



Anthroposophical Society PORTLAND BRANCH

Newsletter

October 2017

Building a Bridge to the One Who is Dead

With Gratitude, A Feeling of Unity,
Confidence in Life,
and Rejuvenation of Our Souls

A Preparation for the All Souls Observance
on Monday November 2, 7-9 PM Bothmer Hall

In the lecture series 'Earthly Death and Cosmic Life' Rudolf Steiner tells us that, although we may have a stronger or weaker consciousness of it, we always stand in relation to the spiritual world and have a 'certain connection with those of the dead who are united with us by karma'. He tells us that it is our task to create a bridge of communication between 'the living here and the dead yonder'.

We can form this bridge by working upon our souls to form certain feelings and perceptions (which also happen to be generally helpful) :

- Gratitude toward the life which greets us here on the earth, which creates a feeling-in-common with our dead.
- A feeling of unity in common with all things in existence, unity with the world.
- Confidence in life's experiences.

- The faculty of making hope active in life through ever fresh springing life-forces.

Dr. Steiner tells us that "...these are the inner ethical impulses which, felt in the right way, can supply the highest external social ethics; for ethics, like history, can only be understood in the subconscious realm." I will expand briefly upon each of these areas of development, although what is presented here is only a pale 'Cliff's Notes'

version, with much left out. I highly recommend this series of lectures, Earthly Death and Cosmic Life, available on the Rudolf Steiner Archive at: http://wn.rsarchive.org/Lectures/GA181/English/APC1927/EarDea_index.html

**From Lecture 6:
Feelings of Unity
and Sentiments
of Gratitude: A
Bridge to the Dead
Berlin 3/ 19/ 1918**



Gratitude:

Rudolf Steiner tells us that "There must be something between us and the dead if they are to approach us", a 'spiritual air'. Although we may consciously feel antipathy towards an impression made on us, in our subconscious "everything leads to a certain feeling of thankfulness; there we receive every impression as a gift for which we must be grateful." The dead can speak into these intimate subconscious perceptions. "... 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.”

This ‘common air’ of gratitude is also meant to extend to a feeling of thankfulness for what a loved one has been to us in life, to “...think selflessly of what he was to us until his death, and not upon what we feel, now we have him no more.” If we instead hold to a feeling of loss, and a wish that he was still here with us, we weigh him down. “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.”

A Feeling of Unity With All Things:

Rudolf Steiner tells us that although this feeling of unity in common with all things in existence is already established in our subconscious, we must develop it in our consciousness as a necessary demand of our continued spiritual evolution. We are meant to begin now “... as we gradually pass from the fifth to the sixth post-Atlantean epoch, as it will be the fundamental one in Jupi-

ter evolution. To-day many think nothing of enriching themselves at the expense of others. Not only do they live thus without any moral self-criticism, they simply do not think about it at all. In the future we will develop the consciousness that happiness of the individual is not really possible apart from that of the community. That feeling can greatly increase, it can develop an intimate perception for the feeling of unity with all things around. When a man forms this feeling of unity he is able to do yet another thing, namely, to live with the idiosyncrasies, situations, thoughts and actions of another as though they were his own.” Dr. Steiner tells us elsewhere that “Love is the most important result for man of his experience in the physical world. If we analyze the nature of love or empathy, we find it is the way in which spiritual reality is expressed in the physical world.”¹

To apply this to the bridge we are building “...we visualize a situation with the dead, how we sat at table with him, walked with him, and then we turn our whole soul-life in the direction of this thought. If we can but develop in the thought a communion of soul with the dead that is in accordance with the ‘feeling of unity,’ then his gaze from the spiritual world can find the reality from these thoughts, just as our thoughts can find the reality to which they are directed. If we allow these thoughts of the dead to be present in the soul, to the degree that they are filled with love, the psychic gaze of the soul encounters the psychic gaze of the dead. Through that, the dead can speak to us. He can only speak from the place upon which the direction of our ‘feeling of unity’ falls. So are these things connected. We learn, as it were, to feel our karma when we gain an idea of how we leave behind everywhere the stamp of our thought; we learn to identify ourselves with these things and thus we develop the feeling that brings us into increasingly conscious union with the dead. In this way it becomes possible for them to speak to us.”

“The other direction of feeling is that we must unite our own ego with every being with whom we have anything to do in life. Our actions extend to other beings, some, it may be, even inanimate; but wherever we have done anything, wherever our being has been united with another in action, something remains; and this remainder establishes a permanent relationship between our being and everything with which we have ever been connected. This feeling of kinship is the foundation for a deeper one, a feeling generally unrecognized by the higher soul; a feeling of oneness with the surrounding world.”

¹The Threshold of the Spiritual World, Chapter IX: Concerning the Ego-Feeling and the Human Soul’s Capacity for Love

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

**See the attached calendar & fliers for more
info. and more events**

10/27-28

Thomas Meyer Talks

11/2

All Souls Observance

12/ 1, 8, 15

**Making Space for Christmas,
with Dr. John Takacs**

2/23-25

**Meeting the Challenges of Child
Development in Education and the
Healing Arts with Dr. Michaela Glockler**

From Lecture 7: Confidence in Life and Rejuvenation of the Soul Berlin, March 26, 1918

Confidence in Life:

Rudolf Steiner tells us that “If such a disposition were fostered in educational systems a tremendous amount would be gained.” “Enrichment, enhancement and an ennobling of life depend on man’s raising...from his subconsciousness to his consciousness...the feeling of universal confidence in the life which flows through and past us – confidence in life! ...It resembles gratitude to life, but is quite another feeling alongside of it; for confidence in life consists in a steadfast disposition of soul, so that life, however it may approach us, has under all circumstances something to give us, so that we can never degenerate to the thought that life could have nothing more to give us. True, we pass through difficult and sorrowful experiences, but in the greater life relations these present themselves as something that most enriches and strengthens us for life. The chief thing is that this enduring disposition existing in the lower soul should be raised to the higher — the feeling: ‘O Life! Thou raisest me and bearest me, thou providest for my progress.’ (emphasis added) ... For if (we) can draw up any of the confidence always present in the subconsciousness, a way is opened for the real observation of the spiritual guidance and wise disposition of life.”

“Such a mood should not be considered superficially; it should not lead to finding everything in life brilliant and good. (emphasis added) On the contrary, in particular cases this very ‘confidence’ in life may lead to a sharp criticism of evil and foolish things. When a man has not confidence in life, this often leads to his avoiding the exercise of criticism towards what is bad and foolish, because he wishes to pass by the things wherein he has no confidence. It is not a matter of having confidence in specific things (emphasis added)...but in the general life as a whole, in the common relationships of life, for if he can draw up any of the confidence always present in the subconsciousness, a way is opened for the real observation of the spiritual guidance and wise disposition of life.”

Rudolf Steiner tells us that this universal confidence in life has nothing to do with physical things. With it we ray something into the world that is not physical, which makes it possible for the dead to find his way to us with his thoughts. “When we have confidence in life, faith in it, we are able to bring the soul into a condition in which the inspirations, which are thoughts sent to us by the dead, can appear; — gratitude towards life, confidence in life as described, belong in a sense together. If we have not this universal confidence in life as a whole, we cannot

acquire sufficient confidence in anyone to extend beyond death; it is then simply a ‘memory’ of our confidence.”

Rejuvenation and Refreshment of Our Souls:

Rudolf Steiner tells us that, side-by-side with the feeling of oneness, the capacity that we need in order to experience the right relation between the living and the ‘so-called dead’, is “the possibility through life itself to rejuvenate and refresh again and again (our) feelings towards what must be encountered in life.”

“Ultimately the feeling here meant is the feeling which acquires the perennial hopefulness of life and enables us to experience the right relation between the living and the so-called dead. Otherwise the facts which should establish our relationship to one of the dead remain too strongly in the memory. A man can remember what he experienced with his dead during life. If, however, when the dead is physically absent we cannot have the feeling that we can always revivify what we experienced with him during life, our feeling and perception are not strong enough to experience this new relationship that the dead is still present as a spiritual being and can work as a spirit. If a man has grown so deadened that he can no longer revive anything of the hopefulness of life, he can no longer feel that a complete transformation has taken place. Formerly he could help himself by meeting his friend in life; now the spirit alone can come to his help. He can meet him, however, if he evolves this feeling of the ever-enduring stimulation of the life-forces, in order to keep the hopefulness of life fresh.”

“This can be done when the element of which I am about to speak is given consideration in the educational systems of our materialistic age. A great deal depends upon this. If man is to take his right place in the world in the present cycle of time, it is necessary for him to develop a faculty which must be cultivated from knowledge of the spiritual world, not from an undefined instinct; - we might even say he must draw up something from the lower soul which came of itself in earlier times of atavistic clairvoyance without any need of cultivation and which, though a few scattered remains still exist, is now gradually disappearing, as is all else derived from olden times. We can so squander life that after a certain age we begin to feel more or less ‘tired,’ because we have lost the living share in life and are not able to bring sufficient zest to it for its phenomena to give us joy.”

Dr. Steiner provides in-depth look at how we must be given more than head development and memorization in our youthful education and experiences. The head develops at a rapid rate up to age 20, and the development of the heart is three or four times slower. “In child-

hood and youth our head organism can absorb a great deal, therefore we study during that time; but what we then received must be continually renewed and refreshed, must be constantly encompassed by the slower evolutionary progress of the rest of the organs, the progress of the heart. If education, as in our age, only takes into consideration the development of the head ... the consequence is that the head is only articulated as a dead organism into the slower progress of the evolution of the rest; it holds this back. The phenomenon that at the present time man grows old early in his soul and inner nature, is chiefly due to the system of training and education.” Dr. Steiner asks how many of us are able to plunge again, looking back lovingly, to what was offered in childhood, experiencing it as a continual fount of rejuvenation, a source for nourishing the heart in its slower progress throughout life. “We must not only give the head what is prescribed for it, but also that from which the rest of the organism can again and again draw forth restorative force for the whole of our lives. For this it is necessary that every branch of education should be permeated by a certain artistic element.” In addition, a teacher should be chosen for whether he has “...the heart, mind and temperament for gradually establishing a relationship between himself and the children. Examination should not test the candidate’s knowledge, but ascertain his power, and whether he is sufficiently a ‘man’ (or woman).

The challenge for those of us who did not receive the necessary education is to nevertheless find ways to continually renew ourselves and keep the hopefulness of life fresh, as not only a key capacity for continuing our soul development over a whole lifetime, but as a feeling which enables us to experience a right relationship with our dead. This is something which “...the lower soul always feels, and which is so difficult to bring up into the higher soul at the present time...”

Comments, suggestions, contact Valerie at:
valerieannhpx@aol.com

A note on the illustration:

“...if you succeed in bringing about the metamorphosis of intellectualism into artistic comprehension, and are able to develop the artistic into the principle of knowledge, then you find what is within man in a human way, not in a natural way, outside in the Macrocosm, in the Great World. Then you find the relationship of the human being to the Great World in a true and real sense.”

~ *Rudolf Steiner, Oct/1923 (GA 230)*

This Great World that we share with the so called dead, is indicated with the Great Cross of the Eagle, Lion, Bull and Waterman. The above lecture centers on these Four.

Mixed media: watercolor on paper, Wacom Intuos and Photoshop, 2017, Christopher Guilfoil.

Calendar of the Soul

27 (October 6 - 12)

To enter into depths of Self
Stirs a familiar yearning,
That I may find myself reflecting:
A gift of summer’s sun, a Seed
That lives in Autumn’s mild, warm light:
My own Soul’s strength and motive.

28 (October 13- 19)

My inner Life revived
I feel my Self expanding,
And, full of strength, I send my thoughts,
As with a radiant power of Soul
To solve Life’s many riddles,
Thereby fulfilling many a wish
Whom hope had clipped the wings
already.

29 (October 20 - 26)

Ignite I will my radiant thought
Strong, in my inner space,
Give meaning to experience
From Cosmic Spirit’s wellspring:
This is Summer’s gift to me,
Is Autumn’s peace and Winter’s hope.

30 (October 27 - November 2)

Ripening in the sunlight of my Soul
Is meditation’s harvest,
To conscious self-assurance
All feelings transmutate.
And I can sense with joy
The Spirit Dawn of Autumn:
That Winter shall awaken
In me the Summer of my soul.

Calendar translation by Stefan Schwabe



What's New at the Goetheanum?

by Anya Thaker

Study at the Goetheanum -Are you interested in studying at the Goetheanum?

The Goetheanum offers many options of study! Programs are open to adults of all ages and most courses are in English. Did you know that you can work on an individualized study project with a specific section leader? The information below describes the various programs and courses for the 2017-18 year. (Anya submitted this for the August newsletter, and although we are printing it late for the autumn classes, I think it's still got great information VH)

Foundation Studies (English Studies Program)

Oct.2,2017-June 15, 2018: Most teachers & faculty at the Goetheanum speak English and the student body is greatly international. The most popular course is Foundation Studies (also called English Studies), a year-long program created by Virginia Sease in 2000. Now there are also Advanced studies (a 2nd year program) and a parallel year-long program in for the Fall term in German and in Spanish/Portuguese.

Description of the English Studies Program : (with slight changes each year)

8- 9 am Book study with main teachers Joan Sleigh & Virginia Sease (1st term: Theosophy/ 2nd term:Knowledge of Higher Worlds/ 3rd term: Occult Science

9-9:30 am Morning break

9:30-11am Artist course (Painting, Speech, Clay, Singing, Drawing, Eurythmy- all courses throughout the week, for the year)

11am-12 pm (Optional book study like Philosophy of Freedom/or a scientific course)

12-2 pm Lunch

2-3 pm Special theme (A theme per week, with a specialized teacher, eg. Biodynamics, Astronomy, Medicine)

3-3:30 pm Break

3:30-5 pm Artistic course

Other courses offered in schools near the Goetheanum: most begin in September 2017

- Eurythmy (1 year program or 4 year Diploma)
- Painting school (at least 4 schools in Dornach/in EN/ (length of time self-determined)
- Speech school (in DE, teachers can speak EN)
- Sculpture school (in DE)
- Advanced English Studies (more personalized

year with your own project/ karma studies/morning studies with Joan Sleigh & Virginia Sease include: 1st term: Threshold to the Spiritual World/ 2nd term: Christianity as a Mystical Fact/ 3rd Term: The Spiritual Guidance of the Individual and Humanity)

• Individual studies within departments- contact department heads with proposals.

How is it to study at the Goetheanum and what does it entail? The Goetheanum hosts hundreds of students from around the world every year, those on sabbatical, retired, returning students, first time students, people from the world over - from South Africa to Russia to Chile. The Goetheanum is bustling with students!

Tuition: Most courses at the Goetheanum are \$3,000/year (now CH=\$ approx.)The exception is the Eurythmy Diploma, at \$8,000 and all schools offer the option of some scholarship if needed.

Housing: The Goetheanum has student housing in the form of dorms, plus houses that share a common room and kitchen. There are also small studio apartments to rent near the Goethanum, and rooms in people's homes. As a student, you will find a room! Room costs vary from \$350/month in dorms to upward of \$500 in apartments.

Work: Students can work 15 hours a week. They clean the Goetheanum, and the offices and homes around the Goetheanum. They work at the conferences, in the cafes, as nannies, cook for the elders and teach their languages. The first year of studies is rather intense, but if a job is needed that year or after, there are many options all around from Dornach to Basel.

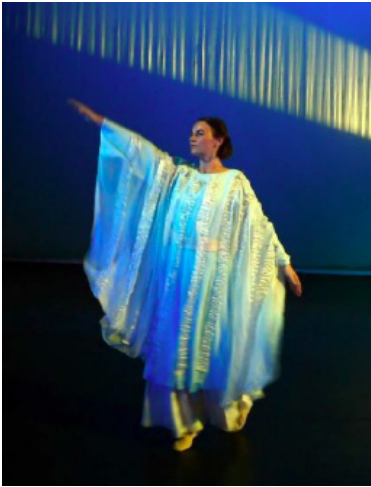
Food: The Goetheanum has a year-round garden and market which is frequented by students where one can buy vegetables and fruits at a reasonable price. The local grocery stores have large organic food selections and the amount you will spend is comparable to that in the U.S. There are other local outdoor markets in the nearby town.

Travel: Dornach is a 20 minute train ride from Basel. Many students buy a year train pass for \$150 that will get you 50% off of each train and bus ticket you buy. A ticket to Basel from Dornach then will cost you \$2.70 with the discount and will be good for two hours. Trains and buses will take you everywhere you want to go in Switzerland, and beyond!!!

To apply to a program at the Goetheanum, write to Edda Nehmiz, Dean of Students: study@goetheanum.ch Look at program details online: <http://studium-goetheanum.org/english-studies>

Write me with questions! I studied at the Goetheanum from 2009-15: 4 years in the English Studies Program and 1 year of Painting and Eurythmy.

A.saturnwind@gmail.com (Anya Thaker)



News About Pacific Eurythmy

by Carrie Mass and Jolanda Frischknecht

We are pleased to announce that Pacific Eurythmy (the only part-time Eurythmy training on the West Coast) has opened this month right here in Portland. Teachers and students gathered for a Welcome Tea the weekend before classes started to meet and get to know each other. We have a small, but dedicated group as our first course. There are classes open to the wider community on Friday evenings and on one Saturday a month. Please visit Pacificeurythmy.com for details, or see the listings on the calendar.

Micaceous Clay Pottery Event with Waldorf Alum

Please join us for a special pottery event on November 25th, from 1pm - 4pm at the GBH Studio, at 3359 NE 72nd Ave, Portland Or. Orion Shannon O'Brien Langdon (PWS 2007) 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 stovetop. Orion will be showing his work, answering questions about this clay body and serving food cooked in micaceous pots. <http://www.handtomountain.com/>

For more information contact Patricia Lynch at: patriciahomanlynch@gmail.com

An Introduction to Some Poems

William Stafford

Look: no one ever promised for sure
That we would sing. We have decided
To moan. In a strange dance that
We don't understand till we do it, we
Have to carry on.

Just as in sleep you have to dream
The exact dream to round out your life,
So we have to live that dream into stories
And hold them close at you, close at the
Edge we share, to be right.

We find it an awful thing to meet people,
Serious or not, who have turned into vacant
Effective people, so far lost that they
Won't believe their own feelings
Enough to follow them out.

The authentic is a line from one thing
Along to the next; it interests us.
Strangely, it relates to what works,
but is not quite the same. It never
swerves for revenge,

Or profit, or fame: it holds
together something more than the world,
this line. And we are your wavery
efforts at following it. Are you coming?
Good: now it is time.

American poet and pacifist William Stafford was born in Hutchinson, KS in 1914 and died in Lake Oswego OR (Portland) in 1993. When he was asked if he felt accomplished, William Stafford answered: "This may sound brutal, but I don't cherish the poems that are done. I cherish the poems that are coming. I'd sacrifice all of the poems of the past for whatever is coming up."

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 both to Valerie Hope, valerieannhpdx@aol.com and Wes Burch, truelion@comcast.net. The deadline for submissions is the 15th of the previous month. Items selected for publication may be edited for style, content and length.

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

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

Newsletter co-editors are Wes Burch & Valerie Hope; Seth Miller is our webmaster; and Ruth Klein is our treasurer; Christopher Guilfoil is our design and layout artist.

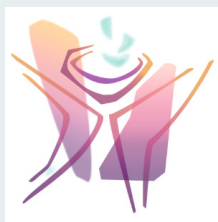
The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2017:

Cyndia Ashkar, Christine Badura, Betty Baldwin, Sandra Burch, Wes Burch, Julie Foster, Christopher Guilfoil, Helen Homola, Valerie Hope, Lauren Johnson, Tish Johnson, Bob Kellum, Donna Kellum, Ruth Klein, Tom Klein, James Knight, Anne Kollender, Vicki Lai, Robin Lieberman, Judith Levin, Martin Levin, Lisa Masterson, Brian McClure, Willi Muller, Jeff Rice, Diane Ramage, Jerry Soloway, Rebecca Soloway, William Surface, Linda Sussman, Joan Takacs, John Takacs, Chiaki Uchiyama, Beth Wieting, 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, 3609 SE Center, Portland, OR 97202

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.



Local Camphill Inspired Initiative Seeks Web Designer

The Portland Curative Collective, Inc. (PCCI), the local Camphill inspired initiative, is in search of a professional who can help us with web design. PCCI seeks to create a community where people with developmental differences are supported and valued in society. The ideal person would be someone willing to donate their time, or charge minimally, and whose heart is compelled to see this initiative come to life. Those interested or who have questions, please contact Amy Joy Allahdadi: amyslocation@gmail.com or call 503.975.9730.

Work-Study Opportunities for Thomas Meyer Lectures in Portland

We need several people for set-up and take-down and clean-up for four Thomas Meyer lectures October 27th, 28th, and 29th.

These activities come with scholarships to the lectures. Please contact James Lee at: anthroposophynow@comcast.net to express your interest.

Lodging for Thomas Meyer Lectures

Christine Badura has volunteered to coordinate lodging for folks from out of the Portland area who need a place to stay while attending lectures by Thomas Meyer on Oct. 28 and 29. Anyone in need of lodging as well as anyone who is willing to host out-of-towners can contact Christine by email at badura88@hotmail.com or by phone at 707-494-6741.

Several community members have asked that we publish the fact that in 2001, Thomas Meyer turned in his membership cards for both the Anthroposophical Society and the First Class of the School of Spiritual Science.

Portland Branch Calendar October, 2017

First Class of the School of Spiritual Science

Sunday, October 8 • Lesson 18 (no admittance after the class starts) • Bothmer Hall, 5915 SE Division St, Portland, 97206
Blue card required. • Lessons normally held second Sunday of each month • Contact Diane Ramage at 971-271-7479; Cheri Munske at 503-484-4133; or Rebecca Soloway, 516-850-1027.

Portland Branch Council Meeting

Monday, October 9, 7 pm • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778; valerieannhpdx@aol.com

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

Behind the Veil: the mystery, beauty and joy of the elementals, Art Hall Exhibit by Jacqueline Freeman Through November 9 • The Art Hall at Cedarwood Waldorf School, 3030 SW 2nd Ave., Portland • For more information contact Robin Lieberman 503-222-1192 robin@robinlieberman.net

Meditations on the Platonic Solids: An exhibit of geometric sculptures by Martin Levin, Ph.D.

October 6-24. Opening reception Friday evening, October 6 • At the art gallery of the Multnomah Art Center, 7688 SW Capital Hwy, Portland

Pacific Eurythmy Offers Friday Evening Classes for the Community: Music Theory with Lily Breshears; Anthroposophical Study with Don Marquis

Music Theory, 9/15-10-5, 5:30-6:30; \$12/class, \$50/5 weeks • *Anthroposophical Study* 9/15-10/20, 6:30-8:30, \$15/class or \$75/6 weeks • *Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie* •

Contact pacificeurythmy@gmail.com; More information on the website, <http://pacificeurythmy.com/>

Tuesday Morning Painting Group with Cheri Munske – The Four Elements

Beginning October 10, 8:45-10 am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, Grimm Room • For details and to RSVP contact Cheri Munske: cherimunske@gmail.com. The Series will focus on the Four Elements.

Thomas Meyer, Three Lectures in Portland

Friday October 27, Saturday October 28 • Cedarwood Waldorf School, 3030 SW 2nd Ave., Portland 97201 • Contact James Lee, anthroposophynow@comcast.net for more information and to ask about work-study openings.

Friday, 7:30-9:30 pm, \$20 branch members, \$25 nonmembers • *The Mexican Mysteries and the Mystery of Golgotha*: This lecture will delve into a deeply esoteric mystery linking the Mystery of Golgotha and the simultaneous, parallel crucifixion of an "initiated black magician" in Mexico, as revealed by Rudolf Steiner in *Inner Impulses of Evolution: The Mexican Mysteries and the Knights Templar* (CW171). Comprehending this event in the light of Steiner's Law of Polarity and its relationship to the Earth's nine subterranean spheres is critical to understanding modern times where new forces are entering human evolution from both sides of the two thresholds: the threshold to spiritual worlds and the threshold to the subterranean worlds.

Saturday, Lecture 1, 3:30-5:00 pm • dinner break • Lecture 2, 7:30-9:30 pm • \$40 for Branch members, \$50 non-members, or \$30 each. *The Subterranean Spheres in the World and in the Human Being*: Rudolf Steiner gave only five lectures directly about the subterranean spheres, four of them in 1906, and one in 1909. He never returned to the topic again with specificity. However, his very last writing, Leading Thought of March 30, 1925 was titled "From Nature to Sub-Nature" and addressed the need to make such forces fully conscious. He warned "He [the human being] can only do this if he rises in spiritual knowledge as least as far into Super-Nature as he has descended in the technical sciences in to Sub-Nature." The nine levels of the spiritual world have their polar reflection in the nine layers of the subterranean world. Awareness of these complimentary but opposing spheres is found in literature (Dante), mythology and legend. The degree to which modern humanity is influenced by these unconscious and semi-conscious forces and the necessity of becoming fully conscious of these chthonic energies in order to achieve a balanced progress in one's moral/spiritual development will be presented in the light of Spiritual Science. Sponsored by the Portland Branch. See flier in the October newsletter.

The Meditative Path of the Michael School as interpreted by Thomas Meyer

Sunday, October 29, 9:30-11:00 am • Cedarwood Waldorf School, 3030 SW 2nd Ave., Portland • \$20 • For more information contact James Lee anthroposophynow@comcast.net.

A translation of Rudolf Steiner's esoteric "First Class Lessons" with related personal research by Thomas Meyer was published in English by SteinerBooks at the end of 2016. What may be described as the meditative path of the Michael School has been made available to the public. Thomas Meyer, editor of the publication, will discuss what he feels are the four phases of the Michael school. Privately sponsored by local Anthroposophic community members. See flier in the October newsletter.

All Souls Observance

Thursday November 2, 7-9 pm • Bothmer Hall, 5915 SE Division St. • Contact Valerie Hope, 503-775-0778; valerieannhpx@aol.com

A Join us for a remembrance of the dead 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. To deepen our understanding of how to connect with one who has died, we will read together and discuss materials from the lecture series *Earthly Death and Cosmic Life* by Rudolf Steiner (excerpts printed in the October newsletter). In these lectures 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. Eurythmy will further enrich our time together.

Treating Soul-Imbalances Without Drugs with Beatrice Birch

Thursday, November 16, 7-9 pm • Home of Jannebeth and James in NE Portland • Free, donations to Inner Fire will be accepted • RSVP to Jannebeth Röell at jannebeth@comcast.net

Beatrice Birch is the Founder and Director of Inner-Fire, and a Hauschka Artistic Therapist. Inner Fire grew out of her personal and professional experience. She has extensive background in working with striving individuals who are wrestling with various soul challenges, from cancer to "mental" health issues, and wish to be proactive in their healing process. Flier in September newsletter.

Making Space for Christmas, led by Dr. John Takacs

Fridays December 1, 8, 15, 6-7:30 pm, promptness appreciated • Bothmer Hall, 5915 SE Division St., Portland 97206 • Free Admission, all welcome • Wear clothes you can move in • Disabilities and infirmities accommodated • Each session will build on the previous one

We will use movement to explore and enliven the inner and outer spaces, enhancing awareness and ability for the spirit of the Christmas season.

Micaceous Clay Pottery Event with Waldorf Alum Orion Shannon O'Brien Langdon (PWS 2007)

Saturday, November 25, 1-4 pm • GBH Studio, at 3359 NE 72nd Ave • contact Patricia Lynch at patriciahomanlynch@gmail.com

Orion 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 stovetop. Orion will be showing his work, answering questions about this clay body and serving food cooked in micaceous pots. Check out his website at www.handtomountain.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 Ramage at 971-271-7479, Cheri Munske at 503 772-2632, or Rebecca Soloway (516) 850-1027

First Class Study • Second Thursday of the Month

The First Class of the Michael School and its Christological Foundations by S. Prokofieff • For Members of the School of Spiritual Science 7:30-9:00 pm • Contact Rebecca Soloway, jrsoloway@hotmail.com or 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

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

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

Eurythmy Foundation Course with Jolanda Frischknecht • Tuesdays & One Weekend/ Month

Tuesdays 6-7:30 pm, One weekend/month Friday 6-7:30, Saturday 10:30-2:30 with lunch break • Takes place in Bothmer Hall, 5919 SE Division St., Portland 97206 • \$20/session; Cost: \$20/session; Tuesdays Only \$80; weekend \$30; all classes \$110; paid monthly, sliding scale on request • Contact Jolanda, jolandamf44@gmail.com, or 503-896-3345 This class is for those who have done Eurythmy for some time as well as for those new to it; for those who want to deepen their experience and dive into the eurythmical movements more intensively; session will consist of both Tone and Speech Eurythmy; we will explore and deepen the basic elements of Eurythmy as well as entering into an artistic process together of expressing poetry and music through the wonderfully enlivening and meaningful movements of Eurythmy.

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

Eurythmy, Portland Waldorf School Community: Wednesday 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

Festivals Study Group: Friday Mornings

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

Living Inner Development by Lisa Romero Friday Mornings beginning September 29

9:15 – 11:00 am • contact Patricia Lynch at patriciahomanlynch@gmail.com

Beginning with artistic work from the Calendar of the Soul, we will spend time painting and then working with *Living Inner Development*.

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 or by phone at 971-271-7479

We will work with play *The Soul's Awakening*, and Steiner's 1913 lecture series, *The Secrets of the Threshold*, which he gave after the performance of the play.

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 • pws_choir-subscribe@yahoogroups.com (503) 654-2200 • No practice during school breaks.

Temple Legend 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

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

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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.

Physical Medicine & Injury Rehabilitation



Susan Schmitt, M.D.

Joan Takacs, D.O.

John Takacs, D.O.



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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.)**



THOMAS MEYER LECTURES IN PORTLAND

SPONSORED BY THE PORTLAND BRANCH

Friday, October 27 and Saturday, October 28

THE MEXICAN MYSTERIES AND THE MYSTERY OF GOLGOTHA

Friday, October 27 from 7:30 PM – 9:30 PM \$20 for Branch members \$25 for non-members.

This lecture will delve into deeply esoteric mystery linking the Mystery of Golgotha and the simultaneous, parallel crucifixion of an “initiated black magician” in Mexico, as revealed by Rudolf Steiner in *Inner Impulses of Evolution: The Mexican Mysteries and the Knights Templar* (CW171). Comprehending this event in the light of Steiner’s Law of Polarity and its relationship to the Earth’s nine subterranean spheres is critical to understanding modern times where new forces are entering human evolution from both sides of the two thresholds: the threshold to spiritual worlds and the threshold to the subterranean worlds.

THE SUBTERRANEAN SPHERES IN THE WORLD AND IN THE HUMAN BEING,

a two-lecture series by Thomas Meyer on Saturday, October 28th. Lecture 1: 3:30 PM to 5:00 PM; dinner break; Lecture 2: 7:30 to 9:30 PM \$40 for the two-lecture series for Branch members, \$50 series for non-members or \$30 each.

Rudolf Steiner gave only five lectures directly about the subterranean spheres, four of them in 1906, and one in 1909 and never returned to the topic again with specificity. However, his very last writing, *Leading Thought of March 30, 1925* was titled “From Nature to Sub-Nature” and addressed the need to make such forces fully conscious. He warned “He [the human being] can only do this if he rises in spiritual knowledge as least as far into Super-Nature as he has descended in the technical sciences in to Sub-Nature.” The nine levels of the spiritual world have their polar reflection in the nine layers of the subterranean world. Awareness of these complimentary but opposing spheres is found in literature (Dante), mythology and legend. The degree to which modern humanity is influenced by these unconscious and semi-conscious forces and the necessity of becoming fully conscious of these chthonic energies in order to achieve a balanced progress in one’s moral/spiritual development will be presented in the light of Spiritual Science.

These Thomas Meyer lectures are sponsored by the Portland Branch and will be held at the Cedarwood Waldorf School, 3030 SW 2nd Ave. Portland, OR 97201. For more information and to ask about work-study openings contact James Lee at anthroposophynow@comcast.net.

INTRODUCTORY BIO FOR THOMAS H. MEYER

Thomas H. Meyer was born in Switzerland in 1950. He taught at the original Waldorf School in Stuttgart, Germany and later was an editor working for the publishing house at the Goetheanum in Dornach, Switzerland. In 1990 he founded Perseus Publishing (Verlag), Basel, Switzerland. Since 1997 he has been the publisher and editor of the monthly journal (in German) *Der Europaer*. In 2016 he launched *The Present Age*, a monthly journal in English. Learn more about the author and his publications at <http://www.perseus.ch/fremdsprachiges/about-us>. He is the author of many books, several of which have been translated into English and other languages. These include the definitive biographies of Daniel N. Dunlop and Ludwig Polzer-Hoditz. Other recent books include *The Meditative Path of the Michael School in Nineteen Steps*; *The Sign of Five*; *Milestones*; *The Development of Anthroposophy Since Rudolf Steiner’s Death*; *Representative Men*; *When a Stone Begins to Roll*; *Rudolf Steiner’s Core Mission*; *The Bodhisattva Question*; *Clairvoyance and Consciousness*; and *Reality, Truth and Evil and Barefoot through the Burning Lava*. Thomas Meyer is also the editor of *Light for the New Millennium*. He has written numerous articles and regularly gives seminars, courses and lectures around the world.

THOMAS MEYER LECTURE

PRIVATELY SPONSORED BY LOCAL ANTHROPOSOPHIC COMMUNITY MEMBERS

SUNDAY, OCTOBER 29 AT CEDARWOOD WALDORF SCHOOL

THE MEDITATIVE PATH OF THE MICHAEL SCHOOL by Thomas Meyer

Sunday, October 29th at 9:30 AM to 11:00 AM

This Thomas Meyer lecture is privately sponsored by members of the local Anthroposophic community and will take place at the Cedarwood Waldorf School, 3030 SW 2nd Ave. Portland, OR 97201. For more information and to ask about work-study openings contact James Lee at anthroposophynow@comcast.net. Fee for the lecture is \$20, and is open to all with an interest in the subject.

A translation of Rudolf Steiner's esoteric "First Class Lessons" with related personal research by Thomas Meyer was published in English by SteinerBooks at the end of 2016. What may be described as a version of the meditative path of the Michael School has been made available to the public. Thomas Meyer, editor of the publication, will discuss what he feels are the four phases of the Michael school.

The first phase consisted in a purely supersensible "institution" active in the spiritual world for centuries and culminating in the "cosmic cult" at the turn of the 18th/19th century. A reflection of its teaching can be found in Goethe's *Fairy Tale* and later in the spiritual science developed by Rudolf Steiner. Many souls were spiritually present in this phase who later became drawn to anthroposophy. A certain disturbance during this first phase was brought about by the influence of the demonic beings engendered by the materialistic and nominalist philosophy of Francis Bacon. This disturbing influence had to be checked by the individualities who had been incarnated as Aristotle and Alexander the Great.

The second phase brought down to earth a mantric-meditative essence of the supersensible teachings of the Michael school. Rudolf Steiner accomplished this during the period between February and September 1924 in the form of the nineteen stages, or steps, of the meditative path of the Michael school.

The third phase of the Michael school was to be continued in the supersensible world, starting after Steiner's death and continuing until the present time. In this third phase Rudolf Steiner himself was to become a teacher next to Michael. The contents of the teachings of this phase are not found in external documents. They are not accessible to ordinary consciousness, but only to clairvoyant consciousness or symptomatic research.

The fourth phase will start when Rudolf Steiner, or those chosen by him, will continue the Michael school *on earth*, adding new mantras to those given outwardly in the second phase and spiritually in the third phase. In order to preserve the continuity of the school, knowledge of and especially exercising the contents of the second phase are basic and indispensable. At the end of the second phase, Steiner outlined the inner character of the new mantras that his illness and death prevented him from giving concrete form to.



"The Dead Are With Us" Watercolor and Wax on Paper Intuos Christopher Guilfoil

All Souls Observance

Thursday
November 2, 2017
7-9pm

Bothmer Hall
5915 SE División St.

Adults

Join us for a remembrance of the dead 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.

To deepen our understanding of how to connect with one who has died, we will read together and discuss materials from the lecture series *Earthly Death and Cosmic Life* by Rudolf Steiner (excerpts printed in the October newsletter). In these lectures 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. Eurythmy will further enrich our time together.

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

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Opening Reception
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Thursday, November 16th from 7 pm to 9pm
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*Admission is free;
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Inner Fire grew out of the personal and professional experience of Beatrice Birch who has extensive background in working with striving individuals, wrestling with various soul challenges from cancer to “mental” health issues who wish to be proactive in their healing process. Beatrice is a leading practitioner of Hauschka Artistic Therapy and has worked throughout the world in treatment facilities and training institutes. She has applied knowledge from over thirty years of professional practice in anthroposophical medical and therapeutic practices in England and Holland, as well as in prisons, inner cities, residential facilities, and her own private practice. Inner Fire simply offers the choice everyone deserves.

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(Rudolf Steiner in an introductory lecture to Eurythmy).

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We create a dialogue with world and self, community and individuality.
You will feel rejuvenated through this lively and supportive way of moving together!**

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Where: Bothmer Hall, 5915 SE Division St. Portland

When: Tuesdays 6:00 to 7:30pm (September - April)
One Saturday a month: 10:30 to Noon, 1:00 to 2:30pm
(9/30, 10/14, 11/4, 12/2, 1/27, 2/24)

Cost: \$20.- per session; Tuesdays only \$80.-; weekend \$30.-; all classes \$110.- (to be paid per month; sliding scale available upon request)



Instructor: Jolanda Frischknecht, Eurythmy teacher at the Micha-el School and Micha-el Institute, member of Portland Eurythmy & Pacific Eurythmy

Sign up: text or call 503 896 3345; jolandamf44@gmail.com

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