

Portland Anthroposophic Times

Newsletter of the Portland Branch of Anthroposophical Society in Portland, Oregon

www.PortlandAnthroposophy.org

Volume 8, September.2012

Frank Chester:

The Art of the Heart, & the Heart of Art

Frank Chester – master teacher, sculptor and geometrician – will be joining us on Michaelmas to offer dynamic presentations of his original work.

The morning session from 10 am-12pm will explore **The Art of the Heart**, the sacred geometry of the human heart. Through lecture, models and demonstrations, Mr. Chester will illuminate the geometry and true nature of the heart, why it is *not* “only” a pump, and how it really functions – or fails. He will address the questions: Will the heart change in the future? Do we have anything to do with this change? Can the heart change our thinking?

The afternoon session from 2-4 pm will explore **The Heart of Art**. Since encountering the work of Rudolf Steiner Mr. Chester has been exploring the relationship between form and spirit. In this session he will share the extensive trial and error process by which he discovered the new 7-sided form that he named the Chestahedron. Frank found that if he was to achieve his goals, art had to take up where science left off. We will see how this process points to a way in which we ourselves could work, to a science of the future, and to the various implications and applications of the Chestahedron beyond its explanation for the working of the heart.

For more information about Frank, to view his art and read an interview which reveals how his biography led him step-by-step to acquire the abilities which made his process possible, visit his website, www.frankchester.org

Attendance will be limited to 55 people. The cost for both lectures is \$65, for one lecture, \$35. Although we need to cover our expenses, no one will be turned away because of finances. For work study or special consideration contact Valerie Hope, valerieannhpx@aol.com 503-775-0778.

See the attached flier. You can register online at the Branch website, www.portlandbranch.org or send a check to Valerie Hope, 2606 SE 58th Ave., Portland, OR 97206

~Valerie Hope for the Portland Branch Council

The Portland Branch of the Anthroposophical Society
invites you to

Save The Dates!

- Sept. 29** **The Art of the Heart** with Frank Chester
- Oct. 21** **The Work of the Angels in Man's Astral Body**,
Branch study coordinating with national conference,
That Good May Become:
Meeting our Spiritual Destinies in America

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

Rudolf Steiner College: Two New Masters Programs Are in the Works!

Rudolf Steiner College is developing two new Master of Art Degree Programs. One offering would be **Advanced Studies in Waldorf Education**; and a second would be **Transpersonal Psychology: A Concentration in Anthroposophic Psychology**. They are being developed in light of the fact that the college has obtained candidacy status with the Western Association of Schools and Colleges.

MA in Advanced Studies in Waldorf Education

This program is being designed to meet the needs of Waldorf teachers who would like to obtain a master's degree. The overall aim of the program is to give students a view of contemporary educational theories and issues, and to critique them in the light of Waldorf Educational principles. The thesis work provides an opportunity for teachers to contribute to the dialogues in higher education about the state of educational standards and practices; to demonstrate the efficacy of Waldorf pedagogy; and to advocate for the need to improve the quality of education for the children of our future.

Prerequisites are an accredited BA degree, and AWSNA approved certification. Specific tracks will be offered for those wishing, through research, to deepen their understanding of the philosophical and methodological practices in Waldorf education; for those wishing to broaden their understanding of special education needs and issues in a Waldorf School setting; and for those

wishing to assume leadership roles in the Waldorf Education movement.

The format will include intensive weeks on campus, on-line work and practicum projects. Successful completion of this program requires 32 credits of course work (8 credits to be transferred from certification training) and a scholarly written thesis.

MA in Transpersonal Psychology: Concentration in Anthroposophic Psychology

The aim of this program is to develop competency for practicing an Anthroposophic Psychology which interfaces with the best practices of contemporary psychology. Each student may select a specific area of interest. The program director will make every effort to give each student in a given area of interest a mentor to assist him or her in gaining the practical experience needed to enter the field. The objective is to give students a skill level commensurate with the standards for clinical counseling, pastoral counseling, and organizational consulting in the field of psychology and social services. Both the practicum and the research thesis aim to help the student bridge theory into practice.

This program is being designed to meet the needs of those in the helping professions with an accredited BA degree, who also have a familiarity with Anthroposophy and are seeking an MA with a track for acquiring a Licensed Professional Clinical Counselor or Marriage Family Therapist license.

The format will include intensive weeks on campus, on-line work, and practicum placements. Successful completion of this program requires 68 credits of course work, a successful practicum, and a scholarly written thesis. The 13 core content areas for an LPCC are embedded within the curriculum. Upon graduation students will be encouraged to obtain internships and enroll in licensure preparation workshops. These workshops exclusively focus the student on taking the licensure examinations. The program aims to facilitate the individual transformations needed for working with people in need of psychological guidance, support and healing, as well as working with groups and organizations dedicated to cultural endeavors. Within the framework of the program there is an ideal of fostering the traditional ethos of being both a psychotherapist and a social worker, while simultaneously cultivating an Anthroposophic approach to all matters of soul care. The program utilizes lecture, seminar, group process, artistic activities, practicum, and case studies in its direct classroom intensives, relies on reading and writing

assignments posted on the online forums, and a collaborative supervision with site practicum wherein the student is given hands on experience.

As these two new programs are currently in the process of being designed we would like to request your participation. Please give us feedback, share your ideas as to what you would like to see incorporated into the programs, your questions, and a statement of your interest and/or support of these two new MA programs. Please submit your responses to the Accreditation Liaison Officer, William Bento, Ph.D. at Rudolf Steiner College.

Mailing addresses:

William Bento, ALO @
Rudolf Steiner College
9200 Fair Oaks Blvd.
Fair Oaks, CA. 95628
william.bento@steinercollege.edu

~Excerpted from William Bento Letter

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

To submit an article, a calendar item, sign up for our email list, and contact the editors or the Council, go to <http://www.portlandbranch.org/contact>, The deadline for submissions is the 15th of the month. Items selected for publication may be edited for style, content and length.

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

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

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

Cyndia Ashkar, Chrystal Brim, Wes Burch, Yvonne DeMaat, Mia Eilers, Charles Forester, Valerie Hope, Marsha Johnson, Tish Johnson, Bob Kellum, Ruth Klein, Tom Klein, Kathy Kremer, James Lee, Robin Lieberman, Regina Loos, Cheri Munske, Donna Patterson, Timothy Popof, Jeff Rice, Walter Rice, Jannebeth Roell, Diane Ramage, Chiaki Uchiyama.

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

First Class of the School of Spiritual Science, Lesson 9

Sunday, September 9 • 9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97207, Contact Diane Ramage at 971-271-7479 or Cheri Munske at 503 772-2632 Blue card required. Second Sunday of each month

Portland Branch Council Meeting, Second Monday of each Month

Monday, September 10, 7-9 pm • 2606 SE 58th Ave. Contact 503-775-0778 • email valerieannhpdx@aol.com.

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

Movement for Wellbeing with Dr. John Takacs

Beginning September 4, ending December 18, first and third Tuesday of each month • 7:00-8:30pm • Bothmer Hall, next door to the clinic at 5909 SE Division Suggested \$12 each session in box on table • wear athletic or movement shoes or socks, clothing to move in.

Dr. Takacs is offering these Spatial Dynamic & Bothmer movement exercise group sessions to his clinic patients and the general public as a basic foundation for engaging many physical and emotional challenges.

Monthly Painting Circle with Robin Lieberman

Beginning September 13, Second Thursday of each month 5:30-8:30 pm • 1410 SW Morrison St., Suite 901 • \$50 includes all materials and snacks. Please register in advance • contact robin@robinlieberman.net or 503-222-1192

Each second Thursday Robin opens her studio to all who wish to paint in community. Inspired by the work of Liane Collot-D'Herbois we will explore a color or theme each month. Curiosity is the only prerequisite!

Luster and Image Colors 2: Workshop with Chris Guilfoil

Saturday September 15, 9 am-5pm • 3135 NE 17th Ave, Portland OR 97212 • \$ 75.00, includes material • Please bring a dish for a potluck lunch. To reserve a place please register with a check to Chris Guilfoil and send it to J. Roell 3135 NE 17th Ave, Portland. For information contact Jannebeth Roell at 503-249-3807, or Jannebeth@mindspring.com

Chris will continue to work with us on the subject of luster and image colors. It is the second of 4 workshops on this theme, maximum 12 participants. *“One who, through a long period of soul-culture no longer considers as dogma but as experience what Dr. Steiner has said in his color lectures about “luster” and “image” colors, will see in this turning of luster to image and of image into luster, a priestly redeeming act for the earth – a transformation.” ~ Maria Strakosch*

The Art of the Heart with Frank Chester (see article in this edition & attached flier)

Saturday, September 29, 10 am-4pm • Bothmer Hall, 5919 SE Division St, Portland • Limited to 55 people • Cost \$65 for two lectures, \$35 for one. No one will be turned away because of finances. • Bring your lunch or visit one of several restaurants within walking distance • You can register online at the Branch website, www.portlandbranch.org or send a check to Valerie Hope, 2606 SE 58th Ave., Portland, OR 97206

Since encountering the work of Rudolf Steiner, Frank has been exploring the relationship between form and spirit, and in the process he discovered a new geometric form which demonstrates a remarkable correlation to the form and functioning of the human heart, helping to explain how it works. Frank's work points to a science of the future. For more information see his website, frankchester.org

The Work of the Angels in Man's Astral Body, Branch study coordinating with the national conference: That Good May Become: Meeting our Spiritual Destinies in America

Sunday, Oct 21, 3pm Bothmer Hall, 5919 SE Division St, Portland • Limit 60 people • contact Valerie Hope, valerieannhpdx@aol.com

You can find the lecture, “The Work of the Angels...” online at the Rudolf Steiner Archives. An excerpt with commentary and questions is available in the Spring 2012 issue of *Being Human*, available in Portland from Valerie Hope, (503)775-0778, or on the Anthroposophical Society in America website at www.anthroposophy.org.

Ongoing Activities and Study Groups

Council Meetings of the Portland Branch, 2nd Monday of the month 7-9 PM

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

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

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

9:30 AM sharp Bothmer Hall, 5919 SE Division St, Portland, 97207 • Blue card required. Please contact Diane Ramage at 971-271-7479 or Cheri Munske -at 503-772-2632

Anthroposophical Course for Young Doctors, Study Group 1st Tuesday of the month, 7-8:30pm

Pohala Clinic, 12050 SE Holgate Blvd. • Contact Julie Foster by phone at (503) 572-4196 or by e-mail at julie@pohalaclinic.com.

Knowledge of the Higher Worlds 1st and 3rd Tuesdays 7:30 - 9:00 PM

3046 NE 33rd Avenue, Portland, OR 97212 • Contact Donna Patterson and Bob Kellum at 503-331-7393.

Portland Waldorf School Community Choir Friday mornings from 8:45 - 10:15 am

Portland Waldorf School, 2300 SE Harrison Street, Milwaukie in the Orchard Room This event is free. Marion Van Namen (503) 956-4046.

Waldorf Education and Teacher Training Lectures and Courses

Conducted throughout the year by the Micha-el Institute. Contact John Miles at 503/774-4946. johncmiles@usa.net.

Outside of Portland

Heartbeat Youth Conference - Encountering Thresholds: The Courage to be Vulnerable

October 6 & 7 • Heartbeat Life Sharing, Hardwick, Vermont • \$50-\$100 per person sliding scale (the most that you can). This includes registration, meals and accommodations on the floor or camping (bring your own bedding!). For a full conference program and registration information, contact Annie Volmer, annie@heartbeat.org or 802-472-3285.

We will explore the theme of biography, with specific attention to the many thresholds we meet daily and over the course of our lives. On Saturday evening Laurie Portocarrero will perform her one-woman show, THE POWER OF IMAGINATION: The Life and Poetry of Christy McKaye Barnes. As usual there will be lots of delicious food and fun!

Evil as a Challenge: A Manichean Journey to the Heart of Our Time, with Christine Gruwez

October 12, 13, 14 • \$135, \$25 Friday eve only • The Christian Community Church, 906 Divisadero St., San Francisco, California • Contact Karen Mattison, 925-454-8962 kmmm@dslextreme.com

Ms. Gruwez is a Belgian research scholar of Manicheism who followed the history of Mani and his communities throughout the Far and Near East from the Balkans, North Africa, Iran, and through the Silk Road to Japan. Her background is in philosophy, linguistics and Waldorf education. She shares the fruits of her studies in seminars and conferences at Emerson College, at the Goetheanum in Switzerland, in Japan, and now for the first time in the U.S. She will be presenting her book, "Walking With Your Time, a Manichean Journey", which treats how to become a contemporary human being, and the question of good and evil in our time.

Michael Imagination

Springing from Powers of the Sun,
Radiant Spirit-powers, blessing all Worlds!
For Micha-el's garment of rays
Ye are predestined by Thought Divine.

He, the Christ-messenger, revealeth in you –
Bearing mankind aloft – the sacred Will of Worlds,
Ye, the radiant Beings of Aether-Worlds,
Bear the Christ-Word to Man.

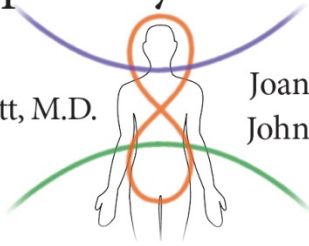
Thus shall the Herald of Christ appear
To the thirstily waiting souls,
To whom your Word of Light shines forth
In cosmic age of Spirit-Man.

Ye, the disciples of Spirit-Knowledge,
Take Micha-el's Wisdom beckoning,
Take the Word of Love of the Will of Worlds
Into your souls' aspiring actively!



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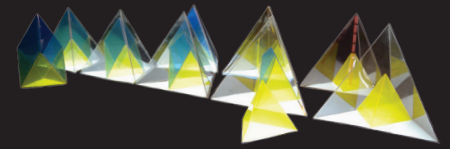
<http://www.portlandbranch.org/contact#3>

Embryo In Motion: Understanding Ourselves as Embryo

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

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

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



FRANK CHESTER

Limited to 55 people
Cost \$65, or \$35/lecture

Saturday, September 29
Bothmer Hall, 5919 SE Division St.
Portland, OR



The Heart of Art



2pm -4pm:

Since encountering Rudolf Steiner's works Frank has been exploring the relation between form and spirit. In this lecture he will illuminate how he discovered the Chestahedron, and how the Chestahedron works as a unifying template connecting all the Platonic Forms.

Frank will show how the protocols that led to his discovery point to an artistic science that is sensitive to the interpenetration of the physical and spiritual worlds.

Indications for further research utilizing the protocols, and potential applications of Frank's work beyond connections to the heart will be presented.

To find out more about Frank and his diverse work, see:

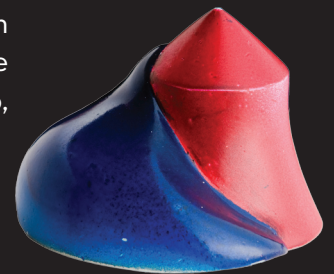
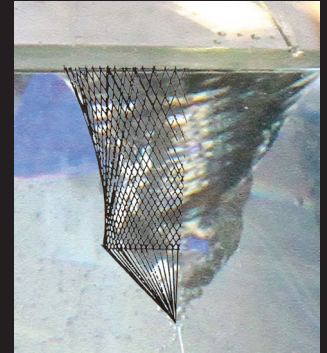
frankchester.com/booklet

The Art of the Heart

10 am-12pm:

Frank's discovery of the Chestahedron, a volume with seven faces of equal surface area, suggests new ways of looking at the underlying dynamic geometry of the human heart's form and function, complementary to current cardiac research.

In this lecture, Frank presents his original research outlining the way that the heart is not merely a pump, but an organ that integrates a dual vortexial flow of the blood.



REGISTRATION

Bring your lunch or visit one of several restaurants within walking distance. We wish to cover our expenses, but **no one will be turned away because of finances**. For work study or special consideration contact Valerie Hope, 503-775-0778, or by email at valerieannhpx@aol.com

Register online at:

<http://www.portlandbranch.org/frank-chester>

or send the form at left with a check to the Portland Branch of the Anthroposophical Society to:
Valerie Hope, 2606 SE 58th Ave.
Portland, OR 97206

Name: _____
Address: _____
Phone: _____ Email: _____
 \$65 - Both Lectures
 \$35 - 10am Lecture Only
 \$35 - 2pm Lecture Only