



# Anthroposophical Society PORTLAND BRANCH

Newsletter

October 2018

## The Dead Are With Us

by Valerie Hope

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

“The dead are in our midst — this sentence is in itself an affirmation of the spiritual world; and only the spiritual world can awaken within us the consciousness that the dead are, in very truth, with us.”

This last sentence from Rudolf Steiner’s lecture of February 10, 1918 sums up a great deal. In his many lectures about staying connected with individuals who have died and with whom we have a karmic relationship, Dr. Steiner describes the circumstances surrounding these relationships, and the conditions that we must cultivate in our own souls to work consciously with their influences and their effects. Our community has come together for several years on All Souls Day, November 2, to acknowledge the dead that we have connections with, and to work together to deepen our understanding about how to engage with them. We shall do so again this year. See the calendar and flier in this newsletter for details.



### 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 above 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, created in 2017 for this newsletter by Christopher Guilfoil.



## Inner Revolution

Sarah Hearn interview with Lisa Romero for Lilipoh Magazine, Summer 2017. Edited and used with permission for this newsletter by Patricia Lynch and Lauren Johnson

*The following interview addresses ways that we can work inwardly to make sense of the fractious social climate today. ~ Lauran Johnson*

**W**e look forward to welcoming Lisa Romero to Portland for a presentation on **November 20** titled: **Inner Development as an Antidote to the Imbalances of Our Times**, as well as a workshop **November 23-25** titled: **The Inner Work Path: Strengthening the Foundations of Meditation**. Please see the calendar and flier in this issue for details.

**Sarah Hearn:** ..Our current (social/political) climate is quite extreme—the line between lying and telling the truth is more overtly blurred than ever before. How can the wisdom of anthroposophy help us to understand our current political climate?

**Lisa Romero:** To begin with, this question around lying and telling the truth is an important one, because it is an experience for many people around the world, supporting the various political movements that are aligned with national self-interest and self-preservation, that those parties are being honest; and that’s what they like about those leaders. The people actually perceive the leaders as being extremely honest, because they put forward what the people experience as a true voice, in comparison with the common persona of political correctness that they generally see in politics, which generally acts according to “how we should behave” and “what we should say.”

I think that’s a very interesting thing, because this means that a lot of people believe that speaking out of this aspect of the inner being, from the un-ennobled self, the shadow self, is equivalent to being honest. And it’s quite extraordinary to see that a leader who is expressing opinions in this way is so appealing to others. But it gives us the insight that people are in fact looking for something that is real and true. This seeking actually lives in the human soul in our times in various ways. And although people are not actually finding the real and true in

## 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 14-18

National Biodynamic Conference

### 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



this leadership, we can see that they are actually looking for it on some level.

This question of honesty has an effect not only in the realm of politics, but also we are seeing people being so-called more honest about their feelings, about what they’re experiencing at the level of communication between two human beings. For example, someone says, “I need to be honest with you: you make me really upset!” From the perspective of inner work, the honest thing to say would be something like “there are parts of my being that I can’t control.” What’s honestly occurring in such a situation is that an interaction is bringing up parts of an individual’s untransformed self. And the reality is that these parts are for the individual in question to consciously work with

and seek to transform for themselves, rather than telling the other all about it; rather than putting that on another human being to change....

Every community has its own collective consciousness, and this consciousness affects the inner life of each individual in that community. And each individual in the community has an effect on the collective consciousness for that community. The weight of the balance falls with the majority; so in order to bring change to the practical life, the majority of the collective must be ready for change.

The collective consciousness does not develop through the "political correctness" of what we want others to think we believe; rather, the collective consciousness actually reveals to us the deeper beliefs of the community, even though these naturally do not correspond to the deeper beliefs of every individual within that community. We are all subjected to the collective consciousness, we are influenced by it; and we each impress upon it what genuinely lives within us.

However, what we impress upon the collective consciousness is not who we are in the sense of how we like to see ourselves; but rather, how we truly are in our unconscious and subconscious thinking and feeling. If we merely suppress outwardly what actually lives in us as our thoughts and feelings, it does not change the collective atmosphere, because this atmosphere will reveal what lies hidden in the human being.

We are caught up in an external picture of others that originates in the judgmental inclination of the personality. And that grows into very wide and deep divides that continue to inflict pain in the form of the collectivist sentiments of racism, sexism, and other prejudices based on outer appearances.

**Sarah Hearn:** And how do we change this in ourselves...?

**Lisa Romero:** Well, we can find some forward orientation in the first principle of the Anthroposophical Society, which was to form a group of individuals without differentiating on the basis of sex, race, denomination, and so forth. And that is the social attitude that we need and lack today. It's the social attitude that we need if we are to continue to evolve as a humanity... our task is not to focus on who stands in front of us as a mere external person embodying a certain skin color and certain sexual characteristics, a particular religion, and so forth. In every encounter we have to ask ourselves, do I bring my same self to a meeting, whether the person I'm meeting with is a man or a woman, for example? Or, do I adapt and change what I bring or how I bring it, not because the individual circumstances call for it, but because this col-

## Calendar of the Soul

27. (October 6 - 12)

Autumn

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



lective conditioning is at work. When you speak with a receptionist, do you bring your same self to that meeting as you do when you speak with a doctor? Do you hold the same quality of listening, or connecting?

In this age, we will need to see each other anew. In this age, we will need to begin to treat each other as individuals; to look upon the other as an individual with certain capacities, talents, and gifts that can contribute toward an ever-progressing and evolving society. A society that is not devoid of the spirit, but that is working to reveal the spirit more fully as it evolves.

...Every generation that enters into the world comes with creative impulses for the future. So when we stand as parents and educators and think, "I have got to teach you," the reality is that the young people also have something to teach us.

When human beings are not allowed to bring their individual spiritual capacities to expression fully into the world, the results are some form of diversion of their fundamental creative force, in a distracting or even destructive manner, onto others or themselves.

All of these diversions in the thinking, feeling, or willing lead the individual toward becoming a persona, a caricature of him- or herself in the personality.

**Sara Hearn:** So these pictures of the untransformed in us, and also these diversions in us, certainly connect with trying to understand our current political situation. With these understandings it seems that it is in a way a symptom of an underlying illness.

**Lisa Romero:** Yes, exactly. So when we consider objectively an issue like our political situation, in acknowledgment of the spirit, we should be able to look at it from different points of view with clarity. So can we look at the (political situation).. and say, "What's the point of this, that's not just the shadow forces at work? What is that point of view? What is this a symptom of? What might that be?..."

And it's important to clarify that it's not about condoning or affirming anything. But if this is the shadow of our collective consciousness, there's actually a point of view for us to try and recognize in it. I think the basic point of view we're getting is that the way we're going is not alright!

And it's helpful to remember that in the light of progression, the shadow gets stronger. And that's connected to this honesty piece we spoke about at the beginning of our conversation. What we think is honesty is not actually honesty. It is actually the undeveloped part, the untransformed aspect, speaking out and being given center stage.

So there is a much deeper illness process of the soul at work and we need to figure out and work with the picture of what it is trying to free us from. And that's a point of view that we can use as a way of talking to and educating younger people. Politics is speaking to this underlying pathology; so how can we bring healing, and keep working forward?

...Humanity is blocked from accessing revelations through the inner hindrances that we individually bear. Thankfully however, we are not merely left to our inner hindrances without the capacity to do something about them. We can adjust what lives in us. Just as Steiner's six basic exercises work on external hindrances, serving to block the negative effects

of the collective consciousness on our own inner world, so do meditative and contemplative exercises work upon our internal hindrances, lessening their effect on our clear experience of the spiritual world and its guidance.

Many meditative exercises serve to align us with the spiritual realities we have lost touch with through material life, as well as preparing us for a relationship with the living spiritual world and the experiences that we may receive through that relationship. In order to do this, the soul life needs to be re-educated in that direction, through which we may commune with spiritual life and become aware of the dimensions of our relationship with the living spiritual world. We become aware of just how much is still being bestowed upon the human race. We begin to see that we are still evolving, despite the great veil of materialism. We see how the next generation is coming with a new consciousness that brings with it continued hope in the progress of humanity. We begin to grow into the awareness of how assisted we are in our striving, and how we can connect directly with those guiding forces through our deeper soul activity.

The path of transformation is actually not so much a path of personal transformation, as it is a path of world transformation—a path toward re-enlivening the world.

*So can we look at the (political situation)... and say, "What's the point of this, that's not just the shadow forces at work? What is that point of view? What is this a symptom of? What might that be?..."*

We can work to understand these qualities and activities in ourselves in a new way by engaging with meditative and inner development exercises; but it is communities that will bring about political change. Each spiritual epoch of human evolution has its unique task in supporting our communal progression in the direction of developing love and freedom. In and through us, the world is taking shape. In and through us, humanity has the potential to become a greater and fuller participant of the living spiritual life.

Lisa Romero is the author of several books, including *The Inner Work Path; Developing the Self; and Living Inner Development*. Based in New Zealand, Lisa is also a complementary health practitioner who has offered health-care and education out of anthroposophy since 1993. For more about her work, visit [www.innerworkpath.com](http://www.innerworkpath.com).



#### **HEALTHBRIDGE**

3046 NE 33RD AVE  
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503-331-7393  
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**DONNA PATTERSON KELLUM LMT**  
**BOB KELLUM ND, PhD, MSOM/L.Ac, LMT**

With over 30 years of experience in advanced Craniosacral and Visceral therapies, Dynamic Manual Interface, Myofascial Release, Lymph Drainage, Zero Balance, and many other modalities, including Rhythmical Massage, Donna integratively weaves these together as needed for your unique issues.

With over 25 years of bodywork experience, extensive training and experience in Anthroposophic, Naturopathic, and Chinese Medicine, and a doctorate in social psychological sciences with 3 years clinical experience with Reichian psychotherapy, Bob works with you to discover the gesture of your illness and move you forward with your health challenges.

We work with you for a wide range of conditions including musculoskeletal/accident issues, cancer, diabetes and other chronic diseases, and all the typical acute illnesses associated with family medicine.

"The possibility of illness is due to the possibility of becoming human beings..."--Rudolf Steiner, Arnheim, July 4th, 1924

## The Inner History of a Day

by John O'Donohue

No one knew the name of this day;  
Born quietly from deepest night,  
It hid its face in light,  
Demanded nothing for itself,  
Opened out to offer each of us  
A field of brightness that traveled ahead,  
Providing in time, ground to hold our footsteps  
And the light of thought to show the way.  
The mind of the day draws no attention;  
It dwells within the silence with elegance  
To create a space for all our words,  
Drawing us to listen inward and outward.  
We seldom notice how each day is a holy place  
Where the eucharist of the ordinary happens,  
Transforming our broken fragments  
Into an eternal continuity that keeps us.  
Somewhere in us a dignity presides  
That is more gracious than the smallness  
That fuels us with fear and force,  
A dignity that trusts the form a day takes.  
So at the end of this day, we give thanks  
For being betrothed to the unknown  
And for the secret work  
Through which the mind of the day  
And wisdom of the soul become one.

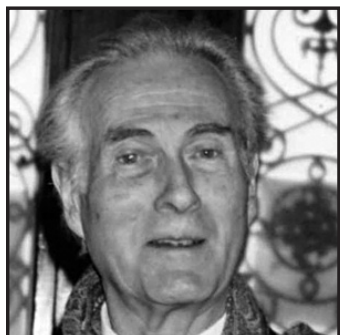


John O'Donohue  
Irish Poet  
(1956–2008)

## What's New at the Goetheanum?

### Who is Thorwald Thiersch

by Anya Thaker



**T**horwald is best known to students in Dornach for his work at Goetheanum for the Visual Arts section, helping with the renovation of the Great Hall in the 1990's and as a teacher for the Foundation study programs. This year he celebrated his 80th birthday on January 4th.

Born in Rostock, Germany to Anthroposophists, his family moved to Bavaria before he turned one, and there he grew up on a farm, south of the lake Chiemsee. There was plenty of work for him to do, as for everyone, which he says developed very good will forces at a young age.

As World War II neared an end, their farmhouse was destroyed by the blow from an American tank as German soldiers tried to defend themselves. Afterwards, the GIs got out of the tank and gave the children chewing gum and gum drops. They were African-Americans and played baseball in the street; this was very new and strange to the Bavarian people.

Thorwald's father was taken as a prisoner to a Russian camp in the forest in the east and they heard no word from him between 1943 and 1948, when he suddenly returned unannounced. Previously a priest of the Christian Community, he could not adjust back to life and left his family.

During the war, Thorwald had horrific nightmares of being captured along with many others, lined up naked, limbs cut off, and then thrown onto a large mountain with other corpses. Later when studying in Göttingen, he saw a film about the nazi concentration camps, and it was exactly what he had dreamt.

Thorwald attended primary school in Bavaria. His high school studies were at a Waldorf school near Bremen and then at the Hannover Waldorf school where he prepared for higher education. At universities in Göttingen and Munich he studied chemistry, geography, biology (mainly focusing on genetics and embryology) and the visual arts.

For his profession, he taught in a Waldorf high school,

in addition to teaching a class from grades 4 to 8. He taught the subjects he had studied at the Munich Waldorf school, and also taught a course for teachers. He introduced a number of subjects in the high school, including social practicalities and embryology for grade 11, industrial practicalities for grade 12, and stone carving in a quarry in Azzano, Italy.

In 1993 he came to the Goetheanum to help Christian Hitsch with the preparation for the restoration of the Great Hall. Thorwald began work in the Visual Arts section, connecting those around the world with an interest in Rudolf Steiner's art impulse. He still works for the section today.

He currently teaches clay modeling for the Goetheanum students in the English studies program, working with the architraves from the columns in the Great Hall, and guiding students in forming large scale versions of the motifs. He also prepares students for their trip to Florence in the spring by teaching a course on art observation. He gives occasional courses on embryology in connection with the zodiac.

I have fond memories of molding out of clay the progression of the forms found in the Great Hall columns. This I believe played a very fundamental role in my growing understanding of the development of consciousness, and the Earth. His insight into the zodiac and embryology played a paramount role in my understanding of the growing human being and body through the course of the first year of development.

Thorwald lives with his wife, Margret, and accompanies her on eye-eurythmy courses around the world. She learned eye-eurythmy, a specific treatment for eye-illnesses and problems using the whole body, from Dr. Ilse Knauer who attended Rudolf Steiner's lecture for young doctors. Dr. Steiner asked Knauer to develop a curative eurythmy for the eyes, and she did. Margret Thiersch attended Knauer's course and was given the responsibility to carry out this work! She travels worldwide giving courses, including once a training at the Portland branch! Thorwald and Margret live on Ruettiweg, just South of the Goetheanum, near the Eurythmy houses, and Thorwald is often seen working in his garden. While you may need to book a conference to meet Margret, Thorwald is often at the Goetheanum, and is a fascinating person to speak with about the art forms found in the Great Hall. If you happen to meet him there, do say hello.

## THE WOUND

Feel the piercing burn...  
There is something seriously injured in this world,  
That we each carry as a deep and private wound.

Time clots against us.  
What will you do?  
Will you bear the guilt of reparation?  
Bandage the scream by condemning others?  
Or fight to proliferate the promise of healing?

In your wound,  
There lies a new possibility  
For everyone.

There, in the chaos,  
Where energy and form,  
Male and female,  
Victim and aggressor,  
Granulate,  
Degranulate,  
As one;

There is something dying,  
Moment to moment,  
In a struggle to be born.

Go down,  
Nested deep inside  
Your heart of flesh,  
Where the pregnancy  
Of each inspiration  
Swells against a corpse of resistance...

Find a spark of warmth and strike it  
Against the flint of your being.  
Inflame the spirit within.

Here, now, moment to moment,  
On the event horizon of life,  
Out of the black hole of all oppression,  
Dare to create the light of meaning.  
Radiate it outward from your wound,

In the birth

Of a new sun....

Robert Kellum 8-24-18

**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 Rumage at 971-271-7479.

To submit an article or a calendar item email it to Valerie Hope, [valerieannhpdx@aol.com](mailto:valerieannhpdx@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 and layout, 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, 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 Rumage, 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)



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

**Sunday, October 14, 9:30 am sharp** • (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 Rumage at 971-271-7479, Cheri Munske at 503-484-4133, or Rebecca Soloway at 516-850-1027.

**Portland Branch Council Meeting**

**Monday, October 15, 7:00 pm** • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778; [valerieannhpdx@aol.com](mailto: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 normally held on the second Monday of each month.

**Rudolf Steiner's Calendar of the Soul in Relation to the Michaelmas Festival with Herbert Hagens**

**Friday, September 28, 7:00 to 9:00 pm and Saturday, September 29, 9:00 am to 4:15 pm** • Bothmer Hall, 5915 SE Division St. •

The weekly verses in the Calendar of the Soul generate a special dynamic for one's meditative life over the course of the year. Mr. Hagens will speak about how working with the Calendar contemplations can awaken us to the Christ Impulse and the development of self-consciousness. We will focus in particular on the Michaelmas mood verse (#26). This will serve as our community Michaelmas Observance. Out of town attendees may inquire with Christine Badura about housing opportunities with local families [badura88@hotmail.com](mailto:badura88@hotmail.com) Sponsored by the Portland Branch of the Anthroposophical Society.

*Whoever meditates on these verses will achieve a great deal.* ~Rudolf Steiner

**School of Spiritual Science Meeting with Herbert Hagens – Nurturing the Esoteric: Working with the Lessons of the First Class**

**Sunday, September 30, 9:30 am to 11:15 am** • Bothmer Hall, 5915 SE Division St. • Blue membership cards required. Contact Rebecca Soloway, [jrsoloway@hotmail.com](mailto:jrsoloway@hotmail.com)

**Planetary Seals Form Drawing Workshop with Patrick Marooney**

**Friday, October 19, 6:30 to 8:30 pm and Saturday, October 20, 9:30 am to 3:30 pm** • Portland Waldorf School, 2300 SE Harrison, Milwaukie 97222 • To register or with questions email [PacificEurythmy@gmail.com](mailto:PacificEurythmy@gmail.com) or Contact Don Marquiss, 503-626-7606.

Can we characterize the seven life processes artistically through form and gesture? Might there be correspondences in Rudolf Steiner's Planetary Seals? Join us for a personal experience of the dynamic and unique quality of each planetary mood and the way they metamorphose one into the other. With pencil and paper we will work intensively with basic, archetypal principles governing growth, evolution and change. These principles apply equally to all of outer nature as well as to our inner life of soul.

**Christian Community Events in November with Rev. Sanford Miller**

**November 15-18** • See the Christian Community blog for details and other events in Portland, Eugene, and Seattle <http://ccoregon.blogspot.com>.

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

**November 14-18** • Register by September 20 for the early-bird discount:

<https://www.biodynamics.com/civicrm/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

**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, [valerieannhpdx@aol.com](mailto:valerieannhpdx@aol.com)

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



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### **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. • \$300, Financial Assistance Available • For more information about this workshop and her local schedule 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.

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

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

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### **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, [valerieannhpdx@aol.com](mailto:valerieannhpdx@aol.com)

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

### **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: Friday 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.

**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 Rumage 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@yahoogroups.com](mailto:pws_choir-subscribe@yahoogroups.com)  
(503) 654-2200 • No practice during school breaks.

**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](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

# Physical Medicine & Injury Rehabilitation



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Joan Takacs, D.O.  
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**And Support the Portland Branch**

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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.)



Pacific Eurythmy

*Planetary Seals  
Form  
Drawing Workshop*

With Patrick  
Maroney

Friday October 19th

6:30-8:30 pm

&

Saturday October 20th

9:30-3:30 pm

\$75 Fee

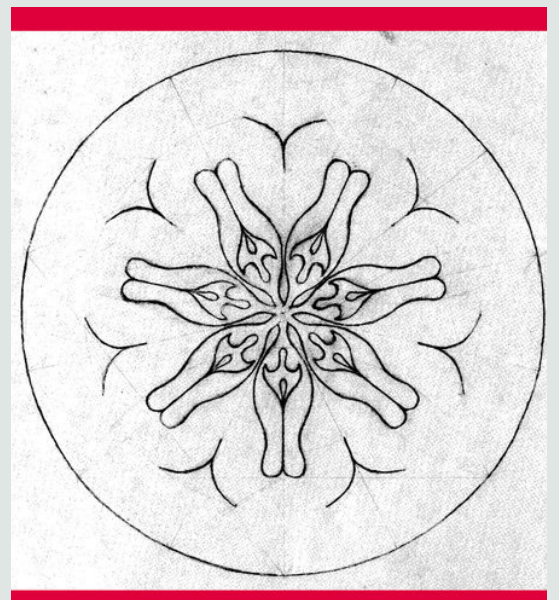
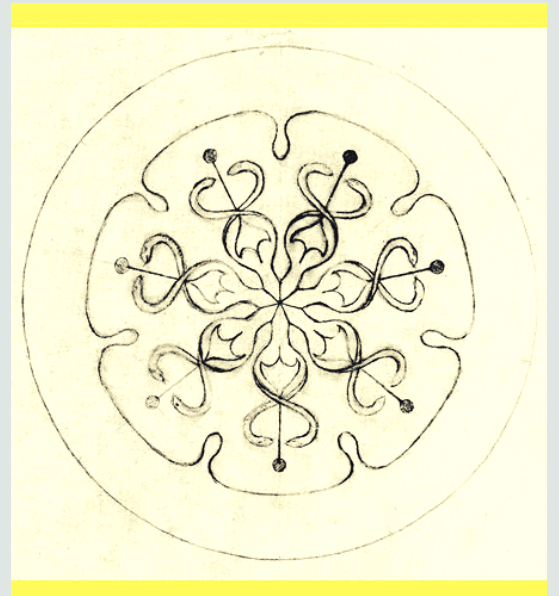
*sliding scale is available upon request*

To Register or with questions

E-mail: [PacificEurythmy@gmail.com](mailto:PacificEurythmy@gmail.com)  
or Call Don Marquiss at: 503-626-7606

At Portland Waldorf School

2300 SE Harrison Milwaukie, OR 97222







# The Inner Work Path

## Strengthening the Foundations Of Meditation

With **Lisa Romero**

**Talk: *Inner Development as Antidote 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:** \$300, *Financial Assistance Available*

**To Register and for more information:** <https://www.innerworkpath.com>

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.



# Embryo in Us

UNDERSTANDING  
OURSELVES  
AS EMBRYO

**A Workshop with Jaap van der Wal, MD, PhD**  
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**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 \$195.00. 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 3609 SE Center Street, Portland, Oregon 97202-3204, Attn. DVD. You can also order on our website using Paypal at [www.portlandbranch.org](http://www.portlandbranch.org).

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