

# Portland Anthroposophic Times

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

[www.portlandanthroposophy.org](http://www.portlandanthroposophy.org)

Volume 8.6 June 2012

## THE PORTLAND BRANCH WANTS YOU! (and your ideas!)

In anticipation of the **Annual General Meeting and Conference** (Ann Arbor, August 9-12), let's help shape the suggested national study & conversation about *"the special character and destiny of America, and the role the Society and movement can play in furthering that destiny"*.

How might we do that? How can one begin to understand what these destinies are? We'd like your ideas for how to proceed in Portland. We can, as individuals and as a branch, freely take up this activity in concert with others across the nation.

In the Spring 2012 issue of *being human* (the quarterly newsletter of the Anthroposophical Society in America), the General Council printed a *special section* containing material to help us prepare for and participate in the August conference, "whether or not we can physically attend."

Included in these materials are excerpts from a lecture by Rudolf Steiner entitled *The Work of the Angels in Man's Astral Body*, along with some leading questions to help us begin to relate its remarkable images with the circumstances of North America. (You can also purchase a copy of this lecture in a book from Steiner Books entitled *The Work of the Angel in Our Astral Body*, or access it on the online Steiner Archives at <http://wn.rsarchive.org/Lectures/19181009p01.html>).

The General Council writes in *being human*: *"In this lecture, Rudolf Steiner describes how angels are creating pictures in human consciousness that are meant to make their way into full awareness. These include three transformative perceptions:*

- *that every human being is a spiritual being, formed in the divine image;*
- *that the suffering of others will be felt more and more to be just as urgent as any bodily injury of my own;*
- *and that a new, comprehensive spiritual truth and lawfulness is beginning to be recognized, allowing each human being to experience the reality of spirit through clear, conscious thinking.*

*Do we experience any or all of these images becoming conscious today in America? How do they manifest in our own life and work? Can they be seen in the values emerging in our Society? Are they visible in the*

The Portland Branch of the Anthroposophical Society invites you to

### *Save The Dates!*

- June 9 **The Mission of Gautama Buddha**  
with Linda Connell (Eugene, OR)
- July 11-15 **The Embryo in Us**  
with Jaap van der Wal
- Sept. 29 **The Art of the Heart**  
with Frank Chester

*For more info about these branch-sponsored events, as well as dates and info about other events and initiatives in our community, see the calendar section of this newsletter or visit the branch website.*

*relationships that people are forming with each other? How are they being expressed? Are these images clear in the foundations of Anthroposophical initiatives? Do you see them illuminating other social and cultural initiatives? The council has chosen this lecture, along with the Foundation Stone Meditation and the Threefold or American Verse, as foundations for the conference work. Over the course of these months leading up to the conference, we invite members to share their thoughts and questions concerning the special character and destiny of America—and the role our society and movement can play in furthering that destiny."*

The Portland community has its destiny too in America: if you have any ideas to share for working with these materials and questions, please write to the Portland council via [valerieannhpx@aol.com](mailto:valerieannhpx@aol.com), or bring them to a council meeting (see calendar). Respectfully,  
Valerie Hope for the Portland Branch Council  
(to request a sample copy of *being human* email: [editor@anthroposophy.org](mailto:editor@anthroposophy.org) or write: Editor, 1923 Geddes Avenue, Ann Arbor, MI 48104)

### THE "AMERICAN" or "THREEFOLD" VERSE

*(sent by Rudolf Steiner to Ralph Courtney for the Threefold Group in New York City, which later established the Threefold Community in Spring Valley (now Chestnut Ridge), NY.*

**May our feeling penetrate**

**Into the center of our heart.**

**And seek, in love, to unite itself**

**With the human beings seeking the same goal**

**With the spirit beings who, bearing grace**

**Strengthening us from the realms of light**

**And illuminating our love,**

**Are gazing down on our earnest, heartfelt striving**

## THE CALENDAR OF THE SOUL

This year marks the hundredth anniversary of Rudolf Steiner's **Calendar** (see illustration below) and the accompanying **Calendar of the Soul** verses. What is so meaningful about this particular work? How can we regard it? From a lecture given in Cologne on May 7, 1912 (GA143), <http://wn.rsarchive.org/Lectures/19120507p01.html> (keeping in mind that the Calendar had been published for the first time in 1912) Rudolf Steiner described the **Calendar** thusly:

" One must, of course, begin with a correct computation of time, and this brings me to a matter that will be regarded by those outside our Movement as sheer distortion and lunacy. It will be found that the Calendar indicates the year 1879 [i.e., 1879 years after the birth of Ego-consciousness at the time of the Mystery of Golgotha. In many other lectures Dr Steiner indicates the year 1879 as the beginning of the Michael Age.]; this is because it is important for people of the present age to regard the year of the Event of Golgotha as the most momentous of all, as the year which determines how time is to be computed. When on a Friday in April in the year 33 A.D. the Mystery of Golgotha took place, Ego-consciousness in the present sense was actually born. It matters not at all on what part of the Earth a man lives, to which nation, race or religion he belongs. Just as the day of Caesar's death is the same for a Chinese or a European, the fact well known in occult life is that the Mystery of Golgotha took place in the year 33 A.D. The birth of Ego-consciousness is a fact of international significance, having nothing whatever to do with nationality." Furthermore: "Our desire was to express in the Calendar the objective fact of the birth of the Ego. We reckon from the Mystery of Golgotha, hence from Easter to Easter, not from one New Year's Day to the next. This has been the cause of further derision and mockery, because it compels us to reckon with years of unequal length. But in what is unequal there is life; in what is uniform and fixed there is the impress of death, and our Calendar is intended to be a creative impulse for life."

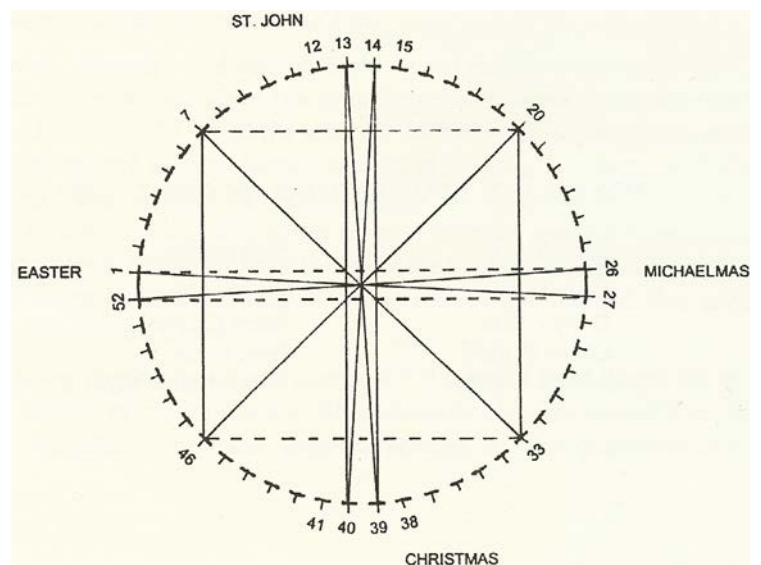
Then he immediately went on to describe the **Calendar of the Soul** verses: "There still remains the question: how can all this be a matter of actual experience? The answer to this question will be found in the Calendar itself. As its second part you will find the '**Calendar of the Soul**' which I myself regard as very important. For each consecutive week I have tried to draw up verses for meditation, the effect of which will enable the soul gradually to discover in itself and in its own experiences the connection with the great cosmic constellations. These formulae for meditation do in all reality lead the soul out of its narrow confines to experience of the heavens. I can assure you that the results of long, long occult investigations are contained in these 52 verses which will enable the soul to find access to happenings in the great universe and thereby to experience the Spirits working in the

onward flow of Time. But if you ponder on the texts of the verses in the Calendar you will discern an element of **Timelessness**, in rhythmic alternation, an element that is experienced inwardly by the human being, the laws of which run parallel to those of Time in the outer world. Mere analogies do not suffice here."

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

In this calendar a verse is inscribed for each week. This will enable the soul to participate actively in the progressing life of the year as it unfolds from week to week. Each verse should resound in the soul as it unites with the life of the year. A healthy feeling of "at oneness" with the course of Nature, and from this a vigorous "finding of oneself" is here intended, in the belief that, for the soul, a feeling-unison with the world's course as unfolded in these verses is something for which the soul longs when it rightly understands itself."

There are several translations of **The Calendar of the Soul** available from Steiner Books (Anthroposophic Press). You can also subscribe to weekly emails of the verses from the Rudolf Steiner Archive: [www.rsarchive.org/COTS/cotsml.php](http://www.rsarchive.org/COTS/cotsml.php) or see an online version at: [http://wn.rsarchive.org/Books/GA040/CoTS/GA040\\_index.html](http://wn.rsarchive.org/Books/GA040/CoTS/GA040_index.html)



(an illustration of the basic structure of the Calendar)

**Healing Symbols and Healing Cookies**

Fond greetings dear Friends,  
 As a sort of public service we are publishing the cookie recipe below. When there's been time to digest and prepare them, more comments about the very practical and informative time that some hundred people shared with Dennis Klocek on June 1 and 2 will be forthcoming. Our pastry chef for the event, Diane Rowley, was besieged with so many requests for the cookie recipe below, that she asked us to put it in the newsletter.

Amaretti Cookies (gluten free)

This is a classic Italian macaroon. When first baked they are crispy on the outside and chewy on the inside. As they sit, they get crunchy throughout.

- |                                |                     |
|--------------------------------|---------------------|
| 3 c. blanched slivered almonds | 3 egg whites        |
| 1 ½ c. sugar                   | 1 t. almond extract |

Preheat oven to 300 degrees. Line baking sheets with parchment paper.

In a food processor, grind the almonds into a fine meal. Add the sugar and continue to process for another 15 seconds. Add egg whites and almond extract. Continue to process until a smooth dough forms around the blade.

Using a teaspoon, place well rounded spoonfuls of dough onto prepared baking sheets. Press a whole almond into the center of each one. Cookies should be at least 1½ " apart. Bake in preheated oven for 30 min. Allow cookies to cool completely on paper before removing. Store in a dry place.

**Are We?**

Are we are we  
 are we where we  
 are we where  
 we need to be?

We love  
 we grow.

Will we still be  
 still be will we  
 will we when  
 we still be old?

Are we are we  
 are we who we  
 are we who  
 we wish to be?

Are we are we  
 are we where we  
 are we where  
 we need to be?

Do we know  
 we seek we sow?  
 Do we know  
 we love we grow?

Are we are we  
 are we who we  
 are we who  
 we choose to be?

We need to know  
 we seek we sow.

*R.Z. Balchowsky*

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

**THE PORTLAND BRANCH THANKS THE FOLLOWING MEMBERS AND FRIENDS FOR THEIR DUES AND GENEROUS DONATIONS IN 2012!**

Ruth Klein	Kathy Kremer	Regina Loos
Tom Klein	Jeff Rice	James Lee
Walter Rice	Diane Ramage	Robin Lieberman
Wes Burch	Bob Kellum	Timothy Popof
Charles Forester	Chiaki Uchiyama	Marsha Johnson
Donna Patterson	Yvonne DeMaat	Jannebeth Roell
Cheri Munske	Valerie Hope	Mia Ellers
Cyndia Askkar	Chrystal Godleske	Tish Johnson

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, Swallowtail School, Pohala Clinic, and Healthbridge. The newsletter and calendar are posted on the Portland Branch website at [www.portlandanthroposophy.org](http://www.portlandanthroposophy.org).

Questions, suggestions and submissions may be sent by e-mail via the <http://www.portlandbranch.org/contact> links. 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 15th of each month for publication in the next month's edition. Please submit any calendar items via the contact links @ <http://www.portlandbranch.org/contact>, no later than the 15th of each month for publication in the next month's edition.

- Co-Editor:..... Wes Burch  
 Co-Editor and Calendar:..... Valerie Hope  
 Co-Editor and Editorial Support: ..... Timothy Popof  
 Website Services: ..... Seth Miller  
 Accounting ..... Ruth Klein

**Please submit your dues (\$50) or donations to the Portland Branch c/o Ruth Klein at 3609 SE Center, Portland, OR 97202**

**THE ART OF THE HEART**

A workshop with Frank Chester  
 September 29th, Portland, Or

Frank is an artist, sculptor and geometrician who lives in San Francisco. He has taught art for more than thirty years in high schools and colleges. Since encountering the work of Rudolf Steiner, Frank has been exploring the relation between form and spirit. This has led him to take up research concerning the number seven. For the last several years he has been teaching sacred geometry at the Waldorf teacher training program in San Francisco. He has been presenting his research at international conferences and Waldorf schools in the United States and Europe.



Portland Branch of the Anthroposophical Society Calendar • June 2012

## Portland Branch Events

### Portland Branch Council Meeting

Monday, June 11, 7-9 pm • 2606 SE 58th Ave. Contact 503-775-0778 • email [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. Meetings are on the second Monday of each month.

### First Class of the School of Spiritual Science, Lesson 7

Sunday, June 10 • 9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97207, Contact Diane Rumage at 503 908-0131 or Cheri Munske at 503 772-2632 Blue card required. Second Sunday of each month

### The Embryo in Us: Understanding Ourselves as Embryo, with Jaap van der Wal MD PhD

July 11-15, 2012, Warner Pacific College, 2219 SE 68<sup>th</sup> Ave. • \$475 before July 1, \$525 after • limited # OF \$225 workstudy spots Contact Dr. Bob Kellum, [healthbridge@integra.net](mailto:healthbridge@integra.net) or 503-331-7393

This popular course is limited to 45 people, so apply early to assure your place. It has pending approval from OBNE for 26.5 Naturopathic General and OB CEU's. We will explore human prenatal development and how the shaping of the body expresses essential attributes of the development of the human as a being of spirit and matter, body and mind. More information will be forthcoming.

### The Art of the Heart with Frank Chester (see article in newsletter)

Saturday, September 29. More information to follow.

Frank's work points to a science of the future. He is an artist, sculptor and geometrician living in San Francisco, and has taught art for more than thirty years in high schools and colleges. Since encountering the work of Rudolf Steiner, Frank has been exploring the relation between form and spirit, and he discovered a new geometric form. This geometric form demonstrates a remarkable correlation to the form and functioning of the human heart. Frank is uncovering indications concerning the relationship between etheric formative forces and the geometry, structure, and physiology of the human heart..

## June Portland Anthroposophical Community Events

### A Summer Solstice Painting Celebration with Robin Lieberman

Thursday, June 21st, 5:30-8:30 pm • Thursday, June 21st, 5:30-8:30 pm

1410 SW Morrison Street, suite 901 • \$50 includes all materials and snacks • contact [robin@robinlieberman.net](mailto:robin@robinlieberman.net) or 503-222-1192

We gather together in community to live into the colors of summer; bring your dreams, your summer stories, your longings and desires to explore this seasonal celebration under the guidance of a warm and passionate teacher with an innate gift for nurturing one's creativity.

### The Nuts and Bolts of Waldorf Education: Pragmatic Arts, with Marsha Johnson and others

June 25-28, 9am-4pm • 602 NE Prescott, Portland, 97211 • \$275/4days, sliding scale available • Contact Marsha Johnson, 503-309-4223

The Shining Star Waldorf School will present its annual "Magic of Waldorf" conference for parents and teachers. Come enjoy learning to plan curriculum, draw, paint, do handwork, sing, move, and much more! A marvelous journey for anyone who works with children or who has children! All are welcome; we have a child camp for children ages 3-10 during the conference, babies welcome to attend with parents.

## September Portland Anthroposophical Community Events

### Luster and Image Colors 2: Workshop with Chris Guilfoil

Saturday September 15, 9 am-5pm • 3135 NE 17<sup>th</sup> Ave, Portland OR 97212 • \$ 75.00, includes material • Please bring a dish for a potluck lunch. To reserve a place please register with a check to Chris Guilfoil and send it to J. Roell 3135 NE 17<sup>th</sup> Ave, Portland. For information contact Jannebeth Roell 503-249-3807, or [Jannebeth@mindspring.com](mailto:Jannebeth@mindspring.com)

Chris will continue to work with us on the subject of luster and image colors. It is the second of 4 workshops on this theme, maximum 12 participants. "One who, through a long period of soul-culture no longer considers as dogma but as experience what Dr. Steiner has said in his color lectures about "luster" and "image" colors, will see in this turning of luster to image and of image into luster, a priestly redeeming act for the earth – a transformation." ~ Maria Strakosch

## Portland Branch of the Anthroposophical Society Calendar • June 2012

## Outside of Portland

### **The Mission of Gautama Buddha, with Linda Connell, Western Regional Council of the Anthroposophical Society, in Eugene**

**June 9th, 5pm Members meet, 6pm members catered meal \$8 • 7pm public lecture no charge • Contact [drlisa22@gmail.com](mailto:drlisa22@gmail.com)**

Members are invited to meet with the Western Regional Council of the Anthroposophical Society at the Eugene Waldorf School. Linda Connell will present "The Mission of Gautama Buddha in the Light of Rudolf Steiner's Spiritual Research." RSVP for meeting and dinner only by June 2nd.

## Ongoing Local Activities and Study Groups

### **Council Meetings of the Portland Branch 2nd Monday of the month 7-9 PM**

**2606 SE 58th Ave., Portland • Contact Valerie Hope, (503) 775-0778, [valerieannhpx@aol.com](mailto:valerieannhpx@aol.com)**

All Branch members are welcome to attend, and/or to call us with agenda items, proposals, suggestions, or to observe.

### **Anthroposophical Course for Young Doctors, Study Group 1st Tuesday of the month 7-8:30 PM**

**Pohala Clinic, 12050 SE Holgate Blvd . • Contact Julie Foster by phone at (503) 572-4196 or by e-mail at [julie@pohalaclinic.com](mailto:julie@pohalaclinic.com).**

### **First Class of the School of Spiritual Science Second Sunday of the month • 9:30 AM sharp**

**Bothmer Hall, 5919 SE Division St, Portland, 97207 • Blue card required. Please contact Diane Ramage at 503-908-0131 or Cheri Munske at 503-772-2632**

### **Karma Exercises and Study 1st and 3rd Thursdays at 7:00 PM**

**NE Portland • The study group is working with Rudolf Steiner's karma exercises. Call James Lee for information (503) 249-3804 or send an e-mail to him at [anthroposophy@earthlink.net](mailto:anthroposophy@earthlink.net).**

### **Knowledge of the Higher Worlds 1st and 3rd Tuesdays 7:30 - 9:00 PM**

**3046 NE 33rd Avenue, Portland, OR 97212 • Contact Donna Patterson and Bob Kellum at 503-331-7393.**

### **Mystery Dramas, with Speech-Formation Exercises 2nd and 4th Wednesdays**

**7:30 - 9:00 PM, in SW Portland • Starting to work on the 3rd Mystery Drama by Rudolf Steiner, The Guardian of the Threshold. No acting experience necessary, just a love of the Word. Contact Diane Ramage by e-mail at [drumage@comcast.net](mailto:drumage@comcast.net) or by phone at (503) 908-0131**

### **Portland Waldorf School Community Choir Friday mornings from 8:45 - 10:15 am**

**Portland Waldorf School, 2300 SE Harrison Street, Milwaukie in the Orchard Room**

Anyone who enjoys singing songs through the seasons, across the centuries and around the world is welcome, including drop-ins. This event is free. Marion Van Namen (503) 956-4046.

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

**conducted throughout the year by the Michael Institute. Contact John Miles at 503/774-4946. [johncmiles@usa.net](mailto:johncmiles@usa.net).**



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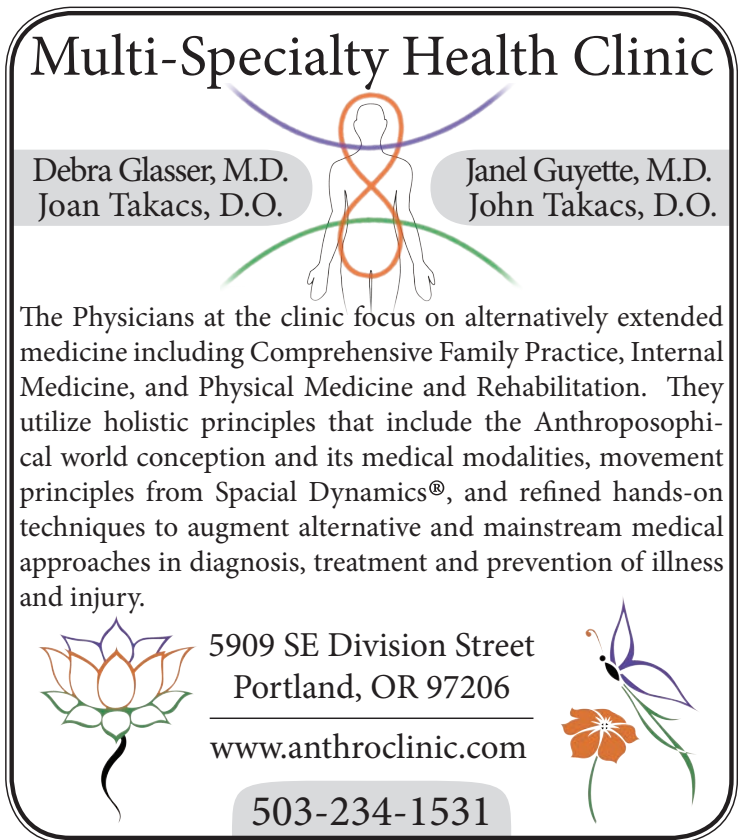


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# Jannebeth Röell

jannebeth@mindspring.com  
(503) 249-3807

www.jannebeth.com

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<http://www.portlandbranch.org/contact - 3>



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Robin Lieberman  
MSW, LCSW

503.222.1192 robinlieberman.net

## Embryo In Motion: Understanding Ourselves as Embryo

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

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

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



**A SUMMER SOLSTICE PAINTING  
CELEBRATION  
IN LIGHT, DARKNESS AND COLOR**

**We gather together in community to live into the colors of summer; bring your dreams, your summer stories, your longings and desires.**

**Join ROBIN LIEBERMAN, MSW, painting therapist and psychotherapist to explore this seasonal celebration.**

**Robin is a warm and passionate teacher with an innate gift for nurturing one's creativity. All adults are welcome—curiosity is the only prerequisite!**

**\$50 includes all materials and snacks.**

**THURSDAY, JUNE 21, 5:30-8:30**

**in the warm glow of Robin's downtown studio**

**1410 SW Morrison, suite 901**

**Portland, OR 97205**

**To reserve your place 503-222-1192**

**[robin@robinlieberman.net](mailto:robin@robinlieberman.net)**

## THE EMBRYO IN US

### UNDERSTANDING OURSELVES AS EMBRYO

*A Four-Day Seminar: July 11th-July 15th, 2012*

A Dynamic and Holistic Morphology of  
the human Mind and Body



with Jaap van der Wal MD PhD  
Maastricht, Holland

### Why a course about the embryo?



In recent years, new interest in human embryology has been raised. This also came up in the slipstream of a whole scale of techniques that have been developed to influence and manipulate the processes of conception, pregnancy, prenatal development and birth. In this context, it is important not only to develop such techniques, but also to raise awareness of the ethical question, "What are we actually doing?" We have to consider what prenatal life - and in particular a human embryo - essentially is. Moreover: How should we interpret the facts from modern scientific embryology within a **spiritual and holistic** point of view on man and nature? Science does not only produce techniques and knowledge, it also engenders images about ourselves; for example, showing what we actually are as embryos. Such images that are represented as the 'scientific truth', however, often appear to be materialistic and reduced views on the human being. In this seminar an attempt is made to get to the often denied spiritual core of this phase of human existence. In a real understanding of the science of embryology we are able to 'meet' the creating and creative forces that work through the human being. It may help us to challenge the modern reductionistic view as to humans as 'walking brains'.

*Modern science is always deafening silent about what really matters*

During our embryonic development we are, so to say, organisms 'still functioning in forms'. Shaping or 'performing' of the body seems the main 'activity' of the embryo. During embryonic development, the human body gets its shape and form in a continuous process of change and metamorphosis. By the so-called phenomenological approach, it is possible to understand those body 'movements' as gestures of human behavior. In the early phases of human existence, the processes that accompany the act of incarnation may be 'read' from the biological facts. The shaping gestures also are a kind of echo or recapitulation of the development of man as a species. In this way, becoming a human and becoming human, biography and biology meet. The embryo helps us to learn the real patterns of (human) development. It reveals our essence as a being, mediating between spirit and matter, soul and body, between heaven (cosmos) and earth.

*To explore Jaap's work & ideas further, check out his website at  
[www.embryo.nl](http://www.embryo.nl)*





## Core questions addressed by "The Embryo in Us"



Jaap van der Wal is the initiator of the project *Embryo in Us*. For this he travels the world giving lectures, courses and seminars about the roots of human existence prior to birth. In the prenatal domain he examines questions like, "What do we actually do when we are embryos?" "Where are soul and spirit during the embryonic development?" "Do we have experiences and feelings when we are there?" "Can we recall prenatal experience?" "Are we just insentient bodies yet?" "Is the embryo but a passive brainless being? What actually is consciousness?" "Are we not yet human?" "Are we just coincidences in a sea of time, or do we come from a more meaningful whole to become human beings on this earth?" "Where do we come from?" "Do we make our children or do we receive, conceive them?"

The aim of this seminar is to let the participants share in the mighty processes that form human individuality on this earth. We will explore these areas not only by participating with the intellect but also by thinking with the heart (the phenomenological approach). Thus the mystery of the incarnation of spirit with (or into) a body will be revealed. It will provide an image of the human being that is based on spirituality **and** science. 'Embryosophy' as presented in this course will open new perspectives as to polarity thinking and threefoldness, mind AND body, microcosm and macrocosm, heredity and incarnation and evolution of the earth and mankind. Through these perspectives the participants may find that they get deeper insights into why we are here and what is moving us.

*Meet the embryo of freedom.  
An open book of forms and gestures revealing the  
essence of man as encounter between 'heaven and earth',  
mind and matter.*

## For whom this course is intended?



No prior knowledge of embryology is needed. Familiarity with or interest in a spiritual approach to life is appreciated. Participation in this course may help you to become aware of what your attitude toward the embryo might mean in your work as a medical doctor, as a therapist, but also as a parent, as a partner, or other roles in human life. The course is not specialized for particular professionals or practitioners. All fields are welcome.

"In the last three decades that I gave these courses many kinds of therapies and philosophies recognized themselves in this approach of the embryo and human biology. The images and ideas presented have been applied to numerous practical fields and professions. All kinds of participants attended: teachers, doctors, midwives, medical specialists, osteopaths, craniosacral and polarity therapists, anthroposophists, rolfers, biodynamic therapists, trauma and mind-body therapists, and many others" (JvdW).

*The aim of this four-day seminar is to let the  
participants share in the mighty processes that form the  
basis of every human individuality and life on this earth.*

## Practice or Theory? Understanding with Head and Heart



In the approach of phenomenological embryology not only the thinking ('head') but also the experiencing and feeling ('heart') have merit. In this way we come to scientific conclusions and views that consider the human embryo as a spiritual and 'inspired' being. And how you think is prerequisite for how you do, act, treat.

This for example relates to the conclusion that we are not simply generated from egg cells or a genome, but that we incarnate during the embryonic phase into the body. We are beings who come to appearance in our biography by means of our body. In this approach can lie very important clues for the consciousness of the health care practitioner. It is important to comprehend embryological forces, because the same forces that formed the body are continuously at work throughout life, carrying the blueprint of Health.

This is not a course about therapeutic techniques. You do not learn how to treat or what to do. The emphasis here is to develop a solid phenomenological foundation, and an experiential sense of who we are, which then may serve to guide applications in many fields. Health care practitioners get to appreciate that comprehending embryological forces supports a holistic approach, because the same forces that formed the body are continuously at work throughout life, carrying the blueprint of Health into manifestation: the Embryo in us. "It is about becoming aware of how you **think**. The best practice still is good theory" (JvdW).

*This course is more about the Know-why than about the Know-how.*

## How is the course organized?



The course consists of illustrated lectures and discussions alternating with practical exercises such as form drawing, body movements, stories and meditations.

There is an introductory lecture from 7-9PM on the evening of July 11<sup>th</sup>. The daily schedule is then 9:00-12:30 and 2:00-5:30 (with 2 evening classes from 7:30-9:00 on Friday and Saturday), and on the last day ending at 1:00pm (followed by lunch). Handouts include course notes with diagrams and a number of articles organized in binder form. The PowerPoint presentation and applied small animations used in the lectures are available at Jaap's website ([www.embryo.nl](http://www.embryo.nl)) or via a USB-stick (ask for it). For further study, there is also a DVD of the 2010 workshop (purchasable at [www.portlandbranch.org](http://www.portlandbranch.org) )

*The two domains of human locomotion and human development are linked to each other by the principles of form and motion.*



## About the teacher



**Jaap van der Wal PhD MD** recently retired from the Department of Anatomy and Embryology at the University of Maastricht, Holland. Since graduation in 1973 he has worked as teacher and researcher at various universities in Holland. He became specialized in the functional anatomy of locomotion in particular as to proprioception. Gradually he became interested in the philosophical backgrounds of medicine becoming also a teacher theory of science and philosophy. He developed himself as teacher in Medical Anthropology. He now teaches his 'Embryosophy' in Europe and USA to audiences representing Anthroposophy, Craniosacral Therapy, Osteopathy, Polarity-Therapy, Trauma and Mind-Body Therapy and many others.

"I love anatomy but my passion however was and still is human embryology. The two domains of human locomotion and human development (embryology) are linked to each other by the principles of form (shape) and motion (movement). The human body is a **process**, developing and functioning in time. The embryo moves, behaves in forms. It is in this area that I encountered anthroposophy. The Goethean phenomenological approach, which I met there, appeared to be the key for bridging between the domain of 'natural science' and 'spiritual science' (or even: religion). Applying the method of dynamic morphology to the study of the human embryo gave me the tool to understand what we actually are doing as human beings when we still are embryos. With respect I can find in the embryo cautious answers to questions as to the meaning of human existence".

"I think that there are many people who need a spiritual approach. They are perfectly happy with a proper blending of science, phenomenology and non-fundamentalist spirituality. I believe that this is why you have been so successful in your teachings" (Michael Shea, (author of *Biodynamic Craniosacral Therapy*).

**VENUE & TIMES:** Warner Pacific College, Egvedt Room 203, East Portland Campus, 2219 SE 68th Avenue, Portland, OR 97215 (503-517-1000). July 11-15, 2012.

**SCHEDULE:** From 9.00 am until 5.30 pm each day with two additional evening sessions from 7.30 until 9.00 pm on Friday and Saturday included and finishing 1:00 pm on the last day. A public lecture preceding the workshop, *Mind and Body in the Womb- How do we exist as an Embryo? will be held from 7-9PM on Wednesday, July 11, 2012, and is facultative for course participants.* Public lecture cost (\$10 for general public; \$20 for professional CEU's) is included in the workshop fee.

**COST:** \$475.00 if postmarked before July 1<sup>st</sup>, 2012, or \$525.00 if postmarked after this date. Checks are payable to Dr. Robert Kellum, at 3046 NE 33rd Ave, Portland, OR 97212. A limited number of \$250.00 work-study grants are available. Please describe your need, reason for attending, AND your availability just before and after the workshop. Email to [healthbridge@integra.net](mailto:healthbridge@integra.net). Public lecture is included with the workshop fee.

**CLASS SIZE LIMITED (45 PEOPLE). APPLY EARLY TO ASSURE YOUR PLACE.**  
**THIS WORKSHOP IS APPROVED BY OBNE FOR 26.5 NATUROPATHIC GENERAL AND OB CEU'S**

For further details and booking, contact Dr Bob Kellum at:  
[healthbridge@integra.net](mailto:healthbridge@integra.net) or 503-331-7393

**Affiliated websites:**

[www.embryo.nl](http://www.embryo.nl) [www.portlandbranch.org](http://www.portlandbranch.org) [www.nwcranial.com](http://www.nwcranial.com) [www.anthroposophicmedicine.org](http://www.anthroposophicmedicine.org)



July 11-15th, 2012 "THE EMBRYO IN US" REGISTRATION FORM  
 WARNER PACIFIC COLLEGE, 2219 SE 68<sup>th</sup> Ave. PORTLAND, OR 97215  
 503-517-1000 (FRONT DESK FROM 9:00AM-5:00PM)

PLEASE REGISTER BY USING THIS FORM

NAME \_\_\_\_\_ PROFESSION/ INTEREST \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_  
 STATE \_\_\_\_\_ ZIP \_\_\_\_\_ COUNTRY (IF NOT USA) \_\_\_\_\_  
 PHONE (PREFERRED #) \_\_\_\_\_ EMAIL \_\_\_\_\_

If you would like to have your name, address, phone and email in a contact list, distributed electronically to class participants, PLEASE CHECK HERE TO GIVE US PERMISSION .

**COURSE PARTICIPATION:** *This course is accessible for interested lay people as well as health professionals, be it doctors (chiropractic, medical, naturopathic, osteopathic, etc), massage therapists, midwives, nurses, physical therapists, or representatives of psychosomatic & spiritual oriented therapies (such as various anthroposophical therapies, Craniosacral therapy, Polarity or Trauma Therapy, Psychotherapy), Teachers, etc. Prior knowledge of embryology is **not** required. Diagrams, illustrations & a few summarizing articles will be available. The lectures and discussions will be alternated with practical exercises like form drawing and bodily motions ('eurhythmy'). APPROVAL HAS BEEN GRANTED BY OBNE FOR 26.5 NATUROPATHIC GENERAL OR OB CEU'S.*

**MOBILITY, AND OTHER NEEDS:** Please inform us as soon as possible, so we may best adapt.

**VENUE:** This year, Warner Pacific College is offering SINGLE occupancy dorm rooms (twin beds) for all who need housing, at \$40.00 per person per nite. There are three common bathrooms on the floor. Rooms have a desk and chair per person, and there is wireless internet. The rooms are less than 50 yards from the class and cafeteria. A campus map is available at: [www.warnerpacific.edu/](http://www.warnerpacific.edu/)

**LOCATION:** 15 minutes from the Portland Airport. Airport transport, directions, & other practical details will be sent upon registration

**RIDE SHARING**  Please include me in a June email list of all who want to ride share .

EMAIL ADDRESS \_\_\_\_\_

**MEALS:** Meals at Warner Pacific are conveniently served in the new cafeteria, just below the classroom. The caterer provides delicious and consciously prepared food, using antibiotic/ hormone free meats, & fresh, seasonal, locally grown, organic produce as much as possible.

CHECK HERE FOR DIETARY CONCERNS:  REGULAR (CHICKEN, FISH OR MEAT)

CHICKEN, FISH ONLY     VEGETARIAN     VEGAN     GLUTEN-FREE





## “THE EMBRYO IN US” WORKSHOP SCHEDULE

<u>WEDNESDAY, JULY 11, 2012</u>	<u>CEU HOURS</u>
3:30PM-5:30PM ROOM CHECK-IN AT WPC DORMITORY LOBBY	
5:30PM-7:00PM DINNER IN CAFETERIA (ALL MEALS CATERED HERE, JUST BELOW EGVEDT 203)	
7:00-9:00 PM PUBLIC LECTURE WITH DR VAN DER WAL, IN EGVEDT 203	2
<u>THURSDAY, JULY 12, 2012</u>	
7:30AM -9:00AM BREAKFAST	
8:00AM-9:00AM WORKSHOP REGISTRATION	
9:00AM-10:30AM CLASS	
10:30AM-11:00AM BREAK	
11:00AM-12:30PM CLASS	
12:30PM-2:00PM LUNCH	
2:00PM-3:30PM CLASS	
3:30PM-4:00PM BREAK	
4:00PM-5:30 CLASS	
6:00PM-7:30PM DINNER	6
<u>FRIDAY, JULY 13, 2012</u>	
7:30AM-9:00AM BREAKFAST	
9:00AM-10:30 CLASS	
10:30-11:00 BREAK	
11:00-12:30PM CLASS	
12:30-2:00PM LUNCH	
2:00PM-3:30PM CLASS	
3:30PM-4:00PM BREAK	
4:00PM-5:30PM CLASS	
6:00PM-7:30PM DINNER	
7:30PM-9:00PM EVENING PRACTICAL EXERCISE	7.5
<u>SATURDAY, JULY 14, 2012</u>	
7:30AM-9:00AM BREAKFAST	
9:00AM-10:30 AM CLASS	
10:30AM-11:00AM BREAK	
11:00AM-12:30PM CLASS	
12:30-2:00PM LUNCH	
2:00PM-3:30PM CLASS	
3:30PM-4:00PM BREAK	
4:00PM-5:30PM CLASS	
6:00PM-7:30PM DINNER	
7:30-9PM EVENING PRACTICAL EXERCISE	7.5
<u>SUNDAY, JULY 15, 2012</u>	
7:30AM-9:00AM BREAKFAST	
9:00AM-1:00PM CLASS, WITH HALF HOUR BREAK	
1:00-2:00PM LUNCH/CERTIFICATES/GOODBYE	
<b>TOTAL CEU'S</b>	<b><u>26.5</u></b>





The Portland Branch of the Anthroposophical Society  
and the NW Cranial Association present

# The Embryo in Us

UNDERSTANDING OURSELVES AS EMBRYO

A 4-day Workshop with Jaap van der Wal, MD, PhD

July 11-15, 2012, at Warner Pacific College, Portland, Oregon



This workshop will explore human prenatal development and how the shaping of the body expresses attributes of human spiritual development. The scientific method of phenomenology is used to create a synthesis between modern 'regular' embryology and a holistic view on the human being. Health care practitioners have found that comprehending embryological forces supports a holistic approach because the same forces that formed the body are continuously at work throughout life, carrying the blueprint of health into manifestation.

To download the complete information packet,  
along with registration forms for

***The Embryo in US***  
***July 11-15th, 2012***

please click on link:

[\*The Embryo in Us registration & info packet\*](#)

To read Jaap van der Wal's article

***The Embryo in us – A  
phenomenological Search for Soul  
and Consciousness in the prenatal  
Body***

please use this link:

<http://www.portlandbranch.org/the-embryo-in-us-article>

## Frank Chester and the Art of the Heart

Frank Chester is a master teacher, sculptor, and geometrician. In the year 2000 he developed an objective, lawful process, using science and art, wherein the invisible world could be made visible. The inspiration for this work came from his visit to Dornach, Switzerland, where he saw models of a series of seven-sided capitals (the tops of columns) in a building designed by Rudolf Steiner. As a result of this encounter, a seed was planted within him whereby he envisioned the possibility of constructing a seven-sided sculpture based on the geometry of these capitals.

Two years later he began his search for a three-dimensional, seven-sided sculpture. After much trial and error, failure after failure, and months and months of effort, he eventually discovered... a new geometric form with seven equal faces. In the history of mankind this geometry has never appeared on the earth before.

However, the significance of this form was unknown. (Rudolf Steiner said that “geometry was knowledge which man himself apparently produces, but its significance is completely independent of him.”) Since its discovery, Frank devoted himself to discovering the potential meanings of this form, and almost ten years of work have led him to see how it relates to the human heart, to the geometry of the Earth, to sacred architecture. And to the potential for inspiring others about the awe-inspiring connection between seemingly abstract geometries and the dynamism of life.

Putting this form through the alchemical transformative process of Earth, Water, Air, and Fire, many previously unknown geometric structures have emerged. This geometric form also demonstrates a remarkable correlation to the form and functioning of the human heart. On the basis of experimentation with various related geometric forms and the movement of water in a vortex, Frank is uncovering indications concerning the relationship between etheric formative forces and the geometry, structure, and physiology of the human heart. Thus the form is called the Chestahedron, both after its discoverer and because the form relates to the geometry of the heart, which sits in the chest.

This work points to a science of the future. It is a science that studies the objective structure of a manifested form and explores the form’s basic intention.

*Frank’s work helps crack open new avenues of thinking, new ways of understanding our world, and provides insights that help us better understand ourselves. What he is doing, in a nutshell, is exploring the relationship between geometric form and the dynamic principles that underlie the operations of natural and physiological processes, specifically those related to the human being. He did not set out with this goal in mind, but rather followed the trail of a simple question concerning the possibility of a seven-sided geometric form with faces of equal surface area. (Seth Miller)*

Frank is an artist, sculptor and geometrician who lives in San Francisco. He has taught art for more than thirty years in high schools and colleges. Since encountering the work of Rudolf Steiner, Frank has been exploring the relation between form and spirit. This has led him to take up research concerning the number seven. For the last several years he has been teaching sacred geometry at the Waldorf teacher training program in San Francisco. He has been presenting his research at international conferences and Waldorf schools in the United States and Europe.

**Frank Chester will be joining us for a workshop in Portland on Saturday, September 29 – details coming soon. The material above was edited a bit and excerpted from his website ([frankchester.com](http://frankchester.com)), where you can see more information, lectures, articles, and examples of his artistic pieces.**