

Portland Anthroposophic Times

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

Volume 1.3 March 2005

A MEMORY OF RUDOLF STEINER'S DEATH

The following is a passage from *An Inspiration for Anthroposophy*, the biography of Willem Zeylman van Emmichoven, a great friend of Rudolf Steiner and the first General Secretary of the Dutch Anthroposophical Society.

And then, on 30 March 1925, after an illness lasting seven months, Rudolf Steiner's death calls us to Dornach. We divided the vigil between us, and I would like to tell what I remember of my immediate experiences on this last night.

Rudolf Steiner lay on his death-bed in the studio. I want to try to express what his spirit revealed to me in death. This will be nothing better than stammering, for only an inspired poet can find words for the inexpressible... The image I received was one of divine joy and human suffering.

The "friend of the gods and guide to mankind" as Albert Steffen called him, was dead. Outside in nature the gods celebrated as the great guide of mankind returned to them. Within, by the death-bed, human beings mourned, for the friend of the gods had been taken from them. Spring was coming outside. The birds suddenly began to sing. The joy of resurrection lived in plant and beast. The joy of resurrection sought its path to the human being, entered his senses and sank down into his heart.

...Within, by the death-bed, stood the mourners, and looked in pain upon the dear face. Memories surfaced; the noblest and most beautiful of their lives. Pain flashed through their souls and welled up in their hearts.

Joy of resurrection and the pain of death encountered on another there: divine joy and human suffering.

How wonderful he looked on the first day after his death! As though gently sleeping, so peaceful and thoughtful. As though he might wake up at any minute to tell us what his spirit had experienced up in the heavens. His death had been like a prayer, we were told. For hours he lay enfolded in deepest thought, gazing into far distances. Then his thoughtfulness increasingly became prayer. He lay immovably still with folded hands, speaking only a few loving words to his friend and nurse Frau Dr. Wegman. After some hours he closed his eyes and died. Without a death struggle, his prayer on earth fulfilled.

But to us it seemed his spirit continued to pray, as though his mighty prayer passed through our mourning souls. And where joy of resurrection and death-pain found one another in our hearts, something blossomed and floated aloft, borne on his prayer, ascending. And what was, for each individual, a prayer of thanks, became a trusting picture of the future for one and all.

On the second day it seemed different to me. There was now a shadow of pain across his spirit-penetrated countenance. As though some of the pain of the many hundreds of friends gathering from all countries was reflected in his face. It was harder to experience joy of resurrection now. But solemn, rejoicing thoughts arose from his illumined forehead.

The came the third day, and once more something had changed. Now I saw the face of a saint before me, without pain and without sin. A face that seemed greater than an ordinary human being, but at the same time contained, in miniature, all that is beautiful, good and true. Unreachable, far away from us, but at the same time very close. Divine, but the epitome of human. His noble brow shone brighter than before. His deep eyes concealed world secrets. His beautiful mouth

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 community. Printed copies are available at the Steiner Storehouse, Portland Waldorf School and the Cedarwood Waldorf School.

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.

Editor: James Lee
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The deadlines for submissions to the *Portland Anthroposophic Times* are as follows:

| Issue..... | Due Date |
|---------------------|-------------------|
| April 2005..... | March 1, 2005 |
| May 2005..... | April 1, 2005 |
| June 2005..... | May 1, 2005 |
| July 2005..... | June 1, 2005 |
| August 2005..... | July 1, 2005 |
| September 2005..... | August 1, 2005 |
| October 2005..... | September 1, 2005 |

THE PORTLAND BRANCH THANKS THE FOLLOWING MEMBERS FOR THEIR DONATIONS!

Chrystal Godleske Patricia Dair
Jannebeth Röell Valerie Hope
Angela Sparks
James Lee
Diane Rowley

spoke a cosmic language. Never before had one seen such hands. They were powerful like the hands of someone used to hard work, but spiritualized right into the last fiber of muscle. He had carved hard wood with them. He had used them to write his clear, light script. He had given his hand in greeting to countless people, and each person felt this as a blessing....

Six doctors and four others, all people who had been close to Dr. Steiner, were allowed to keep vigil in that last night, two at a time. The hours we passed there were unforgettable beautiful and sacred. It was a still, peaceful spring night. The moon shone like a sun. Black, demonic cloud-shapes kept trying to conceal the light, but it reflected sun-light more and more brightly down to earth. In the studio, now in his coffin, the incomparable man in death. Around him burned candles, casting their glow on the black coffin. The fragrance of flowers floated up, speaking a delicate language of the soul. Great and silent stood the statue of Christ at his feet, with its world-destiny-guiding gesture. On either side of the coffin we held our vigil, watching over the candle-flames to make sure they burned evenly and peacefully. How strange and mysterious everything looked, yet familiar at the same time. Images of the long-gone past arose, glittering like silver in the candle-light, and then vanishing. This had happened before, some other time...

And then we suddenly knew: this event reaches beyond time. It points back to the far distant past and forwards into the far future. Past and future here melt into one, and thus united form an eternal macrocosmic image: an image of the divine guidance of human beings and of human cosmic destiny!

Then friends entered and made a death-mask. We stood there silently. And when we saw that the mask was a good one, we thought joyfully: God be praised, now many will be able to see this expression of deepest wisdom, inmost love and greatest holiest for centuries to come. The birds sang in the early dawn. We know that hard times will come. But each one who in his mourning heart, shared in the experience of this festival of resurrection, will find that the hard times are no more than probations, probations of the soul in which we will prevail.

ANTHROPOSOPHY WORLDWIDE

Anthroposophy Worldwide is the main international newsletter of the Anthroposophical Society. It is a good way to receive international news about the anthroposophical movement, regular reports from the Goetheanum, and reports from the College of the School of Spiritual Science. If you are a member of the Anthroposophical Society and would like to receive Anthroposophy Worldwide, please use the order form at <http://www.goetheanum.org/630.html?&L=1> to obtain a free e-mail subscription. Postal subscriptions must be purchased.

THE GREAT BREATH

By George William Russell ('A. E.').

Its edges foam'd with amethyst and rose,
Withers once more the old blue flower of day:
There where the ether like a diamond glows,
Its petals fade away.

A shadowy tumult stirs the dusky air;
Sparkle the delicate dews, the distant snows;
The great deep thrills — for through it everywhere
The breath of Beauty blows.

I saw how all the trembling ages past,
Molded to her by deep and deeper breath,
Near'd to the hour when Beauty breathes her last
And knows herself in death.

STAR LIGHT

By Diane Ramage, Portland, Oregon

The virtue of the month for February 21 – March 21 is: "Magnanimity becomes Love." The definition of magnanimity from Webster's dictionary is: "loftiness of spirit, enabling one to bear trouble calmly, to disdain meanness and revenge and to make sacrifices for worthy ends".

Pisces is the sign of this month (2 fish swimming away from each other), and Pisceans tend to swim along in dreamy expansiveness, empathizing with and giving and sacrificing for others. When others tend to abuse this, they may blame others for taking advantage of them, play the martyr, or take to alcohol or drugs to ease their pain. Their openness to chaotic impressions can influence and torment them. The myth of the revenge of the gods of chaos, upset that the Titans were defeated by the upper gods, describes how Venus, the goddess of love and her son Eros, dove into the river and were transformed into fish in order to escape. Pisces is associated with the feet. Jupiter rules Pisces.

Rudolf Steiner describes how in Pisces, the human being becomes one with, and lives with his destiny in the moral outer world. He says it is the sign of the consciousness soul, and describes how Jesus Christ was baptized with the Holy Spirit in the Piscean initiation. Christ gathered fishermen, and asked them to be fishers of men. Steiner also assigns the sense of touch to it. We stand and touch the earth with our feet. We can perceive through the earth the spiritual sun of Pisces. We are able to move over the earth and meet our destiny. The sound N is Pisces – we approach something, reaching out to touch it, and then discover it is not what we thought, so we withdraw. In the "Twelve Moods" by Steiner, we read: "...In winning may gain be lost,...May loss be gain in itself." What do we do when we encounter unpleasant situations in the outer world? We often retreat or blame others. Especially

when we have tried hard to please and sacrificed our own wishes, and still get spat upon. Then it is very hard to love. Then we experience that it is easy to "love" our friends, but how difficult it is to really be magnanimous and love our enemies. Yet if we are meeting our destiny, isn't it we ourselves that we are meeting? Others have lovingly sacrificed to enable us to make good our wrongs. The karma exercise in Volume II of the Karmic Relationships cycle, given May 9, 1924, helps us to re-envision what we have encountered during the day, and to follow it through 3 days and nights, in order to help us view a past life event that has led to our present karma.

Benedictus in "The Soul's Probation" says to Capesius, who is feeling lost to himself in his spiritual development: "In truth, a man can only lose what severs him from cosmic being, and if it seems to him that he has lost what in his thinking's dreamlike mood he has abused in worthless effort, then let him search for what has gone from him."

Above Pisces we have Andromeda chained to a rock due to her mother Cassiopeia's pride, with Cetus the sea monster about to devour her. Perseus overcomes Cetus with the head of Medusa turning it to stone. The winged horse, Pegasus, rises from Andromeda's forehead as her chains fall away. Once we become conscious of our demons, we are able to rise with our winged intelligence.

If we rise on March 7 at midnight, we might see Jupiter near the bright star Spica in the constellation of Virgo in the SE, and Saturn in the SW at the end of Gemini constellation, near Castor and Pollux. A T-square is formed by the 3 outer planets, Mars, Jupiter and Saturn, an excellent time to confront outer events and transform them.

Historic similarities: Ponder the works of Rembrandt, Mark Twain, Johann Valentin Andrea, Dr. Elizabeth Vreede (developer of Astrosophy), and of the last year of Christ (33 AD) and the imagination of the Christ Mystery. Also, we can ask ourselves if we are reaching beyond ourselves and taking up the task to speak about and act out of the new Michael Age impulse that began in 1879.



RHYTHMICAL MASSAGE

By Regina Hansen, Portland, Oregon

One of the therapies based on Rudolf Steiner's research of Spiritual Science and his insights into human nature is Rhythmical Massage, which is sometimes also referred to as Hauschka Massage. In the early 1920s Dr. Ita Wegman, a physician practicing in Switzerland, developed a new method of massage by expanding already existing Swedish Massage with the knowledge of man's body soul and spirit and the healthy or unhealthy interplay of these principles. The method was refined further by Dr. Margarethe Hauschka who established the first rhythmical massage school, in Germany, in 1962. In the meantime several teachers in other countries have taken up the impulse and the foundation of new schools. The newly formed school in the US completed two training programs in the 1990s, but has remained in a dormant state in the new millennium.

What is Rhythmical Massage? Just as incomplete as it would be to describe a painting or a piece of music by means of words only, the same difficulty arises when we try to describe massage, a sense experience, by means of the intellect. Suffice it to say that Rhythmical Massage goes beyond the manipulation of muscular-skeletal tissues by considering dynamics of the soul and spirit as they manifest in the physical body. It strives to restore harmony in the individual by overcoming imbalances caused by stress and illness. It is very common today for people to become overwhelmed with influences that push them out of their natural rhythm. This leads to disturbances in their life processes.

The restoration of rhythm between the anabolic and catabolic forces stands in the foreground of Rhythmical Massage. This does not mean that special rhythms like in poetry are applied, but it means that the therapist works musically trying to form the treatment into a therapeutic organism sometimes slow, sometimes faster as needed in the individual case. A gentle rhythmic quality of touch allows for deep penetration into the tissues without applying heavy pressure. In other words, the massage becomes mediation between the polarities of gravity and levity.

According to each patient's constitution from an anthroposophical point of view, the therapist chooses between a binding and loosening grip quality, and decides which areas of the body to address. Another consideration deals with the direction of the massage movement. The treatment has to be planned to avoid excessive active movement by the patient. A rest period after the treatment is recommended.

It is needless to say that the therapist's hands need special attention. In order to speak to the bodily systems, the hands need to develop a listening capacity for the fluidity of glandular processes, for tensions of the nervous system and for warmth of the circular system. The hands respond by becoming fluid, airy, and warm. In Margarethe Hauschka's

words: "Rhythmical Massage means to shape one's kneadings and strokings in movements of a tempo and continuity in tune with the human being, that is musical. In music, we possess an earthly reflection of cosmic forces of order. If we give a musical character to our movements we have then immersed the treatment into an atmosphere serving life."

Treatments are given both for general well being and for specific health problems. Margarethe Hauschka's book: Rhythmical Massage as indicated by Ita Wegman, M.D. provides detailed discussion of the indications of Rhythmical Massage and will answer questions going beyond the scope of this article.

Working with Rhythmical Massage during the last 7 years at the Takacs Clinic, I was fortunate to see many people as they transitioned from illness or injury to health. I am convinced that Rhythmical Massage played an important part in this process and worked especially well if the patient was embedded in a therapeutic network offering nutritional advice, counseling, active movement in form of Eurythmy and Spacial Dynamics and Art Therapy.

ETHERIC REBIRTH AND THE AQUARIAN IMPULSE OF ANTHROPOSOPHY

By Charles Forster and Chiaki Uchiyama, Portland, Oregon

Last month, we characterized the year 2005 as a "crossing of the threshold", a death and rebirth in relation to the current position of Pluto in the zodiacal circle. Symbolically, the current year began with world attention focused on the astonishing aftermath of the historically powerful earthquake centered in the ocean near Sumatra, and the subsequent, devastating tsunami, through which paradisiacal landscapes were washed away, and as many as 200,000 people were killed in nearby Asian countries. Let us, over the course of this new year, receptively, meditatively carry the question of the meaning of this opening gesture in relation to the movements of the outer planets.

Pluto has progressed along its path on a daily basis since January, and in March 2005, and will reach exact conjunction with the poisonous stinger at the tail of the Scorpion -- a death and potential rebirth point in the zodiac, and will maintain activating proximity to this point until June. It will return to this point at the beginning of December, and then move into the next constellation, Sagittarius, by January 1, 2006. Concurrent with Pluto's forward momentum from March through June, the death/rebirth impulse seasonally present in spring spiritually metamorphosed since the "turning point of time" through the crucifixion of Jesus and the resurrection of the etheric Christ, which is celebrated in the Easter festival, should be particularly intensified and accessible.

Simultaneously, the impulse of another trans-Saturnian planet, Uranus, whose brilliant revelations to human consciousness are likened to the sudden, unexpected appearance of a bolt of lightning, is coordinated in its activity with the influence of Pluto. In astrological tradition, Uranus is known as the "Awakener." It is correlated with Lucifer, the light bringer, and with Prometheus, who gave the gift of fire, or creative genius, to humanity. Uranus, whose highest potential corresponds with what we know from anthroposophy as the faculty of Imagination, and whose shadow aspects come to expression in psychological inflation, egocentric license, religious fundamentalism, rebellion, as well as in all manner of scientific experimentation and electronic technology is now hastening towards Rudolf Steiner's natal sun position in the middle of Aquarius, where his destiny intention as the prophet of the true "new age" is revealed. It will activate the spiritual forces emanating from this significant point in the zodiac until the beginning of 2007. Aquarius represents the future human being, the "angel-man", bringing thinking, feeling, and willing into dynamic equilibrium. He is the Waterman, master of the etheric forces which are the source of all life on the earth, able to transform materialistic thinking into living thinking, and unite all humanity in a spirit of brotherhood out of individual freedom. It is Agape and conscious, intentional community. Anthroposophy itself, as the embodiment of Rudolf Steiner's destiny intention, is called forth out of this future impulse.

If we sensitively attune to this overall picture it can stimulate an awakening of conscience, a sense of responsibility, for carrying the anthroposophical movement forward in the world as a light of faith, hope, and love; and for our own intentional, inner rebirthing amidst the current darkness. astrosophically, this spring will be one of two focal transformation times during the course of this year. We will elaborate this content further in the Spring Equinox Workshop March 18th and 19th at Bothmer Hall.

WHERE'S BETH?

Beth Wieting sends her greetings to all, and welcomes letters. You may reach her:

c/o Jeanne Winstunly
Goetheanumstrasse 11
CH-4143 Dornach
Switzerland

ABOUT STEINER STOREHOUSE

By John Tacaks, Portland, Oregon

Inspirations for Steiner Storehouse came from the desire to present the public an environment and collection of products representative of core anthroposophical values.

Elements of the special ambiance experienced in a Waldorf kindergarten atmosphere were enhanced by the gentle pulsating sounds of a flow-form fountain and creatively-shaped Maplewood cabinetry, rendering the internal decor conducive to support the Mission Statement: The mission of Steiner Storehouse is to procure or produce Anthroposophically inspired products and to facilitate their availability to the public while equitably supporting the work of the Anthroposophically-oriented authors, crafts persons, artisans, and artists.

Identifying and evaluating products that meet the requirements spark the introspective question of just what are anthroposophically-inspired products and works of art. People new to anthroposophy would be trusting in our name and Mission Statement. We are obligated to help them discern the difference between traditionally-accepted anthroposophical products, such as Rudolf Steiner's own books and lectures, those of classical anthroposophists, Weleda/Hauschka products and Demeter-certified biodynamic foods, from goods and literature favored by contact with anthroposophy; all the way to literature controversial within the anthroposophical movement and items simply produced by anthroposophically-aligned individuals or groups. Accommodating customers' requests for eclectic products risks diluting our Mission Statement. Some items without any direct anthroposophical connection can be justified out of the anthroposophical world view, which, being so broad, allows us to venture purveying organic chocolates. If only we could find biodynamic chocolate, our consciences would be clear!

5915 SE Division Street, #2, Portland, OR 97206 Phone (503) 777-1251 Fax (503) 777-7925 www.steinerstorehouse.com

Charles Forster and Chiaki Uchiyama

ASTROSOPHY SPRING EQUINOX WORKSHOP

Seasonal change is a breathing of the earth. Nature and cosmos, interpenetrating human life force, soul, and spirit, are intimately connected with this breathing. Spring equinox is a threshold crossing point in this process, and carries an impulse of rebirth. The character of the equinox, which changes over extended periods of time, influences collective human consciousness and its corresponding cultural background, and directs a particular evolutionary path for humanity. In this workshop, we will penetrate this spring mystery through an astrosophical perspective, and bring an experiential understanding for a past, present and future picture of human consciousness in order to meet our time.

March 18 (Friday Night Lecture - Bothmer Hall) \$10.00

7:00~9:00 PM Vernal point & cultural age in relation to our time

March 19 (Saturday Workshop - Bothmer Hall) \$30.00

Theme: Crossing the threshold and etheric rebirth

9:30 ~ 11:00 Lecture 1

11:00 ~ 11:20 Break

11:20 ~ 12:30 Experiential Session

12:30 ~ 2:00 Lunch Break (potluck)

2:00 ~ 3:00 Lecture 2

3:00 ~ 4:00 Open discussion

Total cost of both events if paid on or before
Friday evening is \$35.00.

Contact Chiaki Uchiyama at 503-807-5176.

PORTLAND TO RECEIVE DAVID LOWE & CHRISTINA BECK IN APRIL

Eurythmist Christina Beck of Novalis Eurythmy and David Lowe, who arranges the public lecture series for Rudolf Steiner House in London, England shall come to Portland in April to approach the themes of Michelangelo and of the Grail in a community formed through conversation and eurythmy.

David Lowe was born in a coal mining family in the industrial part of the north of England and studied Philosophy and Politics at Oxford University. He met Anthroposophy when he went into teaching in 1974. After studying Bio-Dynamic Agriculture at Emerson College, David spent a year traveling through Italy, following Goethe's Italian Journey of 1786-87 to research his discovery of the metamorphosis of plants. He journeyed with the artist Simon Sharp and they later put on international exhibitions of the paintings made on the trip. Since 1987, with a colleague, he has been leading a study group at Rudolf Steiner House in London, regularly giving workshops and lectures there. David earned a MA in the History of Art at Oxford Brookes in 2001. Since October 2003, he has been arranging the Public lecture series at Rudolf Steiner house. His talks about Michelangelo recently have been given in Boston, Wilton, New York, Kimberton, Sunbridge College, Washington and Rappahannock.

Christina Beck, founder of Novalis Eurythmy, studied in Europe with Molly von Heider and Else Klink. For the past 25 years she has worked in North America within the field of eurythmy, teaching and performing in a wide variety of settings. She also studied briefly at the Boston Museum School and was a painter before training as a eurythmist. In 1995 she founded Novalis Eurythmy. For the past two years she has been working with David Lowe to bring together eurythmy and David's study of art history in the light of Anthroposophy.

See the calendar entry for April 15 for information about the workshop. Please contact Natasha Moss by telephone at 503/233-0663 or by e-mail at portlandeurhythmy@aol.com to register.

Portland Anthroposophical Society Calendar - March 2005

Ongoing Study Groups

Anthroposophia Studies for Branch Life

Working with the spiritual realm helping our community life. Call for meeting times to Valerie Hope 503/775-0778.

Biodynamic Agriculture

In S.E Portland - 2nd & 4th Sundays - 6:30 to 8:00 PM

Focus on biodynamic agriculture with reading, discussion and art. Call Carrie Jo Caralyus at 503-239-5633.

Karmic Relationships – currently full

Working through Rudolf Steiner's Karmic Relationships Cycle of lectures. Meets twice monthly on Thursdays at 7:00 PM in NE Portland. Call James Lee for information 503/249-3804.

Life Beyond Death – currently full

Reading the collection of Steiner's lectures. Meets twice monthly on Mondays at 7:15 PM in SE Portland.

Call Cheri Munske for information 503/772-2632.

Waldorf Education and Teacher Training

Lectures and courses conducted throughout the year by the Micha-el Institute. Contact John Miles at 503/774-4946.

Mystery Dramas

Most Wednesdays at 7 PM. Please call James Lee at 503/249-3804.

Eurythmy

Training offered by Portland Eurythmy on weekends and evenings. Please contact Natasha Moss at 503/233-0663.

Special Needs / Camphill

Fridays, 7 – 8:30 PM Reading from Rudolf Steiner's Education for Special Needs, formerly titled Curative Education. Call Craig Thom 503/256-1622 for location and directions.

Upcoming Events

Th FEBRUARY 17

The Art of Eurythmy – a talk on eurythmy performance

PWS Eurythmy Room – 7 to 9 PM

This presentation is by **Natasha Moss**, who trained at Dornach, in Montreal and in New York and has performed internationally. Natasha is the founding director of *Portland Eurythmy*. Offered by the Micha-el Institute 503/774-4946.

Su FEBRUARY 20

Branch Meeting with Tea & Treats

Bothmer Hall – 3 to 5 PM

A community-wide gathering of **Anthroposophical Society members and friends**. This gathering is called as an opportunity to socialize and to work together as a branch of the Society. Contact Diane Rumage 503/240-0908 for more information.

Th FEBRUARY 24

Therapeutic Eurythmy in the Waldorf School

PWS Eurythmy Room – 7 to 9 PM

This presentation by **Lesley Cox**, therapeutic eurythmist for Portland Waldorf School, is offered by the Micha-el Institute. Please contact the Institute at 503/774-4946.

Mo FEBRUARY 28

Donations requested by this date for PWS Auction

Please contribute new items, programs, services and advertisements for the April 9, 2005 PWS auction by today. Contact PWS at 503/654-2200, ext. 475 or by email at auction@portlandwaldorfschool.org

Tu MARCH 1

Entries for April newsletter are due today – send to Patricia Dair dair5@comcast.net

Th MARCH 3***An Overview of Waldorf Education***

PWS Music Room – 7 to 9 PM

This lecture by **John Miles**, of the Micha-el Institute, begins four consecutive weeks on the Waldorf Curriculum.

Please contact the Micha-el Institute at 503/774-4946.

Fr to Su, MARCH 4 – 6***How Do We Develop Our Connection To The Christ Impulse In This Time?****Esoteric Christianity Weekend Conference*2606 SE 58th AVE, Portland – Friday evening through Sunday morning

Steven Usher will lead this lecture/workshop on the subject of esoteric Christianity for Anthroposophical Society members and students of Rudolf Steiner. Four lectures and associated conversation sessions will take place during the weekend. Lecture 1 will be a synopsis of the St. Luke Gospel; Lecture 2, The Effect of the Mystery of Golgotha on the Process of Initiation; Lecture 3, The Twelve Apostles; Lecture 4, The Cosmic Nature of the Christ. For more information call Valerie Hope 503/775-0778 or Chrystal Godleske 503/ 816-2440

Th MARCH 10***Before the Nine Year Change***

PWS Music Room – 7 to 9 PM

A lecture by **John Miles** of the Micha-el Institute on grades 1, 2 & 3 in the Waldorf Curriculum.

Please contact the Micha-el Institute at 503/774-4946.

Fr MARCH 11***Send the High School Eurythmy Troupe to Tour in Europe Fundraising Dinner***

PWS Main Building – 5:30 to 8 PM (Also to be held on April 8)

Raise your fork to raise funds! Contact PWS at 503/654-2200 to reserve.

Su MARCH 13***First Class of the School of Spiritual Science***

Bothmer Hall – Discussion at 8:30 AM, class at 9:30 AM sharp For First Class members, call Jannebeth Röell 503/249-3804.

Fr & Sa MARCH 18 and 19***Spring Equinox Workshop****Vernal Point and Cultural Age in Relation to Our Time (Fri); Crossing the Threshold and Etheric Rebirth (Sat)*

Bothmer Hall – Friday lecture 7:00-9:00 PM; Saturday Workshop 9:30 AM – 4:00 PM with a Pot Luck Lunch

Charles Forster and Chiaki Uchiyama will penetrate the spring equinox mystery through an astrosophical perspective, and bring an experiential understanding for a past, present and future picture of human consciousness in order to meet our time. Lecture costs \$10 and workshop \$30, or \$35 for both. Contact Chiaki at 503/524-426.

Su MARCH 20***Branch Meeting with Tea & Treats***

Bothmer Hall – 3 to 5 PM

A community-wide gathering of **Anthroposophical Society members and friends**. Contact Diane Ramage 503/240-0908**Th APRIL 7*****The Golden Age of Childhood***

PWS Music Room – 7 to 9 PM

A lecture by **John Miles** of the Micha-el Institute on grades 4, 5 & 6 in the Waldorf Curriculum.

Please contact the Micha-el Institute at 503/774-4946.

Fr APRIL 8***Send the High School Eurythmy Troupe to Tour in Europe Fundraising Dinner***

PWS Main Building – 5:30 to 8 PM Raise your fork to raise funds! Contact PWS at 503/654-2200 to reserve.

Sa APRIL 9***In a Spring Garden Benefit Auction for PWS***

Multnomah Athletic Club – Evening

Come for grand time feting and favoring Portland Waldorf School. Call PWS 503/654-2200 for more details.

Su APRIL 10***First Class of the School of Spiritual Science***

Bothmer Hall – Discussion at 8:30 AM, class at 9:30 AM sharp

For First Class members, contact Jannebeth Röell 503/249-3804.

Th APRIL 14***The Middle School Years***

PWS Music Room – 7 to 9 PM

A lecture by **John Miles** of the Micha-el Institute on grades 6, 7 & 8 in the Waldorf Curriculum.

Please contact the Micha-el Institute at 503/774-4946.

Fr & Sa - APRIL 15 & 16***Steiner's Reference to Michelangelo in Relation to the Grail – Lecture & Eurythmy***

Bothmer Hall – Friday Lecture at 7 PM; Saturday Eurythmy from 9 AM to 12:30, Lunch and Lecture from 12:30 to 3:30 PM

Into a viewing of Michelangelo's sculpture, British anthroposophist **David Lowe** will weave Rudolf Steiner's teachings in the lecture series entitled "Christ and the Spiritual World: The Search for the Holy Grail" (GA 149) because Steiner was led to a deeper understanding of the Grail when he saw Michelangelo's Pieta in St. Peter's. Eurythmist **Christina Beck** will lead an exploration of the theme of the sibyl's and the prophets' parts in world evolution, bringing it to a living, visible soul experience in eurythmy movement. The Saturday morning eurythmy will form a whole along with the Friday and Saturday talks. It can also be experienced on its own as a eurythmy workshop for beginners and for those with eurythmy experience. Please contact **Natasha Moss** at 503/233-0663 or portlandeurhythmy@aol.com. Early registration is welcomed.

Fr, Sa, Su - APRIL 15, 16 & 17***Portland Waldorf High School Eurythmy Troupe Performance***

PWS – See times below

The Great Peace, a Native American tale, will be performed on April 14, 15 & 16 at 7 PM. **The Three Sillies**, an English fairy tale, will be performed at 11 AM on April 16. Please call for more information at 503/654-2200.

Sa - APRIL 16***Eurythmy Workshop with Christina Beck***

Bothmer Hall – Saturday Eurythmy from 9 AM to 12:30

Eurythmist **Christina Beck** will lead an exploration of the theme of the sibyl's and the prophets' parts in world evolution, deepening and hopefully bringing it to a living, visible soul experience in eurythmy movement See description above for 4/15: *Steiner's Reference to Michelangelo* for more information. Fee: \$35. Please contact **Natasha Moss** at 503/233-0663 or portlandeurhythmy@aol.com

Su APRIL 17***Branch Meeting***

Bothmer Hall – 3 to 5 PM

A community-wide gathering of **Anthroposophical Society members and friends**. Contact **Diane Ramage** 503/240-0908**Th APRIL 28*****Experiencing Art in the Waldorf School***

PWS Classroom – 7 to 9 PM

A presentation/practicum on **Form Drawing** in the Waldorf Curriculum, offered by **John Miles** of the Micha-el Institute. Please contact the Micha-el Institute at 503/774-4946.

Th MAY 5***Experiencing Block Crayon Drawing in the Waldorf School***

PWS Classroom – 7 to 9 PM

A presentation/practicum on art in the Waldorf Curriculum, offered by **John Miles** of the Micha-el Institute.

Please contact the Micha-el Institute at 503/774-4946.

Su MAY 8***First Class of the School of Spiritual Science***

Bothmer Hall – Discussion at 8:30 AM, class at 9:30 AM sharp

For First Class members, contact **Jannebeth Röell** 503/249-3804.**Th MAY 12*****Experiencing Wet-on-Wet Painting in the Waldorf School***

PWS Classroom – 7 to 9 PM

A presentation/practicum on art in the Waldorf Curriculum, offered by **John Miles** of the Micha-el Institute.

Please contact the Micha-el Institute at 503/774-4946.

Su MAY 15***Branch Meeting***

Bothmer Hall – 3 to 5 PM

A community-wide gathering of **Anthroposophical Society members and friends**. Contact **Diane Ramage** 503/240-0908

Th MAY 19***Experiencing Freehand Geometry in the Waldorf School***

PWS Classroom – 7 to 9 PM

A presentation/practicum on art in the Waldorf Curriculum, offered by [John Miles](#) of the Micha-el Institute.

Please contact the Micha-el Institute at 503/774-4946.

Su JUNE 12***First Class of the School of Spiritual Science***

Bothmer Hall – Discussion at 8:30 AM, class at 9:30 AM sharp For First Class members.

Please contact Jannebeth Röell 503/249-3804.

Su JUNE 19***Branch Meeting***

Bothmer Hall – 3 to 5 PM

A community-wide gathering of [Anthroposophical Society members and friends](#). Contact Diane Ramage 503/240-0908.***Look for more information, and save the dates:*****JULY 24 – 28*****Reincarnation and Karma***

In Portland

A seminar offered by the Micha-el Institute with special guest lecturer [Christof Wiechert](#), the head of the Pedagogical Section of the Goetheanum. To learn more, contact John Miles at 503/774-4946.**August 11 – 14*****Being Awake!***

In Ann Arbor, Michigan

A conference for members and friends with the leaders of the worldwide Anthroposophical Society in Ann Arbor Michigan. See the attachment below for additional information, program of events, lodging possibilities, and contact information. The Anthroposophical Society webpage for this program is <http://www.anthroposophy.org/Events/STD/>. We will publish additional information on this conference as it becomes available.

Being Awake

How Do I Awaken to the Spirit in Myself and to the Spirit in the World?

August 11 – 14, 2005 Ann Arbor, Michigan

Each day meets us with questions: How do I awaken to what is happening in me and around me? How do I awaken to others and create community with them? And when I am awake, how do I bear with dignity and grace what may be revealed to me?

In the depths of our souls we want to awaken to ourselves and the world, but forces active in the world and within us often prevent us from doing so. Yet, Rudolf Steiner tells us that the good spirits guiding humanity have planted imaginations within us that can become living ideas and tangible realities. They can awaken us to the experience of becoming a true human being.

In this spirit, we invite you to join us in exploring questions about our inner life, our relation to the outer world, and the full scope of our human tasks on earth. We will gather to experience outstanding speakers, conversations, workshops and performances. We will be joined by the entire Executive Council of the General Anthroposophical Society in Dornach, Switzerland. Speaking out of the life work of Rudolf Steiner, we will explore how to deepen our inner life and through it awaken more fully to one another and to the world.

There will be a rich offering of arts and artistic workshops, including choral speech and singing. On Friday night Glen Williamson, actor and storyteller, will premiere a new piece based on Goethe's fairy tale, The Green Snake and the Beautiful Lily. Saturday night will bring us the gift of the premiere performance of Dvorak's New World Symphony with a full performing eurythmy troupe and orchestra.

This conference is hosted by the Anthroposophical Society in America in close collaboration with the Anthroposophical Society in Canada, the General Anthroposophical Society, and the School of Spiritual Science.

All members and friends are cordially invited to attend.

In the free human being,
The Universe is gathered up.
Then in the free resolve of your heart
Take your own life in hand,
And you will find the World.
The spirit of the World will find itself in you.
Rudolf Steiner

For more information, contact:

Anthroposophical Society in America
1923 Geddes Avenue, Ann Arbor, MI 48104-1797 USA
Tel: (734) 662-9355 Fax: (734) 662-1727
conference2005@anthroposophy.org

Registration Information

If you register before June 30
Member: \$200
Non-member: \$250

If you register after June 30
Member: \$235
Non-member: \$285

Being Awake! Program

Thursday, August 11

Wakefulness to New Ways of Thinking

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|------------------|--|
| 4:00 – 7:00 p.m. | Registration |
| 7:00 – 9:30 p.m. | <p>Welcome</p> <p>Keynote address: <i>The Challenge of Thinking with the Heart</i> Virginia Sease and MariJo Rogers</p> <p>Music</p> |

Friday, August 12

Wakefulness to Myself

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|--------------------|---|
| 8:45 – 10:30 a.m. | <p>Speech with Michael Steinrueck</p> <p>Keynote address: <i>The Soul-Awakening at the Threshold of the Spiritual World</i> Sergei Prokofieff and Arthur Zajonc</p> |
| 10:30 – 11:15 a.m. | Break |
| 11:15 – 1:00 p.m. | <p>Workshops – part 1</p> <p>Please see section entitled “Workshops” for details</p> |
| 1:00 – 3:00 p.m. | Lunch |
| 3:00 – 4:45 p.m. | <p>Singing with Dina Winter</p> <p>Keynote address: <i>Seeking Balance in Spiritual Development</i> Bodo von Plato and Joan Almon</p> |
| 5:00 p.m. | <p>Informal Gatherings (optional)</p> <p>Dinner in dorms and restaurants</p> |
| 8:15 – 9:30 p.m. | <p>Performance by Glen Williamson <i>The Green Snake and the Beautiful Lily</i> based on Goethe's fairy tale</p> |

Being Awake! Program

Saturday, August 13

Wakefulness to the World

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|--------------------|---|
| 8:45 – 10:30 a.m. | Speech with Michael Steinrueck Keynote address: <i>Awakening to the World</i> Paul Mackay and Betty Staley |
| 10:30 – 11:15 a.m. | Break |
| 11:15 – 1:00 p.m. | Workshops – part 2 Same groups as Friday morning |
| 1:00 – 3:00 p.m. | Lunch |
| 3:00 – 4:45 p.m. | Singing with Dina Winter Keynote address: <i>Social Action and Spirituality</i> Cornelius Pietzner and Gary Lamb |
| 5:00 p.m. | Informal Gatherings (optional) Dinner in dorms and restaurants |
| 8:15 – 10:00 p.m. | Antonin Dvorák — <i>New World Symphony</i> symphonic eurythmy and orchestra. |

Sunday, August 14

Wakefulness to Our Time

| | |
|------------------------|--|
| 8:00 – 9:00 a.m. | Class Lesson XI – Rackham Assembly Room <i>Bring blue membership cards</i> |
| 9:15 – 11:00 a.m. | Speech with Michael Steinrueck Keynote address: <i>Eyes Wide Open: What Does Spiritual Research Embrace?</i> Heinz Zimmermann and Philip Thatcher |
| 11:00 – 11:45 a.m. < > | Break |
| 11:45 – 1:00 p.m. | Closing Plenum – Rackham Auditorium Speech Chorus Offerings and conversation Singing |

Being Awake! Workshops

Workshops are scheduled from 11:15 – 1:00 p.m. on both Friday and Saturday morning. Please sign up for one workshop and attend this workshop both days.

Time has been set aside each day, from 5:00 – 6:00 p.m., for informal gatherings and conversation. Several rooms have been reserved in the Michigan League for this purpose. In addition, there are numerous lounges in the League and Rackham that can accommodate small group gatherings. Maps and floor plans of these buildings will be included in the conference packets.

Workshops:

The following workshops are based on themes that have been identified for research within the General Anthroposophical Section, which helps to cultivate the soul-spiritual life of the individual.

How do I deepen my inner life through inner exercises and meditation?

Heinz Zimmermann and MariJo Rogers

How do I understand karma and reincarnation in my personal life and in the world today?

Paul Mackay and Philip Thatcher

How do I understand the nature of the Christ Being today?

Virginia Sease and Arthur Zajonc

How do I understand the nature of the spiritual hierarchies?

Sergei Prokofieff and Joan Almon

How do I develop social competency and build community?

Cornelius Pietzner and Gary Lamb

How do I develop as a human being in relation to the issues of our times?

Bodo von Plato and Betty Staley

The following workshops offer artistic experiences than can nourish our daily lives.

The Spoken Word: Cultivating Humanness

Helen Lubin

Eurythmy: Experiencing Inner and Outer Movement

Antje Ghaznavi

Architecture's Future: Building the Body for Community

Bert Chase

Drawing on Our Creative Spirit: Individual and Group Drawing

Michael Howard

Opening the Door to Our Own Poetry

Denis Schneider

Meet the Being Awake! Presenters

Joan Almon lives in Maryland where she served as a Waldorf early childhood educator and consultant to Waldorf schools in North America and abroad. She currently coordinates the work of the Alliance for Childhood and serves as co-General Secretary of the Anthroposophical Society in America.

Bert Chase was born in the United States but grew up in South America where he was deeply inspired by the rich history and archaeology of pre-Columbian cultures. He lives in Vancouver and in his work as an architect he integrates the ideas of Rudolf Steiner and his impulse for transformation.

Antje Ghaznavi lives in Toronto and is a performing, pedagogical and curative eurythmist. She taught children and adults in Germany, Switzerland, USA and Canada. She is a member of the Pedagogical Section Council in North America and of the Collegium of the School of Spiritual Science in North America.

Michael Howard is a freelance artist, teacher and writer living in Amherst, MA. He is a founding member of the Council of the Visual Arts Section, and a member of the Collegium of the School of Spiritual Science in North America. He has authored two books, *Art as Spiritual Activity: Rudolf Steiner's Contribution to the Visual Arts* and *Educating the Will*.

Gary Lamb is currently affiliated with two organizations working with Rudolf Steiner's social ideas - the Center for Social and Environmental Responsibility at Hawthorne Valley and the Institute for Social Renewal. He has worked in business management and non-profit administration and written a book, *The Social Mission of Waldorf Education*.

Helen Lubin is a speech artist currently focusing on the project, Speech and Drama in Waldorf Schools in the West, now in its 11th year. Her travels include several teacher education programs. She also works in private practice, is co-founder of The Speech School of North America and translator/editor of *Anthroposophy Worldwide*.

Paul Mackay studied economics and business administration and helped direct anthroposophically-based banks in the Netherlands and Germany. He joined the Executive Council of the General Anthroposophical Society in 1996 and for the past four years has served as leader of the Social Science Section.

Cornelius Pietzner attended a Waldorf school and later helped found Camphill Soltane, serving also as President of the Camphill Association of North America. He was on the Council of the Anthroposophical Society in America and currently serves as Treasurer and Executive Council member of the General Anthroposophical Society in Dornach. .

Sergei Prokofieff was born in Moscow where he studied art and history of art. He met Anthroposophy in his youth and decided to dedicate his life to it. He is active as a lecturer and author. In 1990 he co-founded the Anthroposophical Society in Russia, and in 2001 he joined the Executive Council of the General Anthroposophical Society at the Goetheanum.

MariJo Rogers lives in California where she works for a high tech company. A long-standing member of the Sacramento Faust Branch, she taught at the Sacramento Waldorf High School and Rudolf Steiner College. She is co-General Secretary of the Anthroposophical Society in America.

Denis Schneider lives in Montreal and is former president of the Anthroposophical Society in Canada. He is a member of the Section for the Social Sciences and Literary Arts and Humanities. His special interests include drawing, poetry, drama, biography work, threefolding and astrosophy.

Virginia Sease was born in Pennsylvania and earned her doctorate in German from the University of Southern California. She taught in a University and a Waldorf School in L.A. and has been a member of the Executive Council of the Goetheanum since 1984. She directs the English language Anthroposophical Studies Program at the Goetheanum.

Betty Staley has been a Waldorf teacher for over thirty-five years. She directs the Foundation Year and Waldorf High School programs at Rudolf Steiner College. In addition, she has been active in programs for public school teachers and teachers of At-Risk students there. She founded the Multi-cultural Committee of AWSNA.

Michael Steinrueck is a trained speech artist and works with speech in education, consulting and performance. He performs with Eurythmy Spring Valley and is the director of Creative Speech Spring Valley. He is a co-founder and faculty member of The Speech School of North America, a professional training in the art of Creative Speech.

Philip Thatcher is a former teacher of English, history and drama at the Vancouver Waldorf High School and author of *The Raven Trilogy*. He is a member of the Section for the Literary Arts and Humanities. He is currently serving as General Secretary for the Anthroposophical Society in Canada.

Bodo von Plato was born in Germany and studied history, philosophy, and Waldorf education. He was a high school teacher at the Waldorf School near Paris and was co-founder of a historical research institute in Heidelberg. He joined the Executive Council of the Goetheanum in 2001 and this is his first opportunity to visit North America.

Dina Winter studied opera in Europe and performed in operas in Italy and Germany for ten years. She trains opera singers in the Detroit area and elsewhere. Her greatest love is to bring everyone to song.

Arthur Zajonc is a professor of physics at Amherst College. For eight years he was General Secretary of the Anthroposophical Society in America and was active in the development of the Collegium of the School of Spiritual Science in North America.

Heinz Zimmermann was born in Basel, where he attended the Rudolf Steiner School. He received a doctorate at the University of Basel and taught there and later at the Rudolf Steiner School in Basel. He helped lead the teacher-training seminar in Dornach and was appointed to the Executive Council of the General Anthroposophical Society in 1988. He currently leads a foundation studies course there.

Being Awake! Conference Lodging Information

Private one or two person Dormitory Style Rooms with Shared Bathrooms: \$61 single - \$82 double with AC
 Mosher Jordan Residence Hall \$51 single - \$70 double without AC
 University Housing – 734 764-5297
 Mention “Steiner” to get the room rate
 Within Walking Distance of the Conference Venues

Private Hotel Style Rooms: \$140
 Executive Residence of the Business School - 734 647-1000 or ERFrontDesk@bus.umich.edu
 Mention “Steiner” to get the room rate
 Within Walking Distance of the Conference Venues

Other Hotel and Motel accommodations are available in Ann Arbor, but most require automobile mobility.