

Portland Anthroposophic Times

Newsletter of the Portland Branch of Anthroposophical Society

www.PortlandAnthroposophy.org

Volume 107, June 2013



Flowform at Raphael Garden

serves as a CSA, feeding local families, and Harald's joy in feeding people in this way is evident in the video.

<http://www.youtube.com/watch?v=ubOLBCOWHe8>



Library News: Exciting Donation, & Help Needed

The branch Library has received a donation from Kathy Kremer of 31 editions of *New View*, a British magazine. This magazine is a beautiful publication with many provocative and modern articles. We are grateful to Kathy for this contribution.

We also have a few books that need repair. They are Hard and soft cover books that are coming apart. Is there someone who could help with this task? If so contact me at tgklein@aol.com. ~Tom Klein

The Portland Branch of the Anthroposophical Society
invites you to

Note: The Branch Council will meet on June 3

Save The Date!

September 13, 14, 15

Thomas Meyer, of Basel, Switzerland will speak on the Michael School, The Twelve World Views, and The Temple Legend.

For more information about this branch-sponsored event, and other events and initiatives in our community, see the calendar section of this newsletter or visit the branch website.

Pear Test (Personal Evaluation of Anthroposophic Rigor)



Are you sufficiently Anthroposophic? This test is designed to set your mind at ease if you are, or to give you the motivation to do something about it if you're not. Give yourself a point for each "yes" answer, unless otherwise indicated. Scores of 7 or greater suggest strong Anthroposophic rigor. Any score of 5 or less suggests you should make some changes in your life. If you have a score of 6, it is okay as long as you're seriously concerned about it.

1. Do you have 10 or more books in your library written by Rudolf Steiner?
2. Have you read at least half of them?
3. Do you not have a TV in your home? Or, do you have a TV but watch it less than 3 hours a week? Or do you have a TV and watch it all the time but conceal it from everyone?
4. Do you own at least two sheep fleeces? If you drive a Harley Davidson motorcycle then you must own at least three sheep fleeces to get a point here.
5. When out at a restaurant with your family, do you all join hands and in a normal speaking voice say, "Blessings on the meal"?
6. Do you have a drawer in your house containing at least 20 unused beeswax candles that you've received as gifts?
7. Are at least 80% of your clothes made from natural fibers – wool, silk, cotton, hemp, linen, grass or wood? Add an extra point if you have anything made out of peat, such as a peat vest.
8. Do you use potentized Anthroposophic remedies with confidence despite the fact that they have nothing in them?
9. Do you only use Hauschka products on your skin, and only on the part of your body that the product is supposed to be used for – so no foot cream on your face, for example? Do you believe that the Arnica used by Hauschka is picked by virgin Eurythmists in the Alps, facing Dornach at dawn in hooded robes?
10. Do you believe in reincarnation, and do you have a pretty good idea of who you were in past lives? Deduct a point if you believe you were Joan of Arc, Parsifal, Goethe or Steiner, as 70% of all Anthropops believe they have been at least one of these people in a former life.

Submitted by Dr. Bob Kellum, who offers his thanks to Ron Koch at Rudolf Steiner College for this valuable tool.



THE GLYPH OF GEMINI THE TWINS

BY DONNA KELLUM

This glyph depicts the growth forces from mid June to mid July. Klocek illustrates this as two lines of light joining the arcs of two circles (sun and earth)

that have now fully separated and become more equal in size. As Spirit and Matter have reflected one another through the spring in a nurturant exchange, a counterpoint is reached between them. Humanity, life, emerges in symmetric bipolar contrast between spirit and matter, connected by the light rays radiating between the etheric and physical worlds. The sun in Gemini opens its gate widest to the earth, offering a new growth energy to merge with the breathing-ruminating process evolving under Taurus. The earth in interactive development takes in the ardent spring will forces and grows into a position approaching greater duality with spirit. With this comes a greater capacity for matter to receive greater infused growth of spirit, an inner warmth, over and above physical growth itself. As the earth breathes this moment of symmetric equilibrium, the rush of things to escape the earth is subdued as part of the growing relationship of sympathy and antipathy between spirit and matter. Magnetism and the relationship between gravity and levity are created and defined. The Gemini-Sun, streaming down to the earth from its most polar, northernmost-solstice position in the cosmos, induces a growth process in the human being now downwards, beginning with the head, and then the forces draw the limb system "sprouting forth," which establishes itself in the upright human physical form. With the further separation of cosmic and earthly forces, and the greater detachment from the supersensory that comes with this for the sense-based earthly world, the Gemini forces open up human potential to find spirit again, through reflection, by way of the senses. Through the sensory groundedness that ties man to earth, spirit continues to keep all of Nature developing on earth. This is the time for the soul's "being-inside-the-Sun-existence", where the mixing of Spirit and Matter, and the growing inner warmth of "Sun-inside-being", brings on the sulfurization process of ripening, as well as the necessity of eventual decay and death, in all of nature. The impulse of spring to rise up is then

balanced and transformed by its polarity in the weighty, Gemini-inspired urge to take in, reflect and absorb. Humanity becomes like the Titan Atlas, rising upright from the earth while also supporting the heavenly vault on its shoulders. As the season turns to summer, I feel the soil's inner warmth as I keep up with my planting and cultivating, breathe the fragrant air, watch the bees visit the blossoms, meditate and aspire to be more conscious and receptive to Spirit working within me.



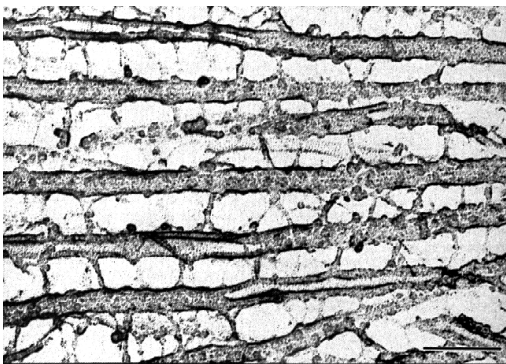
SOUND GESTURE: The Gemini H-sound is the gesture of life on earth taking self-action, as when the plants' vitality streams into their upper parts when the earth breathes the cosmic forces out into them in the morning, or when the etheric warmth wafts free in the fragrance of the blossoms. When the primeval Sun separated from the Earth and the Gemini-Sun then shone down on earth, man's soul became illuminated with this light-wafting H-gesture within his etheric body. The H-gesture is working in us when we search/yearn to know and merge with the spirit of another as we interact. The feeling it gives us of something rising up inside us at a deep level, a quickening or enlivening, is our etheric body aspiring to the heights, enabling us to consciously take hold of ourselves and rise up spiritually here on the physical plane. And when, in our darkness, we become "light carriers", spirit-permeated matter with the Gemini forces in this way, we learn things in our everyday interactions, important life lessons that strengthen our power of reasoning and allow our grasping truths that transcend intellectual concepts or any other physical sense. These experiences in the "world of reason" or True Intuition, create subtle shifts in the dreamless-sleep consciousness of our etheric body and lift us to a level of functioning beyond anything that holds the physical world together.

BODY PARTS: Whenever we reach our physical limits and need to find spirit again, the Gemini forces open up human potential to move into an internal, reflective, reasoning realm to find that spark within, so our growth can continue. The physical body works as if it were a kind of sensory organ, but it really serves only as a symmetric scaffolding for the true organ of perception which provided its template, our etheric or life body. Long before humanity could ever

walk or talk or think, the rudiments for these activities were laid down in the etheric body through the workings of the Gemini forces. Our whole etheric nature is actually a duality of interweaving physical-spiritual realities composed of light and air. In primeval existence the earth and sun were unified in one light-permeated air-globe known as the "Old Sun". Then during the second phase of earth-evolution, called the "Sun-condition of the Earth," the twofold layers of earthly and cosmic warmth-ethers continually played into each other. Rarefied forms of air bordered the warmth-ethers within the Old Sun as regions of chemical-ether and light-ether rose above and regions of water and earth developed below. When Earth and Humanity separated from the Old Sun under the sign of Gemini in old Lemurian time, the light ether was born in Man as his consciousness and the air as his movements or actions taken. Light and air provided the human etheric body foundation for a symmetrical structure to reflect the dualities of light and darkness. The etheric or life body is active in the fluid dynamic of our body in the same way the astral atmosphere of the earth, in weather-conditions, lives in the circulation of water, with its upward-downward urge. In our development of our power of conscious reasoning and our ability to take action in word and deed, the etheric body condenses in interface with the physical by way of a microtubule lattice within the cytoskeletal structure of our physical body. (see photograph below) from

<http://www.quantumconsciousness.org/penrose-hameroff/orchor.html>)

This lattice of structured water utilizes polarity in the ordering of positive and negative hydrogen ions of water into differing and ever shifting body constellations of somatic consciousness.



From the beginning of human life in the embryo, etheric forces contribute partly to physical configuration and growth and partly to powers of

conscious thought, which also grow and reconfigure. From our first breath, the air in and out changes constantly, moves with our blood throughout our organ systems. Blood forms as a consciousness-vehicle for self-awareness to become active throughout the physical body. From infancy we live in our etheric body with increasing consciousness, feel it as a sense-organ that perceives an inner world of weaving, moving pictures and sounds, comparable in its functioning to any other sense organ, such as our eyes or ears, for example. As the Ego gradually condenses down into the blood and spirals through the heart and whole body, we are enabled to take action. Since its first grasp on the ego consciousness, the Gemini "Twins" have activated the forces of "the Double" within us. Our existence behind the scenes as a "double-being", trying to find our balance through polarities of light and darkness, happens unconsciously whenever we perceive with our physical senses, or even between them! For what we see with our left eye is different from what we see with our right. The same is true of what we hear with the left and right ears or feel with each hand. When we break through the veil formed by the material world, we enter the first spiritual world, the world of Imagination, an ethereal, fluidic world in which we feel far more mobile and flexible, like living outside the physical body. And when we unite all our two-sided perceptions, we place ourselves on the boundary of a conflict between two spiritual realities--the duality of light and darkness. Finding for ourselves a true balance between these two poles is the whole art of living. If we develop our power of imaginative perception, as an experience that fills us with spirit and nurtures our own spiritual development, we become conscious of a new and different relationship to the physical world. But like the cosmic processes perpetually going on under the earth without our knowledge--the flow of energy in ley lines, the hydrological cycle of water's descent and percolation up again, the seasonal changes of light and temperature, the network of mycorrhiza comprising a subterranean vehicle for carrying water and light much like the body's cytoskeleton, wriggling worms that aerate the soil and break down living matter like mobile "intestines", etc.--cosmic thought forms whirl throughout the heavens and the atmosphere about us, permeate through us and impinge upon one another in our etheric realm under the threshold of our consciousness. Recoiling from one another and without much interplay on the surface between them, our potential for attaining Pure Thought is left relatively undisturbed. And yet, beneath the quiet surface activity of thinking, we experience ourselves in the absorptive sulfuric

processes of our digestion that break down all that is alien to our being. We take a breath and the iron will forces of hemoglobin in our blood touch the volatile sulphuric forces of oxygen in our bronchioles, meet their physical limits (with the prospect of their oxidative destruction), and solve the dilemma by incorporating these warmth and light growth forces as a spiritual dynamic within themselves. In this inner cosmos, the iron-will forces of hemoglobin are enabled to continue to **actively** stream on in the bloodstream like meteors. With the iron-sword of our blood as the instrument of our nascent consciousness, we potentially slash with insight through everything our blood encounters. Yet just as growth transforms to inner action, like the light-bearing meteors that fall to earth, spirit entering matter also constitutes a groundedness that connects man to the physical sensory realm. No longer within spirit, but rather with form of our own, in the Gemini Sun we find ourselves instead with Spirit's radiation, where its encounter must be physically sensed. Only when we realize we are creatures living at the surface between light and darkness can we then truly understand what we feel going on in the depths of our inner organ systems. The whole thought-world of the head, and the power of reason as it has evolved through the ages, give us the healing forces and creative capacity of a spiritual connection through an internalized ego. We can see this, lastly, in the dualistic power of language. In its further internalization, Gemini takes our Taurus-derived power of speech and makes it our own by enabling us to grasp the point, and decide right from wrong in any polemic. We stand our ground in the struggle and take further action through our limbs in ways distinctly different from the animals. Our thoughts become not only mere reflections of whatever we experience in life, but actually hold the power to change and be changed through the dualistic power of the vowels and consonants in speech. In the polarity of tone, the etheric body forms and reforms according to how we express ourselves. Creator-power lies in the consonants and vowels underlying all form. In any given language the consonants are always variations of twelve zodiacal primeval consonants, which, in the totality and harmony of word and tone through self-expression, represent the complete sculptural form of the human being. How we pronounce an H or an M, for example, is based on something having a certain delicate sculptural form in our body. We express the consonants through the more external parts of our speech organs (palate, tongue, lips) as the corresponding sound gestures coming from the constellations in the cosmic periphery. But rising up

in the deeper, more interior parts of our mouth and throat, the vowel sound gestures corresponding to the "harmony of the planets" come from the cosmic interior. From our inner thoughts, from our essential being, we speak the vowels as memories reflected upwards from beneath the threshold of consciousness. In the vowels our soul plays the etheric body like a musical instrument of the cosmos. The consonants and vowels actually work as a duality subconsciously in our astral body and ego, exposing and sculpting the tissues according to the formative cosmic processes of the constellations and planets. Because we ourselves are completely contained in what we reveal in sound and tone, speaking and singing are the etheric bridge that brings people together soul-to-soul. "As above, so below." And only the etheric form of the Christ Consciousness will successfully unite the psychic-spiritual with the earthly-physical through our word-language sense.

CULTURAL EPOCH: The emergence of humanity, as depicted in the Gemini glyph, is expressed in the ancient Persian civilization (modern Iran) beginning 6720 B.C. down through 4570 B.C, predating the Zoroastrian texts/schools and the Qur'an by six millennia or more. When the sun and earth separated under the sign of Gemini, the spiritual world gradually closed its portal to clairvoyance in order to allow human souls to develop their I-consciousness. These ancient nomadic people could see that the earth had to be worked upon to yield her abundance to them, but with their spiritual world in darkness, they had to struggle to discover ideas or laws by which to transform her. Feeling themselves placed in a struggle between two worlds, they were aware only of nature's tremendous resistance to their work, and they united with the Good Spirit of Light against the Spirit of Darkness and matter as a power striving against them. The religious texts written many centuries later, the Avesta or the Zend Avesta of the 6th century A.D., taught that as the struggle between good and evil raged during the first nine millennia BCE, humans helped either the good spirits under Ahura Mazda (Ormuzd), the Spirit of Light, through their lawful conduct, or Ahriman, the Spirit of Darkness through violence and violent sexuality. Ultimately, it was believed the dead would rise for their final reward or descend for punishment, and the good would reign eternally. Each person after death crosses the bridge of the separator which spans hell. If he is worthy of salvation he finds a wide road to the realm of light; otherwise, he tumbles to perdition. Opposing the good ahuras were the evil spirits led by Ahriman.

The war between these two supernatural hosts is fully developed in these doctrines of primitive Zoroastrianism. The archangels, as Sun-Ego Spirits, were working in the service of humanity before the Sun and Earth separated. And the most highly evolved among them, the Christ Being, also had to live under the same earthly conditions as man, in order to be able to manifest in the flesh-and-blood body of Christ-Jesus. Many beings remained at the darkened lower stage of sleep-consciousness, neither able to receive what streamed into them from cosmic space nor to radiate their own light. They appeared as an intermixture of dark places, enclosed in the shining Sun-mass that was sending its own light out into cosmic space. Today we call them "sun-spots". As the second Pre-Earthly Christ-Event occurred during this second post-Atlantean Gemini epoch, the power of the etheric Christ permeated the bodily organs of men, quieting their astral nature, so they could evolve within themselves, begin to grasp the objective and form ideas. The spiritual forces in Nature were felt now more clearly in themselves. And they began to pass down "songs" of praise (Gathas) of gods that originated from their particular experiences and ideals. The gods of a seaside tribe, for example, were markedly different from those of an inland, forest-dwelling people. But their capacity to describe the outer world accurately in words remained in danger from the sway of influences of light and darkness. It wasn't until the next cultural epoch of the Egyptian-Chaldeans, and the third Pre-Earthly Christ-Event, that the soul forces could unite among the different inhabited regions and then acknowledge not only matter, but penetrate it with a different intelligence for investigating the stars, the laws of geometry and erect pyramids according to that knowledge. Through the unconscious nature of the etheric body, children today continue to recapitulate this evolutionary process of civilization as they begin to speak and gradually improve their power of self-expression, through these Christ-Impulses, guarded and stimulated by the Angels and Archangels.

WORLDVIEW: The Mathematism of Gemini is the belief in the mathematical ordering of reality. The ancient glyphs are pictures in the "spirit of mathematism". Using "the circle ideal" to represent both the sun and earth as well a visualization for the spiritual realities, the physical-world is expressed and transcended simultaneously. Plato and the Gnostics recognized mathematical science as it was originally conceived--as a way to teach strict mental self-education so that sense-perceptions wouldn't lead to thoughts that our lives are bound to the physical world. But then as we have become so

thoroughly enmeshed in the material aspects of life, we tend to be less interested in the spiritual processes that shape life and soul, that makes us wiser and more mature and more involved beyond just arranging our environment to suit ourselves. The mathematists today who create a science that only considers what is quantitative, who divide things into parts and intellectually apply only certain principles to reality, each one obtains different results because each one calculates according to his own inherent logic. Some mathematists reject anything that can't be expressed in numbers as unscientific, claiming that vague faith begins where mathematics ends. Yet the science of mathematics as true scientific reasoning would have to include knowledge of the higher soul senses in the context of living-world realities that are not at all based purely on a logic of integers alone. Every number has its spiritual meaning--the pure potentiality of zero, the unity of oneness, the universal source, the expression of duality in two, and so forth. Language, thought, touch, smell, sight and every other sense-perception, they all "speak" to the soul and call up feelings and conditions that are always changing and becoming something entirely new in our soul-to-soul connections. In this and in all historic realms of Gemini again and again we see the emergence of duality, be it in the infusion of spirit into matter as life itself, the biomagnetic polarity of the etheric "blueprint" of the body, the development of interior warmth as an inversion of physical growth, the division of the sexes, the separation of light and darkness, the differentiation between good and evil in the development of reason, the grasping of evolutionary form in the sculpting polarities of the cosmic force of consonants and vowels, all provide the propelling force that is Gemini, that animates us and moves us spiritually forward in life. In his lecture, "The Reappearance of Christ in the Etheric: Lecture XII: Individual Spirit Beings and the Undivided Foundation of the World: Part 3", Steiner points out "It is known in antiquity that the spiritual mysteries that allow spirituality to stream forth from the cosmos — with help from the twofold forces of magnetism, from the positive and negative — emerge in the universe from Gemini."

The Twelve Moods: Gemini

Open out, thou Sun-existence,
Set in motion what tends toward rest,
Embrace the desire to strive
For mighty life-prevailing,
For beatific world-grasping,
For mature evolutionary fruiting,
O Sun-existence, persist!

Practitioner's Corner: The Power of Grief

By Julie Griggs

The power of grief is very mysterious. It requires many things from us that can seem like a tearing away. Comfort may seem nonexistent and nowhere to be found. It takes tremendous courage to allow this space that seems so new and unfamiliar to draw near to our soul, to our lives. It is a very individual process to allow and experience grief. Others can grieve around you but where it leads you is very specific to your own biography.

From my experience of enduring suffering, and witnessing others in the process, there is much that can arrive out of the process of being willing and able to surrender to grief. As though a clearing can arrive that was not possible or even conceivable prior to the grief.

We often hear of this term grief after the loss of a loved one. While this is definitely a time to enter into grievance, there are also other times in our lives that grief can be appropriate such as an illness or our willingness to realize there are certain aspects in our own self development that have seemed lost or neglected.

The willingness to see grief as a journey can facilitate a deeper understanding of how it can affect our lives. Sometimes we meet one layer of discomfort only to find out there are so many other layers previously hidden. It is essential to listen to what you can handle and to be loving with yourself in the inevitable unfolding process. There are great jewels that lie hidden in the depths of grief that can teach us much about who we are and how to live in alignment with our destiny by speaking to it.

There are some strategies that can be used to facilitate a deeper caring for oneself during times of deep grieving. Doing art, using your limbs in a way you feel called to move them, having a friend who can listen actively with you and not try to talk you out of anything you need to endure. Aurum Lavender Rose Cream by Uriel Pharmacy, rubbed over your heart, can also be very supportive. These are strategies. The ultimate task seems to be the willingness to surrender, let go and to listen. From this place there is no turning back, only deeper Love. willingness to surrender, let go and to listen. From this place there is no turning back, only deeper Love.

I currently work as an RN for Hospice. Elements of Anthroposophy are woven into my life and practice through Anthroposophical Medicine/Nursing, Waldorf Education, and Spatial Dynamics. I also work with Marshall Rosenberg's Non Violent Communication.



A Meditative Mood for St. Johns Tide by David Newbatt
Wynstonespress.com

The **Portland Anthroposophic Times** is published monthly to serve Branch members and friends. To learn more about the Portland Branch of the Anthroposophical Society, contact Diane Ramage at 971-271-7479.

To submit an article, a calendar item, sign up for our email list, and contact the editors or the Council, go to

<http://www.portlandbrnch.org/contact>, The deadline for submissions is the 15th of the month. Items selected for publication may be edited for style, content and length.

Newsletter co-editors are Wes Burch & Valerie Hope. Seth Miller is our webmaster, and Ruth Klein is our accountant.

The newsletter and calendar are posted on the Branch website, www.portlandanthroposophy.org. Paper copies are available at the Takacs, Pohala and Healthbridge Clinics; and the Cedarwood & Portland Waldorf Schools, and Swallowtail School.

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2012!

Cyndia Ashkar, Chrystal Brim, Sandra Burch, Wes Burch, Lesley Cox, Yvonne DeMaat, Mia Eilers, Ron Ennis, Sacha Etzel, Charles Forester, Valerie Hope, Lauren Johnson, Marsha Johnson, Tish Johnson, Bob Kellum, Ruth Klein, Tom Klein, Kathy Kremer, James Lee, Robin Lieberman, Regina Loos, Cheri Munske, Robin O'Brien, Donna Patterson, Timothy Popof, Padeen Quinn, Jeff Rice, Walter Rice, Jannebeth Roell, Twila Rothrock, Diane Ramage, Chiaki Uchiyama.

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

Portland Branch Calendar

June 2013

Portland Branch Council Meeting

Different date for June: Monday, June 3, 7-9 pm • 2606 SE 58th Ave. Contact 503-775-0778 • email valerieannhpx@aol.com.

All Branch members are welcome to attend, and/or to call us with agenda items, proposals, suggestions, or to observe. Meetings are on the second Monday of each month.

First Class of the School of Spiritual Science, Lesson 17

Sunday, June 9 • 9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97206, Contact Diane Ramage at 971-271-7479 or Cheri Munske at 503 772-2632 Blue card required. Second Sunday of each month **The Class will not meet in August.**

Veil Painting with Sandra Burch at the Rose Well Studio in Milwaukie – Summer Special!

Call for individual lessons and open studio times • 503-353-1818 or galenaly@gmail.com

Summer Special! Complete one veil painting during open studio times - \$50 (sliding scale available).

Summer Solstice/St. John's Tide Mood, Painting Workshop, with Robin Lieberman, MSW, painter & psychotherapist

Two opportunities to celebrate: Thursday, June 20, 4-8 pm • Studio 901, 1410 SW Morrison St. • Saturday, June 22, 1-5 pm, Manzanita on the Oregon Coast • \$50 includes all materials, teaching and snacks; or \$75 for both workshops • Contact Robin, robin@robinlieberman.net 503-222-1192

Just after the summer solstice, the forces of nature are at their height and the Earth is in the most 'extrovert' phase of the year – and likewise, in human beings, we find the tendency to be to be outgoing and expansive. Come join Robin, who is known for her warmth, support and enthusiasm, for these lively and fun workshops. "There is one moment during the cycle of the year when the Earth's fullness of life becomes beauty itself." ~ Patsay Scala

Soul and Spirit – What Are They? Introduction to transpersonal and Anthroposophic psychology with David Tresemer, Ph.D.

**Wednesday, June 26, 7:30 pm • Bothmer Hall, 5919 SE Division St, Portland, 97207 • \$10 or Donation • Contact David Tresemer, 303-449-0367, ext. '#'
DavidTresemer@gmail.com**

What responsibility do you (as personality) have to your soul and spirit? Mr. Tresemer will go over the main tenets of the MA Program beginning at Rudolf Steiner College in Fair Oaks, California, where he is an Associate Professor, where he will be teaching in the new MA program in Counseling Psychology: with Concentrations on Transpersonal and Anthroposophical Psychology - a very long title for a wonderful program beginning at Rudolf Steiner College in July of 2014, with an experiential preview week to be offered July 29, 2013. David Tresemer is a psychologist who has worked with Anthroposophy for many years. Recent publications include: Star Wisdom & Rudolf Steiner; The Venus Eclipse of the Sun; and, with his wife Lila, One-Two-ONE: A Guidebook to Conscious Partnerships, Weddings, and Rededication Ceremonies.

Ongoing Local Activities and Study Groups

Council Meetings of the Portland Branch • Second Monday of the month 7-9 PM

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

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

First Class of the School of Spiritual Science • Second Sunday of the month

9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Blue card required. Contact Diane Ramage at 971-271-7479 or Cheri Munske at 503 772-2632

First Class Study • Second and Fourth Tuesday of the month • Blue card required

7:30-9pm • Contact Tom Klein, 777-3176, Tgklein@aol.com.

This group works with the contents of the class.

Anthroposophical Course for Young Doctors • First Tuesday of the month

7-8:30 pm • Pohala Clinic, 12050 SE Holgate Blvd. • contact Julie Foster 503-572-4196, julie@pohalacclinic.com

Karmic Relationships Study • First and third Thursday of the month

7-9:30 pm • Contact James Lee, 503-249-3804, anthroposophy@earthlink.net This group won't meet June 6

The study group will continue working with lectures from the Karmic Relationships lecture cycle and applying Rudolf Steiner's karma exercises.

The Spiritual Hierarchies and the Physical World • 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 with Speech-Formation Exercises – 2nd & 4th Wednesdays

7:30-9:00 pm in SW Portland • Starting anew on March 13, 2013 with Steiner's 4th Mystery Drama, "The Soul's Awakening" • Beginners Welcome • Contact Diane Ramage by e-mail at dramage@comcast.net or by phone at 971-271-7479

Portland Waldorf School Community Choir • Friday Mornings

8:45-10:15 am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, in the Orchard Room Free. Contact Marion Van Namen, 503-956-4046

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

Waldorf Teacher Education, Eugene

September-June • Eugene Waldorf School • Now enrolling for September, 2013 Foundation Year Contact Lee Ann Erlandes @ message phone, 541-686-9112

Preparing Waldorf teachers for their future vocation since 1990.



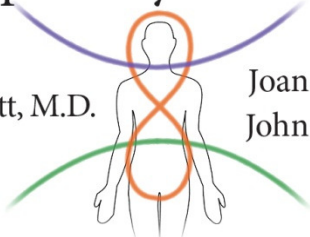
Sorrow, by Robin Lieberman, robinlieberman.net

Multi-Specialty Health Clinic

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.



5909 SE Division Street
Portland, OR 97206

www.anthroclinic.com

503-234-1531



Marta Hammel, Oregon Broker

Cell 503 536 5065

Office 503 670 9000

Fax 503 670 9004

Marta@PremierePropertyGroup.com



Pohala provides family primary care using anthroposophic medicine.

Julie E Foster, MSN, FNP

12050 SE Holgate Blvd.

Portland, OR 97266

503.572.4196

pohalaclinic.com

Pohala
A Place for Healing



curative painting and collaborative psychotherapy for individuals and couples

Robin Lieberman
MSW, LCSW

503.222.1192 robinlieberman.net



Walter Rice, CTC
Travel Magician

5316 SE Sherman St.

Portland, OR 97215

800-328-7266

503-233-4053

fax: 503-232-7224

walter@waldorftravel.com

Incredible Journeys Since 1975

You can help support the Portland Branch of the Anthroposophical Society

and

See your business card sized ad here

by contacting

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

Embryo In Motion: Understanding Ourselves as Embryo

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

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

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

SUMMER SOLSTICE/ST JOHN'S TIDE MOOD PAINTING WORKSHOP

"There is one moment during the cycle of the year when the Earth's fullness of life becomes beauty itself." Patsy Scala

Just after the Summer Solstice, the forces of nature are at their height and the Earth is in the most 'extrovert' phase of the year and likewise the tendency in us human beings to be outgoing and expansive.

Two opportunities to celebrate:

*Thursday, June 20th; 4:00 pm – 8:00 pm
at Studio 901; 1410 SW Morrison Street, Portland*

*Saturday, June 22: 1:00 pm – 5:00 pm
Manzanita on the Oregon Coast*

All adults are welcomed; curiosity is the only prerequisite.

\$50.00 includes all materials, teaching and snacks;

or \$75.00 for both workshops

(some scholarship and trade positions available)

Come join Robin Lieberman, MSW, therapist and painter for this lively and fun workshop. Robin is known for her warmth, support, and enthusiasm.

503-222-1192; robinlieberman.net

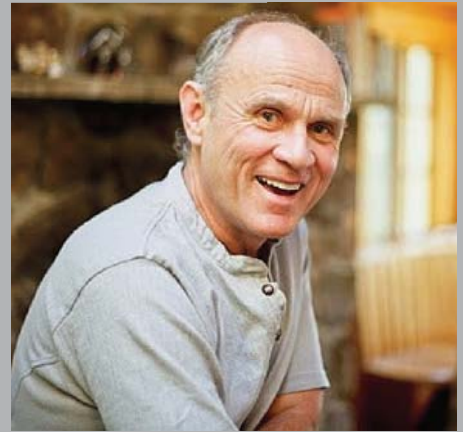
SOUL AND SPIRIT

WHAT ARE THEY?

Introduction to transpersonal
and anthroposophic psychology

What responsibility do you (as personality) have to your soul and spirit? This evening's presentation goes over the main tenets of the MA in Counseling Psychology: Concentrations in Transpersonal and Anthroposophic Psychology. This wonderful program begins in July 2014 at Rudolf Steiner College in Fair Oaks, CA, with an experiential preview week being offered July 29 2013.

David Tresemer is a Ph.D. psychologist who has worked with anthroposophy for many years. Recent publications include *Star Wisdom & Rudolf Steiner* and *The Venus Eclipse of the Sun*.



David Tresemer, Ph.D.

(psychology), associate professor at Rudolf Steiner College (MA program in Counseling Psychology), co-founded the StarHouse in Boulder, Colorado, for community gatherings and workshops of various kinds.

He has written in many areas, ranging widely, and including "spiritual horticulture" as in *The Scythe Book: Mowing Hay, Cutting Weeds, and Harvesting Small Grains with Hand Tools*, and star wisdom, as in *War in Heaven: Accessing Myth Through Drama* and *Star Wisdom & Rudolf Steiner: A Life Seen Through the Oracle of the Solar Cross*, *The Venus Eclipse of the Sun*, the DVD *Couple's Illumination*, and relationships *One-Two-ONE: A Guidebook for Conscious Partnerships, Weddings, and Rededication Ceremonies*.

26TH
JUNE

DAVID TRESEMER Ph.D.
BOTHMER HALL • 5919 SE
DIVISION ST. • PORTLAND • OREGON
STARTS 7.30PM • \$10 OR DONATION • PH 303-449-0367