still wanted to celebrate Rudolf Steiner on his birthday month, and have come up with the idea of a "Viennese Birthday Ball", complete with an orchestra, waltz lessons, and attendees dressed as Anthroposophical personalities (Rudolf Steiner, perhaps?). If you would like to be involved, contact Chrystal Godleske. 503-816-2440 (call or text) or email socialsculptor@gmail.com

In other business, now that Steiner Storehouse is no longer available as the wonderful resource that it has been, we are exploring the possibility of offering books for sale through the Branch.

Our meetings are increasingly lively and enjoyable. Anyone who has an interest is welcome to attend on the second Tuesday of each month. We are currently meeting at Chrystal's home. Refreshments are potluck, so come, and bring a treat for your friends to share.

KARMA EXERCISES WORKSHOP ON THE LIVES OF JULIAN, HERZELOYDE, AND TYCHO BRAHE

By Marcia Murray, Pasadena, CA

This excellent workshop should be subtitled: An Evolving Method for Studying Karma. I experienced it June 25 and 26, 2010 in Pasadena, CA

Linda Connell, Jannebeth Röell, and MariJo Rogers shared with us the results of many months of their private endeavors to bring karma study to life through looking at the lives of Tycho Brahe (1546-

1601), Herzelayde (9th century) and Emperor Julian (Julian the Apostate, 331-363 AD). They began with these three people because Rudolf Steiner gives a fairly lengthy description of their connection in *Karmic Relationships*, vol. 4 (lectures of 9/14/1924 and 9/16/1924), describing something of the earthly life of this individuality in each incarnation and also of the life between death and rebirth.

The workshop focused on the first karma exercise, the Saturn, Sun, and Moon exercise (*Karmic Relationships*, vol. 2, 5/4/1924), where you bring before your mind certain features and characteristics of a person and then “think them away” to begin to arrive at deeper levels working in the person’s life, and, ultimately, a picture of the person’s karma.

Jannebeth, MariJo and Linda had each done extensive research into the life of one of the three: Jannebeth studied Emperor Julian, MariJo pondered Herzelayde, and Linda researched the life of Tycho Brahe. In the workshop, after a brief introduction to the first karma exercise, each presented an extensive biography of the person she had studied. The basic method was to look initially at the person’s physical characteristics and constitution, including significant illnesses (Moon level). Next, we heard about the upbringing, family life, education, travels, work, significant people met, geographic settings, and relationships; in other words, all that the person saw and heard and accomplished or attempted in life (Sun level). Finally, a deeper look at what seemed to live as the tendency of the person’s life, the direction of the person’s thought (Saturn level).

In the final session of the workshop, Jannebeth drew a grid on the blackboard: across the top, Julian, Herzeleide, and Tycho; along the left side, from top to bottom, “spiritual world”, Saturn, Sun, Moon. This made a grid of 12 squares; for each person, a square each for Saturn, Sun, Moon events, and for what was happening in the spiritual world during (or between) each incarnation. It was our turn to bring something to the workshop. What had we noticed, what stood out for us, what parallels might exist, what had surprised us, what made us say “Aha!”? This was collaborative work, and it was

IF YOU ARE INTERESTED TO LEARN MORE ABOUT THE PORTLAND BRANCH OF THE ANTHROPOSOPHICAL SOCIETY, PLEASE CALL DIANE RUMAGE AT (503) 908-0131.

THE PORTLAND BRANCH THANKS THE FOLLOWING MEMBERS AND FRIENDS FOR THEIR GENEROUS DONATIONS IN 2010!

James Knight	Diane Rowley	Kathryn Foubister
Julie Foster	Ann Giere Krane	Cynthia Wiancko
Tish Johnson	Virginia Berg	Kathy Kremer
Chrystal Godleske	Diane Ramage	Wade Cavin
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Valerie Hope		

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

Questions, suggestions and submissions may be sent by e-mail to anthroposophy@earthlink.net. Items selected for publication in the Portland Anthroposophic Times may be edited for style, content and length. The deadline for submissions to the *Portland Anthroposophic Times* is the first day of each month for publication in that month’s edition. Submit calendar items to branchcalendar@mindspring.com no later than the first of each month for publication in the next edition.

Editor:	James Lee
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challenging and very exciting. Some of the observations and comments include: each person was born into a noble family; there were very strong themes of the Sun in each life; there was a powerful connection between this individuality and Mani in at least the lives of Julian and Herzeleide; and each of the people at some point were within the same geographic areas in Europe. This was clearly just a beginning, a first tentative penetration into the themes of this fascinating and important personality.



We were supported in this endeavor by the nourishing eurythmy brought by Lynn Stull. With Joyce Muraoka speaking, they presented "The Stars Once Spoke to Man", a verse presented by Rudolf Steiner to Marie Steiner. We had the pleasure of seeing this three times throughout the workshop, helping us to deepen our appreciation of the theme. We also had a eurythmy session with Lynn, which included as the centerpiece a wonderful collaborative effort to choreograph and perform one section of the verse.

This workshop begins to answer the important question of how we can undertake to study karma. Rudolf Steiner gave us his karma research as a precious legacy and an incentive to take up this essential work. Using his research as a scaffolding, Linda, MariJo, and Jannebeth have begun to construct a practical method for taking up this task Steiner gave to anthroposophists. I sincerely hope that they will continue to elaborate this method and will share it widely with other branches and members of the Society.

If any other branch or group is interested in hosting this workshop, please e-mail Jannebeth Röell at jannebeth@mindspring.com.



PAUL HAYGOOD IN PORTLAND

Paul Haygood is a Hawaii-born Waldorf Teacher with class-teaching experience gleaned in New Zealand, Long Island and California...

He is currently serving as Secretary/Treasurer of the Anthroposophical Society in Hawaii, a small but active group...

Paul has been a professional storyteller and Mystery Drama actor in Spring Valley ...

He will need a place to live in Portland as he joins the Portland Village School as the new fourth-grade teacher in early August...

His cell-phone is 808-295-1484, also pghaygood@yahoo.com

MEMBERS MEETING IN AUGUST

The Western Regional Council will be holding their summer meeting in Portland from Friday, August 20th through Sunday, August 22nd.

The Portland Branch is seeking a member or members to provide lodging for two WRC members during this meeting. One is allergic to cats, the other is not. If you are interested to carry this responsibility, please contact Jannebeth Röell by e-mail at jannebeth@mindspring.com.

The Western Regional Council will meet with branch members after a potluck dinner event Saturday afternoon, August 21st.

Location of the potluck is at the home of Valerie Hope 2606 SE 58th Ave, Portland, OR 97206. (503) 775-0778. Time of the potluck is TBA. Potluck coordinator is Valerie Hope. Contact her at (503) 775-0778.

Location of the branch members' meeting is TBA.

Following the potluck meal and members meeting, Linda Connell will give a public lecture: NICODEMUS, Who is Nicodemus, who "came to Jesus by night?"

CONGRATULATIONS!

**Mystery Drama \$1,000
Matching Grant challenge was
met with donations from
members and friends of the
Portland Branch.**

THANK YOU ALL!

NICODEMUS



A talk by Linda Connell

The Portland Branch will sponsor a lecture on Saturday evening, August 21st at a time and location to be announced.

Who is Nicodemus, who "came to Jesus by night?" What was his role in the Easter events, and what became of him afterwards? Nicodemus was one of the many significant personalities surrounding the Christ at his Crucifixion. Linda Connell will share what is known about this mysterious figure from scholarly sources in the light of the work of Rudolf Steiner.

Linda Connell is a member of the Western Regional Council of the Anthroposophical Society. She lives in Los Angeles, CA where she conducts a weekly study group on Rudolf Steiner's basic books. Professionally she works part-time as a Legal Administrator.

Location TBA

Time TBA

Donation for the Lecture is \$10 at the door.

EMBRYO IN MOTION – PORTLAND



By Dr. Bob Kellum, Portland

You're traveling through another dimension – a dimension not only of sight and sound, but of mind; a journey into a wondrous land whose boundaries are that of imagination, inspiration and intuition. There's a signpost up ahead! You've just crossed over into – the Embryo Zone.

It was a dark and stormy womb when she arrived into this new and strange realm, and she knew there was much to do if she were to survive the transposition into matter. Thanks to an act of cooperation between a human sperm and egg, a “reverse polarity” had been achieved (as each became the other), and her impulse “to be” was provided a space to incarnate! But she had to act, and act quickly, and she knew she couldn't do it alone, that she needed the help of her chosen mother to pull this off. Form arises out of motion, and as a living embryo now she had to act in order to shape her very being. Already this tiny seed of a zygote that she knew as home was a complete human body, having been pre-exercised by her soul forces to manifest. “So manifest I must”, she willed, and in short order she began like a crystal to cellularly subdivide her physical being into centrally-placed “embryoblasts”-- to help act to shape her body, and peripherally-placed “trophoblasts”-- to create a nourishing placenta, her placenta, needed now as a crucial part of her survival in this new world.

That took a week! Time had suddenly become important; and yet even as she had achieved this, there was already a new crisis upon her. The world to which she had become accustomed had to change! She had to land her vehicle onto uterine terrain, sink in roots like a plant, and begin a dialogue with the mother, or she would die! That meant she had to move her presence outside herself now, and what had been her organizing “head” in the center of her being, and metabolic generator on the periphery, what she had worked so hard to bring into existence, now had to completely invert! She now had to create her identity, not within herself, but at her outer edge, IN CONTACT with the womb, and mother had to withdraw her own identity in order to give her a space to do it!

The landing succeeded! Menses was aborted! And another week had flown by! With it's close, again a crisis, and again head and limb had to invert in function! Back into her very center she had to jump again. What a disorienting world!

Now in her center she formed an “entocyst”, a beginning heart from which she could find herself once again. With her own connective tissue now, she had to create a capability for organized mobility, an incarnated astrality, with which to first create a dialogue between her own center and periphery, if she was to successfully talk to mom. And as this happened she formed the beginning of her umbilical cord, mediating between the two poles of her body. This first connective tissue, this precious organ, her blood, began to move of it's own volition -- allowing connection throughout her body! No longer was she to be divided as before...for now, an in-dividual had arisen! What an effort...and the reward was the closest thing to paradise on earth. Here in this space and time, within a primordial fourfold body, she had begun a path of manifestation that already remained closer to her spiritual being than any other animal's efforts before her. But the fall from grace was coming nonetheless, along with more perils, hopefully through which our heroine would continue to learn and grow.

This brief attempt at a narrative on my part, perhaps gives you a little taste of the drama of the embryo that Dr Jaap van der Wal blessed us all with in his four days here last month. Hopefully my efforts do it some bit of justice. Like the embryo above, I think it fair to say that Jaap turned us all on our heads again and again in those four days, as we realized the embryonic process to be a phenomenon that continues THROUGHOUT the time of ALL our journey here. Jaap gave birth to a transformative spirit in all of us, taking us out of the dry confines of traditional embryology and into the world of purposeful HUMAN activity – activity that can be tuned into and utilized therapeutically in the healing professions. And the consequent diversity of therapists that Jaap drew was but another wonder of this workshop – Art Therapists, Chiropractic Doctors, Craniosacral Therapists, Massage Therapists, Medical Doctors, Naturopathic Doctors, Osteopathic Doctors, Nurse Practitioners, Parents, Psychotherapists, Waldorf Teachers, and more, all came together in a healing harmony itself.

Standing Darwin himself on his head, Jaap showed us step by step how the original human body is the embryonic body, and even as we stray, we alone stay closest to it, mastering in our uprightness the positioning of our center of gravity WITHIN us, and thus opening the door for the “I” to enter, and grow. Jaap's 30 years of meditation on this topic, his sensitivity and humor, served everyone well, and left us all with a desire for his return. The Branch will have a DVD for sale for those of you that missed this seminal four days, and at some point we are hoping to have him back again, to repeat this labor of love. Thanks Jaap!

THANK YOU, BOB!

Portland Anthroposophical Society Calendar - July 2010

Ongoing Events and Study Groups

Anthroposophical Course for Young Doctors Study Group

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

Karma Exercises and Study

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

Mystery Dramas, with Speech-Formation Exercises

On the second and fourth Wednesdays each month, 7:30 - 9:00 PM, in SW Portland. Currently working on the 2nd *Mystery Drama* by Rudolf Steiner, *The Soul's Probation*. No acting experience necessary, just a love of the Word. Contact Diane Ramage by e-mail at drumage@comcast.net or by phone at (503) 908-0131 for information.

Portland Waldorf School Community Choir

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

Portland Youth Discussion Group

We invite you to join some of the young, and young-at-heart, members of our community for an ongoing potluck/study group. We are considering working with *Knowledge of Higher Worlds*, to renew our understanding of this key work (other possibilities exist). We welcome new people who are open to exploring spiritual science, asking

questions, discussing topics that sometimes get overlooked in other groups, and trying to keep Anthroposophy as fresh, relevant, and living as possible. We meet Sunday evenings, twice a month to share a potluck dinner, practical/artistic activity, and conversation. For more information, please contact Angelica Hesse at 503-238-0055 or swingsprite@gmail.com.

Spiritual Psychology Study Group

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

Waldorf Education and Teacher Training

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

**Submit Your Event and
Study Group Entry to**

BranchCalendar@earthlink.net

Upcoming Events**JULY 11-24****Micha-el Institute - Summer Conferences**

Waldorf teacher training Intensives includes External Grades Certificate Course; Class Teacher Deepening Conference for Grade 1; Class Teacher Deepening Conference for Grade 4; Class Teacher Deepening Conference for Grade 5; and Class Teacher Deepening Conference for Grade 7; See website for details, www.Micha-elInstitute.com, held at the Micha-el School, 5239 SE Woodstock Blvd, Portland OR 97206. Contact 503 774-4946 or email johncmiles@usa.net.

JULY 12-23**Changing Times - Changing Music**

The new music and it's natural place in Waldorf pedagogy with Manfred Bleffert from Germany. <http://waldorfmusic.org>

Tuesday, AUGUST 10**Portland Branch Council Meeting**

7 PM - 8PM study of the theme of the year followed by a business meeting at the home Chrystal Godleske, 2327 SE 85th Avenue, Portland, OR 97216. 503-816-2440 All Branch members are welcome to attend.

AUGUST 21**Nicodemus**

Time TBA at a location TBA. Meeting and potluck with the members of Western Regional Council, followed by a talk about Nicodemus by Linda Connell.

Who is Nicodemus, who "came to Jesus by night?" What was his role in the Easter events, and what became of him afterwards? Nicodemus was just one of the many significant personalities surrounding the Christ at his Crucifixion. Linda Connell will share what is known about this mysterious figure from scholarly and sources in the light of the work of Rudolf Steiner.

AUGUST 26**Micha-el Institute - Summer Conferences**

Foundation Conference: See website for details, www.Micha-elInstitute.com, held at the Micha-el

School, 5239 SE Woodstock Blvd, Portland OR 97206. Contact 503 774-4946 or email johncmiles@usa.net.

Sunday, SEPTEMBER 12**First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required - Discussion on Lesson 5 at 8:30 AM, class at 9:30 AM sharp. Lesson 6. Please contact Diane Ramage at (503) 908-0131.

SEPTEMBER 14**Portland Branch Council Meeting**

7 PM - 8PM study of the theme of the year followed by a business meeting at the home Chrystal Godleske, 2327 SE 85th Avenue, Portland, OR 97216. 503-816-2440 All Branch members are welcome to attend.

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