

Portland Anthroposophic Times

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

www.portlandbranch.com

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PERLAS RUNS FOR PHILIPPINES PRESIDENCY

Reprinted from the Anthroposophical Society's E-Newsletter (Send an e-mail from the mail account where you want to receive E-News to as-in-a_news@aweber.com).

Cultural and social activist, hands-on threefolding expert, former biodynamic farmer, anthroposophist and winner of the "Right Livelihood" award Nicanor Perlas has announced as a candidate for president of the Philippines, the East Asian republic formerly colonized by Spain and, from 1899 to 1946, by the United States. A nation of 90 million people living on three island groups, with millions more overseas, the Philippine people have been known for a special spirituality, but their society has been plagued in recent decades by political cronyism.

Exiled to the USA under the Marcos dictatorship, Perlas has many friends in this country and has continued to work with the Rudolf Steiner Institute, Think OutWord and many other groups around the world. He is known for his insightful activism, and during the 1990s he led the successful effort to have a threefold or trisectoral view of society embedded in the Philippine national plan for the 21st century. In recent years he has worked on the regional level in the Philippines encouraging partnerships of activists, business people and government officials, and most recently he has turned attention to the renewal of cultural and spiritual values in the Philippines. In announcing his candidacy he took note of the need for non-traditional candidates to enter the political arena and bring with them the best standards of the whole society and a commitment to real change. His campaign website includes a video speaking to youth about creating peace. If interested, learn more about his campaign at <http://nicanorperlas.com/site/index.html>.

A TALK ON THE SIX BASIC EXERCISES GIVEN BY DR. ERNST KATZ

(From notes taken by R.H. Jones at the Anthroposophical Conference on Meditation in Nashville October 12-14, 1990. I apologize for any misrepresentations in my notes.)

Dr. Katz said it is necessary that the six basic exercises are mastered before one can meditate successfully. He continued saying they are described in various ways and he described them as follows:

Control of thought - 1st exercise - keeping one's thoughts to one simple object. The object is not important but it should be a simple one Such as a paper clip or a key. One could

think about the history of keys, what the key is made of, etc. You go astray by association such as keys unlocking doors, to the security of buildings, etc. and this would be a wrong use of the exercise. Thirty seconds is good and five minutes is excellent work, you can work up to the five minutes with effort. This is a daily exercise, find a time range to do it in and leave yourself some leeway.

Control of the will - 2nd exercise - to do some self imposed action which has no external impetus ... watering a plant is not without external impetus but turning your watch around once on your wrist at 12:15 pm everyday would be a good example. Do this for the rest of your life!

Control of Feeling - 3rd exercise - make a little distance from your feelings ... not to be overcome by your feelings .. do not allow feelings to overwhelm but look at feelings to see what do they tell you. An example he gave is when he has given a lecture, he is feeling the effects of having given it, afterwards he looks at feelings objectively. When one goes to bed or before take a short time to review the days events and take a few times when one felt strongly and be more detached ... you can do this with the following openness and positivity exercise as well.

Positivity - 4th exercise - some people find fault with everything and as a result they are miserable. To find the positive aspects in a situation even in the most negative of situations. Almost every day there are several times to practice this exercise.

Openness - 5th exercise - difficult concept, does not mean you agree with anybody right or wrong but to listen to what a person says without mixing in your own opinions. Observe objectively the visual impressions.

Integration - 6th exercise - doing all of the five exercises in harmony - making them an integral part of one's own person.

This is a very long process. From a practical viewpoint the exercises make your life more effective and livable.

THE SCHOOL OF SPIRITUAL SCIENCE

By Henry Barnes

At the Christmas Conference of 1923, Rudolf Steiner proposed that the Anthroposophical Society take a courageous, far-reaching step. He suggested that the Society should throw off every vestige of sectarianism and

establish itself as an absolutely open, public society. Any human being would be welcome to join this Society who recognized that spiritual science, grounded in anthroposophy, was a valid contribution to our time. Membership in this society would require no adherence to any philosophical, scientific, artistic, or religious principles. It would be “an association of people whose will it is to nurture the life of the soul, both in the individual and in human society, on the basis of a true knowledge of the spiritual world.”¹

In addition, at the heart of this public society, an institution would be established that was intended to be an esoteric school, a “university” based on spiritual-scientific knowledge and research. The education offered in this

school, and the research it was to develop, would be subject to the same rigorous discipline that governs every objective search for knowledge. But, as already stated, its methods are grounded in spiritual science rather than in the natural sciences as we have come to know them today.

In its structure, the School of Spiritual Science resembles the traditional universities of earlier times. The student enters a general course of study—similar to a liberal arts faculty or school in a traditional university—in which she or he seeks to attain the capacities of spiritual-scientific cognition described in the works of Rudolf Steiner. Fundamental to these capacities is a clear and active thinking capable of grasping ideas derived from supersensible observation, that is, from a clear and accurate view into the spiritual world. Such clear thinking can lead, step by step, to cognition that is no longer dependent on the physical organism. Body-free thought can then be enhanced through consistent spiritual-scientific practice to three stages of higher cognition, described by Rudolf Steiner in *How to Know Higher Worlds: A Modern Path of Initiation*² and other writings as imagination, inspiration, and intuition. Each of these stages leads the student to a new level of experience of supersensible, or spiritual reality.

This preliminary course of study is known as the General Anthroposophical Section of the School of Spiritual Science, which Rudolf Steiner intended to consist of three esoteric classes. Unfortunately, due to Rudolf Steiner’s illness and subsequent death on March 30, 1925, he was only able to inaugurate the first of these three classes. The basic nineteen lessons of the first class were held by Rudolf Steiner from February 15 to August 2, 1924, in Dornach, Switzerland. After a lecture series in England in September 1924, he had hoped to present the second part of the first class. This would have been followed by a third part, then by the institution of a second class and, eventually, a third class.

The cognitive capacities achieved through spiritual-scientific training in the three classes of the General Section would enable the student to fructify the branch of cultural and vocational practice in which she or he is engaged. Thus the artist, scientist, teacher, physician, or practitioner of any occupation could call on the capacities awakened and exercised as a student in the classes of the School and thus enliven and deepen his or her work in a given profession or vocation. The opportunity to cultivate these vocational insights and skills might then be developed in collegial work within a particular section of the School, just as the student in a traditional university, having achieved the basic skills of scholarship in a liberal arts faculty, could enter a medical, legal, pedagogical, or other graduate school for further specialized training.

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

THE PORTLAND BRANCH THANKS THE FOLLOWING MEMBERS AND FRIENDS FOR THEIR GENEROUS DONATIONS IN 2009!

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The *Portland Anthroposophic Times* is published twelve times a year by the Portland Branch of the Anthroposophical Society in America to serve members and friends in the wider anthroposophical community. Printed copies of the newsletter are available at the Steiner Storehouse, Portland Waldorf School, Cedarwood Waldorf School, Shining Star and Swallowtail School. The newsletter and calendar are also posted on the Portland Branch website at www.portlandbranch.com.

Questions, suggestions and submissions may be sent by e-mail to anthroposophy@earthlink.net. Items selected for publication in the Portland Anthroposophic Times may be edited for style, content and length. The deadline for submissions to the *Portland Anthroposophic Times* is the first day of each month for publication in that month’s edition. Submit calendar items to branchcalendar@mindspring.com no later than the first of each month for publication in the next edition.

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In this way, Rudolf Steiner conceived of a circle of cultural, vocationally-oriented sections surrounding a human-centered, developmental, anthroposophical, and spiritual-scientific core. The method by which he called these special sections into existence was, in itself, also fundamentally human, rather than theoretical or bureaucratic. He did not proceed by deciding that a medical or an educational section was needed and then set out to search for a qualified individual to lead the endeavor. On the contrary, he first recognized that such an individual was already present and had proven herself or himself capable, creative, and reliable in a particular field. As a result of this recognition, he saw that a section, or division of the School, could be established because the qualified person was already there. Having already worked closely with Ita Wegman, MD, in the medical field, for example, he felt he could establish the medical section under her leadership.

In this way, during the Christmas Foundation Meeting of 1923, and in the weeks and months that followed, Rudolf Steiner was able to bring the School of Spiritual Science into existence with specialized sections surrounding the central developmental core. Anthroposophy, or the methods of Spiritual Science, were to provide the creative, transformative energies that could enliven the School as a whole.

In this way it was intended that the School of Spiritual Science should be the sustaining heart of the community of individuals who would come together in the General Anthroposophical Society to create a home for Anthroposophia, the spiritual being whose help is so urgently needed today.

How can one become a member of the School and how does the School fulfill its function within the General Anthroposophical Society at the present time?

If, after a period of time as a member of the Anthroposophical Society—usually two years or more—the individual comes to feel that she or he wishes not only to receive the insights of Spiritual Science, but also to represent anthroposophy in some way, this signals a new relationship of the individual to anthroposophy and to the Anthroposophical Society. One has been a “quiet,” receiving member, who is now ready and willing to become “active” on behalf of the anthroposophical movement and the Society. The readiness to *represent* anthroposophy—in no matter how modest or quiet a way—is the indication that the moment has come for the individual to consider becoming an active member—a student—in the School, joining the work of the first class.

The individual at such a point should ask herself or himself several questions. Do I have a clear understanding of how Rudolf Steiner characterizes the Society and the School? (His essays and letters to the members following the Christmas meeting of 1923 are a primary help in gaining

this clarity.⁴) Do I have enough experience in meditation to be confident that I can sustain a meditative relationship with the esoteric material of the class? Am I able and willing to work with my sisters and brothers, as members of the School, independent of personal sympathies and antipathies? Am I, in other words, ready to put my own karmic house in order and strive for objectivity and a genuine openness toward those with whom I am joining? These self-directed questions are summed up in this basic question: Am I ready, able, and willing to represent anthroposophy in an undogmatic, unsectarian, honest, and unambiguous way? And, beyond this, am I prepared to share through my own work and experience in the task of *research*, even though I may be far from having achieved supersensible perception?

If one answers these questions with an honestly positive confidence that one is ready to become an active member, the next step is to seek out a representative of the School and discuss the matter openly. If you do not know an authorized representative of the School, the Society’s national office staff can give you the name of a qualified individual. If you find yourself confirmed in your sense that joining the School is the right step for you at this time and the representative of the School with whom you have spoken also supports and confirms your intention, the next step is simple. You write a letter, addressed to the Chairman of the Executive Council at the Goetheanum in Dornach, stating how long you have been a member of the Society, your immediate life situation, and your reasons for wishing to enter the School. You then give this letter to the authorized representative with whom you have spoken, and she or he will forward your letter to Dornach with an endorsement based on the personal relationship that has been achieved between you. The final decision rests with the Executive Council. Assuming your application is accepted, a membership card in the School and the first class is then issued by the Goetheanum. [Please contact Jannebeth Röell (503) 249-3807 or Diane Ramage at (360) 241-7854 to learn more].

As a member of the School, you are then eligible to join a Section in whose work you are actively involved. The different Sections have somewhat different procedures for joining, and again the Society’s office can help identify a Section representative whom you can consult. The sections represented in North America have recently come together as a working group, known as the Collegium.

It should be noted here that, in the [more than eighty] years of the School’s existence, one circumstance has changed radically. The esoteric lessons as Rudolf Steiner gave them in 1924 are now available in print. They were first published in German, and later in English translation. Under these conditions, one may well wonder why one should join the School if the class lessons are otherwise

available. This is a question each of us must ultimately answer for ourselves. Certain thoughts, however, may be shared.

Rudolf Steiner made it clear that the inner reality of an esoteric text lives in its oral transmission, far less in a printed text. There is also the aspect of commitment by individuals who freely decide to join a community of responsible representatives on behalf of anthroposophy and of Anthroposophia. Furthermore, with this commitment, the individual also forms a destiny relationship with Rudolf Steiner. Even just the outer form of meeting with others at an appointed time, within a rhythmic sequence, and in a mood of sincere respect and earnestness constitutes a spiritual reality. Nevertheless, the publication of class lessons almost certainly requires an even greater activity on our part as members to transmute the objective weakening of esoteric discipline that may result from their being printed.

NOTES:

1. Paragraph 1, Statutes of the General Anthroposophical Society
2. *How to Know Higher Worlds: A Modern Path of Initiation* (Hudson, NY: Anthroposophic Press, 1994).
3. From Paragraph 4, Statutes of the General Anthroposophical Society
4. *The Foundation Stone: The Life, Nature, and Cultivation of Anthroposophy* (London: Rudolf Steiner Press, 1996); *The Constitution of the School of Spiritual Science*, (London: Anthroposophical Society in Great Britain, 1980).

ST. JOHN'S MEMORIES

By Chrystal Collette, Portland, OR

Last year's memories of the St. John's gathering at Pamela Guettler's farm of 10 or so people during a very dramatic thunder and lightning storm and the remarkable colors in the sky that evening (an entirely scarlet rainbow!) was a strong memory for me all year long and an event my daughter still talks about whenever she hears a sound like thunder. This year's St. John's event was no less memorable though of a very different character thanks to the gracious invitation of the organizers of the AWSNA conference to our entire local Anthroposophical community to join their St John's event hosted at the Portland Waldorf School.

A fire was made in a copper basin between the creek and Walnut Hill. Ron Koetzsch, a well known Anthroposophic stand-up comedian (Do they have a Section?) from Fair Oaks, had told a tale earlier at the AWSNA conference about the origin of midsummer 'bonfires' coming from the burning of bones. Patricia Lynch, inspired by this, brought a collection of what looked like cow bones (large pelvis!) and added them to the fire. She and I had a conversation while watching (and smelling) them burn about Rudolf Steiner's lectures on bees where he relates the three tiers of

bee society to the threefold human being and notes how the hexagon of the bee's honey comb is also the shape in the cells of bones where the blood cells are made (*Nine Lectures on Bees*, Lecture 1). We also talked about the use of leather and honey by the artist Joseph Beuys. I learned that Ute Liepertz had had the honor of shaking Beuys' hand once upon a time and that David Adams, who is a national expert and wrote an essay on Beuys that is the afterward to a recent edition of the bees lectures, was a grades teacher at PWS back in the day.

The gathering of people grew around the fire and a second focal point was made when the African drumming class led by Marion Van Namen at the AWSNA conference gathered in a semi-circle, which reflected the new moon that was high in the sky before twilight, with their chairs and drums. They did a courageous performance of their once-rehearsed piece, singing while drumming, to kick off the festivities. Then Marion led us all in a round 'Rise up oh Flame' as the 50 or so people walked together in a circle around the fire. People began to break out of the circle to jump the fire.

When the drummers returned to their drums a group of singers off to the side spontaneously began singing and moving to 'Kiawamba' known to many of us from the PWS Community Choir and soon many others, some leaping over the fire from across the circle to join the singers, picking up the lyrics on the fly, and the voices grew more varied, dynamic and improvisational. Several other African songs followed with the group of singers teaching one another and leading the drummers in call and response. The jumping of the fire grew more and more frequent, with the rhythms of the drum building momentum as the runner moved into his or her leap. Then a group of three people, with Kim, the speech artist from Ohio who spoke the Foundation Stone for the conference, in the middle, leaped over and Kim fell upon landing. Soon a group gathered round with ice, arnica and bandages. James Knight lent his healing hands to work with the etheric streams of her knee and murmurs of recommendation for warmth and rest were floated above her as she sat on the grass receiving this care. The next day she was on crutches and a visit to a chiropractor helped. I wonder how her knee is recovering now.

The mood settled then and dusk came on. The fire was built up with a large pile of wood. And people with small children, myself included, ambled towards our cars. As I went to sleep I wondered what was being exchanged between the people left around the fire as the sky grew darker and the stars became visible that evening.

**NEXT NEWSLETTER DEADLINE IS JULY 31ST
FOR THE AUGUST EDITION. SUBMIT YOUR
ARTICLES AND CALENDAR ITEMS BY THAT
DATE. THANKS... ED**

Portland Anthroposophical Society Calendar - July 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.

Eurythmy

Eurythmy with Laura Radefeld every Thursday 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

The second and fourth Thursday 6:30 PM at 9510 SW View Point Terrace, Portland OR 97219. If available, eurythmy or house shoes would be appreciated! Contact Siegwald Elsas or Yumiko Abe. For questions or directions call (503) 244-2277. If possible, please RSVP Siegwald Elsas by email at 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 working with Rudolf Steiner's *Portal of Initiation* and the *Genesis* lectures. 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.

Portland Waldorf School Community Choir

Every Monday morning from 8:45 - 10:00 AM (at the Portland Waldorf School, 2300 SE Harrison Street, Milwaukie) in the music room of the high school building, 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. For more information contact Marion Van Namen at (503) 956-4046.

Portland Youth Discussion Group

Come join the Portland Youth Discussion Group as we pick-up *Becoming the Archangel Michael's Companion* in order to understand what our task, as the youth of the world, is in the 21st Century. There is something new and exciting in the air among the young people as a new generation prepares to take on the responsibility of this world and so we gather to hold that space, to marvel and to share what others are doing in the world and to work more deeply with one another. We welcome new people who are open to exploring Spiritual Science and conducting their own research and those who are interested in learning more about the youth in Portland, the North American and International Youth Section and more! There is so much going on. For more information about when and where we meet, please contact Leslie Loy at (503) 819-3399 or leslielal@yahoo.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 - 9:00, beginning March 10, in NE Portland. 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

JULY 9-12

The Threefold Nervous System

Annual anthroposophical medical conference at Stonehill College (home of RS Institute) 320 Washington St. Easton, MA 02357 (22 miles south of Boston) Contact Lynn Bufano, Rudolf Steiner Institute, 410-358-0050 or reg@steinerinstitute.org.

Friday, JULY 10

The Apocalypse Code - Unveiling the Present Time: 2009 - 2012

A public presentation by Robert Powell, eurythmist and author of the *Sophia Teachings*.. Robert's presentation, will be held Friday evening, July 10, from 7:30 - 9:30 pm at the Eugene Mennonite Church, 3590 West 18th in Eugene. A fee of \$15 will be collected at the door. For more information, call 541-343-0536 or email renee@rhythmofpeace.org.

JULY 10-12

Sophia and the Rose of the World

This week-end workshop with Robert Powell is dedicated to uniting with Sophia (Divine Wisdom) in relation to the apocalyptic struggle of our time, embracing the 3 ½ years leading up to the end of the Mayan calendar in 2012. For more information, call 541-343-0536 or email renee@rhythmofpeace.org.

Sunday, JULY 12

First Class of the School of Spiritual Science

Bothmer Hall, Blue card required - Discussion on Lesson 19 at 8:30 AM, class at 9:30 AM sharp. Recapitulation Lesson 1. Please contact Jannebeth Röell (503) 249-3807 or Diane Ramage at (360) 241-7854.

Sunday, JULY 12

Quarterly Portland Branch Meeting

The Portland Branch of the Anthroposophical Society is pleased to announce plans for quarterly meetings beginning July 12th in Bothmer Hall. The meetings will start at 11:15 AM with a potluck brunch and then move into our topic at 11:45 AM and ending at 1:30 PM. The topic for July will be 'Bees' . Our intention is to begin each meeting with a practical exercise or artistic activity to illuminate

the topic, welcome a speaker from our community who has experience or a particular interest in the topic to offer a starting point for discussion and then to follow with an open conversation about our own experiences, questions and interests. Childcare will be provided on a donation basis. Members will pay \$5 and friends \$8 for the events to cover expenses. Please contact Chrystal Godleske with feedback or for more information contact Chrystal at socialsculptor@gmail.com or by phone at 503 816 2440).

JULY 12-27

The Western Approach to Understanding Karma and Reincarnation

A two week workshop at Rudolf Steiner Institute , Stone Hill College, MA with Nick Thomas. Contact: reg@steinerinstitute.org.

Wednesday, JULY 15 and 22

Finding Freedom: Biology and Biography

Lynn Jericho, a counselor working out of Anthroposophic principals and the creator of <http://www.theinnerchristmasmovie.com/> will give a two part lecture called Finding Freedom: Solving the Mysteries of your Etheric Body. The lectures will be accompanied by a participatory Eurythmy experience. 7:00 PM at Bothmer Hall. Contact Chrystal Godleske by e-mail at socialsculptor@gmail.com.

AUGUST 1-8

Encircling Light-Expectant Silence

The Anthroposophical Society in Canada hosts this conference on the North in White Horse, Yukon. Full details about all aspects of the Conference are available on the conference website, www.encirclinglight.ca.

Wed Aug 12-Sun Aug 16

Portal of Initiation Conference

Conference in Spring Valley, NY presenting Rudolf Steiner's mystery drama "The Portal of Initiation" and its relationship to Goethe's Fairy Tale. Contact Barbara Renold at barbararenold@yahoo.com or 845-356-0674.

AUGUST 12-16**Experiencing the 19 Lessons in London**

At the Rudolf Steiner house in London UK free renderings will be held of all the class lessons. This conference is for members of the School of Spiritual Science only and will require the blue card to attend. For detailed information or assistance with accommodation contact Doris Csida at 020-7723-4400 or office@anth.org.uk or contact Philip Martyn at philipmartyn@btinternet.com.

AUGUST 17-21**The Waldorf Way**

4th Annual home-school workshop at Shining Star School in Portland, Oregon. Monday-Thursday 9 AM to 3 PM, Friday 9 am -12 noon. \$300 fee. Please contact 503 753 4459 for more information, all welcome. Child care on site, if needed. To receive an application and more information, please email Oregon7@aol.com or call 503 753 4459.

Friday, AUGUST 21**Micha-el Institute - Summer Conferences**

Foundation Conference, see brochure for details, held at the Micha-el School, 5239 SE Woodstock Blvd, Portland OR 97206. Contact 503 774-4946 or email johncmiles@usa.net.

October 2 - 4, 2009**Christian Rosenkretz and the Social Impulse**

Spring Valley, New York

The Anthroposophical Society in America's Annual General Meeting and Conference

Join us in exploring the many faces of anthroposophy, where inner work manifests in practical forms to bring about social transformation. Creating Living Connections: Christian Rosenkretz and the Social Impulse is intended to give anthroposophic organizations, initiatives, groups, and individuals the opportunity to meet, interact, and share their work. A rich array of talks and discussions, artistic activities, and social events promise ample opportunities to Create Living Connections among individuals and initiatives. Beginning with the Threefold Community's Michaelmas festivities on Tuesday, September 29, groups, initiatives, and organizations working out of anthroposophy are invited to arrive early and take advantage of Threefold's facilities for pre-

conference meetings on Wednesday and Thursday, September 30 and October 1. Planned social and artistic events will enable participants to meet and share ideas and information about their work; a morning forum on Friday, October 2, will offer a unique opportunity for those present to exchange perspectives, identify common concerns, and see what else is going on in the movement. Groups, organizations, and initiatives interested in participating in this pre-conference activity should contact Jordan Walker (845-352-5020 x19 or Jordan@threefold.org).

Friday, OCTOBER 23**The Wisdom of Waldorf: Educating for the Future**

Cedarwood Waldorf School is pleased to announce a weekend of lectures and workshops presented by Rahima Baldwin Dancy, author of *You Are Your Child's First Teacher*.

7-9 PM, 3030 SW Second Ave | Portland, OR 97201
contact 503- 245-1477

Cost: \$15 at the event or \$10 if pre-register

rahimaconference@cedarwood.org

Saturday, OCTOBER 24**Family Matters: Creating a Harmonious Home Life**

Cedarwood Waldorf School is pleased to announce a weekend of lectures and workshops presented by Rahima Baldwin Dancy, author of *You Are Your Child's First Teacher*. 9AM-1PM, 3030 SW Second Ave | Portland, OR 97201 contact 503- 245-1477


Cost: \$25 at the event or \$20 if pre-register

rahimaconference@cedarwood.org

Saturday, OCTOBER 24**Taking Home as the Model in Waldorf Kindergarten for Teachers and Homeschooling Parents**

Cedarwood Waldorf School is pleased to announce a weekend of lectures and workshops presented by Rahima Baldwin Dancy, author of *You Are Your Child's First Teacher*. 1-3 PM, 3030 SW Second Ave | Portland, OR 97201 contact 503- 245-1477 Cost: \$25

at the event or \$20 if pre-register. For information contact rahimaconference@cedarwood.org.



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February 19 - March 10 2010


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FINDING FREEDOM

Solving the Etheric Mysteries of Biology & Biography

LYNN JERICHO

Eurythmy with James Knight

The etheric body forms and contains our sense of our lifetime through the mysteries of our biology and our biography. The patterns, rhythms and habits of the etheric body dominate our soul life and lead to difficulties in our thinking, our feeling and our willing. This program offers a comprehensive picture of the etheric body and suggest ways we can heal and redeem our biology and our biography, finding strength in our life energies, harmony in our life memories and freedom in our souls

Lynn Jericho has an international anthroposophical counseling practice. She frequently leads workshops and teleseminars on a variety of topics: "On Having Conversations with Spiritual Beings," "Neuroscience and Spiritual Science." She is passionate about presenting anthroposophy in warm, intimate and practical ways. Lynn is most well known for her yearly Inner Christmas e-messages for the Twelve Holy Nights. www.lynnjericho.com and www.innerchristmas.com

Author of Celebrate Christmas! Celebrate You! The Six Ways Your Soul Finds Meaning During the Holidays

Wed, July 15 - The Mysteries of Biology 7PM Wed, July 22 - The Mysteries of Biography

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Please contact: Chrystal Godleske - socialsculptor@gmail.com or (503) 816-2440.

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