

Portland Anthroposophic Times

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

www.PortlandAnthroposophy.org

Volume99, October 2012

The Work of The Angels in Our Astral Body Community Study and Conversation

We are looking forward to this community conversation. Together we will explore the implications of what Steiner brings in this important lecture - implications for how we live our lives, both as individuals and in community. According to the National Council, "In this lecture, Rudolf Steiner describes how angels are creating pictures in human consciousness that are meant to make their way into full awareness. These include three transformative perceptions:

- That every human being is a spiritual being, formed in the divine image;
- That the suffering of others will be felt more and more to be just as urgent as any bodily injury of my own;
- And that a new, comprehensive spiritual truth and lawfulness is beginning to be recognized, allowing each human being to experience the reality of spirit through clear, conscious thinking.

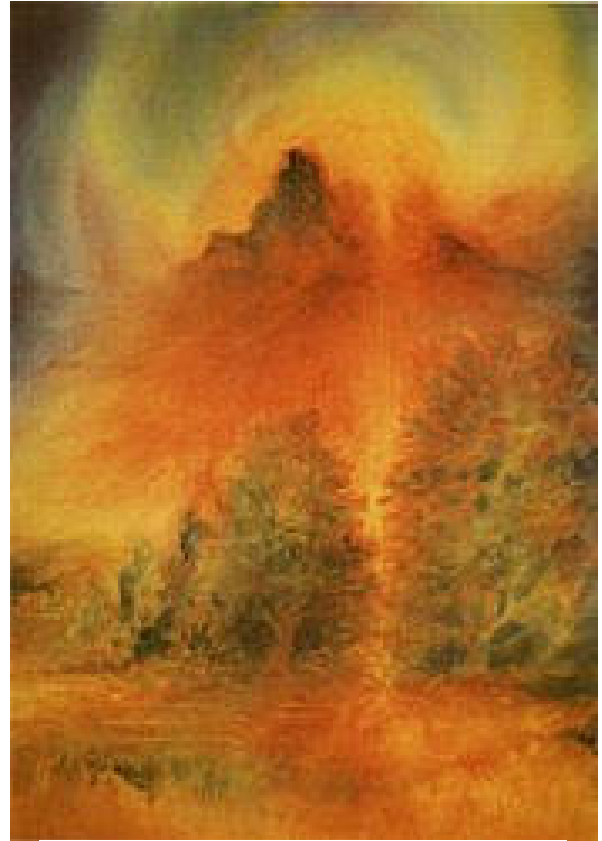
Questions proposed by the national Council: How do these images manifest in our own life and work? Do we experience any or all of these images becoming conscious today in America? Can they be seen in the values emerging in our Society? Are they visible in the relationships that people are forming with each other? How are they being expressed? Are these images clear in the foundations of Anthroposophical initiatives? Do you see them illuminating other social and cultural initiatives? What is the special character and destiny of America – and the role that the Anthroposophical Society and movement can play in furthering that destiny?

The Work of the Angels... lecture is available on the Branchwebsite at <http://www.portlandbranch.org/the-work-of-the-angels-in-mans-astral-body> ...and we will have copies of *Being Human containing the excerpted version* at the gathering to read together and discuss.

THE "AMERICAN" or "THREEFOLD" VERSE

May our feelings reach
To our heart's inmost core
And seek to unite in love
With people of like aims.
With those beings who, full of Grace,
Look down on our earnest, heartfelt strivings.
Sending strength out of regions of light,
Bringing light into our love.

sent by Rudolf Steiner to Ralph Courtney for the Threefold Group in New York City, which later established the Threefold Community in Spring Valley (now Chestnut Ridge), NY.



An Autumn Mood by David Newbatt,
available at Wynstones Press

**Our loved ones would ask
Not that we mourn
But that we remember...
Not that we weep
But that we smile...
For they are with us
And they love us still.**

~ E. Hisek

The Portland Branch of the Anthroposophical Society
invites you to

Save The Dates!

- Oct. 21 **The Work of the Angels in Man's Astral Body**,
Branch study coordinating with national conference,
That Good May Become:
Meeting our Spiritual Destinies in America
- Nov. 2 **All Souls, Remembrance of the Dead**
- Jan. 18/19 **Dennis Klocek: The Healing Power of Stories**

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

How to Continue Your Relationship with Those Who Have Died

As we anticipate our remembrance of the dead on November 2, let us contemplate some of what Rudolf Steiner had to say on the subject of staying connected with our dead. Following is just a taste from a 265 page book of his lectures and verses, ***Staying Connected***.

This is what it comes down to: that we learn to experience that those who have passed through the gate of death have only assumed another form.

Having died, they stand before our feelings like those who, through life circumstances, have traveled to distant lands, whither we can follow them only later. We have therefore nothing to bear but a time of separation.

Spiritual science must help us learn to feel and experience this in the most living way we can.

~Rudolf Steiner, June 17, 1915

Know the spiritual world! Then, among the many other blessings that humanity will gain will be this: that the living and the dead will be able to form a unity.

~ Rudolf Steiner, November 17, 1916

...There is something else that will make an even stronger appeal for communication between the dead and the living. The souls of those who have died need nourishment in a certain sense – not, of course, the kind needed by human beings on earth, but spirit and soul nourishment. On the earth, we must have cornfields where grain for our physical sustenance ripens; likewise, the souls of the dead must have ‘cornfields’ from which to gather the sustenance they need between death and a new birth. The clairvoyant sees that cornfields for the souls of the dead are in fact the souls of sleeping human beings. One who experiences this for the first time in the spirit world is not only surprised but deeply shattered to see how the souls living between death and a new birth hurry, so to speak, toward the souls of sleeping human beings, seeking their thoughts and ideas. *Such thoughts are food for the souls of the dead – nourishment they need.*

When we go to sleep at night, the ideas and thoughts that have passed through our consciousness in our waking hours come to life as living beings. The souls of the dead approach and share those ideas, feeling nourished as they perceive them. Clairvoyant vision can see the dead as, night after night, they make their way toward sleeping human beings left behind on earth (especially blood relations, but also friends), seeking refreshment and nourishment from the thoughts and ideas carried into sleep. And it is a shattering experience to see that they often find nothing, because in the sleep state there is a great difference between one kind of thought and another.

If we are caught up all day in thoughts related to material life, with the mind directed only toward what is happening in the physical world and what may be accomplished there, and if we have no thought for the spiritual worlds before going to sleep but, in fact, often take ourselves into those worlds by means quite other than such thoughts, then we have no nourishment to offer the dead. I know of towns in Europe where students induce sleepiness by drinking a lot of beer. Consequently, they carry with them thoughts that cannot live in the spiritual world. When the souls of the dead approach such souls, they find barren fields. They fare no better than our own physical body would during a famine, because our fields do not yield crops. Today especially (because materialism is so widespread), one can observe great famine among souls in the spiritual worlds. Many people consider it childish to involve themselves with thoughts of the spiritual world, but this is exactly how they deprive souls after death of needed nourishment.

Before one can understand this correctly, it must be said that nourishment after death can be drawn only from the ideas and thoughts of those with whom the dead had some connection during life. Nourishment cannot be drawn from those with whom there was no connection at all. Today, when we cultivate anthroposophy so there may again be in souls a spirituality that can nourish the dead, we are not working only for the living, or merely to provide them with some kind of theoretical satisfaction; we try to fill our hearts and souls with thoughts of the spiritual world because we know that the dead who were connected with us on earth must draw their nourishment from these thoughts. We feel ourselves to be not only workers for living human beings, but workers too in the sense that Anthroposophical activity, the spread of Anthroposophical life, is also of service to the spiritual worlds. In speaking to the living for their life by day, we promote ideas that bring satisfaction in the life by night as fruitful nourishment for the souls whose karma it was to die before us. So not only do we feel the urge to spread anthroposophy by the ordinary means of communication, but deep down within us there is the longing to cultivate anthroposophy in communities, in groups, because this is of real value.

As I have said, the dead can draw nourishment only from souls they were associated with in life. We therefore try to bring souls together so that the harvest fields for the dead may become more and more extensive. Many human beings who after death find no harvest fields in their families, because they are materialists, find them in the souls of anthroposophists with whom they had some connection. That is the deeper reason for working together in communities, and why we are anxious that the dead should have been able before death to know anthroposophists who are still occupied on earth with spiritual things. For when these people are asleep, the dead can draw nourishment from them.

...I have been trying to lead up to an Anthroposophical endeavor that can have a fundamentally good result: *reading to the dead*. It has been proved in our own movement that very great service can be rendered to the souls of those who have died by reading to them about spiritual things. This can be done by directing your thoughts to the dead, which is easier to do if you picture them as you knew them in life, standing or sitting before you. In this way you can read to more than one soul at a time. You do not read aloud, but follow the ideas with alert attention, always keeping in mind the thought that the dead are standing before you.

That is what is meant by reading to the dead. It is not always essential to have a book, but you must not think abstractly and you must think each thought to the end. In this way you are able to read to the dead.

~ Rudolf Steiner, Bergen, Oct. 10, 1913

Excerpted from ***Staying Connected***, pp 62-66



The Healing Force of Stories ***A workshop with Dennis Klocek***

The human being is organized neurologically to respond to stories as healing forces. Young children learn how to make sense out of the seemingly random events of sense experience through stories told in the family. This is known as theory of mind. In theory of mind

consolidating neurological development gradually fixes family stories in the mind of the maturing person. On the one hand this development provides assistance in figuring out life patterns. However, the time must come to move out of the family of origin and its guiding myths and seek the transcendent, healing state of integration and individuation. Without new stories to grow on, adults can lose creative enthusiasm as life forces begin to wane. To navigate this perilous journey requires finding analogs to the personal quest in the healing stories handed down through generations, an activity that Rudolf Steiner calls Holy Science.

This workshop will begin with a neurological survey of the issues that support a healthy theory of mind. Then, through dialogue exercises, we will look at an excerpt from Genesis to explore the archetypal stages that make a good story. We will next make stories using myths of our family of origin, and then, using the inspired imagery of Rembrandt in the picture of Christ healing the sick as a stimulus we will do story telling exercises in a two person (dyad) research format. The final part of our story will be the sharing of a brief biographical sketch with your dyad partner that helps them to have the theory of mind about the story you have just crafted about the Rembrandt print. These sequences can result in a satisfying weekend of self exploration.

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

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

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

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

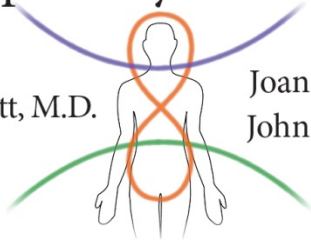
The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2012!

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

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

Multi-Specialty Health Clinic

Susan Schmitt, M.D.



Joan Takacs, D.O.
John Takacs, D.O.

The clinic offers alternatively extended medicine including Physical Medicine and Rehabilitation and Comprehensive Family Practice. The physicians utilize holistic principles that include the Anthroposophical world conception and its medical modalities, movement principles from Spacial Dynamics®, Feldenkrais®, Intermuscular Stimulation (IMS), Musculoskeletal Ultrasound and refined hands-on techniques to augment alternative and mainstream medical approaches in diagnosis, treatment and prevention of illness and injury including work related injuries, personal injuries, motor vehicle injuries and sports injuries.



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of the Anthroposophical Society

and

See your business card sized ad here

by contacting

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

Embryo In Motion: Understanding Ourselves as Embryo

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

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

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

Portland Branch Calendar

October 2012

Portland Branch Council Meeting

Monday, October 8, 7–9 pm • 2606 SE 58th Ave. Contact 503–775–0778 • email valerieannhpx@aol.com.

All Branch members are welcome to attend, and/or to call us with agenda items, proposals, suggestions, or to observe. Meetings are on the second Monday of each month.

First Class of the School of Spiritual Science, Lesson 10

Sunday, October 14 • 9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97207, Contact Diane Ramage at 503 908–0131 or Cheri Munske at 503 772–2632 Blue card required. Second Sunday of each month

Movement for Wellbeing with Dr. John Takacs

Beginning September 4, ending December 18, first and third Tuesday of each month • Bothmer Hall, next door to the clinic at 5909 SE Division Suggested \$12 each session in box on table • wear athletic or movement shoes or socks, clothing, to move in. Dr. Takacs is offering these Spatial Dynamic & Bothmer movement exercise group sessions to his clinic patients and the general public as a basic foundation for engaging many physical and emotional challenges.

Monthly Painting Circle with Robin Lieberman

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

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

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

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

You can find the lecture, 'The work of the Angels...' online on the Branch website, www.portlandbranch.org. See article this newsletter.

All Souls, Remembrance of the Dead

Thursday, November 2, 7:15 pm • Cedarwood School, 3030 SW Second Ave.

You may bring pictures or items that remind you of your loved ones to place on the altar space with the candles.

Advent Evenings

Four Sundays: **First 3 Sundays**, December 2, 9, 16 • 7–8:30 pm • home of James Lee & Jannebeth Roell, 3135 NE 17th

Call 503–249–3807, or e-mail jannebeth@mindspring.com to reserve your space. **December 23**, home of Mark & Valerie Hope, 2606 SE 58th Ave.

Foundation Stone meditation and reading of the address by Rudolf Steiner at the Christmas meeting of the founding of the Anthroposophical Society. Light refreshments afterward.

Holy Nights Readings

Every evening, December 26th – January 6th. Details in November newsletter, or contact Tom Klein, 503–777–3176

The Healing Power of Stories with Dennis Klocek

January 18–19. Details coming soon.

Ongoing Local Activities and Study Groups

Council Meetings of the Portland Branch • Second Monday of the month 7-9 PM

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

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

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

9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97207 • Blue card required.

Contact Diane Ramage at 971–271–7479 or Cheri Munske at 503 772–2632

Anthroposophical Course for Young Doctors • First Tuesday of the month

7–8:30 pm • Pohala Clinic, 12050 SE Holgate Blvd. • contact Julie Foster 503–572–4196, julie@pohalaclinic.com

Karmic Relationships Study • First and third Thursday of the month

7–9:30 pm • Contact James Lee, 503–249–3804, anthroposophy@earthlink.net

The study group will continue working with lectures from the Karmic Relationships lecture cycle and applying Rudolf Steiner's karma exercises.

Knowledge of the Higher Worlds • First and third Tuesdays

7:30–9 pm • 3046 NE 33rd Ave. • contact Donna Patterson and Bob Kellum, 503–331–7393

Mystery Dramas, with Speech-Formation Exercises 2nd and 4th Wednesdays

7:30 – 9:00 PM, in SW Portland • Starting to work on the 3rd Mystery Drama by Rudolf Steiner, The Guardian of the Threshold. No acting experience necessary, just a love of the Word. Contact Diane Ramage by e-mail at dramage@comcast.net or by phone at (503) 908–0131

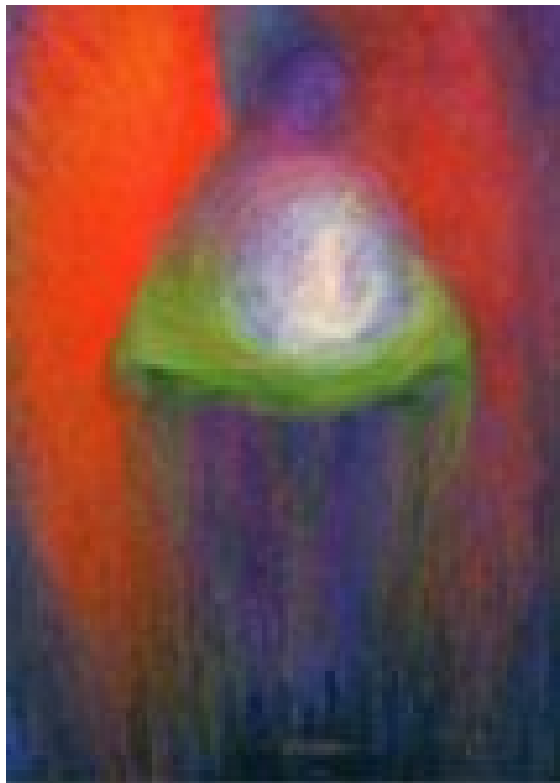
Portland Waldorf School Community Choir • Friday Mornings

8:45–10:15 am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, in the Orchard Room Free. Contact Marion Van Namen, 503–956–4046

Anyone who enjoys singing songs through the seasons, across the centuries and around the world is welcome, including drop-ins. This event is free. Marion Van Namen (503) 956-4046.

Waldorf Education and Teacher Training Lectures and Courses

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



Ninetta Sombart, Angel of Death

Available at Wynstones Press