



Anthroposophical Society PORTLAND BRANCH

Newsletter

March 2021

Freedom: Group Thinking and Independent Thinking

By Dr. Mieke Mosmuller

Editors Note:

Dr. Mosmuller's reminder of the creation of the new community founded upon free and independent thinking is also a remembrance of The Philosophy of Freedom, Rudolf Steiner's path from associative thinking to free thinking.

With regards to the concept of freedom, this comes from the introduction to the book written by Michael Wilson in 1964:

FREEDOM is not an exact equivalent of the German word Freiheit, although among its wide spectrum of meanings there are some that do correspond. In certain circumstances, however, the differences are important. Steiner himself drew attention to this, for instance, in a lecture he gave at Oxford in 1922, where he said with reference to this book,

"Therefore today we need above all a view of the world based on Freiheit – one can use this word in German, but here in England one must put it differently because the word 'freedom' has a different meaning – one must say a view of the world based on spiritual activity, on action, on thinking and feeling that arise from the individual human spirit." (Translated from the German.)

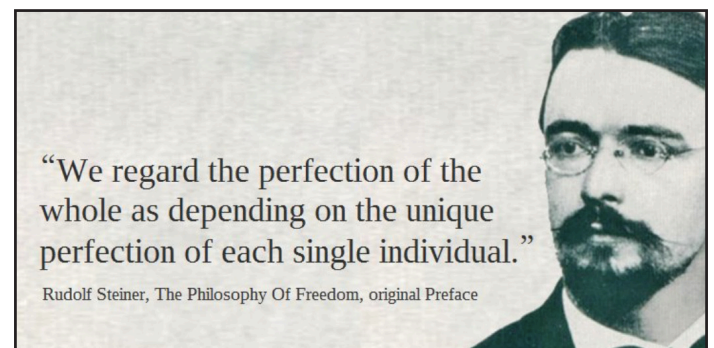
Steiner also drew attention to the different endings of the words; Freiheit could be rendered literally as "freehood" if such a word existed. The German ending -heit implied an inner condition or degree, while -tum, corresponding to our "-dom", implied something granted or imposed from outside. This is only partly true in English, as a consideration of the words "manhood", "knighthood", "serfdom", "earldom", and "wisdom" will show. In any case, meanings change with time, and current usage rather than etymology is the best guide."

We are increasingly seeing that individual people with strong opinions are, it seems, easily persuaded to conform to the prevailing idea of a group. Of course, it could be the advancing insight of that individual that makes him or her change their mind, but there are plenty of examples where the debate takes an unexpectedly surprising turn. To break free from a way of thinking that is imposed by a group, you need

powerful independent thinking. A thinking that forms itself independently of opinions of others, a thinking that is free. This free independent thinking we must practice, train even. After all, it is in that free independent thinking that we find the freedom we need in this day and age.

At the beginning of this week, the content of a video message was published, in the Dutch newspaper, as the opening speech to a meeting of the United Nations Human Rights Council. That video message was spoken by the Secretary-General of the United Nations, Antonio Guterres. I quote a few small parts from that message.

"Countries use corona measures as a pretext to restrict human rights. Thinking differently and independent media are silenced, warns the Secretary-General of the United Nations Antonio Guterres. Under the guise of corona measures, basic freedoms are being abolished, according to the Secretary-General. Guterres does not mention any names but, according to the



UN leader, strict security and emergency measures are being proclaimed in certain countries to supposedly combat the corona crisis. In fact, those in power are abusing the corona pandemic so that the most fundamental freedoms of citizens disappear. He speaks of a vicious circle of violations. Guterres points to the erosion of elections, the suppression of the opposition, human rights activists, journalists, lawyers and even health workers being arrested, prosecuted, intimidated or watched because they criticise corona restrictions or denounce the lack of measures."

He also talks about digital technology and says:

"The covid-19 infodemic has generally raised alarm bells about the growing reach of digital platforms and the use and misuse of data. The UN chief was concerned that a vast library of information is being built up on each of us. He pointed out that patterns of

behaviour are traded and sold like futures contracts. Our data is also used to guide and manipulate our perceptions. Without us ever being aware of it, Guterres said. Governments can abuse that data to control the behaviour of their own citizens, violating the human rights of individuals or groups. And then he said: all this is not science fiction or a prediction of a twenty-second century dystopia, it is here and now and it requires serious debate."

I thought that was another sensational announcement, because actually you could say that the conspiracy theorists are getting a helping hand here from the Secretary-General of the United Nations, namely that at least some of the thoughts of conspiracy theorists are fully in place, and that this is not a dystopia or a science fiction depiction for the twenty-second century or beyond, but that it is something that is happening now, here and now.

The question always arises: where exactly are these words of Guterres coming from? Is it that the concern he expresses really lives in his heart as a concern, or are they more words that need to be spoken at this moment? That is always the question. In itself, however, it is a very special occasion that this is being expressed in this way, because after all, we have heard in the past week that the Vatican, for example, has decided that anyone who does not get vaccinated will have to leave. If that statement is true, that is always what you have to consider, then of course that is the end of the credibility of the institution that sits there. We also read that Israel is going to introduce compulsory vaccination and that Indonesia is also doing so. It is not clear to what extent Guterres also has the European countries, such as the Netherlands, in mind. It could be that he is talking more about countries such as China, but of course we ourselves, who live here, know that with the corona pandemic, in inverted commas, measures are being taken that were unthinkable in history.

The question always arises: are the government leaders who are taking these measures against the people essentially criminal, are they criminals, are they deliberately doing the people such great harm, or is it the case that they have fallen into a particular stream of thinking from which they can no longer escape because they have lost sight of reality? For me, that always remains a question, sometimes the answer is more inclined to the one side and other times you think it can't really be, it must be a groupthink that at some point brings about a kind of inescapability. But the fact is that the effect of the corona measures is criminal. And I believe that it is

very important that we, as human beings, take care not to carry the desire within us to belong to a certain group. For the truth to develop in your heart, you need to be independent, and like you, I have heard that during the vote on the new law - I believe it was 'moving into the open' - in the First Chamber, there were quite a few people who actually did not want to vote for it at all but who were nevertheless 'won over'. One wonders what happens in such a gathering, so that people who most probably really feel in their heart that this is unacceptable end up voting in favor after

having received a certain conviction or something - it's a mystery how that can happen, and one really wonders what kind of processes are going on there. And of course it is striking that the parties that are, shall we say, excluded anyway, such as the PVV and the FvD, [The Party for Freedom (Dutch: Partij voor de Vrijheid, PVV; Forum for Democracy (Dutch: Forum voor Democratie, FvD)] have the most opportunities to actually speak opposition language in the opposition. Apparently it is very difficult for coalition parties or friendly parties to keep thinking independently. That's why I say: you have to make sure that you don't want to belong to a certain group in your life. That is true in your work, but it is also true in your interests outside work. Stand

on your own two feet and make your own judgment. Not on the basis of what others expect of you, not because you are afraid of being excluded, think independently. And that is difficult of course, because there are so many different opinions and you can arrive at such different judgments about the same situation.

...it is very important that we, as human beings, take care not to carry the desire within us to belong to a certain group. For the truth to develop in your heart, you need to be independent...

...as a human being in this day and age, you really have to take control of your thinking. We have an associative thought process within us. And that has to be educated, we have to determine the course of our thoughts ourselves so that we think what we want and not think what others want us to think. That is so important in our time. And that is a training, nothing else.

I experienced this again while reading a piece in the Parool by the well-known professor Marcel Levi, who describes that he has difficulty with the doom-and-gloom thinking of what he calls 'experts'. He finds the doomsday scenarios with regard to the corona pandemic far too strong and also says that influenza does not occur during this winter period. To me, that immediately

points to the fact that this year - and the previous one, too - the influenza virus of the year has been put under a magnifying glass and given the name of corona. The disease is not influenza but COVID-19. I think this is proof that if there is now suddenly no influenza, then this other disease that has flu-like symptoms, even if they can be as severe, is a variant of what was then called influenza every year. But this is not how Levi concludes, he says: yes, it is logical that this influenza does not occur, because people keep their distance, they clean their hands and they have a lot of

other measures to prevent this influenza from occurring. There's something in that, of course, but you do see how differently people interpret the same data. He goes on to say that he thinks the curfew is definitely disproportionate. And then something like this happens again, and I think: then abolish it. But he says: but now it's here and you can't make people crazy with sometimes this, sometimes that, so now it has to stay for the time being.

This shows that it is not so easy for people to come to the same opinion, to the same judgment, and when you are dependent on the other person's judgment, then you are a poor person. And so you must make sure in your life that this is not the case. You should not have the desire to belong to a group. I have been saying for years, long before there was this disastrous state of affairs, in which, in my opinion, the facts are constantly being misinterpreted and wrong decisions are being taken on the basis of that misinterpretation, but I have been saying for years that as a human being in this day and age, you really have to take control of your thinking. We have an associative thought process within us. And that has to be educated, we have to determine the course of our thoughts ourselves so that we think what we want and not think what others want us to think. That is so important in our time. And that is a training, nothing else. When you go to the fitness centre and learn to lift, say, a hundred kilos or so, that is also difficult. But then you have the advantage that those dumbbells are lying there heavy for you, you see them lying there and you know I want to lift that.

The view of the thoughts is much more difficult. It escapes your attention all the time and you are focused outside and you don't feel like paying attention to your thoughts all the time, but you have to. In our time, we have to bring ourselves to determine the course of our thoughts on the basis of the facts. Only then can we speak of independently coming to a judgment. As long as you allow yourself to be 'associated' in the direction of judgment, you are not free. You are only free when you put your thoughts in the right direction yourself. And if you could do that, then you would be able to do more than lift a hundred kilograms, because what you would be able to do is to have gained the sight and the ability to keep yourself out of all influence by any group of thoughts.

And I can guarantee, then Silicon Valley can come up with even more sophisticated and refined techniques, the human being will escape that. In associative thinking you are at the mercy of it, but in free thinking you are outside it, you are liberated from it. But you can only develop that if you have the courage to educate the desire to belong to something and then it will turn out that as an independent thinker you will find the friends who also think independently. So you don't stay alone, you eventually find a group, but the path is reversed. You start out alone, and you find a group and not you join a group and you have to think what is thought there. I once wrote a booklet called 'I do what I want', that's a philosophy of freedom for young people, now I would recommend that booklet to everyone, it's for young people, but young people are fresh, curious, still starting out in life, but as older persons we can do that too. As an older person, one can also be fresh, curious and start anew every morning.

Short Biography

Mieke Mosmuller was born on February 2, 1951 in Amsterdam. Her

father, David Crull, hailed from Noord-Holland, her mother, Marie van den Broek, came from Limburg. The two met in Limburg and settled in Amsterdam. Mieke was the only child and experienced the loss of her father at the age of eight (she was present at his sudden death). Ever since, the matter of death has lived in her continuously. She was a gifted child who had the desire to enroll in the city's Barlaeus Gymnasium after her Catholic primary school. She had a strong will to get to know life. She graduated with high marks for both the alpha as well as beta subjects. She learned to know Bach during math lessons and developed a deep love for that music; she herself played the piano and classical guitar. She studied medicine at the University of Amsterdam. During her studies she met her husband Jos Mosmuller, a fellow medical student. After graduating, they settled in Limbricht as general practitioners with a pharmacy. They had three children.

In 1981 they discovered homeopathy as an extraordinarily effective medicine - in spite of all scientific prejudices. In relation to this, they found the theoretical knowledge founded in the anthroposophy of Rudolf Steiner. In 1985 they moved to The Hague where they worked as general practitioners in homeopathy, and where they further researched anthroposophy and its meaning for the world and humanity. Since 1993 Mieke Mosmuller has been writing books, published by her husband through the publishing house [Occident](#).

[Link to her website and blog](#)

A Response from Valerie Hope

Dearest Mieke,

I find that I do start anew each morning fresh and curious at age 73. I think that you hit on something very important - a big motivating fear that can live in us is fear of exclusion. I was involved with some colleagues years ago in an exercise that illustrated this in an almost shocking way. I think the remedy as you described it is to find the others who awaken each morning in the same way.

Blessings from Portland, OR US ...Valerie



Crayon Drawing by Wan Wan Grade 2

From the Portland Branch Council



Grand Opening

A Home for the Branch
and Portland Annual
Gathering
Planned for April

On Friday February 26, six volunteers met for a work party, and added about a third of the approximately 1500 additional donated books to the electronic Branch library catalog. We could use more help with this. We are grateful to Ian Terrell, the PWS librarian who had generously set up the electronic catalog for the library when it was moved to the Portland Waldorf School from a private home in 2018. Eurythmist Carrie Mass graciously agreed to house the library in her small eurythmy office space, and requests for books were made to Ian online. Of course, in the past year since the school has been closed, there has been no access to the books.

When the new Branch space opens in April, the library will be accessible there. The Council is planning for grand opening festivities at our **Branch Gathering**, the annual event when we come together as a whole community for fellowship and great food!

The theme that we are considering for the AGM is 'community building'. Please contact us if you would like to contribute something to the proceedings, make announcements, share artistic contributions – visual, poetry, music, etc. It will be good to see each other and share how our year has been, how we are doing, and celebrate our community.

As you may know our aging website began to let us down in January. A new website is under construction, and you will be able to contact us there in about a month. In the meantime you can direct communications to the Council, order the embryo dvd with Jaap van der Wal, and ask to be added or removed from our newsletter list at valerieannhpdx@aol.com

For March the newsletter will come as an attachment to the Constant Contact email, and it, like the February newsletter will not be available on the existing website.

You can donate to the library and/or pay membership dues at:

https://www.paypal.com/donate/?hosted_button_id=E2YN82E8RP4XG

The Portland Branch Newsletter 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 or a calendar item email it to Christopher Guilfoil: c.guilfoil@gmail.com. The deadline for submissions is the 20th of the month preceding publication. Items selected for publication may be edited for style, content and length.

To sign up for our newsletter/email list go to:
www.portlandbranch.org and click on the button at the top of the right hand column on the home page.

The newsletter and calendar are posted on the Branch website, www.portlandanthroposophy.org.

Our current newsletter team: Editor, design, layout, and illustrations: Christopher Guilfoil; Proofreading: Valerie Hope, Wes Burch, Ellen Walljasper; Printing and distribution: Jerry Soloway; Webmaster Angelica Hesse; Treasurer: James Knight

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2021:

James Knight, Cheri Munske, Nancy Pierce, Walter Rice, Susan Rice, Virginia Berg, Kim Sinclair, Amanda Eastman, Cheryl Fisher, Mark Hope, Valerie Hope, Lois (Tish) Johnson, Robin Lieberman, Robin O'Brien, Diane Rowley, Jerome Soloway, Rebecca Soloway, Elizabeth Webber

Your 2021 dues will be gratefully received:

Thank you for helping to make our lively community life possible. A typical contribution is \$50, but no amount is too large or too small. You can send a check to The Portland Branch, c/o Valerie Hope 2606 SE 58th Ave., Portland, OR 97206. Or, until our new website is up, you can donate directly to our Paypal account:

https://www.paypal.com/donate/?hosted_button_id=E2YN82E8RP4XG

We would like to gratefully acknowledge the following who generously provide spaces for our many activities: Dr. Joan and John Takacs for their long-standing donation of Bothmer Hall; the Portland Waldorf School; and the Cedarwood School.



Articles represent the views of the authors, not necessarily those of the Portland Branch of the Anthroposophical Society.

Open Letter to the Community From the Micha-el Institute



We would like to invite you to participate in the furtherance of the Micha-el Institute. We seek your help with the desire to develop and offer a dynamic and innovative program to meet today's Waldorf educators.

This teacher training program in Portland, founded by John Miles in 1999, has educated numerous teachers who are working successfully in the area schools and in the wider community. A number of years ago, Valerie and John Miles stepped down and retired from carrying the program. Since then, the program has been carried by the Micha-el Institute board.

Currently, we are looking for teachers in various fields who are enthusiastic about carrying the Micha-el Institute into the future. We are actively seeking colleagues, who have the time, expertise and dedication to work with the current group of directors, board members, and teachers leading this Michaelic charge. Any help you can offer would be greatly appreciated. Some areas where support is especially welcome include joining the board, developing and organizing the curriculum, teaching in the program, and/ or helping with AWSNA requirements and providing administrative support, such as book keeping. We especially invite alumni students of the Micha-el Institute to join us.

The signature element of the Micha-el Institute teacher training has always been its strong foundation in Anthroposophy. Building upon this foundation, we are looking at ways to creatively work with the curriculum to keep it current, and to allow it to continue to evolve into what is needed in the present day, and beyond. We are interested in identifying and exploring the ways the Waldorf curriculum meets current questions of diversity, equity and inclusion. We are also committed to developing strong partnerships and increasing collaboration with local Waldorf schools and other adult trainings in the Portland area.

If you feel called to join us, we would love to hear from you! Please contact Jolanda at 503 896 3345 or email jolandamf44@gmail.com.

Sincerely,
The Micha-el Institute Board

Jen Davis, President
Jolanda Frischknecht, Secretary
Wade Cavin
Michiko Fujii (Olympia)
Laura Elmore (Bend)



Dear Friends,

As Rudolf Steiner taught, the second coming of Christ, in the etheric, has been in progress since the early twentieth century. That is the good news. However Steiner also repeatedly warned that the early twenty-first century would bring great tribulation. Darkness does indeed seem to have descended upon us over the past year, though it is not clear whether there might be a reprieve before challenges (potentially) intensify further at some time in the future. Either way, what is important is to keep the focus on the 'second coming in the etheric' and to recognize that the tribulations, however extreme, are the shadows thrown by the light and the resistance to its coming. At the Wellspring we are meeting frequently and working to formulate the best understanding we can of where we are and the many dimensions of what is happening. We will be in touch shortly with some thoughts on how we might together catalyse more discussion, sharing and awakening.

For now however, we would like to talk about New View magazine. Proprietor and editor Tom Raines and the exceptional group of writers he attracts have done a really remarkable job over the past year on bringing together diverse perspectives on where humanity is and how we might respond. What has been published has been so well received that printed editions have been quite quickly selling out. (PDF versions remain available). So first we would like to heartily recommend that you visit www.newview.org.uk, have a browse of the site and consider taking out a subscription, or gifting a subscription to someone you think may find it valuable. As well as getting a stimulating quarterly look at 'world events through an anthroposophical lens', you will be helping this worthy enterprise to survive the trials of the times. That is because, despite the wonderful achievement of selling out print runs, the great damage inflicted on the economy in the last 12 months has damaged the magazine's advertising and retail revenues to such an extent that Tom is unsure whether he will be able to continue much beyond the forthcoming Spring issue.

With Tom's compliments click here to download a PDF of the most recent issue (Winter 2020 / 2021), and we encourage you to sign up for a high-quality, real-world, physical copy of the Spring issue delivered to your door, like in the 'pre-virtual' days. (Or if you prefer, to purchase a PDF of that issue via the website).

Two further things you might consider:

1. Advertising with New View. You will be reaching an audience across more than 40 countries well-attuned to holistic products

and services, spiritual, philosophical and anthroposophical themes, the arts and all things concerned with social renewal. 1500 paper copies go out each quarter in the UK and internationally (contact New View for spread of distribution). Tom estimates that these are viewed an average of 4-5 times each as they are often read and passed on. Typically around 100 PDF copies are also sold each quarter.

2. Making a donation, for which Tom was obliged to appeal in the editorial of the most recent edition. If you are a UK tax-payer, you can increase the value of your donation by passing it on via the Hermes Trust (go to www.hermes-trust.org.uk, click 'making a donation' and indicate to Hermes that the donation is for New View). Otherwise, donations can be made directly to the following account:

Name of Bank: HSBC

Account Name: New View Publications Limited

Sort Code: 40-01-06

Account Number: 92183552

IBAN: GB24MIDL40010692183552

Branch Identifier Code: MIDLGB2105F

3. If you are not already familiar with New View, we hope you will find it interesting. Meanwhile don't forget to take a look in on our bookshop <https://www.wellspringbookshop.co.uk/bookshop>, and also our second-hand bookshop to which we are adding titles all the time, sometimes including some which are quite rare: <https://www.wellspringbookshop.co.uk/secondhand-books>.

We will be in touch further very soon!

Sincere regards, and strength in difficult times,

The Wellspring Team (Alex, Gary, James, Michael)

"Allow me to greet you in the warmest way with that deep inner feeling of unity that belongs to Anthroposophy, and in which all people on earth can unite without distinction of race, color or any such thing."

Rudolf Steiner
May, 1913 London
(GA 152)

Calendar of the Soul

Week 48

Within the Light which for the Soul
Mightily would flow from universal heights
Shine forth world thinking's certainty,
Solving riddles of the soul,
Gathering the power of its rays,
Waking love within the human heart.

Week 49

'I feel the strength of universal being,'
Thus speaks clarity of thought,
Rememb'ring my own Spirit's growth
In the darkness of world nights,
And to the new World-day to come
Inclines the inner rays of hope.

Week 50

To the human I there speaks,
Mightily itself revealing,
And setting free the forces of its nature
Joy in growth of world existence:
'On you my life bestowing
From its enchanted bondage
I reach my own true aim.'

Week 51

Into man's inner being
The richness of the senses flows;
The Spirit of the world thus finds himself
In mirror'd image of the human eye,
Which from that self same Spirit
Must create its strength anew.

Calendar translation
by Liselotte and William Mann

LETTERS

A Letter from England:

A Perspective on the Situation in Europe

Dear Friends,

We are living through a huge crisis for mankind. There is fear and untruth everywhere and countries which see themselves as freedom-loving seem hell-bent on preventing discussion and free expression. Onerous fines are imposed on those daring to question mainstream narratives, the old and sick are forced to die alone, livelihoods are being destroyed and young people see their future vanishing before their eyes. The extremely materialistic response to the Coronavirus – social distancing, lockdown, mask wearing, track and trace, vaccination – is causing a huge amount of collateral suffering, arguably on a far larger scale than the virus itself. The incessant release of statistics, propaganda and – dare I say – outright lies has whipped up fear to such an extent that people are prepared to accept almost anything without giving it further thought.

How do we respond as people engaged with anthroposophy or as members of the Anthroposophical Society? Do we simply accept the narrative of having to eradicate a virus at whatever cost? Or should we rather seek to understand the underlying agenda in its wider spiritual context?

In a lecture given 7th October 1917 'Fall of the Spirits of Darkness' Rudolf Steiner said: "The time will come – and it may not be far off – when people will say: It is pathological for people to even think in terms of spirit and soul. 'Sound' people will speak of nothing but the body. It will be considered a sign of illness for anyone to arrive at the idea of any such thing as a spirit or a soul. People who think like that will be considered to be sick and – you can be quite sure of it – a medicine will be found for this. At Constantinople the spirit was made non-existent. The soul will be made non-existent with the help of a drug. Taking a 'sound' point of view, people will invent a vaccine to influence the organism as early as possible, preferably as soon as it is born, so that this human body never even gets the idea that there is a soul and spirit."

Are these new mRNA vaccines which are designed to trick the organism into creating the right antibodies, a prototype of what Steiner is describing? Maybe, maybe not. But if not why are they being pushed so strongly? What possible motive is there for not only vaccinating the vulnerable but healthy younger people too? And why are there trials to test the vaccines on children?

Covid-19 is a real illness from which many vulnerable people have suffered. Shortly before the first lock down however the UK government downgraded the epidemic to the level of an ordinary influenza.

There are very positive reports from anthroposophic hospitals in Germany which show a near 100% recovery rate from Covid-19 using anthroposophic treatments – even with the most severe cases. Homeopathic treatments have also been shown to be

effective. This also confirms what has long been known – even in mainstream circles – namely that viruses do not cause disease but are symptomatic of a wider imbalance in the organism. An infection will only occur if the immune system allows it. This is something very familiar to anyone working with biodynamic agriculture as I am sure it is with those practising holistic and anthroposophic medicine.

If we know in our heart of hearts that a genetically modified vaccine with various artificial ingredients is harmful to our long term health and immune system, why would we encourage its use? Has the time not come for us to stand for what we believe to be true? Do we really believe in the efficacy of anthroposophic remedies? Do we recognise the reality of the spiritual world? If so why would we welcome a materialistically conceived one-size-fits-all vaccine as a solution?

This vaccine was created using a form of gene editing. For more than 25 years a strongly supported campaign has been working to prevent GM food polluting our entire food system and stop our food, plants and farm animals being genetically modified. Why is there not a similar campaign to stop to what is in effect the gene editing of human beings?

Just over one hundred years ago Rudolf Steiner gave a series of lectures about the impending incarnation of Ahriman which he suggested would occur "before even a part of the third millenium will have run its course". It is uncanny that he spoke about this almost exactly 100 years ago - the time period of certain fulfillment. He also emphasised how important it is that mankind should recognise him when he comes. Does not the global spread and utterly materialist nature of what is occurring at present suggest this event is imminent? And if it is what are the clues?

It is well worth looking at the website of the World Economic Forum. This lays out in some considerable detail what certain elite groups have in mind for the future. It is described as the Great Reset, and though at first glance it is seemingly benign, it involves a total technical transformation of our lives – advanced communication and control (using 5G), artificial intelligence and the comprehensive digitalisation of all aspects of life. Klaus Schwab (from WEF) calls this the fourth industrial revolution: "It is characterized by a range of new technologies that are fusing the physical, digital and biological worlds, impacting all disciplines, economies and industries, and even challenging ideas about what it means to be human." The implication is that human beings can be improved and made more perfect by being integrated with a machine. This would effectively spell the end of humanity as we know it and create a parallel universe. Furthermore, as time goes by we gradually see a world cabinet of global government forming - but without any president as yet!

I am aware that many may not wish to entertain what are deemed to be conspiracy theories. It is worth remembering however that Rudolf Steiner frequently referred to the machinations of occult brotherhoods as well as power strategies on the physical plane. Every military strategy is conspiracy, and of course the Trojan horse is the classic archetype.

Can we be clear thinking enough to see through conspiracy, certain enough to hold on to our own truth, and respectful

enough not to judge others for their different views? Increasing numbers of people are recognizing the injustice and inhumanity of what is going on and protests are breaking out all over the world. Most of these are peaceful and many are huge and take on many different forms although they are rarely reported in the mainstream media.

In August there were more than a million (possibly 2 million) people on the streets of Berlin demonstrating peacefully against the corona restrictions and for human rights, the survival of democracy and freedom of speech. They were ordinary people calling for justice and among them were of course many anthroposophists. Many of them remember life in the GDR and and also how their parents' generation experienced the coming into being of the Third Reich. It is deeply ironic for them now to be tarred with the 'far right extremist' brush.

One of the most shameful episodes in anthroposophic history involved the collusion of several high profile anthroposophists with the Hitler regime – no doubt with the best of motives. The movement, however, is still suffering the consequences and reverberations of this and there is a danger today of history repeating itself. It is therefore absolutely essential that individuals in our movement consciously align themselves with these protests even though protest may not be the most effective means of bringing about change. If however, anthroposophists 'distance themselves' from people who stand up for freedom and democracy then we will really "have been set back decades".

The attempt is made by the mainstream media to discredit these protests by focusing on the activity of far right political groups who join the demonstration – even though they are a tiny minority. It is also worth considering that many demonstrations over the years – for example the anti-apartheid movement – brought a broad coalition of groups together. Many, for example Maoists and other extremist groups, had their own political agendas but supported the overall issue. People in those demonstrations, however, were not discredited for associating with Maoists. Quite apart from this there is evidence which points to these right wing trouble makers at the Berlin demonstrations being planted as 'agents provocateurs'. We must not be tempted to go along with mainstream opinion with the hope of gaining certain favours. If we don't stand for our truth it will backfire.

But protest is not the only approach being taken. There are many people and groups working all over the world to counter this agenda and ameliorate its worst aspects. Such groups as the World Freedom Alliance www.worldfreedomalliance.org and the UK Medical Freedom Alliance are working hard to cut through the lies and present the truth. An alternative to the Great Reset – appropriately named the Greater Reset – is developing a human vision for the future <https://thegreaterreset.org>. It is led by some truly Michaelic figures. They are working tirelessly in the interests of individual freedom and are determined to uphold fundamental human rights. They are full of integrity and supported by highly qualified professionals (doctors, lawyers, scientists) nor are they are fazed by government restrictions. It is heartwarming to learn of their initiatives which include for instance, practical proposals for creating an airline that will allow travel without masks or vaccination, a news network that gives facts instead of propaganda, a support system for localised economies etc.

To my knowledge none of those involved are connected directly with anthroposophy. The nature of their activity however is truly courageous. Michaelic initiatives of this kind both outside and inside the Anthroposophical Movement deserve our support.

~ **Bernard Jarman**

"If you can keep your head when all about you are losing theirs...

.... Yours is the earth and all that's in it,

And - which is more - you'll be a man my son!" (Kipling)

Bernard Jarman has been involved with biodynamic agriculture most of his life. He served as director of the Biodynamic Association for over ten years, has managed a small biodynamic farm in Botton Village, North Yorkshire, co-founded Stroud Community Agriculture (a CSA project near Stroud) and is currently the estate manager at Hawkwood College where he also runs introductory courses in biodynamic agriculture and related subjects. He has performed in Rudolf Steiner's four mystery dramas as part of the Stroud Mystery Drama Group and is fluent in German, translating texts into English and regularly working as an interpreter at the Goetheanum.

Pacific Eurythmy Event with Colin Shepard
An Afternoon on the Life and Works of Claude Debussy

March 20 • 1:30 - 3:30 in Bothmer Hall
5915 SE Division St, Portland

Every composer has a mythology about them, and sometimes we see composers not as the human selves they were. Through Claude Debussy's seminal solo piano works, this program will unearth the latest research on Debussy's letters, uncover some of the myths we hold dearly, and provide a counter narrative to these myths. We will hear of the outsized role Emma Bardac played in his life, not as the docile muse but as her own artist with agency, as she holds Debussy accountable to his craft and relationships. We will hear of Debussy's correspondences and learn that some of our favorite songs of his were his least, and some of the best an accident. We will hear of his love, but more so for his wife than the act of composing. We will hear of compositions and art created for money alone - a shabby thing in the noble music textbooks! In short, through many of his most popular piano works we will get a different perspective of a whole human and a composer who was flawed but still beautiful. It is in these cracks that the light shines through, but also hopefully this makes it even more interesting.

~ Colin Shepard

Suggested donation \$15.
Space is limited, please sign up at pacificeurythmy.org

Urban Biodynamic Gardening with Sandra Burch

Chaos, Anyone?

Something seems to be stepping up the pace of our education. You know, the one we don't remember signing up for. I am referring to that learning that comes from living through unexpected and difficult to navigate life events. Yup, ice storm in February, I am talking about you.

At this point, I think I am going to go with something Hans Pusch quoted in "A New Kind of Actor" - "...how do we get out of this crisis? To expect a correct answer is hopeless. A crisis will always lie ahead of the last crisis! What we all have to do is to learn how to behave in crises, how to live with them, how to form thoughts true to reality in every situation.

Did I really sign up for a course in how to make my way in a world of crises? I suppose I have a dim memory of doing such a thing. Well, if I did, I can't think of a better way to get comfortable with the surprising and uncontrollable aspects of life than to be a gardener. To be totally fair, there are amazing wonders to be experienced in gardening and often great veggies and flowers come along too.

But back to the other side of the coin. Is there any way that the practice of biodynamics might help us to ace the next batch of tests? Well, yes, as a matter of fact. Here is what I am thinking: what if stirring up some biodynamic preparation #500 for the soil could show us how to view personal, local and world events in a way that fosters levity and courage?

How about instead of stirring we call it dynamizing the prep? Makes it sound like we are in a superhero movie. Maybe we are. First, choose your bucket - not metal. I have used plastic five gallon buckets for years. This year we are going to use a crock. Then, a few days before you will stir the prep, set the bucket outside where it can collect rainwater. Or put three gallons of tap water in a bucket and set it outside for three or more days, or at least overnight.

Did you notice that I skipped over that detail about how to choose when to stir and apply the prep? BD#500 is usually applied in the late afternoon or early evening. Hopefully, you have a handy biodynamic calendar. If not, then there are some you can find online. Check out a BD calendar where someone else has worked out what days the moon is in a place that is not helpful for gardening, and shows the days before, during and after an eclipse.

It is best to avoid working in the garden during these times.. The days are usually grayed out on the calendar. If a grayed out day is the only day you can stir the prep, then go ahead and do it and take note of the results. I have used preps in all sorts of conditions that are considered unfavorable, sometimes that is just how it goes. I think the nature beings help us to learn and



at least sometimes are able to save us from our mistakes. That is another whole topic.

Next, choose your stirring stick. You can use a bunch of small twigs - prunings from fruit trees can be nice. I use what was the wooden handle from a rake. Here is the fun part: collect a few songs to sing, or a prayer or two. Choose something that sends out the intention for harmony, healing and whatever support is needed, for all of the elemental beings and the whole of the earth and all on the earth, up into the sky and heavens beyond. You will have different words for your intention. The important thing is to have one and have humility. Perhaps you actually don't know what is needed. But you do know you want to be helpful; that is a profound and profoundly simple intention and the best kind really.

Now get the water moving in the bucket. First stirring in one direction and then in the other. Then, put the whole package of prep into the water and keep stirring and singing for an hour. Did I mention that it is great to invite friends to a dynamizing party? Many hands do make light work.

If you want some ideas to ponder while stirring, here you go: Water is so common that we might take it for granted. It is a special substance. In its natural state, water never runs in a straight line. It absorbs patterns of other substances. A very small amount of a substance can express its therapeutic forces into water.

Water flows in layers. When it flows around a curve each layer can flow at a different speed. Outer layers moving slower and inner layers moving fastest.

Water is very responsive to differences in friction. Pulsing movement is the beginning of the vortex. Stirring creates vortexes, the most efficient way for water to move.

Water is drawn down to the center, and returns from the sides.

Water around a whirlpool moves in spirals. The smaller the droplets the more surface area and more levity. When you have



been stirring the prep for 30 minutes, see if you notice a difference in the quality of the water. What was coagulated is lifted to buoyancy.

First stir in one direction. Notice the vortex form. Let it swirl in glorious order for a few spins. Then reverse direction and destroy the vortex. Chaos happens. This messy seething froth is when air and prep become part of the water. Recreate the vortex in the other direction. And then break that unity by changing direction. Again there is chaos. Repeat. Every time of chaos we give water a new pattern. The water becomes vitalized by the prep. Stirring communicates the nature of the prep into the water. The water's lamina (layers, membranes) are flowing over each other weaving in influences from the outside. No particle of water is moving at the same speed as any other. With our stirring we open up the water to the forces in the preparation. The vortex also draws helpful influences from the cosmos. All with our focused stirring. At the end of the stir how has the water changed? (Previous two paragraphs gleaned from the written, online course in biodynamics at: <https://www.oregonbd.org/>).



Now, you can take a whisk broom or a cedar bough and dip and sprinkle the dynamized prep onto your garden and ground.

Stirring and spraying a prep can become a community building experience. When you stir and sprinkle a prep around your garden and yard, you are doing something that supports the earth and the people on it. It can

harmonize your soul to bring your will to stirring.

By spending an hour with some chaos that you can actually control, you might get some insights into how to handle the other kinds of tumult that seem to be increasing these days. In becoming familiar with a type of necessary turmoil, you can learn to see the disorder for what it is: a vital part of enlivening life here on earth.

A Good Story

by Wes Burch

My calendar of a beekeeper's soul
Hath turned to a page of woe
The little entrance once was choked with flight
And grocery bags of pollen scrambled to and fro

Sun, O Sun! the thump of blood in my chest
Remembers well those days in Spring
When A Miracle did happen and
A swarm unbidden unexpected arrived
And we stood in awe as though
The pot of Gold at the end of the Rainbow
Appeared at the door of the Hive.

Now the bees are vanished except
For a row of small upturned faces
Gazing upturned toward me
Having perished in the cold
Too chilled to eat the Honey
Left hanging in the hive

Yes they are gone
And I am ever
So
Left
Behind

With the roof replaced
It is dark again in the
Lonely hive box
In February

But I know
Another page of the calendar will turn
And the brood comb
which tastes so bitter
And a special scent of which I have come to know
May yet bring about that event
That is a small echo of two thousand years ago

Resurrection

The God of the Colony
May yet send Her once more
And bring Life again
To the Tomb
In my back yard

First Class of the School of Spiritual Science

Sunday, March 21, 2021, 9:30am • Lesson VI • Contact: Diane Ramage, drumage@comcast.net;
Remember your Blue Card.

Portland Branch Council Meeting

Monday, March 8, 7pm • Contact Valerie Hope, valerieannhpx@aol.com

All Branch members are welcome to attend, and/or call us with agenda items, proposals, suggestions, or to observe. Please contact Valerie to let her know you'd like to attend. Meetings are normally held on the second Monday of the month.

Join Pacific Eurythmy for an Afternoon on the Life and Works of Claude Debussy

presented by Colin Shepard.
Colin will share from Debussy's biography and also play some of his piano works. **Saturday, March 20 from 1:30 to 3:30pm at Bothmer Hall, 5915 SE Division St, Portland OR 97206.** Suggested donation \$15.-, space is limited, please sign up at pacificurythmy.org

During this time of physical distancing, please contact the group organizer for each ongoing activity to confirm if the group is still meeting and what protocols they might require.

Ongoing Local Activities and Study

First Class of the School of Spiritual Science

9:30am sharp • Blue card required.

Contact Diane Ramage for date and place: drumage@comcast.net,

Council Meetings of the Portland Branch • Second Monday of the month

7-9pm • 2606 SE 58th Ave., Portland • Contact Valerie Hope, valerieannhpx@aol.com

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

Manifestations of Karma Study Group • First Monday of the Month

7:45-9pm • Temporarily conducted via Zoom • Contact Jerry Soloway 503-908-7615, jrsoloway@hotmail.com

Please join us in lively discussions centered on Rudolf Steiner's *Manifestations of Karma*.

Eurythmy Community Classes "The gestures of the Zodiac" with Jolanda Frischknecht

Wednesdays 7:00-8:15 at Bothmer Hall, 5915 SE Division St. on 2/10, 2/17, 2/24, 3/3, 3/10, 3/17

Saturdays, 9:00-10:15 at Lajja Space, 10815 SE Main St. Milwaukie on 2/13, 2/20, 2/27, 3/6, 3/13, 3/20

Please sign up at: jolandamf44@gmail.com Spaces are limited.

Pacific Eurythmy, Open Classes for the Community in Anthroposophy and the Arts: Monday Evenings

For details please see our website, www.PacificEurythmy.com or call Jolanda, 503-896-3345 or Carrie, 415-686-3791

Art as Spiritual Activity by Michael Howard • Friday Mornings

9:15-11am • Study group in NE Portland. The group starts each meeting with a short artistic activity and at this time we are singing led by Diane Rowley. All are welcome. • Contact Patricia Lynch at patriciahomanlynch@gmail.com

Speech Formation and Mystery Drama Group • Every 2nd and 4th Wednesday

7:30 - 9:00 p.m. at 8654 NE Boehmer St, Portland, OR 97220 Free. No experience necessary, just enthusiasm and a love of the Word. Now studying the 2nd Mystery Drama by Rudolf Steiner *The Soul's Probation*. Contact Diane Ramage drumage@comcast.net or 971 271-7479.

Beginning Astrosophy Class • First and Third Tuesday of the Month

7-8:30pm • 8654 NE Boehmer St, Portland, OR 97220 • Free. This class will introduce participants to the basic principles of Astrosophy in a study of the works of Willi Sucher and Diane Ramage's work with the stars, with indications that Rudolf Steiner gave for those interested in the cosmos. No previous knowledge necessary. Please bring blank paper and colored pencils to the class in case we need to use them. If you are just curious if you'd be interested, please feel free to come and check us out. • Contact Diane Ramage 971 271-7479 drumage@comcast.net

Friday Book Study in Corvallis

5:15-6:15pm at the home of Renate Joy • 1020 NW 25th Street, Corvallis • Our new study is Rudolf Steiner's "Occult Science: An Outline" (If you are planning to buy this book, we suggest the classic translation by George and Mary Adams.) This is a great way to study anthroposophy in community with others, where different perspectives are shared, and understanding can deepen.

Waldorf Education and Teacher Training Lectures and Courses

Conducted throughout the year by the Micha-el Institute. Contact Jen Davis, 503-449-7387 jennifer@micha-elinstitute.com

Waldorf Teacher Education, Eugene

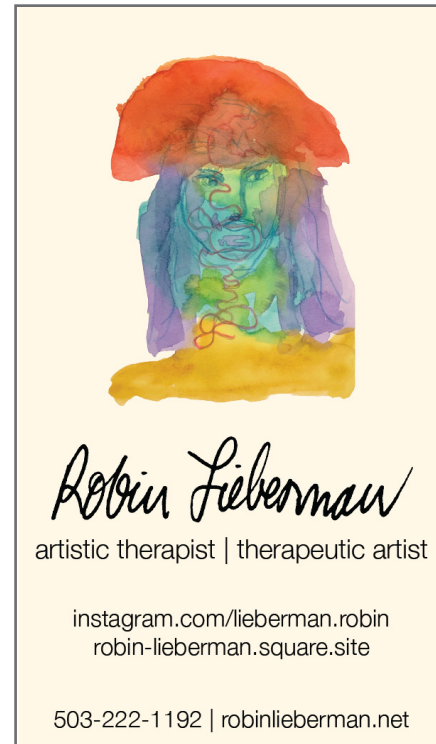
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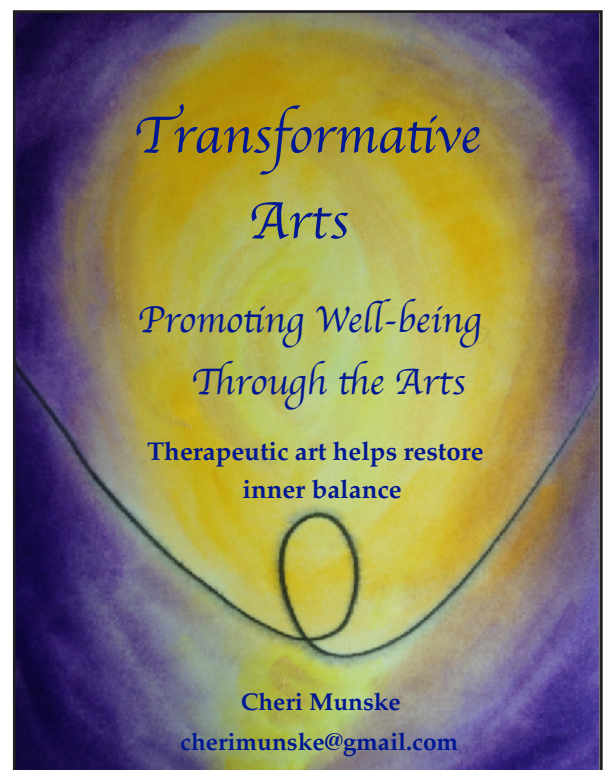
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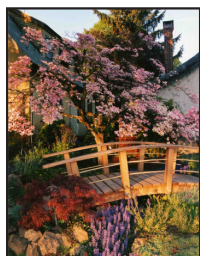
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"The possibility of illness is due to the possibility of becoming human beings..."--Rudolf Steiner

Donna provides adjunctive therapy for acute and chronic conditions including anxiety and depression, headache, TMJ and musculoskeletal problems related to trauma, also circulatory, respiratory, hormonal and digestive problems, diabetes, immune disorders and allergies. As a life-long learner with intense interest in the human body, soul and spirit, Donna has taken extensive professional continuing education courses over the past 30 years. She now integrates over a dozen manual therapies with emphasis on advanced craniosacral therapy, lymph drainage, and visceral massage, all of which is further informed by anthroposophic trainings in rhythmical massage, chirophonetics and psychology. While her interface is light with a strong energetic component, she does not consider this "energy work". Familiarity with anatomical details, bio-mechanics and physiology makes her work feel warm and nurturing in a way akin to what Steiner calls "re-membering" (umformung), awakening the body to its own restorative processes of rhythm and breathing, its inner kinship with the Light, and facilitating then its own healing powers which can be profoundly transformative.