



# Anthroposophical Society PORTLAND BRANCH

Newsletter

November 2018

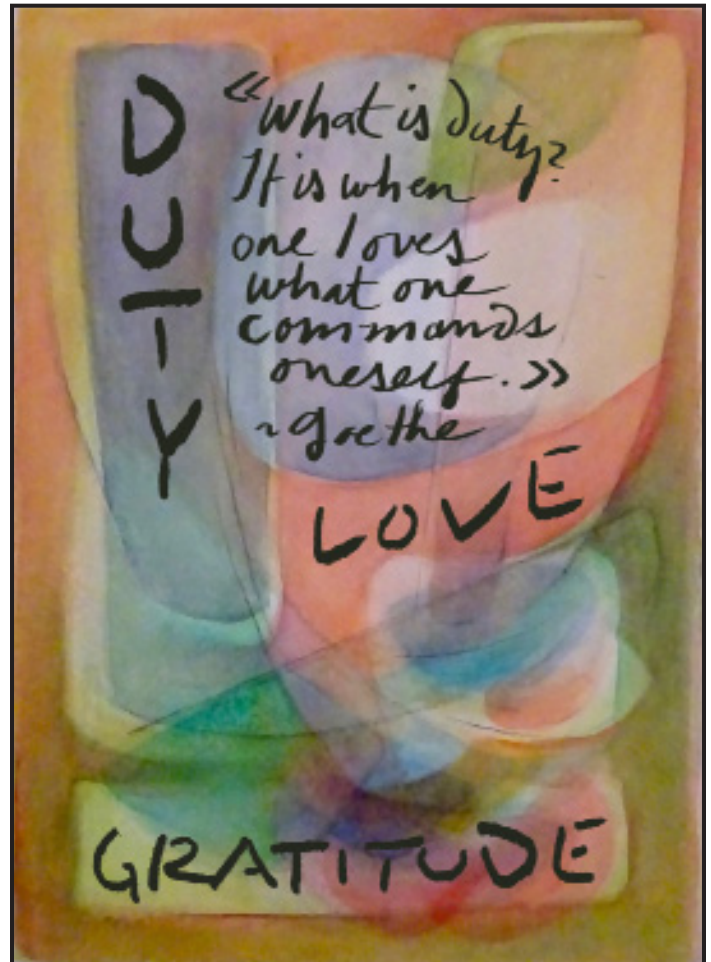
## Our Duty Toward the Dead: The importance of remembrance and gratitude for connecting with them.

by Valerie Hope

We will come together on Friday, November 2 to remember our dead, and to briefly consider what Rudolf Steiner tells us about staying connected with them. Bothmer Hall, 7:30 pm. See Calendar and flier.

**N**ovember is a time when we in America typically turn our attention to our capacity (or lack thereof) for gratitude. It is also the month in which we observe All Souls Day, when we come together to celebrate those we have known who have crossed the threshold before us.

It is perhaps fortuitous that All Souls and Thanksgiving are so near one another on the calendar, as Rudolf Steiner tells us that, if we wish to cultivate our relationship to the dead with whom we have karmic connections, gratitude is the “common spiritual air in which we can meet.” That is to say, we can consciously cultivate gratitude toward every impression in our lives, no matter whether pleasant or unpleasant, realizing that our entire life is a gift. In addition, it is important to cultivate a feeling of thankfulness that we did have those people who have died in our lives, without wishing that they could be back in this life with us. Although we may consciously feel antipathy towards an impression made on us, this is not so in our subconscious, which develops a certain feeling of gratitude towards every impression... “The simple reason for this feeling is that everything in life which approaches the deeper element of our being enriches our life, really enriches it, including all unpleasant experiences.”<sup>1</sup> Let us hear about the importance of gratitude in relationship to our dead from Rudolf Steiner himself, in the following passages :



“The dead can only speak to us through the element which passes through the dreams interwoven with our life. The dead speak into these intimate subconscious perceptions which take place of themselves. If we are in a position to do so, we can share with them the same spiritual psychic air; for if they wish to speak to us, it is necessary that we take into our consciousness something of the feeling of gratitude for all that reveals itself to us. If there is none of this feeling within us, if we are not able to thank the world for enabling us to live, for enriching our life continually with new impressions, if we cannot deepen our soul by often realizing that our life is absolutely a gift, the dead

do not find a common air with us; for they can only speak with us through this feeling of gratitude; otherwise there is a wall between us and them.

We shall see how many obstacles there are in regard to intercourse with the dead, for, as we have seen from other connections, it is dependent on our being karmically united with them. We cannot arouse in ourselves this feeling of gratitude if having lost them, we wish them back in life; we should be thankful we did have them with us quite irrespective of the fact that we have them no longer. Thus if we have not this feeling of gratitude with regard to the beings whom we wish to approach, they do

*“In truth, O judges, while I wish to be adorned with every virtue, yet there is nothing which I can esteem more highly than the being and appearing grateful. For this one virtue is not only the greatest, but is also the parent of all the other virtues.”*

~Cicero

not find us; or, at any rate, they cannot speak to us. The very feelings we so frequently have towards our nearest dead are a hindrance to their speaking to us. Other dead, who are not karmically united to us, usually have more difficulty in speaking to us; but with those nearest to us, we have too little of the feeling of thankfulness that they have been something to us in life. We should not hold fast to the idea that we have them no more, for that is an ungrateful feeling, considered in the wider sense of life. If we clearly understand that the feeling of having lost them weighs them down, we shall keep in mind the whole bearing of this. If we have lost someone we love, we must be able to raise ourselves to a feeling of thankfulness that we have had him; we must be able to think selflessly of what he was to us until his death, and not upon what we feel, now we have him no more. The better we can feel what he was to us during his life, the sooner will it be possible for him to speak to us, to speak to us by means of the common air of gratitude.

Then the real spiritual existence in which the dead live between death and rebirth, holds intercourse with the living in such a way that we may say: We find our dead when we can meet in a common spiritual place with a common thought which he also perceives, when we can meet in this ‘thought-in-common,’ in a feeling of full companionship. We have the material for this through the medium of the feeling of gratitude; for the dead speak to the living out of the space woven by the ‘feeling-in-common,’ through the air which is created from the

feeling of general gratitude common to the world.”

<sup>1</sup>Earthly Death and Cosmic Life, Rudolf Steiner, 7 lectures 1918, (March 19, 1918) Feelings of Unity and Sentiments of Gratitude: A Bridge to the Dead [https://wn.rsarchive.org/Lectures/GA181/English/APC1927/EarDea\\_index.html](https://wn.rsarchive.org/Lectures/GA181/English/APC1927/EarDea_index.html)

Or

Staying Connected: How to Continue Your Relationships with Those Who Have Died, selected talks and meditations by Rudolf Steiner, chapter 10, The Feeling of Community and the Experience of Gratitude available from Steiner Books, <https://steiner.presswarehouse.com/Books/Features.aspx>

<sup>2</sup>Ibid

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

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

**November 2**

All Souls Observance

**November 13**

Lisa Romero, Sex Education and The Spirit  
– Understanding Gender and Sexuality

**November 14-18**

National Biodynamic Conference

**November 16**

Eurythmy Spring Valley Performance

**November 20**

Lisa Romero, Inner Development as an Antidote  
to the Imbalances of Our Times

**November 23-25**

Lisa Romero, The Inner Work Path,  
Strengthening Foundations of Meditation





## The Calendar of the Soul At Michaelmas with Herbert Hagens

Report by Lauren Johnson

The Calendar of the Soul, perhaps more accurately or aptly translated, The Soul's Calendar, was provided by Rudolf Steiner as a way to connect people to the weekly rhythm of the year as we experience it on the earth. It was one of the few works that Rudolf Steiner fully completed during his lifetime - he brought it to the world during a time when he was writing the first plays of the Mystery Dramas. His gift was to help us strengthen and nourish our soul lives by helping us to recognize that we are living as incarnated beings within the life of nature. But, as human beings, we must not fall completely into nature, we must not decay into the dying process each fall. We must find a way to bring alive our own consciousness as the natural world around us falls into darkness each year, just as we mustn't lose ourselves completely to the wide cosmos during the heights of summer. These are a few of the leading thoughts Herbert Hagens provided us during his opening talk on the eve of Michaelmas.

Verse 26 - The Michaelmas Verse  
in the Calendar of the Soul

Nature, your maternal life  
I bear within the essence of my will.  
And my will's fiery energy  
Shall steel my spirit striving,  
That sensor self springs forth from it  
To hold me in myself.

Our Michaelmas weekend workshop began and ended again in a dynamic eurythmy presentation of this verse by Pacific Eurythmy. Great thanks are extended to members of Pacific Eurythmy who so enriched our experience by presenting the verse in its full color on Friday evening before Herbert's lecture, and again at the end of the day on Saturday. In between, workshop participants had the opportunity to move with James Knight who carried us through particular elements of the verse's eurythmy form as Rudolf Steiner had indicated.

In his lively lecture on Friday evening, Herbert noted that Steiner told the people who were to carry forward

# Calendar of the Soul

31. (November 3 - 9)

From deep and distant Spirit Depths,  
a Light,  
It reaches out, just like our sun:  
It turns to strength of will for Life  
And shines within the senses' dullness  
To birth new energies, and bring forth  
Creative powers out of soul instinct  
For human beings' labours.

32. (November 10 - 16)

My ripening strength I feel  
I can increasingly give the world;  
My own being I feel strengthening,  
And turning toward clear insight  
In this the fabric of Life's destiny.

2nd translation

I feel my strength is ready  
To step into the world around;  
My Self, I feel, is rising  
To meet in clarity, and confront  
The fabric woven of destiny and life.

33. (November 17 - 23)

Thus I sense the world  
Which, without my sympathy  
Would only manifest an icy, empty life  
And powerless  
To recreate itself in human souls  
Would find death only in itself.

34. (November 24 - 30)

Mysteriously the treasured past  
With a renewed sense of self,  
Comes to life in me I feel:  
May it awaken cosmic forces  
To pour into my worldly work  
Allowing me to mould my place and time.

Calendar translation by Stefan Schwabe

the work of the Anthroposophical Society that the Society “is to be an association of people whose will it is to nurture the life of the soul.” In that spirit, Herbert brought to us some beautifully nourishing images which inspire him at this time of the year and which might inspire us, as well. He opened each of his presentations over the weekend with a poem or two - and also with a joke or two - bringing warmth and smiles to the faces in the room.

With the poetry, he provided a peek into the joy that we can all gain from the creative people in our midst, as well as those whose art has been left as a trove of inspiration for our daily lives. Emily Dickinson and Mary Oliver are two poets whose work Herbert particularly admires and wove through the weekend.

The Dickinson poem below evoked a particularly beautiful mood of the “ripeness” of the Michaelmas moment - the pinnacle of the harvest time of the year.

### **A Solemn Thing Within the Soul**

A Solemn thing within the Soul  
To feel itself get ripe—  
And golden hang—while farther up—  
The Maker’s Ladders stop—  
And in the Orchard far below—  
You hear a Being—drop—

A Wonderful—to feel the Sun  
Still toiling at the Cheek  
You thought was finished—  
Cool of eye, and critical of Work—  
He shifts the stem—a little—  
To give your Core—a look—

But solemnest—to know  
Your chance in Harvest moves  
A little nearer—Every Sun  
The Single—to some lives

~Emily Dickinson

And this, Blue Iris, by Mary Oliver wakens us up to be alert to the natural world at this moment in time - this time to strengthen the will, this season of Michaelmas.

### **Blue Iris**

Now that I’m free to be myself, who am I?  
Can’t fly, can’t run, and see how slowly I walk.  
Well, I think, I can read books.  
“What’s that you’re doing?”  
the green-headed fly shouts as it buzzes past.  
I close the book.  
Well, I can write down words, like these, softly.  
“What’s that you’re doing?” whispers the wind, pausing  
in a heap just outside the window.  
Give me a little time, I say back to its staring, silver face.  
It doesn’t happen all of a sudden, you know.  
“Doesn’t it?” says the wind, and breaks open, releasing  
distillation of blue iris.  
And my heart panics not to be, as I long to be,  
the empty, waiting, pure, speechless receptacle.

~Mary Oliver

**H**erbert shared that The Calendar brings to consciousness the changes in the sensory world over the course of the seasons. In the Preface to the Second Edition in 1918, Steiner wrote, “The verses are meant to express what can sound in the soul if it is united with this life of the year. My aim has been a healthy feeling of unity with the course of nature, from which a sound experience of self-realization can arise, for I believe that to experience the movement of the world in the sense expressed in such verses is something the soul desires, if only it can understand itself aright.” Herbert noted that the soul needs inner ritual, and shared four meditative rhythms that we can work with each day in the context of our four-fold nature:

- The year is the rhythmic cycle for nourishing the physical, sense-laden body, and can be worked with through daily recitation of the Lord’s Prayer.
- The month is the rhythm for nourishing the etheric body, so we look at a monthly rhythm (zodiac). These monthly moods can be addressed through meditating on the virtues (for November, for example, a simple meditation can enforce the virtue of patience - Patience



brings Insight).

- The weekly rhythm of the Soul Calendar fortifies the astral body.
  - The daily rhythm of day and night strengthens the “I”.
- We are offered the opportunity to prepare for sleep, and again for the waking day, with verses for each evening and morning. We each can explore which verses make sense for us as we move through the seasons of the year and our lives.

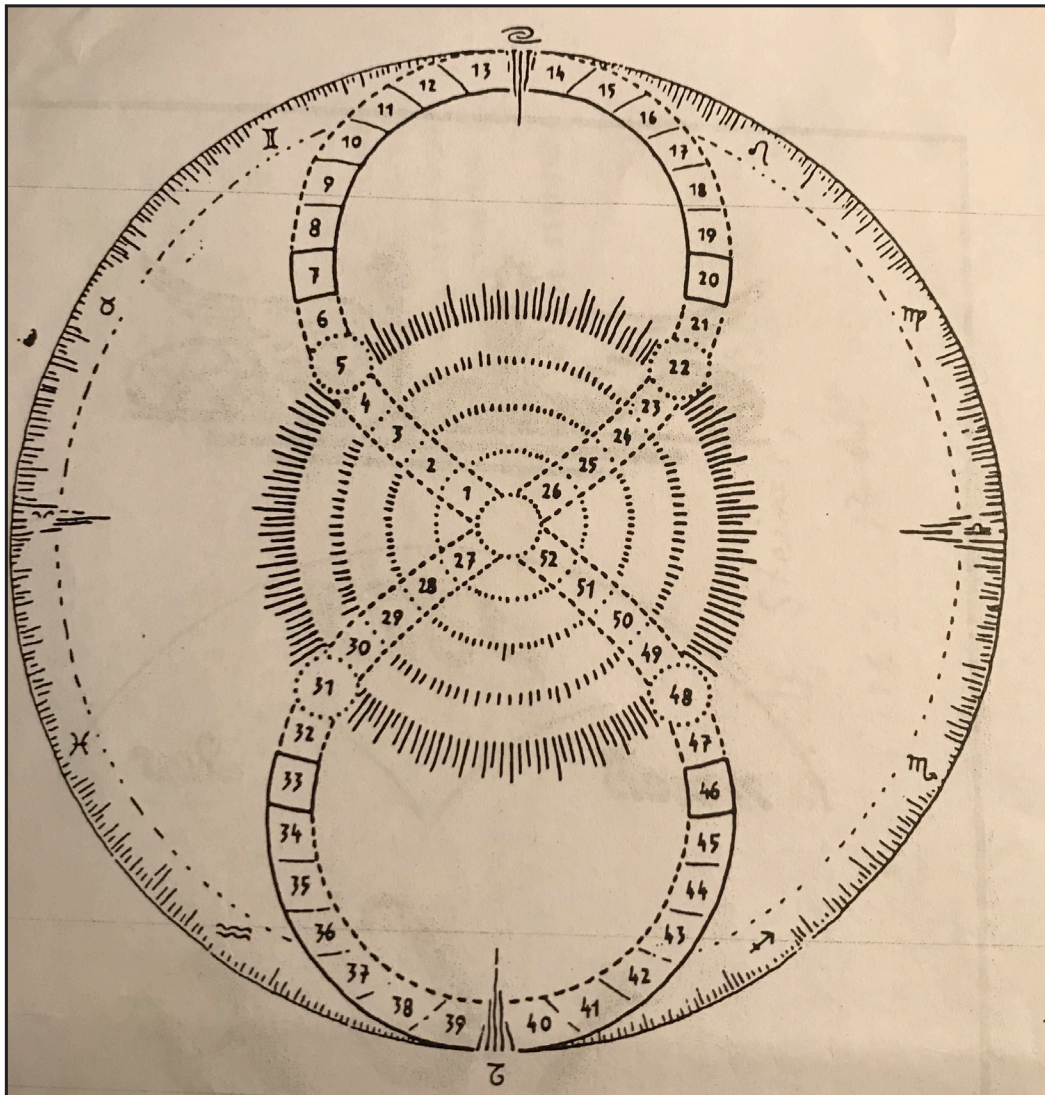
**T**he Calendar as a whole was meant to be arranged anew each year - with Verse One always coming at Easter, which, of course arrives on a different date each year. However, only one Calendar was actually printed, in 1912. It so happens that it was 1879 years after the year AD 33, the Mystery of Golgotha.

Herbert walked us through a fascinating map of the verses and gave us clues we could use to better internalize the wisdom and poetry of the Calendar.

A careful study of some of the key verses/weeks indicates peak moments in the cycle of the year. Below is a chart he shared - showing each verse (#1 through #52) in a lemniscate within the circle of the zodiac.

If you bring your eye to #1 and track the course up through the numbers, you will notice some verses have a solid box around them. These indicate the “warning verses”- times in the year to be more alert to forces that could challenge us or lead us astray (#7, 20, 33, 46). Similarly, the “light” verses (#5, 22, 31, 48) are circled on the lemniscate — these are weeks following or leading up to key points of the year.

Where the lemniscate crosses is the most significant pause in our annual cycle. As our weekend was interspersed with times for eurythmy, we walked the lemniscate and other forms and found the crossing as a time to be especially alert to who/what we were encountering — lest we crash into the other person who is crossing in our path! There is much more to share – stay tuned for next month’s newsletter.



## The Calendar of the Soul Can Help to Remedy 'Nature Deficit'

### Another way to 'Get Into' Nature

by Valerie Hope

In his book, 'Last Child in the Woods: Saving our Children from Nature-Deficit Disorder', Richard Louv coined the phrase 'nature deficit disorder', and spurred a 'No Child Left Inside' movement. This problem extends to adults as well. In Louv's words, "Nature-deficit disorder is not a formal diagnosis, but a way to describe the psychological, physical and cognitive costs of human alienation from nature..." and he notes this as an especially serious problem for children in their vulnerable developing years.<sup>1</sup> As we spend more time with our various technologies, and in more sedentary lifestyles, the difficulties only intensify, and result in a dearth of observation about the world around us. This nature deficit leads to 'nature knowledge deficit', which can have moral consequences as well. Louv postulates that, "A growing movement will continue to make the case that a meaningful human relationship with nature, shaped in children's formative years, is crucial to our society's practice of stewardship, its sense of community, and the strength of family bonds."<sup>2</sup>

Rudolf Steiner's great gift of the 52 weekly Soul Calendar verses, offered as a daily meditation for adults,



can be a great help to us in combatting this deficit in a grand way. It attunes us to the cycle of the year, to beginning to experience how the relationship of the earth to the cosmos and the elementals in the cycle of the year works on our own souls. Working with the verses can even motivate us to spend more time outdoors and pay more attention, to calibrate the verses with our experiences. If we already spend time outdoors, the verses greatly expand our understanding of what we find there. They can transform our relationship to our garden, our farm, to even a just a walk.

The Soul Calendar from Rudolf Steiner - yet another reason for gratitude during this month especially dedicated to cultivating that great virtue.

<sup>1</sup>No More Nature-Deficit Disorder, Richard Louv, Psychology Today, 1-28-09

<sup>2</sup>Ibid



### Sex Education and the Spirit: Understanding Gender and Sexuality in the Light of Waldorf Education

by Matt Burns

A lecture by Lisa Romero at Cedarwood Waldorf School Tuesday, November 13 at 7PM

Co-sponsored by Cedarwood School, Micha-el School and the Portland Waldorf School

In this lecture Lisa will recognize the relevant depth and progression that anthroposophy brings to this important aspect of life, and the responsibility that the community has for raising children and working together to promote individual well-being.

She will address how and when to work with children and adolescents to bring an understanding of sexuality and gender, in relation to where they are in their consciousness. This brings a harmony between the evolving body and inner experiences that can set the ground for healthy adult experience. The talk will cover the themes of the content brought to the students, and some of the main issues confronting child health and well-being in current times. Lisa will offer examples of how we can counter the unbalancing effects. She will also address how to understand gender differences and similarities that both limit or free us, and the contribution and struggles of the changing social structures around gender and sexuality affecting us all. All are welcome.

Find more information in the November newsletter, where the calendar and a flier detail several events with Lisa this month.





## Here & Now: Transforming Ourselves, Transforming Our World

A report by Rebecca Soloway from the Mouth of the Mississippi

Five of us from Portland (Matt Burns, Patricia Lynch, Timothy Kennedy, Jerry and Rebecca Soloway) ventured to New Orleans for the 2018 annual general meeting and conference of the Anthroposophical Society in America. Typically, one thinks of a conference experience as a mix of mostly listening with only a little discussion, but this gathering went far beyond that. Already on Thursday, two concurrent pre-conference sessions (a youth gathering and a meeting to share work from groups and branches) pointed the direction for the whole of the conference through a shared sense of taking up the work and learning together.

On Thursday evening, the first rehearsal of Marianne Fieber-Dhara’s original play, *A Confluence of Karma: A Pageant of Dedicated Service* was held. It told the story of long-time New Orleans resident, Inga Elsas, a Jewish woman who grew up in Germany between the two world wars. While still a teenager, Inga was determined to travel to Switzerland to study at the Sonnenhof under Ita Wegman.



Though too young for the program, the turbulence in Germany prompted the directors of the program to accept young Inga. This decision probably saved her life, which through many twists and turns, eventually brought her to live in New Orleans and to enrich the anthroposophical

life in the city. Just months before she died at the age of 96, she took the step to join the Anthroposophical Society of America as a healing gesture.

Over the next two days of the conference, groups of eurythmists, young people, speech artists, and many other attendees found themselves collaborating in rehearsals at various times of day to bring this pageant to life on

Saturday evening. All this was guided energetically and with wonderful equanimity of soul by Marianne, the playwright.

The Saturday evening performance was in a way a capstone for the conference. The keynote addresses by Joan Sleight from the Goetheanum (who is originally from South Africa) and Orland Bishop of Los Angeles (born in Guyana) together painted a picture of humanity’s tasks: the necessity of overcoming differences, recognizing the truth in the other, and working toward forgiveness. This was echoed in several of the initiatives/offerings from



around the country that were highlighted – many carried by young people.

The artistic activities kept us moving and refreshed; they included singing, speech, eurythmy, rice painting (new to many of us), and the opportunity to dialogue. When seeking quieter moments we could stroll through the captivating art dispersal display which was brought to New Orleans by Portland’s own Patricia Lynch along with Laura Summer, the creator of the dispersal concept. Always there was the opportunity to reconnect with old friends and meet new ones.

The conference took place in First Grace United Methodist Church on Canal Street in New Orleans. Besides being a beautiful, majestic old building, its history was itself a testament to moving forward in the world with a new impulse. After Hurricane Katrina in 2005, two small congregations which were a mile apart, one a black and the other white, took the bold step to merge. Today, this congregation is a dynamic force in the New Orleans community. They invited Orland Bishop to speak at their Sunday service and invited the conferees to attend. It was a joyous, life and laughter-filled celebration. Though we had only a glimpse into this community that had welcomed the attendees into their church home for a few days, there was a clear recognition of shared purpose and dedicated service to the work that the world is calling for from all of us.

## Impressions of Anthroposophy in New Orleans, October 2018

Welcome to where the air moves  
Like molasses.  
The black and fluid earth  
Released from far away  
Has come here for  
Transformation and Renewal.  
And even the trees hold  
Resurrection in their ample arms

First, Grace...  
Full of Reconciliation and Reverence  
Opens to Facilltate our diversity  
Of waking and walking and working  
With Anthroposophy

Here and Now  
We can unfold anew  
Light, Love, and Life

In our deepening agreement  
The covenant comes to life  
In heartfelt conversations  
Weaving the Word into the future  
of Our co-creation

Micha-elic mood  
Moves in lemniscates.  
Memento Mori and Make More  
Love visible through inner and outer Work  
A pageant of karmic unfolding  
Forgiveness and a new Faith  
in Freedom.  
Sing

~Timothy Kennedy, 10/18

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

**To submit an article or a calendar item** email it to Valerie Hope, [valerieannhpx@aol.com](mailto:valerieannhpx@aol.com). The deadline for submissions is the 15th of the month preceding publication. Items selected for publication may be edited for style, content and length.

**To sign up for our newsletter/email list go to:**

<http://www.portlandbranch.org> and click on the button at the top of the right hand column on the home page.

The newsletter and calendar are posted on the Branch website, [www.portlandanthroposophy.org](http://www.portlandanthroposophy.org). Paper copies are available at the Pohala and Healthbridge Clinics; and the Cedarwood, Michael & Portland Waldorf Schools, and Swallowtail School.

**Our current newsletter team:** Design,layout,and illustrations Christopher Guilfoil; proofreading, Lauren Johnson; printing & distribution, Jerry Soloway; columnists Anya Thaker, & Lauren Johnson; treasurer, Ruth Klein; editor, Valerie Hope.

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

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

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

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

**We would like to gratefully acknowledge the following who generously provide spaces for our many activities: Dr. Joan and John Takacs for their long-standing donation of Bothmer Hall; the Portland Waldorf School; and the Cedarwood School.**

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

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



## Meeting the Needs of All Children

### A Practice-based Teacher Development Program Comes to North America

By Katherine Lehman

**E**ducators worldwide are challenged with the needs of many of the children they are meeting in their classrooms today. Even experienced teachers are overwhelmed by the numbers of children who are not fitting into the educational expectations for their age and grade. Parents, therapists and teachers often struggle to create successful experiences for these children. This is an issue in all educational settings — public and private, mainstream and Waldorf.

In 2013, anthroposophical physician Dr. Lakshmi Prasanna approached Waldorf teacher trainer Katherine Lehman with the idea for a new approach to deepen Waldorf practice through a training that weaves together the pedagogical and medical approaches to working with children. This new approach had emerged from conversations with Dr. Michaela Glockler, then head of the Anthroposophical medical section. Lehman was thrilled as she had long felt that the mentoring work she was doing on her own was not enough to give teachers the depth that they needed to be effective. In 2015, Prasanna and Lehman joined with other colleagues and began the Ira Institution for Learning in India ([www.iralearn.com](http://www.iralearn.com)). Ira is one of the 1000 names of Saraswati the goddess of learning. Three years later, there are vibrant learning communities of educators, physicians, therapists, parents and others who have built a sustainable community supporting deeper Waldorf work.



The inspiration has come from the children themselves, from their messages, their words and their strong will to communicate with us. At times it was, as Tagore has put it, a ‘baffled cry’ begging for translation. One of the key ideas is that behavior is language and these children



are relieved when they meet a capable translator,” says Prasanna.

Prasanna and Lehman have been working together for 14 years in India, Nepal, Australia and Singapore. Lehman has been mentoring and working with teachers through classroom practice. Her focus as a mentor has been to sharpen the teachers’ ability to perceive the essence of a child, to accept the alive, vibrant and active reality of children and to develop, out of the teachers’ capacities, activities to meet children and help them to grow and learn in joy.

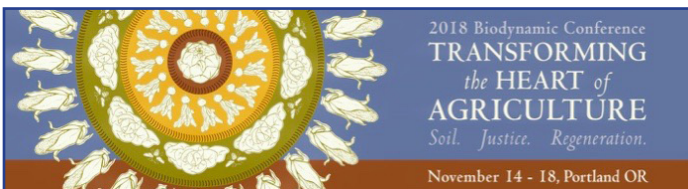
Meeting the Needs of All Children is a practice-based teacher development program designed to awaken our capacities to meet all of the children in our classrooms. The program was conceived of and begun by Dr. Prasanna, and Ms. Lehman has participated in its development from its inception. Fundamental to the program is the cultivation of a community of teachers, doctors, therapists, parents and others who meet regularly to bring our developing capacities into our work situations. These colleague circles are meeting online and in person depending on what is practical. One participant commented, “The social activity of working and studying with other teachers as a cooperative group was like gold for me.” Another commented, “A new perspective toward myself and the child has opened up. This is what I’ve been searching for a very long time.”

Lehman will now be bringing the program to North America after three years of successful implementation in India. It is open to teachers, doctors, therapists, parents and interested others. A five-day intensive will be held December 27-31, 2018 in Sacramento, California.

For more information, contact:  
[lehman.katherinedu@gmail.com](mailto:lehman.katherinedu@gmail.com).  
Register at <https://tinyurl.com/y9hxmysu>



Amanda Eastman For All Souls, 'A February Night'



### **Dig into Biodynamic Practices in Portland! Wed. November 14 – Sun. November 18**

**Deepen and improve your farming and gardening through a wide array of practical biodynamic workshops at the 2018 North American Biodynamic Conference.**

Learn how leading biodynamic practitioners are approaching growing vegetables (Fri. 11-16, 2 pm), beekeeping (Thurs. 11-15, 1-4:30 pm), landscaping (Fri. 11-16, 3:30-4 pm), animal husbandry (Fri. 11-16, 3:30-4:30 pm), composting (Sat. 11-17, 11:30 am-12:30 pm), cosmic rhythms (Sun. 11-18, 8:30-10 am), wine making (Thurs. 11-15, 8:30 am-4:30 pm), orchard production (field trip, Wed. 11-14, 8:30 am-5:30 pm), and so much more. Get inspired by the *Biodynamics in Practice: Stories of Regeneration* keynote presentation, as three biodynamic farmers share stories of how they are incorporating regenerative principles and practices to create biodiverse and self-sustaining farm individualities.

Beginners can learn the foundations of biodynamics through the Biodynamic Basics track, while experienced practitioners can delve into the deeper aspects of biodynamics with the Advanced Biodynamics track. A wealth of options are also available in the Biodynamic and Regenerative Practices, Biodynamic Horticulture, Biodynamic Principles and Philosophy, Science and Research, and Biodynamic Wine tracks.



## The Dead Come To Us As The Wind

Robert Kellum 10-1-18

The dead  
Come to us as the wind...  
Banging shutters,  
Blowing into windows  
To rustle the papers  
Of our distraction.

They conspire;  
To our inaction,  
Slamming doors,  
In the middle of the night or day,  
To wake us from our slumber.

Yet still, we do not count them  
In our number  
At a mountain top or ocean's shore  
They rush to us in joy, only again once more,  
To mourn our unaware communion.

The lost connection's shock that pales...  
We feel the wind,  
But do not sense the cold disunion.  
Turning our windmills, billowing our sails,  
They ask, "why do you not embrace us?"

Urgently they squall  
Against our faces,  
Gale between our fingers,  
As we button on our coats,  
With scarf and glove

Armoring all the open places  
They might touch with love,  
They come to see us as a mindless menace.  
Driving our engines, lifting our planes,  
They come in truth to indeed resent us.

Like enslaved zombies seeking justice,  
The unloved dead, they do not trust us...  
Disenfranchised, because unseen,  
They call to us, the unbaptized,  
To bridge the gap that lies between.

Why indeed should they toil and linger,  
With an adam who cannot raise his finger?  
When the truth lies bare,  
For all who dare  
To delve?

Yet still compelled, they breathe themselves  
Intimately through our souls...  
Yearning to suffer life once more,  
In these shrouded mortal bowls...

Viewing us as a wondrous lot,  
For we breathe them in,  
Yet we know them not.

At the sunset's rushing gust of night,  
In the torn heart, stuttering like a kite,  
We feel the coldness, from their inner light  
Diminished.

In the snuffing of a candle's finish, they waft  
Towards us, gasping in the smoke of dreams;  
In the resurrected blood that streams  
To fill our veins anew,  
They come, yet still, we have no clue.

In the evening by the fire,  
In the wonder of the stars,  
In the cumulus of light that rays with dawn,  
In the spiritual desire to renew a bond that's ours,  
Mercifully they still keep storming on.

Their inner light shines through us  
And implores us,  
Speaking to us,  
To recall again  
The great celestial dome...

Lulling us  
With each warm breeze,  
They come,  
Yet who amongst us sees?  
And yet they come no less  
To call us home.

# 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.

5909 SE Division Street, Portland, OR 97206

[www.anthroclinic.com](http://www.anthroclinic.com) 503-234-1531

curative painting, collaborative psychotherapy for individuals and couples, anthroposophic painting workshops and retreats

Robin Lieberman 503.222.1192  
MSW, Licensed Clinical Social Worker

Waldorf Travel Service

Walter Rice, CTC  
Travel Magician

5316 SE Sherman St.  
Portland, OR 97215  
800-328-7266  
503-233-4053  
fax: 503-232-7224

Incredible Journeys Since 1975 walter@waldorftravel.com

**Pohala**  
A Place of Healing

Primary Care Infused with the Aloha Spirit integrating Anthroposophic Medicine.

Julie E. Foster, MSN, FNP

7477 SE 52nd Ave.  
Portland, OR 97206

contact@pohalaclinic.com (503) 572-4196

Place Your Ad Here!

And Support the Portland Branch

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

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

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

urhealth.com

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

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

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

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

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



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

**Sunday, 9:30 am sharp • November 11, Lesson 3; December 9, Lesson 4 • (no admittance after the class starts) •**  
Bothmer Hall, 5915 SE Division St, Portland, 97206 **Blue card required.** • Lessons are normally held on the second Sunday of each month • Contact Diane Ramage at 971-271-7479, Cheri Munske at 503-484-4133, or Rebecca Soloway at 516-850-1027.

**Portland Branch Council Meeting**

**Monday, November 12, 7:00 pm •** 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778; [valerieannhpx@aol.com](mailto:valerieannhpx@aol.com)  
All Branch members are welcome to attend, and/or call us with agenda items, proposals, suggestions, or to observe. Please contact Valerie to let her know you're coming. Meetings are normally held on the second Monday of each month.

**All Souls Observance**

**Friday, November 2, 7:30 pm •** Bothmer Hall, 5915 SE Division St. • For more information or offers of assistance contact Valerie Hope, [valerieannhpx@aol.com](mailto:valerieannhpx@aol.com) See flier in November Newsletter.

Join us for our annual remembrance of the dead, of those who you have known in life. You may bring pictures or other items to place on the tables, where you can also light candles that will be provided. Dr. Steiner tells us how developing capacities for gratitude, a feeling of unity with all things, confidence in life, and rejuvenation of our souls helps to create the 'air' in which we can connect with those who have crossed the threshold. **Verse: In Light of Cosmic Thoughts Now weaves the soul That was united with me upon Earth. May the warm life of my heart Stream outward to thy soul To warm thy cold And mitigate thy heat. In spiritual worlds May my thoughts live in thine And thy thoughts live in mine. ~Rudolf Steiner**

**Summary of November Events with Lisa Romero**

**Look for details in the rest of the calendar or on the Biodynamic Association Website**

**Tuesday, November 13, 7 pm** Sex Education and The Spirit – Understanding Gender and Sexuality, at Cedarwood Waldorf School  
**Tuesday, November 20, 7:30 pm** Meditation and Inner Development; The Changing Needs of Our Times, at Bothmer Hall  
**November 14- 17** [Biodynamic Conference](#), Lisa will be involved in a workshop and 3 presentations

**November 23-25** The Inner Work Path: Strengthening the Foundations of Meditation, workshop at Cedarwood School

**Sex Education and the Spirit: Understanding Gender and Sexuality with Lisa Romero**

**Tuesday November 13, 7 pm •** Cedarwood Waldorf School, 3030 SW 2<sup>nd</sup> Ave. Portland 97201 • \$10 • for teachers, parents and community members • Co-sponsored by Cedarwood and Portland Waldorf Schools and the Michael School  
In this lecture Lisa will recognize the relevant depth and progression that anthroposophy brings to this important aspect of life, and the responsibility that the community has for raising children and working together to promote individual well-being. See article in this newsletter.

**Christian Community Events November 15-18 with Rev. Sanford Miller**

All events at Bothmer Hall unless otherwise noted, 5915 SE Division St. • suggested donation \$10/event or what you can afford • Contact Christine Badura with questions 707-494-6741, [badura88@hotmail.com](mailto:badura88@hotmail.com).

**Thursday November 15, 7:30 pm**, The Rise of the Adversaries and the Loss of Truth; at Christine Badura's home, 3225 SE Loeffelman Rd. Milwaukie

**Friday, November 16, 7:30 pm** The Nearness of Death – an exploration

**Saturday, November 17, 9:00 am** *The Act of Consecration of Man*; 10:30 am New Testament Study-The relationship between the old and new testaments.

**Sunday, November 18, 9:15 am** *Religious Instruction, Grades 1-8*; **10 am** *Children's Service Grades 1-8 (parents must pre-arrange)*

**10:30 am** *The Act of Consecration of Man – Open communion for adults, Potluck following* Help with cleanup greatly appreciated. See flier, and the Christian Community blog for details and other events in Portland, Eugene, and Seattle <http://ccoregon.blogspot.com>.

**Biodynamic Conference In Portland! Sponsored by the Biodynamic Association: Transforming the Heart of Agriculture**

**November 14-18 • Register at** <https://www.biodynamics.com/civcrm/event/register?reset=1&id=74> Contact Christine Badura at [badura88@hotmail.com](mailto:badura88@hotmail.com) if you can offer a homestay to attendees or presenters. Let her know what your rate will be and whether you have pets

### **Eurythmy Spring Valley Performance**

**Friday, November 16, 6:30-8:00 pm** • Cedarwood Waldorf School, 3030 SW 2<sup>nd</sup> Ave. Portland 97201 • \$14 for adults, \$8 for students and seniors

Sponsored by Cedarwood and Portland Waldorf Schools, Portland Eurythmy and supported by Swallowtail School.

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

**Tuesday, November 20, 7 pm** • Presentation: *Inner Development as an Antidote to the Imbalances of Our Times* • Bothmer Hall, 5915 SE Division St. • Suggested Donation \$15

**November 23, 24, 25** • Workshop, *The Inner Work Path, Strengthening the Foundations of Meditation* • Cedarwood School, 3030 SW 2<sup>nd</sup> Ave. • \$250, Scholarships Available • For more information contact Patricia Lynch, [patriciahomanlynch@gmail.com](mailto:patriciahomanlynch@gmail.com).

Rudolf Steiner gave many exercises and meditations to strengthen the human being through its journey of developing consciousness. This weekend workshop will explore the inner work path, the birth of the higher self, the spiritual year, and how meditation can bring us closer to our own experience of these processes. This workshop has been found invaluable for those wishing to establish a meditative life for the first time, as well as long-term meditants looking to deepen their relationship to the path.

Lisa will be available during the week after the mediation workshop for more talks. For more information about Lisa Romero go to [innerworkpath.com](http://innerworkpath.com). Sponsored by Patricia Lynch and the Portland Branch.

### **Hand to Mountain Micaceous Pottery Show and Sale with Orion Langdon**

**Friday, November 23, 10 am – 4 pm** • 3359 NE 72<sup>nd</sup> Ave, Portland. • For more information visit [handtomountain.com](http://handtomountain.com), contact [handtomountain@gmail.com](mailto:handtomountain@gmail.com) See flier in November Newsletter.

Micaceous clay cooking pots are beautiful, durable, hold heat well and can be used in the oven or directly on the stove-top. Orion will be showing his work, answering questions about this clay body and serving food cooked in micaceous pots.

### **Christian Community in Eugene with Rev. Craig Wiggins**

**Friday, December 14, 7 pm** • Becoming Human in a De-Humanizing World • Eugene Waldorf School

For more information, see the Christian Community blog for details and other events in Portland, Eugene, and Seattle.

<http://ccoregon.blogspot.com>.

## **Ongoing Local Activities and Study Groups**

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

9:30 am sharp (**no admittance after the class starts**) • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Blue card required.

Contact Diane Rumage at 971-271-7479, Cheri Munske at 503 772-2632, or Rebecca Soloway (516) 850-1027

### **Council Meetings of the Portland Branch • Second Monday of the month**

7-9 pm • 2606 SE 58th Ave., Portland • Contact Valerie Hope, (503) 775-0778, [valerieannhpx@aol.com](mailto:valerieannhpx@aol.com)

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

### **School of Spiritual Science Study • Second Thursday of the Month**

*The First Class of the Michael School and its Christological Foundations* by S. Prokofieff • For Members of the School of Spiritual Science 7:30-9:00 pm • Contact Rebecca Soloway, [rsoloway1@gmail.com](mailto:rsoloway1@gmail.com) or 516-850-1027

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

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

Please join us in lively discussions centered on Rudolf Steiner's *An Outline of Esoteric Science*.

### **Community Painting Tuesday Mornings**

8:45-10:00AM Tuesday morning painting group for adults, at the Portland Waldorf School. Watercolor painting and contemplative drawing exercises, focusing on color studies and seasonal moods. All levels welcome. Contact [cherimunske@gmail.com](mailto:cherimunske@gmail.com) to RSVP.

### **Adult Eurythmy Class with Jolanda Frischknecht**

Tuesdays 6:30-8 pm • Takes place in Bothmer Hall, 5919 SE Division St., Portland 97206 • Cost: \$20/session; paid monthly, sliding scale on request • Contact Jolanda, [jolandamf44@gmail.com](mailto:jolandamf44@gmail.com), or 503-896-3345 Feel free to drop in, invite friends.



**Eurythmy for Waldorf Alumni: Wednesdays**

Study, 6:30-7:30 pm; Eurythmy; 7:30-8:30 pm • Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Contact Carrie Mass, [Carrie.mass@portlandwaldorf.org](mailto:Carrie.mass@portlandwaldorf.org) If you've ever attended a Waldorf High School, this is for you!

**Eurythmy, Portland Waldorf School Community: Thursday Mornings**

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

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

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

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

10:00 am-12:00 pm • 2606 SE 58<sup>th</sup> Ave, Portland • contact Suzanne Walker, 503-208-2426 [zzwalker@mac.com](mailto:zzwalker@mac.com)

We are working with various of Dr. Steiner's lectures in an effort to better understand the festivals and how we may come to observe them according to his indications. This study is also greatly deepening our experience of the Calendar of the Soul and the cycle of the year. All are welcome.

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

9:15 – 11:00 am • contact Patricia Lynch at [patriciahomanlynch@gmail.com](mailto:patriciahomanlynch@gmail.com)

Eurythmy, painting and reading. All are welcome! Contact: [patriciahomanlynch@gmail.com](mailto:patriciahomanlynch@gmail.com)

**Man as Symphony of the Creative Word – Study Group • First and third Tuesdays**

7:30-9 pm • 3046 NE 33rd Ave. Contact Donna Patterson and Bob Kellum 503-331-7393 • All are welcome

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

7:30-9:00 pm • Free. Beginners are welcome –come check us out! • 8654 NE Boehmer St., Portland 97220 • Contact Diane Ramage by e-mail at [drumage@comcast.net](mailto:drumage@comcast.net) or by phone at 971-271-7479

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

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

9:00-10:15 am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, in the Orchard Room • Free will donations gladly accepted, all voices are welcome. Contact [www.portlandwaldorf.org](http://www.portlandwaldorf.org) • [pws\\_choir-subscribe@yahoo.com](mailto:pws_choir-subscribe@yahoo.com) (503) 654-2200 • No practice during school breaks.

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

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

**Waldorf Teacher Education, Eugene**

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



# All Souls Observance

Friday

November 2, 2018

7-9PM

Bothmer Hall

5915 SE Division St.

Adults

SPONSORED BY THE PORTLAND BRANCH

**J**oin us for a remembrance of the dead, those who you have known in life. You may bring pictures or other items of remembrance to place on the tables, where you can also light candles that will be provided.

**W**e will have a conversation to deepen our understanding of what Rudolf Steiner says about our duty to the dead, and how to connect with them. Eurythmy and lyre music will further enrich our time together.

## Up-rising In Dying

by Albert Steffen

I have made ready a room  
Here in my heart  
With walls of warmth  
And windows of color  
Towards every side of the cosmos.  
Oceans, mountains and clouds  
Are without  
Within-loving and light;  
And here I invite you to come,  
Dear being I love.  
Lead me in what you have learned  
Now you have left your earthly  
Body with so long suffering  
And become a heavenly star;  
The up-rising in dying.



# The Christian Community – Portland

## Movement for Religious Renewal

REV. SANFORD MILLER VISITS NOV. 15 TO 18

All events at Bothmer Hall  
unless otherwise noted  
5919 SE Division St. Portland

for questions contact Christine Badura:  
707-494-6741, badura88@hotmail.com  
or Betty Baldwin: 626-824-3750 bettybaldwin3@gmail.com

Suggested donation: \$10/talk or what you can afford

### THURSDAY November 15

7:30PM

#### "The Rise of the the Adversaries and the Loss of Truth"

Talk by Sanford Miller

At Christine Badura's house:  
3225 SE Loeffelman Rd. Milwaukie

### FRIDAY November 16

7:30PM

#### "The Nearness of Death - an exploration"

Talk by Sanford Miller at Bothmer Hall

### SATURDAY November 17

9:00AM

#### The Act of Consecration of Man

10:30AM

#### New Testament Study

The relationship between the old and new testaments

### SUNDAY November 18

9:15AM Religious Instruction, Grades 1-8

10:00 Children's Service, Grades 1-8

10:30 The Act of Consecration of Man

• Open communion for adults

Potluck to follow

### THE CHRISTIAN COMMUNITY

was founded in 1922 with the help of Rudolf Steiner, Austrian educator and esotericist. The Christian Community recognizes Christ's deed of life and death as the pivotal renewal in humanity's history. The church is centered around the seven sacraments in their renewed form.

There is no formal written dogma. Members are encouraged to form independent judgements in religious matters. Each priest has the freedom to teach anything which does not contradict the content of the sacraments. As a result, the teachings are rich, varied and evolving and can incorporate such ideas as reincarnation and karma, a truly cosmic conception of Christ, and the role of spiritual beings at all levels of existence.

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

### REVEREND SANFORD MILLER

of The Christian Community in Sacramento, received his B.A. from the University of California at Santa Barbara in religious studies in 1972, with an emphasis on Eastern religion. He has also been a student of the work of Rudolf Steiner since 1972. He has lived and worked in the Camphill movement in Scotland with mentally handicapped adults for six years before training for the priesthood in The Christian Community. He was ordained in 1982 and has worked in Pforzheim, Germany, Boston and for more than a decade now in Sacramento, CA.

### Contact Information

For more information, to inquire about baptisms or confirmations, membership conversations or sacramental consultation please contact: **Christine Badura:**  
707-494-6741  
badura88@hotmail.com



# The Inner Work Path

## Strengthening the Foundations Of Meditation

With Lisa Romero

**Talk:** *Inner Development as Antídote to  
the Imbalances of Our Time*

Tuesday November 20, 7 pm

Bothmer Hall

5915 SE División St.

**Workshop:** *The Inner Work Path;  
Strengthening the Foundations of  
Meditation*

November 23-25

Friday 7-9 pm Sat & Sun 9am-3pm

Cedarwood School, 3030 SW 2<sup>nd</sup> Ave.

**Talk:** \$15 suggested donation at the door

**Workshop:** \$250, Scholarships Available. For registration and information contact Patricia Lynch, [patriciahomanlynch@gmail.com](mailto:patriciahomanlynch@gmail.com)

**For a listing of Lisa's activities while she's in Portland see the November Branch calendar.**

Rudolf Steiner gave many exercises and meditations to strengthen the human being through its journey of developing consciousness. The weekend workshop will explore the inner work path, the birth of the higher self, the spiritual year, and how meditation can bring us closer to our own experience of these processes. This workshop has been found invaluable for those wishing to establish a meditative life for the first time, as well as for long-term meditants looking to deepen their relationship to the path.

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

**Sponsored by Patricia Lynch, supported by the Portland Branch of the Anthroposophical Society**



# HAND TO MOUNTAIN

*Micaceous Pottery Show and Sale*



Friday, November 23rd from 10am to 4pm, 3359 NE 72nd Ave Portland, OR.

Orion Langdon will be bringing his micaceous clay cookware from Northern New Mexico for a show and tasting. He makes hand coiled cooking vessels and cups from clay harvested in the wild, generous mountains of his current home. Orion's work is one of many iterations of the ever evolving, centuries old tradition of pottery making in New Mexico. Micaceous clay cooking pots are beautiful, durable, hold heat well and can be used in the oven or directly on the stove-top. Orion will be showing his work, answering questions about this clay body and serving food cooked in micaceous pots.



# Embryo in Us

UNDERSTANDING  
OURSELVES  
AS EMBRYO

**A Workshop with Jaap van der Wal, MD, PhD**  
**Recorded live in Portland, Oregon**  
**August 29 – September 2, 2017**  
**10 discs, 22 hours,**  
**discs contain every word of the workshop and visual handouts**

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

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

The purchase price is \$175.00. Shipping and handling: \$5 for domestic (US) and \$25 for shipping outside the U.S.

To order by mail make out a check to the Portland Branch, and send to 12286 SE 41st Court, Milwaukie, OR 97222 Attn. DVD. You can also order on our website using Paypal at [www.portlandbranch.org](http://www.portlandbranch.org).

Cinematography, editing and design by Steve Dehner; Cover Design Angelica Hesse; ©2017 The Portland Branch of the Anthroposophical Society of America, all rights reserved