

Portland Anthroposophic Times

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

www.portlandbranch.org

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WHAT DOES THE HONEYBEE CRISIS MEAN FOR LIFE ON EARTH?

By Gunther Hauk, Spikenard Farm



"Actually, every human being should show the greatest interest in this subject because, much more than you can imagine, our lives depend upon beekeeping." (Rudolf Steiner "Bees", p. 5)

Two insects were considered sacred to the ancient Egyptians: the scarab beetle and the honeybee. The initiates of that time knew that, for the fertility of the fields and pastures, the scarab beetle was of utmost importance in the dry and hot climate. And they knew that the honeybee, together with the stinging insects, were the guarantee for life on earth by virtue of their producing formic acid (the venom). Whereas the formic acid in the body of animals and the human being is the substance that lets the soul live in the physical body (R. Steiner), the plants producing oxalic acid is the basis for the etheric body's work. It may be a surprise to many that life on earth depends on acids: deoxyribonucleic acid (DNA), fatty acids, amino acids, peptic acid, folic acid etc.



Of course, pollination of about 3/4 of our food depends to a great degree on the honeybee which provides this service by her sheer numbers---already in March/April there are 10-20,000 forager bees in one colony---and by the fact that a foraging bee is "faithful" to one kind of blossom on one trip. She visits only apple blossoms and

does not go to the adjacent pear or dandelion.

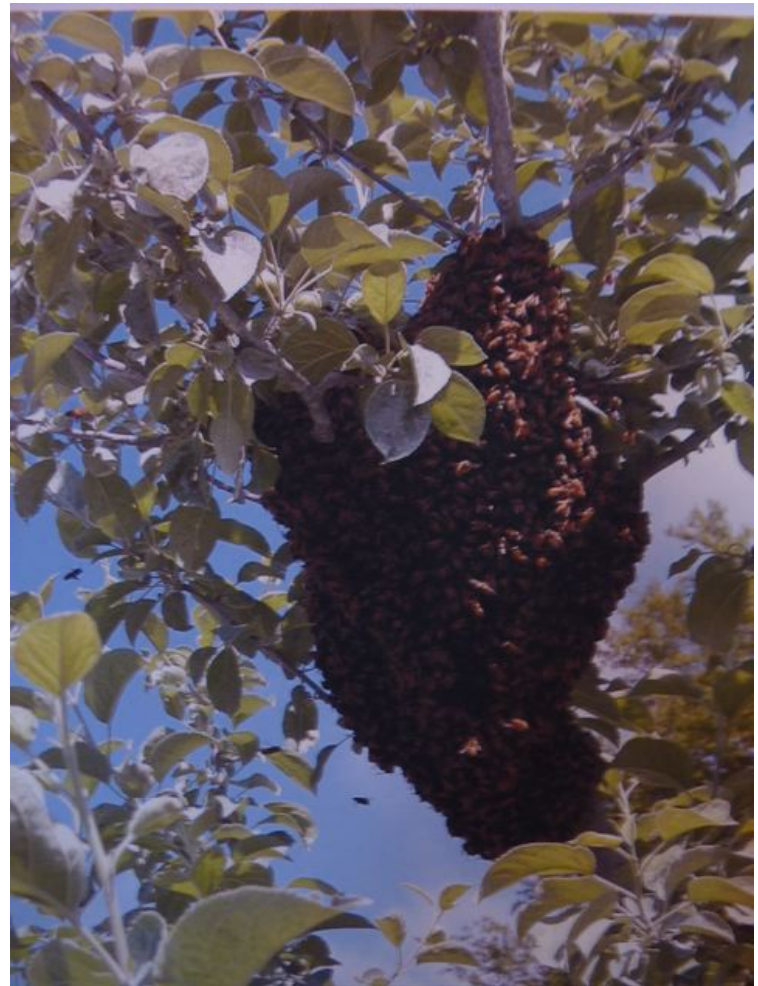
From the mystery centers of Atlantis, where the honeybee was 'bred' out of the fig wasp (R. Steiner) for the benefit of evolving nature and for our very own benefit in the form of honey, to the temples of antiquity, the honeybee was kept in deep veneration. In the early Middle Ages, the monks were the predominant keeper of bees and not until the 18th century, with the beginning of public education in Europe, did teachers take over. Most modern inventions, like movable frames, were pioneered by monks. By the end of the 19th century, beekeeping methods had been perfected to the point where it was lucrative enough to be a profession. At the same time it became a hobby for the lay person.

The 20th century saw an enormous amount of researching the physical characteristics of honeybees, and beekeeping became ever more driven by the paradigm of Western economy: *profit*.

We can now look back on more than a century of exploitive, mechanized beekeeping methods. Not long ago an advertisement in the beekeeping journals read "We asked some bees what would make them more profitable". In the same time-span agricultural methods succeeded in poisoning the soil, water, plant, animal and the human being. Monoculture deserts, eliminating wild flowers and herbs (the medicinal forage for insects), plants estranged from their spiritual archetypes (GMOs), agents of death (-cides) detrimental to all life but used for growing food, and perfect green lawns, all combine their war on life. The most delicate ones, insects and amphibians, demonstrate this onslaught on all life first; but we are not far behind!

Einstein is supposed to have said that if the honeybee goes, we have four more years of life on Earth. Personally, I think we would have a few more decades! Rudolf Steiner told the workers at the first Goetheanum "...if there weren't any bees, wasps, and ants...the flowers would have to die out after a certain period of time." ("Bees", p. 135). People sometimes forget that the vegetable crops we grow come from seeds and seeds come from flowers. Without doubt, great famines will be the result of our decimation of the honeybees and other stinging insects and eventually, all life would cease.

The attack on the honeybee is the tip of an iceberg, an attack on all living creatures. The CCD (Colony Collapse disorder) crisis witnessed today is by far more serious than global warming, since it's not just a matter of climate shifting, ocean currents changing, parts of continents and entire islands being put under water. It really is a question whether we are able to continue our evolution until at least a part of humanity doesn't need a mineral body any more. Ehrenfried Pfeiffer estimated that we need at least another 6 to 7 more incarnations to reach that point!



IF YOU ARE INTERESTED TO LEARN MORE ABOUT THE PORTLAND BRANCH OF THE ANTHROPOSOPHICAL SOCIETY, PLEASE CALL DIANE RUMAGE AT (360) 241-7854.

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What can we do? *A lot!* Everyone can

- Support organic or even biodynamic products through their purchases. More expensive? Yes, but without this support the conventional methods will persist even longer.
- Become active against spraying of herbicides and insecticides (West Nile Virus!) in your neighborhood, county-, state- and nation-wide.
- Support initiatives that educate about sustainable, bee-friendly beekeeping methods.
- Plant annual and perennial flowers, bushes, trees that give nectar and pollen forage for the honeybees. Mr. Google will help or your local beekeeping club!
- Start keeping bees in your backyard, on your porch, on your rooftop or balcony.
- Read Steiner's lectures on bees and perhaps Gunther's book "Toward Saving the Honeybee" (reprinted this year)

The attacks we witness today, whether in education, in medicine, or in modern technology, are focused to a great degree on that part of our being that alone makes us truly human: the middle or rhythmic system. Our intelligence we have also given up to machines, along

with our will. It is the heart where our conscience, our humanity dwells like nowhere else. And the honeybees are creatures that always touch our hearts. Even the most materialistic and exploitive beekeepers say that they love their bees. The attack is on the essence of LOVE, on that Being who is the greatest teacher of love in our evolution.

One could sum up the honeybee crisis and say that it is an attack on our humanity.

Steiner: "...when our hearts develop love it is actually the very same thing that is present as a substance in the entire beehive." ("Bees", p. 2).

Gunther Hauk, the king of bees, will visit Portland March 5-7, 2010 to present on the topic Bees: Tying It All Together. This lecture workshop series will be described in greater detail in future editions of this newsletter. BEE HELPERS NEEDED! If interested, please contact Walter Rice by e-mail at dub0302@hotmail.com.

AS JOHN LENNON SAYS, ALL YOU NEED IS LOVE

By Lynn Madsen, M.D., Portland, Oregon



Fear of becoming ill is a large part of what the flu this year seems to be about. The flu is always with us; is this much fear always with us? Whether the fear be large or small, old or new, the best antidote is love.

Each time I am asked about whether someone should get the flu vaccine, or "will I be okay if I get the flu?" my role as a healer is mainly to provide reassurance. If indeed someone gets the flu, all shall be well with or without a vaccine. How healthy a person is in the first place does not seem to matter; fear trumps all.

I have already treated many individuals with the swine flu, and have yet to send anyone for hospitalization. Love in the form of TLC is all the medicine most individuals need.

Why is this so hard to believe? Perhaps our hearts are vulnerable right now, and it takes extra consciousness to fill our hearts with love and warmth.

Of course it is true that those with underlying vulnerabilities such as malnutrition or asthma may well need hospitalization with a flu illness. I do not hesitate to

take that action when needed. Yes of course visit your doctor or other health care practitioner with any concerns. This is common sense and makes for good medicine. We take these actions from a place of love, that we will all care for one another when we are ill or vulnerable.

You may respond, "Yes but it feels like I'd rather die with those aches and pains, the endless coughing or throwing up. It's hard to believe this is 'just the flu.' Of course I'm afraid!" Again, all you need is love -- even when there is the pain and discomfort of the flu, and you feel like you're going to die, you won't. You can endure the pain and discomfort with whatever medicine one chooses to take, conventional, anthroposophical, or others. Pain represents an imbalance, and a message from one's body demanding attention. This approach is much different from the fear of becoming ill or dying. When viewed as a message, then there is opportunity for conversation and healing.

As a healer, I want to alleviate suffering. I have the privilege of working both in conventional and anthroposophic clinics right now, and provide both types of medicines depending on the setting I work in. There are many ways to heal--to alleviate suffering. And, as I work in these different settings, I realize that the reassurance and love I provide is more important than whatever substance prescribed.

Believe in your body's capacity to heal. During this flu season, use whatever makes sense to you to provide both the basics of warmth, nutrition, fluids, and then whatever else you are comfortable with. Treat yourself with love. All shall be well.

REFLECTIONS ON THE SWINE FLU: FINDING ONE'S STANCE

By Julie Foster, MSN, FNP, Portland, OR



Almost daily I am asked about "What can I do about the Swine Flu?" There is an inundation of information for health care providers and consumers alike. How do we sort through it?

There are many layers one can look at. In the spiritual realm I see the Swine Flu represents the Dragon in the Time of Michaelmas. One author says as a collective culture we are waiting for an epidemic. In Anthroposophy one

might say 'Facing something like the Swine Flu is just the kind of work we as humans are meant to be doing.'

The dark forces of Kali Yuga cycling to Kali Satya, the materialism of the Mars energy transforming to the divinity of a new Mercury influence in the evolution of earth, or the end times of 2012 in the Mayan calendar amidst a country at war all stand at the back-drop of this affair.

The Swine Flu is nothing new... This piglet too has its recurring rhythm, and like the Earth who historically has melted away her ice caps, will too return to an ice-age. This is what happens on this planet. We are one giant petri dish. Somehow we all get to be together in this. The challenge is 'How do we want to be with it?' Do you and I want to be paranoid, in denial, swinging with our monkey-mind in the polarities of fear or rather stand in our personal collective power regardless of the outcome? It is well known in histories past that clergy and healers, amidst an epidemic, were immune to diseases, sharing a belief of facing the fire with conviction, power, and positive intent.

The flu vaccine is not my personal preference. In the past I have resorted to saying perhaps it is good for the elderly and chronically ill, but then I think they are too weak to receive any vaccine. Some might think that as a health care provider I am at increased risk too. I have been exposed to many harsh illnesses and it is rare that I get sick. I get sick when I become unbalanced, for instance if I forget to drink enough water the day before, or if I feel an emotional stress on top of seeing a patient with a virus or severe depression. When my terrain gets chafed the dark forces come knocking.

I agree with many naturalists and allopathics alike that the Swine Flu Vaccine has been rushed and I am unsure of trusting the motives involved to bring it to the masses. Still I may have a patient who chooses these options. I hold no negative judgment. This is a choice and if so I often guide my patients to use Anthroposophic remedies to counter any harmful effects.

At this time of year or as with any shift toward illness in the larger community there are precautions I take for myself and family as well as taking the time to counsel patients.

1. Basic Nursing Care.....warmth, light, rhythm, and love. Rest is absolutely essential and nature's best healer. REST at the first sign of illness, DON'T WAIT. Children under 7 need 10-12 hours of sleep each night. Akin to

the guidance of our kindergarten teachers, 3 layers of clothing on top and 2 on the bottom. (Thank goodness for this Indian summer). If chilled take a bath. Epsom Salt, yellow mustard, baking soda or favorite oil (seek Anthroposophic Medicine provider for instructions about what may be in your kitchen for healing). Draw a lemniscate in the water 7 times with a prayer each time to create a healing space. I also like sweating when possible in an Inipi Sweat Lodge or more commonly a sauna at home or in a gym would work. Make sure your home and environment can be ventilated and exposed to light. Our grandfather Sun has many more healing qualities than he gets credit for. Microbes don't like this.

2. Prevention - Always use proper nutrition as your first medicine. I cannot emphasize this enough! I like the knowledge of the Weston Price Foundation and/or the cookbook *Nourishing Tradition* by Sally Fallon. The following recommendations are basic and safe, yet not limited. For instance I often choose a different treatment plan from one person to the next. This does not preclude the advice of your health care provider. The joy of medicine for our patients is that there are so many great choices of providers for people to find a healer that prescribes to one's liking and is a good fit respectively.

- Echinodoron tablets (Weleda pharmacy)
- Emergen-C packets. This is easy for children
- Mucococinum or OTC oscillococinum 1tab or vial per week in flu season.
- Higher doses of buffered Vitamin C. When the bowels are loose (metabolic system) it is difficult to maintain head (nerve-sense system) congestion. It helps flush our system. See health care provider for dosing.
- Travel remedy (Uriel pharmacy)/Airborne for flying or large public exposure.
- Cordiodoron (Weleda) 1-2 tabs twice daily to balance stress
- Lavender/moor oil (Hauschka) or Solum Aesculus Oil (Uriel pharmacy) for weather sensitivity and protection from unkind external forces.
- Vit D & antioxidants. Many reputable articles out there in support of this. See provider for dosing.
- Good probiotic. Studies have shown if the gut is well populated with good bacteria then the bad guys have a harder time setting up residence. Easiest is to ingest lacto-fermented foods such Kombucha, Kefir, or obtain good brand through your health care provider.
- Essential Fatty Acids- The good fats maintain a healthy circulation and nervous system. Coconut

oil, flax seed, fish oils, etc. Good OTC is Nordic Naturals or from your health care provider.

- Sugar feeds bacteria and viruses. Natural Sugars only- agave, molasses, maple syrup, stevia, evaporated cane juice, honey if you must have sweets.
- Drink fresh filtered water $\frac{1}{2}$ your weight in ounces each day.
- Eat a diet more alkaline based, like green veggies, green drinks, raw foods, wholesome soups. No white flour, processed foods.
- Osteopathic or Chiropractic care to maintain a healthy and oxygen-filled nervous system.
- Other body work to facilitate a balanced well being (Acupuncture, Massage, etc.)
- Live your life fully. Move and have fun. We all know that people with positive well-being weather adversity better.

3. Establish relationship with trusted health care provider. I like knowing my patients before something hits hard. In this way I can better assess the severity of a health change. Choose a provider who will take the time to address your questions and concerns. This is important to be better equipped to meet the unknown.

4. If you become sick: Consider using Ferrum phosphoricum (Weleda), Infludo (Weleda), Mucococcinum/Oscilloccinum. Liquid Echinacea or elderberry for children too (True Botanica or Seroyal pharmacies). For adults I have had good success with Bio-vegetarian (Priority One). Again, there are so many approaches and good products, if one is not working switch to invite the body to work with the remedy and illness. I look at a person's constitution or tendencies for health and illness and provide treatment with Anthroposphic remedies. Actually it is a good idea to consult with your anthroposphic provider to obtain on-hand things that are good for you and your loved ones.

Above all, be sure your decision is born from a conscious place of centeredness, whatever decision you make. Make your decision out of a true and sincere vigilance instead of from denial or fear. It has been said the Earth has everything on her to heal whatever us humans encounter. Even so, my late Irish great-grandfather who lived through the swine flu in 1918 said those who died were the ones who went back to work too early or didn't seek or receive proper nursing care.

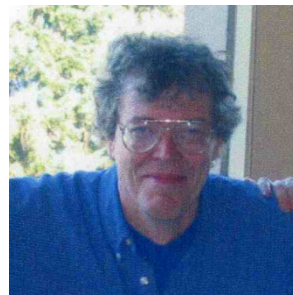
With this in mind I suggest if you find yourself sick with the Swine Flu do not try to be a hero with yourself. If you think in the slightest you or a loved one is taking a

turn for the worse seek your health care provider as soon as possible. It is quick and easy to assess a developing pneumonia or dehydration, which are the most common causes of death in an untreated flu.

I refuse to give into the majority response. I am neither *laissez-faire*. I feel concern about my children, especially my youngest who has a thin veneer. But it is to say I am aware and awake standing guard if it arrives. Hopefully these reflections provide something of use for you and others.

WHAT IS THE SWINE FLU?

By Bob Kellum, N.D., Ph.D., L.Ac., L.M.T., Portland, OR



Swine flu is a contagious respiratory disease, caused by a Type-A influenza virus that affects pigs. The current strain, A (H1N1), is a new variation of an H1N1 virus—which causes seasonal flu outbreaks in humans—that also contains genetic material of bird and pig

versions of the flu. Symptoms include:

- Fever of more than 100° F
- Coughing
- Runny nose &/or sore throat
- Joint aches
- Severe Headaches
- Vomiting &/or diarrhea (more common w/ H1N1)
- Lethargy
- Lack of Appetite

The health department is making dire predictions about what may possibly happen this flu season. Local counties say that up to 35% of the population may be affected. In a "normal" flu season, 15-20% of the population is affected. To date (September, 2009), there have been 92 cases of Swine Flu in the entire state of Oregon. Predictions are that the numbers will rise dramatically in October, and it is expected there will be 100 additional flu-related deaths in this upcoming flu season. (While no deaths are desirable, keep in mind that these are still relatively low numbers...so, in comparison, for example, over 3000 people in the world die per DAY of malaria. The CDC indicates over 13,000 deaths per year worldwide attributable to cigarette smoking; WHO statistics indicate world violence accounts for about 4,000 deaths per day. Currently, the CDC lists risks of becoming infected from H1N1 as follows:

Ages 0 to 4 y/o -----22.9 per 100,000 (0.023%)
Ages 5 to 24 y/o-----26.7 per 100,000 (0.027%)

Ages 25 to 49-----6.97 per 100,000 (0.0069%)
 Ages 50 to 64 y/o-----3.9 per 100,000 (0.0039)
 Over 65 y/o-----1.3 per 100,000 (0.00013%)
 Total Infected risk ...62 per 100,000 (0.062%)

Even though swine flu appears to be continuing to spread, you need to realize that this is typically a MILD illness from a WEAK virus. Most cases resolve with no medical care needed whatsoever.

Stay calm. There is not a good reason to buy into any potential paranoia or hysteria. Our immune system is actually weakened by fear and isolation, and strengthened by human connection. To date, the swine flu in the southern hemisphere has not proven to be terribly potent, and their flu season is ending.

At the same time, DO take care of your health to reduce or eliminate your risk of contracting any strain of influenza. The best treatment is to not get the flu. While that may sound a daunting task, there are a number of important and simple steps that should be taken by yourself and everyone in your household. Of note also, this is NOT just for swine flu; it just makes good sense to ALWAYS follow these preventive measures.

1. **Wash your hands.** Washing your hands will decrease your likelihood of spreading a virus to your nose, mouth, or other people.
2. **Get Enough Rest.** If your body is overly fatigued it will be harder for it to fight the flu. Eight hours of sleep is needed by most adults, and more for children.
3. **Avoid Sugar & Processed Foods:** Sugar decreases the function of your immune system almost immediately; a strong immune system is key to fighting off viruses and other illness.
4. **Exercise.** When you exercise, you increase your circulation and your blood flow throughout your whole body. Important components of your immune system are also better circulated, which means your immune system has a better chance of keeping a viral illness in check.
5. **Manage Stress.** If stress becomes overwhelming, your body will be less able to fight off the flu and other illness.
6. **Eat Garlic Regularly.** Garlic works like a broad-spectrum antibiotic against bacteria, virus, and protozoa in the body. If you are allergic to, or don't enjoy garlic, it would be best to avoid it as it will likely cause more harm than good.

7. **Take a High Quality Fish Oil.** Also avoid damaged Omega-6 oils that are in hydrogenated oils and trans-fats, and processed foods, as it will seriously damage your immune system.

8. **Take a High Quality Probiotic:** AND eat plenty of naturally fermented foods. Eighty percent of our immune system is located in our digestive tract, so enhancing our gastrointestinal health with probiotics (acidophilus) is a very effective way to ward off cold and flu viruses.

9. **Optimize Your Vitamin D Levels.** Have your vitamin D level checked to confirm your levels are therapeutic at 50-70ng/ml. Optimizing Vitamin D levels is one of the best strategies for avoiding infections of ALL kinds. (Note that, because of our geographic latitude, PORTLAND reference ranges, at 4-52, are LOWER than the national average, and so are not a reliable indicator). Give 2,000 IU's to Adults; 1000 IU's for children)

10. **Use a Homeopathic Remedy:** such as Mucococcinum or Oscillococcinum on a weekly to bi-weekly basis.

11. While our first line of defense should always be to promote a healthy immune system, if you have an immune-suppressing chronic illness, heart disease, cancer, an underlying serious asthma, COPD, or other chronic respiratory condition for which you are on medication, are a smoker, morbidly obese, have a diet deficient in critical nutrients, or have the good fortune to be pregnant, you have a relatively higher risk for greater infection complications, and might want to educate yourself more thoroughly about the risks and possible sequellae of this vaccination, should you choose to have it.

What to do if you get sick with the flu? In addition to all of the above recommendations, add the following:

1. Stay home in bed and rest.
2. Cough into your elbow or shoulder.
3. Minimally, do not go into work or school for at least 24-hours after the fever has broken. While H1N1 is a mild strain virus, it is believed most infectious during the first 2 days of outbreak, and can still be infective up to 10 days after the illness begins.
4. Continue to take the above supplements (Fish Oil, Probiotics, Vitamin D, homeopathic remedy) all winter long.
5. Simple diet of soups, broths, herbal teas; drink plenty of fluids.

6. Make an appointment with a trusted healthcare provider. S/he will be able to prescribe for you an individualized treatment that may/can include some of the following:

- a. Hydrotherapy (warming socks, castor oil packs, mustard plasters, Epsom Salt Baths, Nutritional Baths, etc....specific to your temperament and condition)
- b. Immune Support Supplements (VITAMIN A, C, E, ZINC, TRIPHALA, ETC.)
- c. Herbal Tinctures or Teas (ECHINACEA, SAMBUCUS, VERBASCUM, AESCLEPIUS, ELECAMPANE, ETC.)
- d. Homeopathic Remedy (BEYOND OSCILLOCOCCINUM, A REMEDY CHOSEN SPECIFICALLY FOR YOU).
- e. Flower Essence (SPECIFIC TO YOU).
- f. Acupuncture—both acutely to treat a condition as well as preventively to boost the immune system
- g. Anthroposophic Remedies to strengthen the rhythmic system and build and transmute warmth in the body, such as:
 - APIS BELLADONNA (ERISYDORON)
 - EUPATORIUM COMP INJECTABLE
 - FERR PHOS
 - METEORIC IRON PRUNUS
 - APIS BELLADONNA ACONITUM
 - BEESWAX PLANTAGO CHEST RUB
 - INFLUDORON (ACONITE, BRYONIA, EUCALYPTUS, EUPATORIUM, FERR PHOS, SABADILLA)
 - PNEUMODORON 1 (ACONITE/BRYONIA) & PNEUMODORON 2
 - PHOSPHOROUS/TARTARUS STIBIATUS)

HOSPICE OPPORTUNITY

By Julie Griggs, Portland, Oregon

I have just started working as a hospice nurse at an in home hospice center started by Signature Hospice.

This is a new and upcoming wing of the hospice movement. It is a mansion, previously owned by Chuck E. Cheese that sits on 4 and 1/2 acres in Beaverton. It holds space for up to 12 people at a time who are in the active phase of dying, with less than 6 months. There is a personal chef, a fireplace, home baked cookies in the morning, and amazing amounts of staff to patient.

They are still in need of volunteers who spend time with someone who is near death or someone that may help put the cookies out and small tasks here and there. If

you have any interest to support please contact Michelle Fuchs at 1-800-936-4756.

Pass this on to anyone you think may be interested. There is so much to learn about life and living by supporting the dying.....!!!! Blessings to your fall.

BRANCH NEWS – FROM THE COUNCIL

By Valerie Hope, Portland, Oregon



Our local artists and community members, through visual arts, music, Eurythmy and theater, are enriching our branch gatherings and activities, and over time can help to foster clearer understanding and deeper feeling with regard to the impulses behind the festivals, and other topics that we take up. Council members are working to bring to our community festivals, topics and activities that can deepen our connection to Anthroposophy, and strengthen our connections as community members.

The Branch Michaelmas celebration in September showcased the local eurythmy group, and a staged reading of Scene IV of *The Portal of Initiation* by the drama group. Word on the street is that Summer Arnette made for an awesome Ahriman.

In October the quarterly Members' meeting offered a rich combination of experiences for the approximately 26 attendees. The group was intent as Cheri Munske led us through a watercolor painting experience of the mood of blue. She inspired us with reflections on the nature of blue, and its relationship to the season. Heather Duke and Lucian Schloss addressed the topic, "The nature of the dragon: understanding mental illness". Heather recounted her personal experiences as an individual with a brain injury, and Lucian offered an Anthroposophical perspective to his experiences working on a national crisis line. The group conversation brought greater depth to the topic, and because of the considerable interest, Heather has published her notes in the online and e-mail versions of this newsletter, available online. Owing to the cooking talent of some and the shopping talent of others, we enjoyed a wonderful potluck meal. We can look forward to another opportunity to come together at the January Members' meeting, when the topic will be Camphill communities.

By the time this newsletter is published Andrew Linnell will have joined us to address the question, "Has the time come for Christianity to found the new mysteries?" We will have come together to connect with our dead on All Soul's Day, and to explore why it is important that we stay connected with them. We will be looking forward to coming together for the Advent readings, Emil Bock's *The Threefold Mary*, and to the Holy Nights readings, Rudolf Steiner's *Fifth Gospel*. We will anticipate meeting with Gunther Hauk in March about the condition and future of our endangered bees. And June will find us exploring in depth with Jaap van der Wal "Spiritual Embryology, Glimpsing the Mystery: The Nature of Life in the Womb.

Additional Council efforts: Angelica Hesse of Yellow Pants Studio has worked with the branch website and increased its beauty and function - check it out if you haven't yet at www.portlandbranch.org. We have a nucleus of a technical team which is open to others with skills or interest.

I am offering this partial overview here of Branch activities for at least two reasons. The first is to find out from you what it is that you value in the council's efforts, and what more you would like to see. The second is to suggest that it would be most helpful if those of you out there with specific interests and/or talents would be willing to help to make our branch a vibrant, flowering, leafy one in support of Anthroposophy and the human development that it strives for.

Examples:

- We can imagine a group of people exploring the purposes and meanings of the festivals and how best to bring them to life.
- In addition, there are all of the practical aspects for each event, including set-up and cleanup, and organizing people to bring potluck items or refreshments as the situation calls for. Would you like to be involved with bringing forward an impulse that has arisen to use washable set-ups instead of disposables at our events?
- What topics would you like to explore together, and who might you like to hear speak on those topics?
- How can we as a community best support the artists in our midst?
- You can help with ideas and support to optimize our effectiveness with communications, promoting speakers and activities. Who are our audiences?
- We can use reporters who would attend talks and other activities and would write up something for the newsletter so as to could include those who are not able to attend.

You can contact the council with your ideas and offers of assistance through the secretary by email: valerieannhpdx@aol.com, or by telephone at 503-775-0778. To suggest agenda items contact Chrystal Godleske, socialsculptor@gmail.com.

Portland Branch Council officers for this year are: Chrystal Godleske, Chair; Ruth Klein, Treasurer; Valerie Hope, Secretary. All branch members are invited to meetings on the second Tuesday of the month at the home of Ruth and Tom Klein, 3609 SE Center, Portland, phone: 503-777-3176. 7 PM - 8PM study of the theme of the year followed by the business meeting.

HERE COME THE HOLY NIGHTS' READINGS

By Tom Klein, Portland, Oregon



The time for The Holy Nights' Readings is fast approaching and it is time to put in your request to host an evening. For those who have never attended; the readings are every evening during the twelve nights of Christmas. They begin on December 26th and continue until January 6th. Each evening we read from a lecture series from 7:30 PM until about 9:00 PM and then have some time to socialize and partake of the refreshments provided by our hosts and others. This type of event happens in many anthroposophic communities and has been celebrated here for more than twenty years. Last year there were about 12 people each evening and 41 people attended at least one reading. It is a unique experience to attend an event like this over twelve nights at this time of the year. There are often special events on some of the evenings including dropping lead on New Year's Eve. This is an old ritual where people drop molten lead into water and try to see the coming year in the resulting structures.

This year we will be reading *The Fifth Gospel* lecture series which we last read in 2003. The lecture series was chosen this year after Virginia Sease presented a lecture on this topic in June.

Please call (503-777-3176) and reserve an evening to host. I will give priority to people who hosted last year if you reserve by November 18th. After the 18th I will give out dates on a first come first serve basis. I look forward to seeing you all during the Holy Nights' readings.



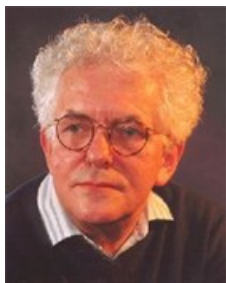
UNDERSTANDING OURSELVES AS EMBRYO

Workshop with Jaap van der Wal M.D. Ph.D. JUNE 3rd – 6th 2010, Portland, Oregon

This workshop will explore human prenatal development and how the shaping of the body (morphogenesis) expresses essential attributes of human spiritual development. The scientific method of phenomenology is used to create a synthesis between modern 'regular' embryology and a holistic view on the human being. Approached in this way the human embryo reveals who we are and what we are meant to be. Health care practitioners have found that comprehending embryological forces supports a holistic approach because the same forces that formed the body are continuously at work throughout life, carrying the blueprint of Health into manifestation.

TOPICS COVERED WILL INCLUDE: • Creative principles and forces that work through the human being • Understanding prenatal development using a Goethean (phenomenological) approach • Gestures of growth and development as human behavior and expression • Dynamics of conception, incarnation, embodiment and individuation • Dynamics of Birth – Where do we come from? The gesture of Development • The organization of the human body in space (body axes and planes) • Phases of embryonic development as ways of being • The macrocosm in the microcosm of bodily organization • The human body as equilibrium of polarities and as manifestation of threefoldness. • Man and animal: Humans as adult embryos.

Lectures and discussions will be alternated with practical exercises such as form drawing and body movement. Course notes with diagrams will be available.



Jaap van der Wal M.D., Ph.D. is associate professor of Anatomy and Embryology at the University of Maastricht, Holland, specialized in functional human anatomy. He also teaches Medical Anthropology and developed a passion for Human Embryology. He found that science and religion, matter and spirit, macrocosm and microcosm, creation and evolution all meet each other in the phenomenal process of becoming human. He teaches a.o. at institutes of Anthroposophy, Craniosacral Therapy, Osteopathy and Polarity Therapy around the world for practitioners as well as laymen.

VENUE & DATES: Warner Pacific College, Egvedt Room 203 East Portland Campus 2219 SE 68th Avenue, Portland, OR 97215. June 3-6, 2010. Four days from 9.00 am until 5.30 pm each day, with at least one evening session (ending 1:00 pm on the last day). A public lecture, *Where do we come from? Spirit and Prenatal Existence*, on Wednesday, June 2, 2010 is included with the workshop fee.

SCHEDULE: From 9.00 am until 5.30 pm each day with evening sessions from 7.30 until 9.00 pm on Friday and Saturday included and ending 1:00 pm on the last day. A Wednesday Public lecture is included with the workshop fee.

COST: \$400 if postmarked before April 1, 2010, or \$450 if postmarked after this date. Checks are payable to HealthBridge, Inc., c/o Dr. Robert Kellum, at 3046 NE 33rd Ave, Portland, OR 97212. A limited number of need-based, \$200 work-study grants are available. E-mail to healthbridge@integra.net describing your need, and reason for attending. Class size is limited to 35 people. Apply EARLY to assure your place. Professional CEU's pending.

For further details and booking please contact Dr. Bob Kellum by e-mail at healthbridge@integra.net or by phone at (503) 331-7393. Website: www.portlandbranch.org.

THE NATURE OF THE DRAGON: UNDERSTANDING MENTAL ILLNESS

By Heather Duke, Portland, Oregon

This article was written to share my notes with friends and family who couldn't be present at my recent lecture at the Anthroposophical Society branch meeting "The Nature of the Dragon: Understanding Mental Illness."

When I was compiling my notes for this lecture I realized that saying openly that I was a person who has lived with mental illness for most of my life might disqualify me to some people as an expert or authority on this field.

I realized that despite this risk I needed to be open and honest about my experiences in order to break the stigma that is associated with mental health disorders. I'm involved with the Icarus Project, which is a national self empowerment project for people living with the labels of moderate to severe mental illness. In meetings and in the literature of our organization we strive to find different names for what we deal with – looking at ways of coping with perceptions – referring to our perspectives as mad gifts rather than pathologies.

When Icarus project members come together in meetings it is to encourage each other. People arrive in many different states of mind and the focus is on mutual support. We are striving to create an environment where people are free to be exactly as they are right now, without a need to be changed. And in this type of healing and supportive environment people find the strength to do the things they want to do in life and have more self confidence.

I am keeping my personal medical history short in interest of addressing some key issues of interest to people living with mental illness and their allies. I have been given extensive labels and my family history and life biography have been extraordinary.

Even while living with brain damage and its impairments I have done interesting things because I was stubborn and persistent about wanting independence and a normal life.

If I had to choose a label for myself I'd say that I am a dreamer. I've had multiple closed head injuries throughout my life, with a worsening of symptoms after each one. This is actually somewhat typical of head injury patients. Where perception and awareness of space is affected, we become more susceptible to repeated injuries.

An official diagnosis that I do agree with is traumatic brain injury.

I've had an EEG done to verify my dreaminess.

From a traditional medical perspective the average range of brainwave frequency activity in the front of my brain was in the delta to theta (1-7 Hz) range meaning that most of the time I was in a light dream state, although when things are really bad I am in a similar rhythm to a coma patient. I do still have a lot of theta brainwave activity, though I notice it now and do different things to shift my perception into a frequency that allows me to organize my day.

So I embarked upon a process of working with a neuropsychologist who does a specific modality of treatment called LENS neurofeedback. In this biofeedback method, electrodes are pasted on different points on the head according to the standard international system of electrode placement, and then low energy radio feedback is broadcasted into the brain, in my case with a particular focus on the right prefrontal cortex. The brain "hears" the signal coming in and responds by raising the frequency in areas where there is low frequency activity. The physics of how the brain works responds with its own intelligence creating greater synchrony between the two hemispheres as it responds to an outside signal. The doctor who worked with me was a bit shocked about my initial reaction to the first test offset of just 2 electrodes. After the session my senses and hearing were suddenly turned up a lot and I told her via email that I was hyperalert, having a lot of memories of my life and figuring a lot of things out. Some of the events I recalled were traumatic, but recalling them did not make me depressed. Instead I felt strangely accepting of these things and able to see a greater plan for my life.

So session number #2 came and we did a lot more work, mapping the entire brain with an EEG so we would have a picture of the brainwave activity.

This session unleashed a firestorm of activity. My need for sleep was greatly reduced. A lot of allergies and sensitivities I was having started to subside. And one of the biggest things was that I was able to do and initiate activities that I had always wanted to do, but just couldn't start. This included activities for self healing. My doctor told me that the work we were doing was healing the area of the brain that controls executive function.

When executive function is impaired it is hard for people to get things started or to get organized. I started cleaning out my house and it stayed clean and organized something which had been nearly impossible before. I had known for years that I could do lots of different activities on a daily basis to support healing and better gross and fine motor skills, but I started being able to actually plan and do them. For years people had been telling me to do or try this or that and it was so shameful to me that I would just forget or not be able to start or be organized enough to "get it together." This type of impairment is typical of brain injury.

How is this of interest to anthroposophically oriented people? My therapy is not in the category of anthroposophically extended medicine, but it got me thinking a lot about healing and the way things work with that. I had been in a desperate struggle to heal myself for years. Therapies with an energetic component had been helpful to me and through my work in the Waldorf school I had been exposed to so many different things.

In the early months of my healing process I picked up Liane Collot d'Herbois' book *Light Darkness and Color in Painting Therapy* and started working my way through it. The effects of working with different colors were palpable to me.

I started singing a lot with some singing exercises I had learned through the Werbeck Svaerdstrom uncovering the voice work in Germany and one day while I was toning I spontaneously started overtone singing, a practice which has been a powerful part of my healing. The remedial work from Audrey Mc Allen's work which I had studied in the mid-nineties really started to make sense to me because it addresses the healing and balancing of the energetic currents of the body.

When I was first diagnosed years ago with a label from the DSM IV, which is the medical manual that is used to diagnose mental health problems, there was very much a medical model of looking at this type of illness as a chemical imbalance. This still is the dominant paradigm. We've all heard the marketing from the drug companies that all we need is just to have the right brain chemicals in order to balance ourselves if we are feeling depressed or anxious. In my work with children and my own healing I have realized that examining and working with frequency and the energetic fields of the body is really the missing link that traditional medicine has ignored for long.

Ironically now the latest scientific developments in neuropsychology can actually be used to show why it is that therapies like anthroposophically extended medicine, Reiki, Oriental medicine and others are so effective. The new ways that are being developed to dynamically image the electromagnetic frequency patterns of the body are fascinating and show the very subtle fields that are energized by complementary methods of healing.

Rudolf Steiner worked with his first pupil Otto Specht on the basis of frequency.

In this account he describes how he worked. It's fascinating to read that even before the turn of the century and many scientific breakthroughs in neurology that Steiner intuited that a subtle energetically based approach was going to be most effective with his pupil.

"When I came to the family as a private tutor, he [Otto Specht] had barely acquired the first elements of reading, writing, and arithmetic. He was considered so abnormal in physical and mental development that the family doubted if he was educable. His thinking was slow and sluggish. Even minor mental efforts caused a headache, a reduction of vital functions, a pale pallor and psychological behavior causing concern. Having gotten to know the boy I formed the opinion that an education adapted to this physical and mental organism must awaken his dormant abilities; I suggested to the parents that they put his education in my hands. The boy's mother met this suggestion with trust and I was therefore able to set myself this special educational task. I had to find a way to a soul which initially was in something of a sleep-like state and had to be gradually made to gain control of his body. It was, as it were, necessary to get the soul involved in the body first. I was absolutely sure that the boy had great hidden mental and spiritual powers. This made my task one that provided great satisfaction. I was soon able to get the child lovingly attached to me. This meant that merely being with him brought the dormant capacities in his soul awake. I had to think up special methods for the teaching. Even fifteen minutes beyond the length of time allotted for instruction would have a negative effect on his state of health. Some subjects the boy found difficult to relate to. This work as a tutor became a rich learning resource for me. The teaching method I had to use gave me insight into the relationship between the human mind and spirit on the one hand and the body on the other. I thus pursued my own studies in physiology and psychology. I came to see that upbringing and education must develop into an art that has its foundation in genuine understanding of the human being. (GA 28, pp. 104 f.)"

Steiner's great gift was in his powerful entreaty to his students and colleagues to develop their powers of observation. To have an intuitive sense for what might work in a given situation and be curious and see dynamic living processes at work. He was looking at tendencies of hardening and dissolution from both a very practical and a deeply spiritual perspective.

And as he describes here he gave loving attention to his work with this boy. Compassion as a foundation for healing. In a Waldorf school we speak of how the ego of the teacher works on the astral body of the student.

A man named Felix Koguzki also gets mentioned as mentor for Rudolf Steiner. As a young man he rode the train with Felix to Vienna every week and they would have conversations. Though Felix was functionally illiterate he had developed a powerful perception for the world of plants and an intuition as an herbalist working with patients. He made a strong impression on Steiner, giving

him wisdom and guidance that he would later share with others.

So with knowledge of this type of healing in mind I would arrive at the question:

"What seems to work the best for people with mad gifts?" How can we shift our personal stories and how we label ourselves. How do we find ways to care for ourselves deeply, so that we can be opened from self focus to care for others and our fragile planet.

Icarus project has a great slogan "Friends are the best medicine." When we think about a person we care about who has been labeled with severe mental health issues we might think of difficult behaviors that make it hard to get close to that person. People who are experiencing overwhelming perceptions are often socially isolated because of their behaviors. It's hard to be around someone living in a lower frequency. Defensiveness is a trait that often gets mentioned with people with anxiety or depression. Certainly someone who is having troubling perceptions and thoughts is defensive because their nervous system is just plaguing them. Because of symptoms like impairment of memory and executive function or the inability to plan activities sequentially it is often so difficult for people with severe depression or other symptoms to support themselves or even receive help.

The elephant in the room is that there are a lot of financial and class barriers to people getting the help that they really desire with their healing.

One might say: to hear you speak this way, you must have such a huge amount of knowledge in the area of self healing. Why couldn't you help yourself? For me it really came down to not having money, being socially isolated in a marriage with another person with mad gifts and challenges and just a very high level of social anxiety. When I came into the community of anthroposophy, there was a wonderful circle of healing intention.. but people were also somewhat quick to notice and point out things that they felt were wrong or odd about me and which needed to be healed. It made me feel like healing was an impossible job because there was such a laundry list of things to do. I knew what was expected and worked hard to suppress tics and symptoms I was having in my extrapyramidal nervous system. That was worse actually, because I was acting and then I seemed strangely rigid to people.

I think the biggest sign of healing for me has been that I am able to laugh things off that used to bother me. And amazingly as I relax, so many of my old symptoms and habits seem to be shifting. It's not hard to get through the list of goals I had for healing. And best of all I don't really need a list and I feel good about where I am right now and

am curious about how things will shift further. My brain is becoming more flexible.

I want to thank Chrystal Collette and the Anthroposophical Society for inviting me to speak in Portland.

The following are specific resources on neurofeedback for people interested in finding out more about the treatment I received. If anything my healing has convinced me that there are a great number of complementary and alternative methods that do work, but I am citing these resources because neurofeedback worked quite well to get me unstuck from complex physical and psychic trauma.

You can read about LENS neurofeedback, the specific protocol that I received at the following link: <http://www.facebook.com/1/5c0fc;Ochslabs.com>. There are links there to local practitioners.

Dr. Stephen Larsen's book "The Healing Power of Neurofeedback: The Revolutionary LENS Technique for Restoring Optimal Brain Function" is an excellent book for the layperson to read.

I think it is also very important at this time to share that there are free or reduced cost services available through the work of the great folks at the Othmer foundation, for veterans who often return from combat with head injuries.

The Portland Branch Newsletter is published 12 times per year for members and friends.

Send your **articles** to us at anthroposophy@earthlink.net.

Send your **calendar entries** to branchcalendar@earthlink.net.

Sign up for the electronic newsletter at <http://portlandbranch.org/>. Click the "**Join our e-mail list**" button.

Submittals must be received by the last day of the previous month for publication in the next month's edition on the 15th of the month.

Portland Anthroposophical Society Calendar - November 2009

Ongoing Events and Study Groups

Anthroposophical Medicine Study Group

Once a month Monday (after the second Sunday) at the Takacs Clinic 7-8:30 PM. John Takacs at johntakacsdo@hotmail.com or Kevin Kane at drkev@involved.com.

Anthroposophical Course for Young Doctors Study Group

Once a month on the 1st Wednesday at the Pohala Clinic, 12050 SE Holgate Blvd. 7-8:30 PM. Contact Julie Foster by phone at (503) 572-4196 or by e-mail at julie@pohalaclinic.com.

Eurythmy

Eurythmy with Laura Radefeld every Wednesday morning that school is in session at the PWS Orchard Room @ 8:30 AM. Donations accepted to cover cost of piano accompanist. For more info call 503-654-4362 or contact by e-mail at laura.radefeld@gmail.com.

Karma Exercises and Study

The study group has just completed its multi-year work with the entire *Karmic Relationships* lecture cycle, and is now starting to work with Rudolf Steiner's karma exercises on the first and third Thursday of each month. Call James Lee for information 503 249-3804 or e-mail him at anthroposophy@earthlink.net.

Meditation and Practical Spiritual Science

We are currently studying Rudolf Steiner's lecture cycle "True and False Paths of Spiritual Investigation", also called "Initiate Consciousness". We encourage a lively conversational exchange of questions of all kinds. New members welcome. Meetings are on second and fourth Thursdays at 6:30 PM at 9510 SW View Point Terrace, Portland OR 97219. To RSVP, questions and directions call (503) 244-2277 or e-mail elsas@ohsu.edu

Mystery Dramas, with Speech-Formation Exercises

On the second and fourth Wednesdays each month, 7:30 - 9:00 PM, in SW Portland. Currently beginning work on the 2nd Mystery Drama by Rudolf Steiner, *The Soul's Probation*. No acting experience necessary, just a love of the Word. Contact Diane Ramage by e-mail at drumage@earthlink.net or by phone at 360 241-7854 for information.

Occult Science

First and third Tuesdays from 7:30 - 9:00 PM at 3046 NE 33rd Avenue, Portland, OR 97212. Contact Donna Patterson and Bob Kellum at 503-331-7393.

Painting Classes

Friday mornings 9AM-11AM. Painting class with Robin Lieberman, MSW, LCSW. Each class will hold a different theme. Since space is limited please call ahead 503-222-1192, 1410 SW Morrison Street, Suite 901, Portland, OR 97205. \$25 per class, materials included. www.robinlieberman.net

Portland Waldorf School Community Choir

Every Friday morning from 8:45 - 10:15 am (at the Portland Waldorf School, 2300 SE Harrison Street, Milwaukie) in the Orchard room, whenever school is in session. Anyone in- and outside the PWS community who enjoys singing songs through the seasons, across the centuries and around the world is very welcome, including drop ins. This event is free and a community builder. More information: Marion Van Namen (503) 956-4046. **No rehearsal Fr 11/13.**

Portland Youth Discussion Group

We invite you to join some of the young, and young-at-heart, members of our community for an ongoing potluck/study group. We are currently working with the last few lectures of *Becoming the Archangel Michael's Companions* in order to understand what our task is, as the youth of the world, in the 21st Century. In the fall, we may turn to *Knowledge of Higher Worlds*, to renew our understanding of this key work (other possibilities exist). We welcome new people who are open to exploring spiritual science, asking questions, discussing topics that sometimes get overlooked in other groups, and trying to keep Anthroposophy as fresh, relevant, and living as possible. We meet Sunday evenings, twice a month to share a potluck dinner, practical/artistic activity, and conversation. For more information, please contact Angelica Hesse at 503-238-0055 or swingsprite@gmail.com.

Psychosophy Study Group

Working with the Steiner text, *Psychology of Body, Soul and Spirit*, we meet the second and fourth Tuesday of the month, 7:30 PM - 9:00 PM. Call Cheri Munske for more info: 503-484-4133.

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.

Upcoming Events

NOVEMBER 12-15

Sanford Miller

Reverend Sanford Miller of The Christian Community in Sacramento will spend four days in Portland. He will give public lectures, private meetings and perform The Act of Consecration of Man on Sunday November 15, 5915 SE Division Street. Call Sandra Burch (503) 353-1818 or Lucia Mello (503) 892-5296

Friday, NOVEMBER 13

The Hidden Self and the Need for an Authentic Inner Life

Reverend Sanford Miller, a priest in The Christian Community, will speak on this theme with a time for questions. Reverend Sanford Miller of The Christian Community in Sacramento will lecture on this topic. Sanford Miller received his B.A. from the University of California at

Santa Barbara in Religious Studies in 1972, with an emphasis on Eastern Religion. He has been a student of the work of Rudolf Steiner also since 1972. He then lived and worked in the Camphill movement in Scotland with mentally handicapped adults for six years before training for the priesthood in The Christian Community. He was ordained in 1982 and has worked in Pforzheim, Germany, Boston and for a decade now in Sacramento, CA. Time: 10:30 AM at the Burch home - 11388 SE 45th Ave., Milwaukie, OR 97222. Call Sandra Burch with questions (503) 353-1818.

Friday, NOVEMBER 13

[What Happened to the Christian Mysteries](#)

Andrew Linnell will bring his thoughts on The Christian Mysteries - what happened to them? Is Christianity today what Jesus envisioned? If not, why not? As a teenager, Andrew wondered how the Christianity he was meeting could have spread so rapidly and widely in the world. He began to find answers when he met Anthroposophy in 1976. After attending Emerson College, Andrew joined the Society in 1979. A 37-year veteran of the computer field, he is working now for EMC in Hopkinton, MA. While in Wilton, NH, Andrew started High Mowing's first computer class in 1982. The event will take place at Bothmer Hall from 7:30 PM - 9:00 PM. This event is sponsored by the Portland Branch. A \$5 donation is requested at the door.

Saturday, NOVEMBER 14

[New Testament Study - Revelation 3:11-16 "The White Rider"](#)

Reverend Sanford Miller will lead an interactive discussion of this text from the Bible including insights from Anthroposophy. A truly new way of exploring a text. 11:00 AM at Bothmer Hall, 5919 SE Division St. Suggested donation: \$5 or more. Call Sandra Burch with questions: (503) 353-1818.

Sunday, NOVEMBER 15

[The Christian Community](#)

9:15 - Religious Instruction (grades 1-12). 10:00 - Children's Service (grades 1-8). 10:30 - The Act of Consecration of Man (for adults) (childcare available). These are services performed by Reverend Sanford Miller of The Christian Community. They take place at Bothmer Hall - 5919 SE Division St., Portland OR 97206. Sponsored by The Friends of the Movement for Religious Renewal. Contact Sandra Burch (503) 353-1818 or galenalyn@gmail.com with questions or if you would like a private meeting with Sanford.

NOVEMBER 19-22

[Natural Science, Math and Astronomy Section, Chicago](#)

This year's theme is Metamorphosis and Imagination. Our work will focus on exploring relationships among an array of skulls, including a leopard skull and an eagle skull among others. We will explore these themes with the skilled guidance of the artist and teacher, Frances Vig, and through imaginative exercises and conversation with biologist and teacher, Michael Holdrege. Contact Greg Vig greg.vig@gmail.com.

NOVEMBER 20-21

[No Reruns on Childhood](#)

Helle Heckman will speak about her experiences in the Nøkken community in Denmark. She will speak about issues related to raising children in modern society and working with parents. Seattle Waldorf School | www.seattlewaldorf.org
Please register with Melissa Borden (206) 783-6456.

Saturday, NOVEMBER 28

[Thanksgiving Painting Workshop, Eugene](#)

Chris Guilfoil will give a presentation and conversation around Rudolf Steiner's ideas that he called "creating out of nothing," from GA 107, entitled: The Being of Man and His Future Evolution. The ideas will be summarized and brought into the context of painting. 9:30 to 4:30 PM; One hour break for lunch. All materials and supplies included. (Lunch on your own). Fee: \$75. See more at the following link: http://www.wtee.org/program/arts_registration

Sunday, NOVEMBER 29

[First Advent Study Emil Bock's Threefold Mary](#)

On November 1, 1950, Pius XII had proclaimed the Dogma of the Assumption, Mary's bodily assumption into heaven. Emil Bock's response was in these lectures on the threefold Mary, in which he tried to answer some of the issues, while broadening the scope to include not only the Mary-Sophia mystery in human history, but also the meaning of the feminine element in the evolution of consciousness. Anyone interested in an anthroposophical perspective on Mary in body, soul, and spirit will gain much from this book. 7:00 PM. Chrystal Godleske, 1304 SE Main Street, 97214, 503-816-2440 Book is available at Steiner's Storehouse for a 10% discount to participants in the gathering.

Sunday, DECEMBER 6

[Second Advent Study Emil Bock's Threefold Mary](#)

See description in the First Advent Study on November 29th. 7:00 PM at Laura Radefeld, 10987 SE 28th Ave, Milwaukie, OR 97222. Call Laura at 503-654-4362 for more information.

Tuesday, DECEMBER 8

[Portland Branch Council Meeting](#)

7 PM - 8PM study of the theme of the year followed by a business meeting at the home of Ruth and Tom Klein, 3609 SE Center, Portland OR 97202, phone: 503-777-3176. All Branch members are welcome to attend.

Sunday, DECEMBER 13

[First Class of the School of Spiritual Science](#)

Bothmer Hall, Blue card required - Discussion on Recapitulation Lesson 4 at 8:30 AM, class at 9:30 AM sharp. Recapitulation Lesson 5. Please contact Jannebeth Röell 503/249-3807 or Diane Rumage at (360) 241-7854.

Sunday, DECEMBER 13

[Third Advent Study Emil Bock's Threefold Mary](#)

See description in the First Advent Study on November 29th. 7:00 PM at James Knight. 2420 NW Quimby St #9, Portland, OR 97210. Phone# 503-224-3645.

Sunday, DECEMBER 20**Fourth Advent Celebration**

3PM Bothmer Hall 5915 SE Division Street. Portland Eurythmists will gift the community with a performance of the fourth panel of the Foundation Stone Meditation as well as other pieces in development to celebrate the fourth Sunday of Advent. Donations welcome for the Portland Eurythmy Lights Fund to purchase lights for performances.

Sunday, JANUARY 10, 2010**First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required - Discussion on Recapitulation Lesson 5 at 8:30 AM, class at 9:30 AM sharp. Recapitulation Lesson 6. Please contact Jannebeth Röell 503/249-3807 or Diane Rumage at (360) 241-7854.

Sunday, JANUARY 10, 2010**Quarterly Branch Meeting**

This meeting for members and friends starts with a potluck 11AM and program from 11:30AM-1:30PM. The topic will be Camphill Communities.

Tuesday, JANUARY 11, 2010**Portland Branch Council Meeting**

7 PM - 8PM study of the theme of the year followed by a business meeting at the home of Ruth and Tom Klein, 3609 SE Center, Portland OR 97202, phone: 503-777-3176. All Branch members are welcome to attend.

JANUARY 22-24, 2010**The New Mystery Knowledge and the Wisdom to Heal Modern Social Life**

A weekend with Steve Usher in Seattle WA. Information: call (206) 517-4917 or email: branch@seattleanthroposophy.org.

MARCH 5-7, 2010**Bees: Tying It All Together**

Gunther Hauk, the king of bees will visit Portland to give a lecture workshop series on the subject. If you would like to be part of carrying and making this event happen, contact Walter Rice at dub0302@hotmail.com.

MARCH 26-28, 2010**Centenary of Rudolf Steiner's Announcement of the Reappearance of Christ in the Etheric**

A Conference Sponsored by The Novalis Branch of the Anthroposophical Society in America, Austin, TX For information call Jack D. Bresette-Mills at (512) 301-1778 or send him an e-mail at jackmills@mac.com.

MAY 7-14, 2010**International Postgraduate Training in Anthroposophical Medicine**


Third year in the US at Mercy Center, Burlingame (San Francisco area) www.mercy-center.org. Contact Alicia Landman, MD PAAM Education Director with questions, or for extra brochures. paamdrscourse@anthroposophy.org 734-930-9462.

WEDNESDAY, JUNE 2, 2010**Spiritual Embryology Lecture****Where do we come from? Spirit and Prenatal Existence**

Jaap van der Wal, M.D. Ph.D will set the tone for the four day workshop on spiritual embryology that starts Thursday. This event is sponsored by the Portland Branch. The lecture will take place from 7:30 until 9:30 PM at Warner Pacific College. For further details and booking please contact Dr. Bob Kellum by phone at (503) 331-7393 or by e-mail at healthbridge@integra.net. Spiritual Embryology workshop participants are free, all others pay \$10 at the door. More information can be found on the Portland Branch Website: www.portlandbranch.org.

JUNE 3-6, 2010**Spiritual Embryology****Glimpsing the Mystery: The Nature of Life in the Womb - A**

four day intensive Thursday to Sunday, beginning June 3, 2010 through June 6, 2010 at Warner Pacific College in Portland with Jaap van der Wal, M.D. Ph.D. This event is sponsored by the Portland Branch. The aim is to help participants gain an understanding of the mighty processes that bring every human individual to life on earth. This presentation of embryonic development will open new perspectives on polarities, threefoldness and fourfoldness, heredity and incarnation, and the evolution of the earth and mankind. Participants share in the mighty processes that form the basis of every human individuality and life on this earth. Not only participating by means of the intellect but also with the heart. Moreover the way of considering embryonic development as it is presented here (a so-called 'embryosophy') will open completely new perspectives as to polarities and threefoldness, microcosm and macrocosm, heredity and incarnation, evolution and the development of mankind. This course is accessible for interested lay people as well as health professionals, be it medical or osteopathic doctors, naturopathic doctors, chiropractic doctors, nurses, physical therapists, massage therapists, midwives or representatives of psychosomatically and spiritually oriented therapies such as various anthroposophical therapies, craniosacral therapy, polarity or trauma therapy, psychotherapy, etc. Prior knowledge of embryology is not required. For further information about Dr. van der Wal see: www.embryo.nl. Contact Dr. Bob Kellum at healthbridge@integra.net for more information about the program. Venue: Warner Pacific College, Egvedt Room 203 East Portland Campus 2219 SE 68th Avenue, Portland, OR 97215. June 3-6, 2010. Four days from 9.00 am until 5.30 pm each day, with at least one evening session (ending 1:00 pm on the last day). A public lecture, *Where do we come from? Spirit and Prenatal Existence*, on Wednesday, June 2, 2010 is included with the workshop fee. Cost is \$400 if postmarked before April 1, 2010, or \$450 if postmarked after this date. Checks are payable to HealthBridge, Inc., c/o Dr. Robert Kellum, at 3046 NE 33rd Ave, Portland, OR 97212. A limited number of need-based, \$200 work-study grants are available. E-mail to healthbridge@integra.net describing your need, and reason for attending. Class size is limited to 35 people. Apply EARLY to assure your place. Professional CEU's pending.



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