



Pentecost, Titian, 1545 AD

To celebrate a festival really means to unite oneself in spirit with the cosmic spirit. RS, June 5, 1905

Whitsun this year is on Sunday, May 24

WHITSUN *The Festival of United Soul-Endeavour*
Rudolf Steiner, Cologne, June 7, 1908

Ed. Note: In our continuing our effort to support a deeper experience of the festivals and the cycle of the year in our community, we offer this Whitsun (Pentecost) lecture.

The spiritual evolution of mankind must be brought into a living connection with the whole surrounding world. For many men to-day a great deal has become dead and prosaic; and this is true even of our religious festivals. A great section of mankind has only the smallest notion of what Christmas, Easter and Whitsun

signify; it has almost entirely lost that overwhelming richness in the life of feeling which in earlier times men possessed through their knowledge of their connection with the spiritual worlds. Yes, even the festivals have for many men to-day become dead and prosaic. The pouring down of the spirit has become a mere abstraction, and this will change only when men come again to a real spiritual knowledge.

Much is said nowadays about the forces of nature, but little enough about the beings behind these forces. Our forefathers spoke of gnomes, undines, sylphs and salamanders, but to see any reality in such ideas is regarded to-day as sheer superstition. It doesn't matter much, in themselves, what theories people hold; it only begins to be serious when the theories tempt people not to see the truth.

When people say that their ancestors' belief in gnomes, undines, sylphs, salamanders and the like was all nonsense, one would like to make a rather grotesque reply, and say: "Well, go and ask the bees. They could inform you: the sylphs are no superstition to us; we know well enough what we owe to the sylphs." — Anyone investigating spiritual forces can find out which force it is that draws the bee on towards the flowers; he sees actual beings leading the bee to the flowers: amid the myriads of bees which fly forth in search of nourishment are the beings our predecessors called

The Portland Branch of the Anthroposophical Society

Invites you to
Save The Date!

See the attached Calendar & fliers for more info.

August 28-30

**The Question of
Consciousness Today
with Virginia Sease**

**Your 2015 dues will be gratefully received.
Thank you for helping to make our lively
community life possible. Please send \$50 –
or what you can – c/o Ruth Klein, 3609 SE
Center St., Portland, OR 97202**

sylphs.

It is especially where the different kingdoms of nature come in contact with each other that certain elemental beings are able to reveal themselves. Where moss is growing on the rocks, for example, such beings can establish themselves; or again, in the flowers, in the contact of the bee with the flowers, certain beings have the chance to show themselves. Another possibility arises where man himself comes into touch with the animal kingdom. This does not happen, however, in the ordinary run of things, as for example, when a butcher slaughters an ox or when a man eats meat. It does occur, however, in less usual circumstances, where the contact between the two kingdoms is the result of something more than the mere fact of life. It occurs particularly where a man has that kind of relationship to animals which involves his own feelings, his own concern of soul. A shepherd, for example, may sometimes have such a special relationship to his sheep. Connections of this sort were very frequent in more primitive cultures in earlier times; they resembled the relationship which an Arab has to his horse. And such soul-forces as play over from one realm into the other — as they do between the shepherd and his lambs, or when the forces of smell and taste stream over from the flowers to the bees — these give to certain beings the possibility of incarnating themselves. The spiritual investigator perceives something like an aura around the blossoms, which arises as the bees thrust their way into them and taste what they find there. A kind of flower-aura streams out, and this provides nourishment for certain spiritual beings.

The question why there are beings just here and nowhere else, does not arise for anyone who understands the spiritual world. If opportunities are provided for such beings, then they are there; give them that on which they can live and they are there. It is just as when human beings let evil thoughts stream out from themselves, certain beings then incorporate themselves in his aura; they are there because he allows nourishment to stream to them. The opportunity is given for certain spiritual beings to incorporate themselves wherever different kingdoms of nature come into touch with each other. Where metal is found in the rocks, the miner as he hacks away sees certain tiny beings which were compressed together into quite a small space and now scatter in all directions. These are beings in some ways not unlike man himself; they have the power of reason, but it is reason without responsibility; and so, when they play some mischievous prank on a man, they in no way feel they are doing anything amiss. They are the beings our forefathers called gnomes; they prefer to take up their abode where metal and stone come together. There was a time when they did men good service, as in the early days of mining; the way to lay out a mine, the knowledge of how the strata ran — this

was learnt from such beings.

Mankind will land itself in a blind alley if it fails to acquire a spiritual understanding of these things. As with the gnomes, so with the beings we may call undines; they are found where the plants come into contact with the mineral kingdom. They are bound up with the element of water, they incorporate themselves where water and plant and stone come together. — The sylphs are bound to the element of air, and lead the bees to the flowers. Now everything science has to say about the life of the bees is riddled with error from top to bottom, and nowadays the beekeepers are often misled by it; in this direction science proves itself unusable and again and again beekeepers have to come back to old practices.

As for salamanders, these are still known to many people. When someone feels that this or that element of soul is streaming towards him, this mostly arises through the salamanders. When a man relates himself to animals in the way the shepherd does to his lambs, the salamanders are then able to embody themselves; the knowledge the shepherd has in regard to his flock is whispered to him by these beings.

If we take these thoughts farther we shall have to say: We are entirely surrounded by spiritual beings; we are surrounded by the air and this is crowded with these spiritual beings. In times to come, if his destiny is not to be of the sort that will entirely dry up his life, man will have to have a knowledge of these beings; without such a knowledge he will be unable to make any further progress at all. He will have to put the question: Whence do these beings arise? And this question will lead him to see that, through certain steps taken by the higher worlds, that which is on the downward path to evil can through a wise guidance be changed into good.

Here and there in life we meet with the products of decay with waste products. Thus for example, manure is a waste product, and in agriculture it is used as a basis to further plant growth. Things which have apparently fallen away from a higher course of development are taken up again by higher powers and transformed. This happens with the very beings of whom we have been speaking.

Let us consider how the salamander, for example, originates. Salamanders, as we have seen, are beings who require a special relationship between man and animal. Now the kind of ego man has to-day is only to be found in man, in the human being living on the earth; every man has his ego enclosed within himself. It is different with the animals: they have a group-ego, a group-soul; that is to say, a group of animals with the same form have a common group-ego. When the lion says 'I', its ego is up above in the astral world. It is as if a man were to stand behind a wall in which there were ten holes, and then to stick his ten fingers through them.

The man himself cannot be seen, but every intelligent observer would conclude that someone is behind, a single entity who owns the ten fingers. It is the same with the group-ego. The separate animals are simply the limbs: the being they belong to is in the astral world. We must not imagine the animal-ego to be like the human being of course, though if we consider man as he is as a spiritual being, we can then certainly compare the animal group-ego with him.

In many animal species the group-ego is a wise being. If we think of how certain kinds of birds live in the north in the summer and in the south in the winter, how in spring they fly back to the north — in this migrating flight of the birds there are wise powers at work; they are in the group-egos of the birds. Anywhere you like in the animal kingdom you can find the wisdom of the group-egos in this way. If we turn back to our schooldays we can remember learning how modern times gradually arose out of the Middle Ages, of how America was discovered, and how gunpowder and printing were invented, and later still the art of making paper from rags. We have long been accustomed to such paper, but the wasp group-soul invented it thousands of years ago. The material of which the wasp's nest consists is exactly the same as is used in making paper out of rags. Only gradually will it become known how the one or the other achievement of the human spirit is connected with what the group-souls have introduced into the world.

When the clairvoyant looks at an animal, he sees a glimmer of light along the whole length of its spine. The physical spine of the animal is enveloped in a glimmering light, in innumerable streams of force which everywhere travel across the earth, as it were, like the trade winds. They work on the animal in that they stream along the spine. The group-ego of the animal travels in a continual circular movement around the earth at all heights and in all directions. These group-egos are wise, but one thing they have not yet got: they have no knowledge of love. Only in man is wisdom found in his individuality together with love. In the group-ego of the animals no love is present; love is found only in the single animal. What underlies the whole animal-group as wise arrangements is quite devoid of love. In the physical world below the animal has love; above, on the astral plane, it has wisdom. When we realise this a vast number of things will become clear to us.

Only gradually has man arrived at his present stage of development; in earlier times he also had a group-soul, out of which the individual soul has gradually emerged. Let us follow the evolution of man back into ancient Atlantis. Mankind once lived in Atlantis, a continent now lying beneath the Atlantic Ocean. At that time the vast Siberian plains were covered with immense seas; the Mediterranean was differently distributed, and in Europe

itself there were extensive seas. The farther we go back in the old Atlantean period, the more the conditions of life alter, the more the sleeping and the waking state of man changes. Since that time consciousness during the sleeping condition has darkened, as it were, so that today man has, so to say, no consciousness at all in this condition. In the earliest Atlantean times the difference between sleeping and waking was not yet so great. In his waking state at that time man still saw things with an aura around them; he did not attain to any greater clarity than this in his perception of the physical world. Everything physical was still filled out, so to say, with something unclear, as if with mist. As he progressed, the human being came to see the world in its clear-cut contours, but in return he lost his clairvoyance.

It is in the times when men still saw clairvoyantly what was going on up above in the astral world that all the myths and sagas originate. When he was able to enter into the spiritual world, man learned to know the beings who had never descended into the physical world: Wotan, Baldur, Thor, Loki. — These names are memories of living realities, and all mythologies are memories of this kind. As spiritual realities, they have simply vanished from the sight of man. When in those earlier times man descended into his physical body, he got the feeling: "Thou art a single being." When he returned into the spiritual world in the evening, however, the feeling came over him: "Thou art in reality *not* a single being." The members of the old tribal groups, the Herulians, the Cheruskans and the like, had still felt themselves far more as belonging to their group, than as single personalities. It was out of this condition of things that there arose such practices as the blood-feud, the vendetta. The whole people formed a body which belonged to the group-soul of the folk.

Everything happens step by step in evolution, and so it was only gradually that the individual developed out of the group-soul. The accounts of the patriarchs, for instance, reveal quite other relationships which confirm this fact. Before the time of Noah, memory was as yet something quite different from what we know. The frontier of birth was no real frontier, for the memory streamed on in those through whom the same blood flowed. This onstreaming of memory was in earlier times something quite different from what we possess; it was far more comprehensive. Nowadays the authorities like to have the name of each individual recorded somewhere or other. In the past, it was what man remembered of the deeds of his father and grandfather that was covered with a common name and called Adam or Noah; what was remembered, the stream of memory in its full extent, was called Adam or Noah. The old names signified comprehensive groups, human groups which extended through time.

Now we must put ourselves the question: Can we compare the anthropoid apes with man himself? The

vital difference is that the ape preserves the group-soul condition throughout, whereas man develops the individual soul. But the ape group-soul is in a quite special position to other group-souls. We must think of a group-soul as living in the astral world and spreading itself out in the physical world, so that, for instance, the group-soul of the lion sends a part of its substance into each single lion. Let us suppose that one of these lions dies; the external physical part drops away from the group-soul, just as when we lose a nail. The group-soul sends out a new ray of being, as it were, into a new individual. The group-soul remains above and stretches out its tentacles in a continual process of renewal. The animal group-soul knows neither birth or death; the single individual falls away and a new one appears, just as the nails on our fingers come and go. — Now we must consider the following: — With the lion it is entirely as we have said, that every time a lion dies, the whole of what was sent out by the group-soul return to it again. *It is not at all so, however, with the apes.* When an ape dies the essential part does return to the group-soul, but a part does not; a part is severed from the group-soul. The ape detaches substance too strongly from the group-soul. There are species where the single animal tears something away from the group-soul which cannot return to it. With all the apes, fragments are detached in each case from the group-soul. It is the same with certain kinds of amphibians and birds; in the kangaroo, for example, something is kept back from the group-soul. Now everything in the warm-blooded animals that remains behind in this way becomes an elemental being of the kind we call a *salamander*.

Under entirely different conditions from those on the earth to-day, the other types of elemental beings have detached themselves in the past. We have here a case where cast-off products of evolution, as it were, are made of service under the wise guidance of higher Beings. Left to themselves, these would disturb the Cosmos, but under a higher guidance the sylphs, for example, can be used to lead the bees to the flowers. Such a service changes the harmful into something useful.

Now it could happen that man himself might entirely detach himself from the group-soul in becoming an individual and find no means of developing further as an individual soul. If he does not accept spiritual knowledge in the right way, he can run the risk of complete severance.

What is it that protects man from an isolation which is, without the direction and purpose which, earlier on, the group-soul had given him? We must clearly recognise that man individualises himself more and more, and to-day, he has to find a connection once again with other men out of his free will. All that connects men, through folk, race and family, will be ever more completely severed; everything in man tends more and more to

result in *individual* manhood.

Imagine that a number of human beings on the earth have come to recognise that they are all becoming more and more individual. Is there not a real danger that they will split away from each other ever more completely? Already nowadays men are no longer held together by spiritual ties. Each one has his own opinion, his own religion; indeed, many see it as an ideal state of affairs that each should have his own opinion. But that is all wrong. If men make their opinions more inward, then they come to a common opinion. It is a matter of inner experience, for example, that 3 times 3 makes 9, or that the three angles of a triangle make up 180 degrees. That is inner knowledge, and matters of inner knowledge need not be argued about. Of such a kind also are all spiritual truths. What is taught by Spiritual Science is discovered by man through his inner powers; along the inward path man will be led to absolute agreement and unity. There cannot be two opinions about a fact without one of them being wrong. The ideal lies in the greatest possible inwardness of knowledge; that leads to peace and to unity.

In the past, mankind became free of the group-soul. Through spiritual-scientific knowledge mankind is now for the first time in the position to discover, with the utmost certainty of purpose, what will unite mankind again. When men unite together in a higher wisdom, then out of higher worlds there descends a group-soul once more. What is willed by the Leaders of the spiritual-scientific Movement is that in it we should have a society in which hearts stream towards wisdom as the plants stream towards the sunlight. In that together we turn our hearts towards a higher wisdom, we give a dwelling-place to the group-soul; we form the dwelling-place, the environment, in which the group-soul can incarnate. Mankind will enrich earthly life by developing what enables spiritual beings to come down out of higher worlds.

This spirit-enlivened ideal was once placed before humanity in a most powerful way. It was when a number of men, all aglow with a common feeling of fervent love and devotion, were met together for a common deed: Then the sign was given, the sign that could show man with overwhelming power how in unity of soul he could provide a place for the incarnation of the common spirit. In this company of souls the same thing was living: in the flowing together, in the harmony of feeling they provided what was needed for the incarnation of a common spirit. That is expressed when it is said that the Holy Spirit, the group-soul, sank down as it were into incarnation. It is a symbol of what mankind should strive towards, how it should seek to become the dwelling-place for the Being who descends out of higher worlds.

The Easter event gave man the power to develop these experiences; the Whitsun event is the fruit of this

power's unfolding. Through the flowing of souls together towards the common wisdom there will always result that which gives a living connection with the forces and beings of higher worlds, and with something which as yet has little significance for humanity, namely the Whitsun festival. When men come to know what the downcoming of the Holy Spirit in the future can mean for mankind, the Whitsun festival will once more become alive for them. Then it will be not only a memory of the event in Jerusalem; but there will arise for mankind the everlasting Whitsun festival, the festival of *united soul-endeavour*.

It will depend on men themselves what value and what result such ideals can have for mankind. When in this right way they strive towards wisdom, then will higher spirits unite themselves with men.

Approach to Calendar of the Soul 2015

Last year we offered the translation by Ruth and Hans Pusch. Beginning this month we will be offering Owen Barfield's paraphrase of the Calendar of the soul verse, which can help with penetrating other translations – in the book assembled by Brigitte Knaack, there are seven translations in addition to Rudolf Steiner's original and Owen Barfield's paraphrase. If you don't already have the Pusch translation, you could look at that version in last year's newsletters on the Branch website as a way to benefit from comparing the two. As Ms. Knaack offers in her introduction to the translations, "May the light of the true language of the Soul Calendar, which is neither German nor English, but the language of the soul, shine through the translations of these fifty-two mantrams and enable those who contemplate them to "carry them across" into the individual language of their own souls. Then these translations will have accomplished their task after all."

Local Lodging Requested for Virginia Sease Conference: The Question of Consciousness Today, August 28-30

The Portland Branch is seeking local lodging opportunities for participants in this conference. Typically a one bedroom with bathroom is \$35/night. Please contact James Lee at anthroposophynow@comcast.net. Or 503-249-3804

Calendar of the Soul

May 3-9, Verse 5; Light from Spirit Depths

Within the light whose birth from spirit-deeps
and fruitful weaving through space
reveals the gods' creating loom
soul's true existence is made manifest,
the Being of the World becomes her room,
from cramping selfhood's narrow tyranny
risen as from a tomb.

May 10-16, Verse 6

Risen from separate me
I feel my self-expression fit,
As cosmic revelation,
With sturdy goings on in time and space,
The world before me overall
As my divine Original
Confirms as true this Copy made from it.

May 17-23, Verse 7; Luciferic Temptation

My self is prone to fly away
beckoned and lured by light that fills the worlds.
come, Intimations, enter, claim your right,
supplant as surrogate the sovereign might
of Thinking, now inclined to lose itself
in brilliant sense-appearances.

May 24-30, Verse 8; Whitsun

The ascendancy of sense in me
grows, with the gods' creative act in league,
subduing thought from vigorous to vague.
If Life divine is to unite
with the coming-into-being of the world,
this human thought must modestly retire
Contented to endure as a dream.

May 31-June 6, Verse 9

Regardless of all individual willing,
telling of summer coming soon,
the Warmth that warms the worlds
my spirit and my soul is filling,
my spirit's penetrating gaze
tells me to lose myself into the light
and, 'Lose thyself to find thyself'
I hear a voice within incessantly recite.

~Paraphrase, Owen Barfield

The Question of Consciousness Today - A Conference with Virginia Sease,

This conference is open to members of the Anthroposophical Society and the School for Spiritual Science and includes catered snacks and meals.

Friday Evening

"Rudolf Steiner's Contribution to the Question of Consciousness for Contemporary Life"

Today Rudolf Steiner (1861 - 1925) is well-known in many spheres of life such as Waldorf education, medicine, therapy, bio-dynamic farming, architecture and art forms in general, and other endeavors which arise out of the impulse of Anthroposophy (the wisdom of the human being) which he developed. In addition to these fields he may also be credited as a clear thinker who introduced not only very clear and comprehensive descriptions of human consciousness and its evolution but also examples to illustrate his findings. We need only embark on a journey through some of his best-known works such as "Philosophy of Freedom", "How to Attain Knowledge of the Higher Worlds", "Esoteric Science, an Outline" and many more as well as his 6,000 lectures which were recorded in shorthand to discover that this enormous edifice - which also includes his artistic work: 4 Mystery Dramas, 2 large buildings called "Goetheanum", a more than 8 m high wooden sculpture - has its fulcrum in consciousness in all of its manifold diversifications. In this presentation Virginia Sease will describe some of the steps in the evolution of consciousness with a special emphasis on the importance of the integrity of the individual of the human being as a decisive factor in the disparities of civilization today. This lecture is open to everyone.

The greatest contribution of Rudolf Steiner in regard to consciousness may be summed up in one sentence: All life, all evolution arises and subsists as consciousness and develops further as consciousness.

Saturday Morning

"The Enigma of Reincarnation Today and the Activity of the Hierarchies"

Many people in our time from childhood on have a feeling that they have previously experienced life on the earth before their present one. Moments or situations come over them with the sense: I know this; I have experienced this before. This experience often becomes the impetus for them to set out on a search for the reality of their identity. For example, a gifted person might ask "Why do I have this particular talent and others do not?" The former answer frequently given no longer suffices: "it is because of grace". Today the recognition of reincarnation is widespread, therefore the question no longer concerns whether reincarnation exists but rather how does it work. This lecture is open

to members of the Anthroposophical Society and the School for Spiritual Science. Blue cards for members of the Anthroposophical Society and Pink Cards for members of the School for Spiritual Science will be required.

Rudolf Steiner, as no other spiritual researcher before or after, provides insights into the preparation for a new earthly life. In this preparation the spiritual hierarchies play a decisive role which we will form a central aspect of this lecture and the following discussion.

Saturday Afternoon

"The Development of the Human Ego in the Era of the Etheric Christ"

To comprehend the complexities of the human ego it helps to become acquainted with the differentiation in regard to the ego which Rudolf Steiner described from various aspects. After considering these differentiations we will approach our theme through two special meditations by Rudolf Steiner which provide a background for the era of the accessibility of the Christ-Being in the etheric world. This pathway will lead through historical developments up to the dimensions of consciousness necessary for humanity today. The degree of I-consciousness which human beings can achieve in our present time will also determine how their spiritual endeavors to comprehend the Christ Mystery will work on in the future both for the individual as well as for humankind. It is important today to recognize at least from a cognitive perspective the reality of the presence of the Christ within the etheric sphere. This lecture is open to members of the Anthroposophical Society and the School for Spiritual Science. Blue cards for members of the Anthroposophical Society and Pink Cards for members of the School for Spiritual Science will be required.

Saturday Evening

"Silence When Meeting Inner and Outer Experiences of the Threshold"

In approaching the necessity for silence in regard to the threshold between the physical and the supersensible worlds we will focus on several main aspects: the significance of silence for the inner life based on cultural history; Rudolf Steiner's understanding of "silent knowledge" and the development of inspiration; the encounter of silence, listening and speaking in the last three mantric situations in the Class Lessons (17, 18, 19). This lecture is open to members of the School for Spiritual Science. Pink Cards will be required.

Sunday Morning

"Rudolf Steiner's Esotericism before 1914 and its Metamorphosis in the Lessons of the First Class"

Now after more than a century we can regard Rudolf Steiner's exoteric and esoteric contribution through

Spiritual Science as an integrated continuum which through its innate flexibility and dimension/scope could find expression in 1. the content appropriate for the work of the Esoteric School (1904 - 1914) and the work with ritual (1906 - 1914) in the form for the content 3. in the verbal expression. With the inauguration of the Michael School on earth (1924) the prior content was significantly increased, the form underwent some vital changes and the verbal dimension may be regarded as highest achievement in cognitive-mantric expression, which, however, bears witness to earlier achievements in this domain. Examples will assist us in perceiving such metamorphoses. This lecture is open to members of the School for Spiritual Science. Pink Cards will be required.

"A Pathway through the 19 Lessons of the School for Spiritual Science: Encounters with the Hierarchies".

The role of the hierarchies becomes more and more decisive as the Class lessons proceed and the human being's awareness of them progressively develops. This awareness proves to be of ultimate significance on the pathway. This lecture is open to members of the School for Spiritual Science. Pink Cards will be required.

Members of the Anthroposophical Society in America!

You are invited to a series of three lectures: Friday evening, August 28th; and Saturday morning and afternoon, August 29th. Your pink Anthroposophical Society membership cards will be required.

Virginia Sease will be presenting the topic, ***The Question of Consciousness Today***. Session topics are: "Rudolf Steiner's Contribution to the Question of Consciousness for Contemporary Life"; "The Enigma of Reincarnation Today and the Activity of the Hierarchies"; and, "The Development of the Human Ego in the Era of the Etheric Christ".

Snacks, a catered lunch and dinner will be provided.

See the registration form on the Portland Branch website for more details about the lectures and conference costs at <http://www.portlandanthroposophy.org/question-of-consciousness> **Early registration before July 31st will save you a bundle.** A limited number of work study opportunities are available for those who register early.

Contact James Lee at
anthroposophynow@comcast.net
with questions.

Members of the School for Spiritual Science!

You are invited to a series of six lectures: Friday evening, August 28th, Saturday, August 29th and Sunday morning, August 30th. Your School of Spiritual Science blue cards will be required.

Virginia Sease will be presenting the topic, ***The Question of Consciousness Today***. Session topics are: "Rudolf Steiner's Contribution to the Question of Consciousness for Contemporary Life"; "The Enigma of Reincarnation Today and the Activity of the Hierarchies"; "The Development of the Human Ego in the Era of the Etheric Christ"; "Silence When Meeting Inner and Outer Experiences of the Threshold"; "Rudolf Steiner's Esotericism before 1914 and its Metamorphosis in the Lessons of the First Class"; and, "A Pathway through the 19 Lessons of the School for Spiritual Science: Encounters with the Hierarchies".

Snacks, two catered lunches and a dinner will be provided.

See the registration form on the Portland Branch website for more detail about the lectures and conference costs at <http://www.portlandanthroposophy.org/question-of-consciousness>. **Early registration before July 31st will save you a bundle.** A limited number of work study opportunities are available for those who register early.

Contact James Lee at
anthroposophynow@comcast.net
with questions.

Rudolf Steiner's Contribution to the Question of Consciousness for Contemporary Life with Virginia Sease Open to the Public

Friday, August 28, 7:30 pm

Cedarwood Waldorf School

3030 SW 2nd Ave., Portland

Portland Branch Calendar

May 2015

First Class of the School of Spiritual Science – Lesson Eleven

Sunday, May 17, 9:30 am sharp **Note date change because of Mother's Day. (no admittance after the class starts)** • Bothmer Hall, 5919 SE Division St, Portland, 97206, Contact Diane Rumage at 971-271-7479 or Cheri Munske at 503- 484-4133 Blue card required. Second Sunday of each month.

Portland Branch Council Meeting

Monday, May 11, 7pm • 2606 SE 58th Ave. • Contact Valerie Hope, 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.

Christian Community Events for May with the Reverend Sanford Miller

April 30 – May 3 • Bothmer Hall, 5919 SE Division St., Portland (except Thurs. see below) • Suggested donation for talks \$10; contribute what you can, no one will be turned away • Contact Sandra Burch with questions, or for childcare - 503-353-1818, galenalyn@gmail.com

Rudolf Steiner gave new life to education with the Waldorf School, and he helped found the Christian Community – a Movement for Religious Renewal – a Christian path for modern people. Come experience the renewed Mass and the Children's Service.

- **Thursday, April 30, 6 pm** potluck, **7:30 pm** Gospel Study – location: the Burch House, call for directions
- **Friday, May 1, 7:30 pm** - Mary, Sophia, Isis Mystery; Lecture by Sanford Miller
- **Saturday, May 2, 9:00 am** The Act of Consecration of Man – Open Communion for Adults.
- **Sunday, May 3, 9:15 am** Religious instruction and **10:00 am** Children's Service (both for grades 1-8)
10:30 am The Act of Consecration of Man - Open Communion for Adults

An Artist's Images from Her Pilgrimage on the Camino de Santiago de Compostela, with Robin Lieberman

Thursday, May 14, 5:30-8pm, artist presentation 6pm, Color on the Camino • Art Hall at Cedarwood Waldorf School, 303 SW 2nd Ave. • Contact Robin Lieberman, 503-222-1192 or robin@robinlieberman.net

All are welcome to this opening reception for this next exhibition at the Art Hall.

ALL ABOARD! For the next Camphill-inspired meeting: PLANNING FOR THE BIG OUTREACH FALL EVENT

Sunday, May 17, 4-5:30 pm • Venue to be announced. • Contact Robin Lieberman 503-222-1192 or robincolor55@gmail.com

Please rsvp to Robin before March 11, and the location will be announced based on numbers.

The First Class of the Michael School and its Christological Foundations, by Sergei Prokofiev • Forming Meeting, Blue card required

Thursday evening, May 21, 7:30 pm • Contact Rebecca Soloway, jrsoloway@hotmail.com or 503-908-7615

I recently began reading *The First Class of the Michael School and its Christological Foundations*. This book was written by Sergei O. Prokofieff for members of the School of Spiritual Science (1st class). It has awakened in me an interest to study this work with other class members. If you, as a First Class member, would like to explore whether you would like to take part in this study, please join us. In searching for a central, warm and private place where Class activities could take place without inconveniencing other household members, I have secured the Garden Room at the Hope's, (2606 SE 58th Ave., Portland).

Please note: You will need to order the book directly from the Goetheanum, sekretariatSP@goetheanum.ch, since Mr. Prokofieff specified that no portion of the book could be photocopied or transmitted electronically. It is not necessary to have the book in hand for our first meeting. However, blue cards are required.

Remedy Insights: Weekend Symposium, Anthroposophic Medicine Club NCNM

May 29, 30, 31 • Contact Sandy Musclow, sandymusclow@gmail.com, 971-271-4241 See attached flier

Portland Children's Festival – Booking Vendors Now!

Sunday, June 28 • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, Or • Contact Meta Bruner, meta.bruner@gmail.com, 503-200-0888 • See Attached Flier

This event – intended to become an annual one - will feature puppet shows, eurythmy performances, storytelling, beeswax modeling, plays, magic, classical music, folk dancing, lectures on childhood, juggling extraordinaire – and lots more! Vendors and volunteers wanted.

A Visual Arts Intensive in Painting and Drawing for Teachers, with Van James

Sunday, June 28 to Friday, July 3 • Honolulu Waldorf School, Makai Campus, 5257 Kalaniana'ole Highway 96821 • \$350, \$320 until April 1 • Contact Bonnie at art4hawaii@gmail.com or 808-395-1268

What children learn from making pictures and when and how they can best learn this art will be the subjects of a unique six-morning arts workshop this summer in Honolulu. The course is designed for Waldorf class teachers and homeschooling parent-teachers who will eventually teach grades 1-8 and also for public and independent school teachers, specialists and art therapists who want an overview of child development in relation to visual learning. The link below will take you to the flier.

<http://honoluluwaldorf.org/pdf/Visual%20Arts%20Intensive%20in%20Painting%20and%20Drawing%20Class%202014-15.pdf>

Rudolf Steiner's Contribution to the Question of Consciousness for Contemporary Life, with Virginia Sease

Friday August 28, 7:30 pm • Open to the Public • South Space, Cedarwood Waldorf School, 3030 SW 2nd Ave., Portland 97201 • Contact James Lee for more information or to reserve your place at anthroposophynow@comcast.net .

Today Rudolf Steiner (1861 - 1925) is well-known in many spheres of life such as Waldorf education, medicine, therapy, bio-dynamic farming, architecture and art forms in general, and other endeavors which arise out of the impulse of Anthroposophy (the wisdom of the human being) which he developed. In addition to these fields he may also be credited as a clear thinker who introduced not only very clear and comprehensive descriptions of human consciousness and its evolution but also examples to illustrate his findings. We need only embark on a journey through some of his best-known works such as "Philosophy of Freedom", "How to Attain Knowledge of the Higher Worlds", "Esoteric Science, an Outline", as well as his 6,000 lectures which were recorded in shorthand, to discover that this enormous edifice (including his artistic work: 4 Mystery Dramas, 2 large buildings called "Goetheanum", a more than 26 feet high wooden sculpture) has its fulcrum in consciousness in all of its manifold diversifications. The greatest contribution of Rudolf Steiner in regard to consciousness may be summed up in one sentence: All life, all evolution arises and subsists as consciousness and develops further as consciousness.

The Question of Consciousness Today – a conference with Virginia Sease

Friday eve. August 28, Saturday August 29, Sunday August 30 • South Space, Cedarwood Waldorf School, 3030 SW 2nd Ave., Portland 97201 • Contact James Lee at anthroposophynow@comcast.net .

This special conference with Virginia Sease is open to members of the Anthroposophical Society and members of the School for Spiritual Science. Saturday and Sunday meals and snacks will be catered and are included as part of the conference. We have several discounted work-study positions available for this event. For additional information and to reserve your place, please contact James Lee at anthroposophynow@comcast.net. This event is sponsored by the Portland Branch of the Anthroposophical Society. The conference schedule, lecture titles and summaries are included on the early registration page located on the Portland Branch Website at <http://www.portlandanthroposophy.org/question-of-consciousness>.

Art Convergence, Color, Movement and Form

Friday July 31-Sunday August 2 • Portland Waldorf School • Contact Patricia Lynch, patriciahomanlynch@gmail.com

Save the Date! More information coming.

Ongoing Local Activities and Study Groups

First Class of the School of Spiritual Science • Second Sunday of the month Third Sunday in May to accommodate Mother's Day

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 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.

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.

Eurythmy for Waldorf High School 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

If you've ever attended a Waldorf High School, this is for you!

Eurythmy Foundation Course: Tuesday Evenings, and one weekend a month.

Tuesdays 6-7:30 pm; Saturdays 10:30 am - noon & 1-2:30 pm; Sundays 10:30 am - noon • Fee, \$20/session • Portland Waldorf School, 2300 SE Harrison St., Milwaukie • Contact Jolanda Frischknecht, 503-896-3345 or jolandafrischknecht@hotmail.com ; or Micha-el Institute, 503-774-4946, <http://www.micha-elinstitute.com/>

This class is for adults with prior experience in Eurythmy.

Festivals Study Group: Every other Thursday

7-8:30 pm • 3711 SE Brooklyn St. • To find out which Thursday is next contact Suzanne Walker, 503-208-2426 zzwalker@mac.com

We are working with various of Dr. Steiner's lectures in an effort to better understand the festivals and how best to observe them.

Mystery Dramas of Rudolf Steiner and Speech-Formation Exercises • Second and Fourth Wednesdays (holidays excluded)

7:30-9:00 pm • Starting anew November 12, 2014. Free. Beginners are welcome –come check us out! • 8654 NE Boehmer St., Portland 97220 • 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 will donations gladly accepted, all voices are welcome. Contact www.portlandwaldorf.org • pws_choir-subscribe@yahoogroups.com (503) 654-2200

Portland Waldorf School Community Eurythmy: Friday Mornings

8:45-9:30 am, Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Free

All are welcome. Contact: Carrie Mass, Carrie.mass@portlandwaldorf.org

The Spiritual Hierarchies and the Physical World 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

Theosophy Study Group • First Monday of the Month

7:45-9:00 pm • Bothmer Hall, 5919 SE Division St., Portland 97206 • Contact Jerry Soloway 503-908-7615 or jrsoloway@hotmail.com

Please join us in lively discussions centered on Rudolf Steiner's *Theosophy*.

Threefold Social Renewal Study Group • Every Friday

9:40-10:30/11 am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie • contact dr.ali.nd@gmail.com or 503-609-0890

We will start with reading and discussing Johannes Rohen's "Functional Threefoldness in the Human Organism and the Human Society", and will continue to choose readings together under the general topic of the threefold social organism. All are welcome. Hope you are able to join us!

World Economy Study Group • Last Friday of the Month

6:00-8:00 pm • 3046 NE 33rd Ave. • contact mgivens.lac@gmail.com or 503-609-0890

Please join us in a diverse study group around the principles and practices of Associative Economics. We will be reading and discussing Rudolf Steiner's 14 lectures on the "World Economy". The recommended text is "Economics: World as One Economy", translated by Dr. Christopher Houghton Budd. It can be found at <https://www.cfae.biz/publications/shop/>

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 • Contact Lee Ann Ernandes @ message phone, 541-686-9112

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**You are warmly invited
to a new exhibition at
The Art Hall at Cedarwood Waldorf School**



**An Artist's Images
From Her Pilgrimage on the
Camino de Santiago de Compostela
by Robin Lieberman**

May 14th, 2015 to June 11th, 2015

Opening Reception

Thursday, May 14th, 2015

5:30pm - 8:00pm

Artist Presentation

Color on the Camino

6:00pm

**Please direct inquiries to
robin@robinlieberman.net
or 503-222-1192**

thearthall.wordpress.com

**Cedarwood Waldorf School
3030 SW Second Avenue
Portland, OR 97201**



Call for Volunteers for Portland Children's Festival

The Portland Children's Festival is coming up on June 28th and we will be in need of many volunteers to support the event. If you have an interest in volunteering, please contact regdown@yahoo.com. We will need individuals to help man the Portland Eurythmy booth where we will be doing general fundraising activities. There are also volunteer opportunities for speakers (especially on Waldorf-related topics), admissions, parking and performers. We are in the process of lining up our schedule right now and would welcome any support you can give! **(See attached flier)**

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 Rumage at 971-271-7479.

To submit an article or a calendar item, email it to both Valerie Hope, valerieannhpx@aol.com and Wes Burch, trueilion@comcast.net. The deadline for submissions is the 15th of the month. Items selected for publication may be edited for style, content and length.

To sign up for our email list, or contact the Branch Council, go to <http://www.portlandbranch.org/contact>

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

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, Michael & Portland Waldorf Schools, and Swallowtail School.

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2015: Betty Baldwin, Wes & Sandra Burch, Gia Davis, Yvonne DeMaat Julie Foster, Joiline Hardman, Valerie Hope, Bob Kellum, Donna Kellum, Ruth Klein, Tom Klein, James Knight, James Lee, Robin Lieberman, Regina Loos, Robin O'Brien, Nancy Pierce, Jeff Rice, Susan & Walter Rice, Jannebeth Roell, Diane Rumage, Padeen Quinn Jerry Soloway, Rebecca Soloway, John & Joan Takacs, Chiaki Uchiyama, Elizabeth Webber

We will gratefully receive your Branch membership dues (\$50 or what you can) each January Send to: The Portland Branch c/o Ruth Klein, 3609 SE Center, Portland, OR 97202

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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Contact Valerie Hope at Valerieannhpdx@aol.com

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.

Winter Green Farm Invites You To *Share in the Healthy Harvest!*

Growing a Healthy World Since 1980

Winter Green Farm is celebrating the 24th anniversary of its
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We offer weekly boxes of certified organic produce,
grown using biodynamic methods, fresh from our farm to your family.

Our weekly Blog offers tips on cleaning & storing your veggies,
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Lots more!!!

www.portlandchildrensfestival.org

booking vendors now - call (503) 200-0888
or email meta.bruner@gmail.com

REMEDY INSIGHTS



WEEKEND SYMPOSIUM - THE ANTHROPOSOPHIC MEDICINE CLUB
MAY 29, 30, 31, 2015 - NCNM CAMPUS AND MAYSARA VINEYARD, MCMINNVILLE, OR

PROGRAMME

Friday May 29 - 7:00-8:30 pm

WAYS OF KNOWING

COMBINING THINKING, FEELING, & INTUITION IN CLINICAL PRACTICE

Paul Kalnins, ND, MSOM, LAc. will discuss the 4-fold approach to the modes of perception necessary to better understand anatomy, physiology, and the use of natural remedies.

Saturday May 30 - 8:00-8:45 am

EURYTHMY

FINDING THE UNDERLYING LANGUAGE OF REMEDIES THROUGH MOVEMENT

Margaret Kerndt, BCST, RCST - Eurythmy is a movement art that brings form, movement and language together. This time will be used to practice these movements to develop a more subtle appreciation of formative processes in nature and in the human being.

Saturday May 30 - 9:00-12:30 pm

3-FOLD & 4-FOLD HUMAN BEING

THINKING, FEELING & WILLING IN PHYSIOLOGY - Dr Kalnins will present the polarities of the human being as seen in the nervous and metabolic systems and how these are brought together by the rhythmic center.

BODY, MIND, SOUL & SPIRIT - David Gershan, MD will describe how the physical, emotional and spiritual realms of the human being interact in both health and illness, and address specific conditions that arise from imbalance in these realms.

Saturday May 30 - 2:00 - 5:00 pm

REMEDY INSIGHTS

Dr Kalnins and Dr Gershan will focus on select plant remedies and their underlying therapeutic actoin in specific illnesses, within the 3-Fold and 4-Fold framework.

Saturday May 30 - 5:00 - 6:00 pm

CASE STUDY

A case will be presented and both doctors will weigh in on pathophysiology and treatment approach.

Sunday May 31 - 1:00 - 4:00pm

MAYSARA BIODYNAMIC WINERY

Owner Moe Mumtazi will speak of his approach to the vineyard, and the botanical preparations he uses to support the ecosystem.

Beth Wieting - former Biodynamic Association VP and longtime biodynamic gardener will speak of biodynamic basics and how to start applying preps to your own garden.

Dr. Paul Kalnins distinctly integrates naturopathic and Chinese medicine. While combining these two medical philosophies, he also incorporates the insights of anthroposophical medicine, a unique system of healing based on the premise that body, soul, and spirit form an integrated whole.

Margaret Kerndt practices Rhythmic Massage, Therapeutic Eurythmy and BioDynamic Craniosacral Therapy in her private practice in Portland. She has a background in Shiatsu, Swedish Massage, Bothmer Gymnastics and Amnion Aquatics.

Dr David Gershan is a family and HIV primary care specialist. Dr. David Gershan has practiced medicine in Northern California since 1993. His former positions include Medical Director for the San Mateo County Mobile (Homeless), STD Clinics and Civil Surgeon for U.S. Immigration medical exams. Through the San Mateo County Health Department, Dr. David Gershan currently cares for patients infected with HIV.

Beth Wieting served on the Board of Directors for the Biodynamic Farming and Gardening Association, and has published hundreds of articles, and the book Nature Spirits.

ADMISSION FEE
NCNM STUDENTS - FREE
PUBLIC - TBD

The Question of Consciousness Today

A Conference with Virginia Sease

Friday evening, August 28th, Saturday, August 29th and Sunday August 30th

EARLY REGISTRATION FORM

This special conference with Virginia Sease is open to members of the Anthroposophical Society and members of the School for Spiritual Science. Friday's lecture is open to the public. Saturday and Sunday meals and snacks will be catered and are included as part of the conference fee. This event is sponsored by the Portland Branch of the Anthroposophical Society in Portland, Oregon. We have a few discounted work-study positions available for this event. For additional information and to reserve your place, please contact James Lee at anthroposophynow@comcast.net.

Early Registration Conference Fee (valid through July 31, 2015): (Select the one that applies to you):

I am a member of the School for Spiritual Science. **\$200**

The conference fee includes access to the Friday evening lecture and five lectures on Saturday and Sunday. The conference fee includes two catered lunches; one catered dinner and catered snacks. **Blue Card required.**

I am a member of the Anthroposophical Society and not a member of the School for Spiritual Science. **\$125**

The conference fee includes access to the Friday evening lecture and two Anthroposophical Society members' lectures on Saturday. It also includes one catered lunch, one catered dinner and catered snacks. **Pink Card required.**

Meals: Lunches and dinner included in the conference fee will consist of a poultry-based main course, predominantly vegetarian offerings, and gluten and dairy free options. Please indicate your primary food preference here:

Poultry Vegetarian Gluten Free Dairy Free

Lodging: When planning your stay in Portland, you will find that there are numerous lodging options available. Traveling around Portland is rather easy and flexible most times of the day. The conference venue is located at the Cedarwood Waldorf School, 3030 SW 2nd Ave. Portland OR 97201. Parking is available on the streets near the school.

Home Stays: There may be a few community home stay possibilities provided by local members, subject to availability. The charge for a room and bathroom is typically \$35. If you are interested in a home stay, please indicate that preference by checking here: . We will contact you and let you know if a home stay is available.

Name:

Nametag Name:

Address:

E-mail:

Mobile Phone:

Please make your check out to "The Portland Branch" and write "Virginia Sease Conference" in the memo line. Mail your Early Registration form and check as soon as possible and before August 1, 2015 to: "Ruth Klein, Treasurer – Portland Branch, 3609 SE Center Street, Portland OR 97202." (After July 31, 2015 conference fees will be \$250/\$150.)

You can submit your registration form and make a payment using PayPal or your credit card at the Portland Branch website: <http://www.portlandanthroposophy.org/question-of-consciousness>.