



# Anthroposophical Society PORTLAND BRANCH

## Newsletter

July 2018

Registration for the 2018 North American Biodynamic Conference on Transforming the Heart of Agriculture will open in early July. More information about speakers, workshops, and schedules will also be released soon. Five days of programming will include field days at local farms and vineyards, inspiring and thought-provoking keynotes, hands-on workshops for beginners and experienced practitioners, delicious local and Biodynamic food and wine, artistic and cultural activities, facilitated conversations, and many new connections.

Gather, share, question, and explore together with 700-1000 farmers, gardeners, vintners, entrepreneurs, educators, researchers, activists, and enthusiasts from the region, across North America, and around the world. We are so fortunate to have this opportunity in Portland to connect with this important aspect of anthroposophical endeavor! See below for a taste of things to come.

Biodynamics is transforming the heart of agriculture on every continent and in every climate. For the Thursday Keynote Ueli Hurter will bring highlights of biodynamic initiatives from around the world, and Narendra Varma

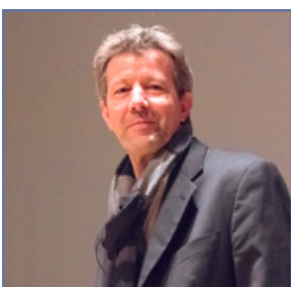
will ground us in Portland by sharing the agricultural, social, and economic transformation happening at Our Table Cooperative. Altogether there are eleven keynote speakers scheduled addressing conference topics of soil, regeneration, and social justice.

### SOIL.

Transforming the heart of agriculture means transforming how we think about and work with the soil. Biodynamics is a holistic, ecological, and ethical approach to farming and gardening that offers practical tools and insights to help us bring renewed health and vitality to soil, as well as the plants, animals, and people who depend on it.

### JUSTICE.

Transforming the heart of agriculture means transforming our human relationships. As we recognize the history and current reality of racism and other forms of oppression, how can we contribute to building equity, inclusion, and true community within and connected to agriculture? Explore diverse agriculture traditions, new relationships and collaborations, and innovative approaches to the



**Ueli Hurter**

Co-Head of the Agriculture Section at the Goetheanum and Executive Board Member of the International Biodynamic Association



**Narendra Varma**

Founder and Executive Director of Our Table Cooperative Portland, Oregon

The Portland Branch  
of the Anthroposophical Society  
Invites you to  
**Save The Dates!**

See the attached calendar & fliers  
for more information and more events

September 28-30

Michaelmas Observance:  
"Rudolf Steiner's Calendar of the Soul in Relation to  
the Michaelmas Festival"  
With Herbert Hagens

November 2

All Souls Observance

November 14-18

National Biodynamic Conference

November 23-25

Lisa Romero: Inner Path Work

Pacific Eurythmy Training

Classes Monday and Friday mornings and Tuesday,  
Thursday and Friday evenings.



Group Souls -The Human Being  
Plant Colors on Paper  
Gerard Wagner 1993

**Opportunity to Join  
A Regional Group  
Working Together with Rudolf Steiner's  
Sketches for the Painter**

A regional group working with Rudolf Steiner's Sketches for the Painter will begin a new series of sketches, starting in August. This group is made up of members from Portland, Corvallis and Eugene. We have been working with Nature's Moods for the past few years. Beginning in August we will be working with sketches in "The Spirit Form of the Human Being." These have recently been published in The Art of Colour and the Human Form: Seven Motif Sketches of Rudolf Steiner: Studies by Gerard Wagner.

The group meets between 4 -6 times a year. If you are interested in joining, please contact Patricia Lynch at [patriciahomanlynch@gmail.com](mailto:patriciahomanlynch@gmail.com)

social and economic dimensions of farming.

**REGENERATION.**

Transforming the heart of agriculture means leveraging a diversity of tools to regenerate our earth, our communities, and our spirits. How can biodynamics, regenerative agriculture, permaculture, organic, agroecology, holistic management, natural medicine, associative economics, and the many other movements for positive change work together, and what unique perspectives can biodynamics add to the conversation?



### Atavistic Memory

In a previous life I must have been  
 A woodsman, for pine-scent thrills.  
 Or was I the hunter's apprentice,  
 Bowing to read the deer's print  
 in dust? Cook's helper, master  
 of the broom—how sweeping  
 soothes my mind? Silk in  
 my fingers takes me weeping  
 to my harem cell. Being beggar's  
 daughter prepared me to be  
 consoled by one coin's glint.  
 Is this why I am called to honor  
 everyone I meet?

Kim Stafford, Oregon Poet Laureate



Poet laureate and giant cedar: words and the land.  
 Photo by Kim Stafford



## Calendar of the Soul

14. (July 7 - 13)

Summer

Embracing the Senses' Revelation  
 I lost the urge to be just me,  
 Dream thinking does appear  
 To numb and rob me of my Self.  
 And yet, approaching me,  
 Through the Senses' weaving veil:  
 The waking call of Cosmic Thought.

15. (July 14 - 20)

I feel how in the World appears  
 Mysteriously the Spirit's Weaving.  
 It has encloaked my Self  
 In the Senses' shroud of Dullness  
 To endow me with the strength  
 Which I, within restraints of self,  
 Would be incapable of mustering.

16. (July 21- 27)

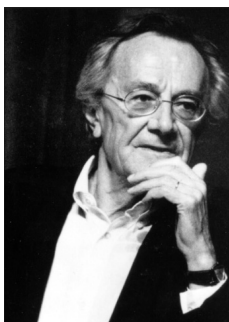
To cherish the Spirit's gift in me  
 Is a firm precept of my Promise,  
 May God's endowments grow  
 And in the Fields of Soul mature  
 Bearing fruit for Selfhood.

17. (July 28 - August 3)

The cosmic Logos speaks,  
 Whom I could lead  
 Through the Portals of my Senses  
 Into the Temple of my Soul:  
 Replenish your own Spirit Depths  
 With my Worlds' Dimensions  
 So that you may find someday  
 Myself in Thee.

Calendar translation by Stefan Schwabe





“Today, life is fast. It vaporizes morals. Futility suits the postmodern, for words as well as things.

But that doesn't keep us from asking questions: how to live, and why? ”

Jean-Francois Lyotard  
*Postmodern Fables, 1993*



**HEALTHBRIDGE**  
3046 NE 33RD AVE  
PORTLAND 97212  
503-331-7393  
HEALTHBRIDGE@INTEGRA.NET

**DONNA PATTERSON KELLUM LMT**  
**BOB KELLUM ND, PhD, MSOM/L.Ac, LMT**

With over 30 years of experience in advanced Craniosacral and Visceral therapies, Dynamic Manual Interface, Myofascial Release, Lymph Drainage, Zero Balance, and many other modalities, including Rhythmical Massage, Donna integratively weaves these together as needed for your unique issues.

With over 25 years of bodywork experience, extensive training and experience in Anthroposophic, Naturopathic, and Chinese Medicine, and a doctorate in social psychological sciences with 3 years clinical experience with Reichian psychotherapy, Bob works with you to discover the gesture of your illness and move you forward with your health challenges.

We work with you for a wide range of conditions including musculoskeletal/accident issues, cancer, diabetes and other chronic diseases, and all the typical acute illnesses associated with family medicine.

“The possibility of illness is due to the possibility of becoming human beings...”--Rudolf Steiner, Arnheim, July 4th, 1924

**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 Rumage at 971-271-7479.

To submit an article or a calendar item, email it both to Valerie Hope, [valerieannhpdx@aol.com](mailto:valerieannhpdx@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.

The current line-up is as follows: Design and layout, Christopher Guilfoil; proofreading, Lauren Johnson and Cheri Munske; printing, Jerry Soloway; distribution, Wes Burch; webmaster, Seth Miller; treasurer, Ruth Klein; editor, Valerie Hope.

**The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2018:**

Cyndia Ashkar, Christine Badura, Betty Baldwin, Sandra Burch, Wes Burch, Leslie Cox, Yvonne De Maat, Sacha Etzel, Julie Foster, Ali Givens, Michael Givens, Kevin Gregg, Valerie Hope, Lauren Johnson, Paul Kalnins, Bob Kellum, Donna Patterson-Kellum, Timothy Owen-Kennedy, Ruth Klein, Tom Klein, Anne Kollender, Judith Levin, Martin Levin, Robin Lieberman, Joann Logan, Arnold Logan, Lisa Masterson, Brian McClure, Cheri Munske, Padeen Quinn, Jeffrey Rice, Susan Rice, Walter Rice, Diane Rumage, Frank Salvatore Jr, Barbara Strong, Kim Sinclair, Angela Sparks, Jerry Soloway, Rebecca Soloway, Linda Sussman, Joan Takacs, John Takacs, Robin White, Brian Wickert



**We will gratefully receive your Branch membership dues (\$50 or what you can afford).**

Send to: The Portland Branch c/o Ruth Klein  
12286 SE 41st Court, Milwaukie, OR 97222

**Another Way to Donate to the Portland Branch**

If you shop at Amazon and use the following link, a small donation, .5% of the price of your eligible purchases will be donated to the Portland Branch. [smile.amazon.com/ch/93-1269233](https://smile.amazon.com/ch/93-1269233)

# Physical Medicine & Injury Rehabilitation



Susan Schmitt, M.D.  
Joan Takacs, D.O.  
John Takacs, D.O.



The clinic offers alternatively extended medicine including Physical Medicine and Rehabilitation and Comprehensive Family Practice. The physicians utilize holistic principles that include the Anthroposophical world conception and its medical modalities, movement principles from Spacial Dynamics®, Feldenkrais®, Intermuscular Stimulation (IMS), Musculoskeletal Ultrasound and refined hands-on techniques to augment alternative and mainstream medical approaches in diagnosis, treatment and prevention of illness and injury including work related injuries, personal injuries, motor vehicle injuries and sports injuries.

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Robin Lieberman 503.222.1192  
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Contact Valerie Hope at [Valerieannhpdx@aol.com](mailto:Valerieannhpdx@aol.com)

**Dr. Lisa Del Alba**  
Anthroposophical N.D.

**Pohala Clinic**  
503-572-4196  
7477 SE 52nd Ave. Portland, OR 97206

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**Benjamin Bell LMT** OR Lic 3382  
Advanced CranioSacral Therapy

**Eugene Scheduling**  
541-799-6097  
1695 Jefferson St. Eugene, OR 97402

In lecture one of the "Study of Man" Rudolf Steiner explains "The task of education conceived in the spiritual sense is to bring the Soul-Spirit into harmony with the Life-Body... The child only begins to breath in the right sense of the word when he has left the mother-body.... As we breath in, we are continually pressing cerebrospinal fluid into the brain: and, as we breath out, we press it back again into the body.... We may say that breathing is the most important mediator between the outer physical world and the human being who is entering it."

In my 30 years experience of practicing Advanced CranioSacral Therapy (CST), I have found that most of us need help in resolving imbalances that originate from birth, our entry into the breathing experience. CST is one of the few modalities that I am aware of that has the potential to normalize our breathing by assisting self correction (Perhaps playing a part in a proper "education", assisting the harmonizing of the Soul-Spirit and the Life-Body). ~ Benjamin Bell

**If you have a friend or family member interested in CST, bring them along to your first session for a free session.**  
(Please be sure to reserve two consecutive appointment time slots, one for each of you.)

## Portland Branch Calendar July, 2018

### **First Class of the School of Spiritual Science**

**Sunday, July 8 , 9:30 am sharp** • The Lesson in Berne, 17 April 1924 (no admittance after the class starts) • Bothmer Hall, 5915 SE Division St, Portland, 97206 **Blue card required.** • Lessons normally held second Sunday of each month • Contact Diane Rumage at 971-271-7479; Cheri Munske at 503-484-4133; or Rebecca Soloway, 516-850-1027.

### **Portland Branch Council Meeting**

**No Meeting in July** • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778; [valerieannhpdx@aol.com](mailto:valerieannhpdx@aol.com)

All Branch members are welcome to attend, and/or call us with agenda items, proposals, suggestions, or to observe. Please contact Valerie to let her know you're coming. Meetings are normally held on the second Monday of each month.

### **Regional Group Working with Rudolf Steiner's Sketches for Painters Begins in August**

A regional group working with Rudolf Steiner's *Sketches for the Painter* will begin a new series of sketches, starting in August. This group is made up of members from Portland, Corvallis and Eugene. We have been working with *Nature's Moods* for the past few years. Beginning in August we will be working with sketches "The Spirit Form of the Human Being". These have recently been published in *The Art of Colour and the Human Form: Seven Motif Sketches of Rudolf Steiner: Studies by Gerard Wagner*. The group meets between 4 -6 times a year. If you are interested in joining contact [patriciahomanlynch@gmail.com](mailto:patriciahomanlynch@gmail.com)

### **Rudolf Steiner's Calendar of the Soul in Relation to the Michaelmas Festival with Herbert Hagens**

**Friday, September 28 – Sunday Sept. 30** • Bothmer Hall, 5915 SE Division St.

The weekly verses in the Calendar of the Soul generate a special dynamic for one's meditative life over the course of the year. Mr. Hagens will speak about how working with the Calendar contemplations can awaken us to the Christ Impulse and the development of self-consciousness. We will focus in particular on the Michaelmas mood verse (#26). This will serve as our Michaelmas Observance. On Sunday he will bring a topic, to be determined, related to the School for Spiritual Science. Watch the newsletter for updates. Out of town attendees may inquire with Christine Badura about housing opportunities with local families. [badura88@hotmail.com](mailto:badura88@hotmail.com) Sponsored by the Portland Branch of the Anthroposophical Society.

### **All Souls Observance**

**Friday, November 2** • Watch this space for more details. Sponsored by the Portland Branch of the Anthroposophical Society.

### **Biodynamic Conference Sponsored by the Biodynamic Association**

**Wednesday, November 14 – Sunday November 18** • Watch this space for more details.

### **The Inner Work Path: Strengthening the Foundations of Meditation with Lisa Romero**

**November 23, 24 & 25** • Bothmer Hall, 5915 SE Division St.

Lisa will be available the week after the mediation workshop for more talks. For more information about this workshop and her local schedule contact Patricia Lynch, [patriciahomanlynch@gmail.com](mailto:patriciahomanlynch@gmail.com) For more information about Lisa Romero go to [innerworkpath.com](http://innerworkpath.com)

## Ongoing Local Activities and Study Groups

### **First Class of the School of Spiritual Science • Second Sunday of the Month**

9:30 am sharp (no admittance after the class starts) • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Blue card required. Contact Diane Rumage at 971-271-7479, Cheri Munske at 503 772-2632, or Rebecca Soloway (516) 850-1027

### **Council Meetings of the Portland Branch • Second Monday of the month No Meeting in July**

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.

### **First Class Study • Second Thursday of the Month**

*The First Class of the Michael School and its Christological Foundations* by S. Prokofieff • 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



### **An Outline of Esoteric Science Study Group • First Monday of the Month**

7:45-9pm • 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 6-7:30 pm, One Saturday/month, 10:30-2:30 with lunch break • Takes place in Bothmer Hall, 5919 SE Division St., Portland 97206 • \$20/session; Cost: \$20/session; Tuesdays Only \$80; Saturday \$30; all classes \$110; paid monthly, sliding scale on request • Contact Jolanda, [jolandamf44@gmail.com](mailto:jolandamf44@gmail.com), or 503-896-3345

### **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: Thursday Mornings**

8:45-9:15 am, Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Free All are welcome. Contact: Sarah Rem, 503-729-1740 or [sannerem@gmail.com](mailto:sannerem@gmail.com)

### **Pacific Eurythmy, Open Classes for the Community in Anthroposophy and the Arts: Friday Evenings**

For details please see our website, [www.PacificEurythmy.com](http://www.PacificEurythmy.com) or call Jolanda, 503-896-3345 or Carrie, 415-686-3791

### **Festivals Study Group: First and Third Friday Mornings**

10:00 am-12:00 pm • 2606 SE 58<sup>th</sup> Ave, Portland • 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 observe them according to his indications. This study is also greatly deepening our experience of the Calendar of the Soul and the cycle of the year.

### **Living Inner Development, the Necessity of True Inner Development in the Light of Anthroposophy by Lisa Romero • Friday Mornings**

9:15 – 11:00 am • contact Patricia Lynch at [patriciahomanlynch@gmail.com](mailto:patriciahomanlynch@gmail.com)  
Eurythmy, painting and reading. All are welcome! Contact: [patriciahomanlynch@gmail.com](mailto:patriciahomanlynch@gmail.com)

### **Man as Symphony of the Creative Word – 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

### **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  
There will be an opportunity to act in Scenes 7 & 8 of *The Guardian of the Threshold*, which we hope to present some time in 2018. No experience necessary.

### **Portland Waldorf School Community Choir • Friday Mornings with David Edwards**

9:00-10:15 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 • No practice during school breaks.

### **Waldorf Education and Teacher Training Lectures and Courses**

Conducted throughout the year by the Micha-el Institute. Contact John Miles, 503-774-4946 [johncmiles@usa.net](mailto:johncmiles@usa.net)  
See Summer Programs below, in the electronic version of the newsletter

### **Waldorf Teacher Education, Eugene**

Two and Three year Career Training and Artistic Development Learn more at [www.WTEE.org](http://www.WTEE.org) or call (541) 514-7905



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AS EMBRYO

A Workshop with Jaap van der Wal, MD, PhD

Recorded live in Portland, Oregon August 29 – September 2, 2017

10 discs, 22 hours ♦ discs contain every word of the workshop, and visual handouts. The purchase price is \$195.00. Shipping and handling: \$5 domestic (US) and \$25 for shipping outside the U.S. To order by mail make out a check to the Portland Branch, and send to 3609 SE Center Street, Portland, Oregon 97202-3204, Attn. DVD. You can also order on our website using Paypal at [www.portlandbranch.org](http://www.portlandbranch.org). Cinematography, editing and design by Steve Dehner; Cover Design Angelica Hesse; ©2017 The Portland Branch of the Anthroposophical Society of America, all rights reserved

## Teacher Trainings at Micha-el School This Summer, July 7-August 20

Contact: [info@micha-elinstitute.com](mailto:info@micha-elinstitute.com)

### Homeschooling Foundations Conference, July 7 at 7:00 PM to July 9 at 10:00 PM • \$350-\$450

This conference is geared toward current home school educators and is designed to provide enrichment in the curriculum, and indications given by Rudolf Steiner, in a community of fellow teachers and anthroposophical guides. Attendees are asked to read lectures 1-6 and 11 of *Practical Advice for Teachers*. Books are provided with conference enrollment, and will be shipped upon registration. Home school educators who attend this course are encouraged to register for the Class Teaching Deepening Conference appropriate to their current home school situation.

**The following Class Teaching Deepening Conferences by grade are designed to provide enrichment in the curriculum, and indications given by Rudolf Steiner, in a community of fellow teachers and anthroposophical guides • Fees: \$550-\$650 • Books are provided with conference enrollment.**

**Grade 1 July 10 at 6:00 PM to July 14 at 1:30 PM** Attendees are asked to read lectures 1-7 of *Study of Man*. Conference lecture and workshop topics include: Classroom Movement, Storytelling, Fairy Tales, Interval and Pentatonic Flutes, Painting, Quality of Number, Math Processes, Open Pedagogical Discussion, Singing, Pedagogical Lectures and Seminars, Nature Stories, Chalkboard Drawing, Block Crayon Drawing, Form Drawing, Introduction to Letters and Writing, Therapeutic Painting.

**Grade 2, July 10 at 6:00 PM to July 14 at 1:30 PM** Attendees are asked to read lectures 1-7 of *Study of Man*. Books are provided with conference enrollment. Conference lecture and workshop topics include: Classroom Movement, The King of Ireland's Son, Fables and Saint Stories, Pentatonic Flutes, Classroom Painting, Open Pedagogical Discussion, Nine Year Change, Speech, Pedagogical Lectures and Seminars, Chalkboard Drawing, Block Crayon Drawing, Form Drawing, Main Lesson Writing, Therapeutic Painting, Math

**Grade 3 July 10 at 6:00 PM to July 14 at 1:30 PM** Attendees are asked to read lectures 1-7 of *Study of Man*. Conference lecture and workshop topics include: Classroom Movement, Speech, Old Testament as History, People at Work – Farming and Building, Pentatonic Folk Songs, Grammar and Writing, Classroom Painting, Math and Measurement, Nine Year Change, Open Pedagogical Discussion, Choral Speaking, Pedagogical Lectures and Seminars, Writing Music – Class Singing, Music Notation, Form Drawing, Therapeutic Painting

**Grade 4 July 10 at 6:00 PM to July 14 at 1:30 PM** Attendees are asked to read lectures 1-7 of *Study of Man*. Conference lecture and workshop topics include: Classroom Movement, Norse Mythology, Man and Animal, Choroí Flute, Grammar and Writing, Classroom Painting, Local History and Geography, Open Pedagogical Discussion, Choral Speaking, Pedagogical Lectures and Seminars, Mapmaking, Artistic Approach Understanding Fractions, Freehand Geometry & Celtic Knots, Therapeutic Painting

**Grade 5 July 14 at 6:00 PM to July 18 at 1:30 PM** Attendees are asked to read lectures 8-14 of *Study of Man*. Conference lecture and workshop topics include: Pentathlon and Classroom Movement, Ancient History – India through Greece, Homeland Geography, Alto Recorders and Choroí Flutes, Decimals and Fractions, Active and Passive Grammar, Open Pedagogical Discussion, Grammar, Plays and Speech, Pedagogical Lectures and Seminars, Human Beings and Plants, Class Singing, Freehand Geometry, Painting Maps and pastels, Therapeutic Painting

**Grade 6 Class July 14 at 6:00 PM to July 18 at 1:30 PM** Attendees are asked to read lectures 8-14 of *Study of Man*. Conference lecture and workshop topics include: Morris Dancing and Classroom Movement, Roman History, Medieval History, Geography of the Americas, Alto Recorders and Choroí Flutes, Painting – Shadow, Landscapes, Marching and Latin Commands, Business Math, Algebra, Grammar, Plays and Speech, Open Pedagogical Discussion, Pedagogical Lectures and Seminars, Rocks and Minerals, Calligraphy, Artistic Geometry, Painting Maps and Pastels, Therapeutic Painting

**Grade 7 Class July 14 at 6:00 PM to July 18 at 1:30 PM** Attendees are asked to read lectures 8-14 of *Study of Man* and *Meditatively Acquired Knowledge of Man*. Books are provided with conference enrollment. Conference lecture and workshop topics include: Morris Dancing and Boot Dance, Chemistry, Fire and Salts, Nutrition, Muscles, Organs and Ear, Electricity and Magnetism, Alto Recorders and Choroí Flutes, Therapeutic Painting, Wish, Wonder and Surprise, The Age of Discovery, World Geography, Poetry Forms, Painting — Landscapes /Seascapes, Algebra and Geometry, Open Pedagogical Discussion, Portrait and Perspective Drawing, Pedagogical Lectures and Seminars

**Grade 8 July 14 at 6:00 PM to July 18 at 1:30 PM** Attendees are asked to read lectures 8-14 of *Study of Man* and *Meditatively Acquired Knowledge of Man*. Conference lecture and workshop topics include: Morris Dancing and Boot Dance, The History of Inventions, Grammar and Short Stories, Shakespeare



Therapeutic Painting, Alto Recorders and Choroí Flutes, Speech, Physiology, the Skeleton and the Eye, Physics of Water and Air: Meteorology, Organic Chemistry, Pastels, Algebra and Geometry, Solid Geometry, Painting – Landscapes/Seascapes, Open Pedagogical Discussion, Pedagogical Lectures and Seminars, Class Singing

**Early Childhood Conference July 22 at 7:00 PM to August 4 at 12:00 PM • \$1500-\$750**

Each summer, the Micha-el Institute holds an intensive conference on Early Childhood Education. Our Early Childhood Conference themes are offered in a cyclic fourfold progressive system. This year, the theme will be “Rhythm”. Last year’s theme was “Polarities”. The next two years’ themes will be “Imagination through Storytelling & Puppetry” and then “Health.” These conferences are ideal for early childhood teachers, as well as grade school class and remedial teachers, to expand and deepen their insights, understandings, and consciousness in these areas. Lecture topics will include: Importance of Rhythm for Young Children, Rhythmical Life in the Kindergarten and at Home, Daily, Weekly, Monthly, and Yearly Rhythms, Contraction and Expansion, Benefits of Routines for Young Children, Rhythmical Systems in the Human Body, In Breathing and Out Breathing, Rhythms of Incarnation and Excarnation for Human Beings, Overcoming Egotism in These Times, Rhythms in Nature and the Universe. Workshops will include: Daily eurythmy, Daily Singing in Mood of Fifth, Choral Speaking, Creating Nature Tables along with the Yearly Rhythm, Circle Time Focusing on Contraction and Expansion, Making Rhythmical Wooden Toys, Crayon Drawing, Beeswax Modeling, Pedagogical Discussions

**Foundations Conference August 16 at 7:00 PM to August 20 at 12:00 PM • \$500-750**

This conference is a great opportunity for current educators to brush up on the full spectrum of Waldorf education principles, and for new and developing students to enrich their growing knowledge. The Micha-el Foundations Conference will begin with an introductory lecture from 6:30-8:00pm. Each day will begin at 8:30am and finish at 3:30pm. Sessions will include lectures on Percival and Goethean Science, singing, speech exercises, painting, drawing, and discussion. We at the Micha-el Institute will be looking forward to seeing you there.



# Embryo in Us

UNDERSTANDING  
OURSELVES  
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**A Workshop with Jaap van der Wal, MD, PhD**  
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**10 discs, 22 hours,**  
**discs contain every word of the workshop and visual handouts**

"By means of the Goetheanistic phenomenological method, the gestures of human embryonic development may be understood and interpreted as human behavior. In this phase for example the phenomena which accompany human incarnation may still clearly be 'read'. Also, the gestures of the embryo are to be understood as a kind of echo of the evolution of mankind. This means that the human incarnation and human evolution, biography and biology, approach more and more to each other and that it is possible, deepened by the view of Anthroposophy, to come to the spiritual essence of this human phase of being." Dr. van der Wal, from his website.

**The body developed  
out of us,  
not we from it.  
We are bees,  
and our body is a honeycomb.  
We made the body,  
cell by cell we made it..  
RUMI (1207 - 1273**

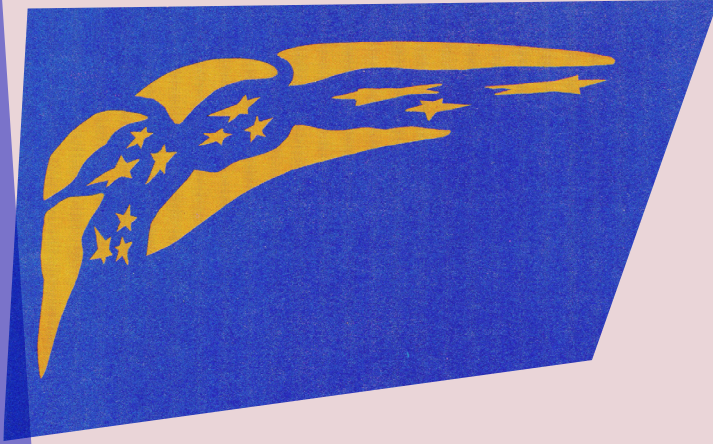
The purchase price is \$195.00. Shipping and handling: \$5 for domestic (US) and \$25 for shipping outside the U.S.

To order by mail make out a check to the Portland Branch, and send to 3609 SE Center Street, Portland, Oregon 97202-3204, Attn. DVD. You can also order on our website using Paypal at [www.portlandbranch.org](http://www.portlandbranch.org).

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## Rudolf Steiner's 'Calendar of the Soul' in Relation to the Michaelmas Festival



with **Herbert Hagens,**  
for **Michaelmas, 2018**

**Friday Eve. and Saturday**  
**September 28-29**

**Bothmer Hall, 5915 SE Division**

Suggested Donation: Fri. Evening \$15;  
Saturday \$15, \$25 for both, all are welcome

The weekly verses in the Calendar of the Soul generate a special dynamic for one's meditative life over the course of the year. On a Friday evening in September Herbert Hagens will join us to speak about how working with the Calendar contemplations can awaken us to the Christ Impulse, and the development of self-consciousness. We will focus in particular on the Michaelmas mood, Verse #26.

When out of world-wide spaces  
The sun speaks to the human sense,  
And gladness from the depths of soul  
Becomes, in seeing, one with light,  
Then rising from the sheath of self,  
Thoughts soar to distances of space  
And dimly bind  
Man's being to the spirit's life.

*Transl. Ruth & Hans Pusch*

Saturday (morning session, lunch break, afternoon session) will find us exploring Friday's theme in greater depth through short presentations, conversation, and artistic activity (eurythmy). We will also trace the relationship of the Soul Calendar to the seasons and the major Christian festivals. Herbert will review some basic guidelines for meditating the verses and for setting the dates from one year to the next.



**Herbert Hagens** has been active in the Anthroposophical Society for over 45 years. He holds graduate degrees in German from Middlebury College and Princeton University. His career as a German instructor covered thirty years. In addition to lecturing, Herbert conducts an annual course on Rudolf Steiner's Mystery Dramas in the Anthroposophical Studies Program at the Goetheanum in Dornach, Switzerland. He lives with his wife Adelaide in Princeton, New Jersey, where he works in a family business.



# THE INNER WORK PATH

## Strengthening the Foundations of Meditation



Painting by Patricia Lynch

Rudolf Steiner gave many exercises and meditations to strengthen the human being through its journey of developing consciousness. This weekend workshop will explore the inner work path, the birth of the higher self, the spiritual year, and how meditation can bring us closer to our own experience of these processes.

This workshop has been found invaluable for those wishing to establish a meditative life for the first time, as well as long-term meditants looking to deepen their relationship to the path.

**LISA ROMERO** is a complementary health practitioner, author, and adult educator. Her capacity to deliver esoteric wisdom warmed with personal insight has allowed Lisa to assist contemporary seekers throughout a diverse range of communities and professions in Australia, Japan, Europe and the U.S.

**SAVE THE DATE: November 23-25, 2018**

**PLACE: Portland, Oregon – Location T.B.A.**

**COST: \$300 – Financial Assistance Available**

**MORE INFO: [InnerWorkPath.com](http://InnerWorkPath.com) – [innerworkpathusa@gmail.com](mailto:innerworkpathusa@gmail.com)**