

In the World of Living Imaginations

By Mary Stewart Adams

In chapter five of one of his foundational works on the cosmic-spiritual evolution of the human being, formerly published under the title *Occult Science* and now known as *Outline of Esoteric Science*, Rudolf Steiner illuminated the true nature of the three soul forces known as *Imagination*, *Inspiration*, and *Intuition*. Instead of this being a reference to a world of make believe, to gut instinct, or to vague insights and sudden notions, these three soul forces are rather like sense organs, only, instead of being used to perceive in the physical world, they are used for engaging, through living activity, with the spiritual world. Chapter five concerns itself with “How (these) organs of perception that are latent in the human being’s soul may be developed by spiritual training.” (p. 254)

It is my understanding from studying Rudolf Steiner’s descriptions that a living *Imagination* offers us a glimpse into the spiritual world. But here, a great deal of inner steadiness is required, in order to distinguish, in this active and continually mobile environment, between my own thoughts, and those which come toward me as spiritual truth. “The imaginative world is a restless place. Everywhere in it there is movement, nothing but movement and change; nowhere does it come to rest.” (p.299)

Having glimpsed the spiritual world through living imagination, a seeker after spiritual cognition can eventually begin to experience *Inspiration*, which is indicated by being able to find one’s way through the spiritual environment that one has entered, to get oriented and make sense of what is being experienced. This stage is sometimes referred to as reading the occult script. “He will then, in due time, come into a higher world where he does not merely perceive but can also orientate himself – a world in which he can begin to see meaning.” (p. 299)

And finally, the possibility presents itself for *Intuition* to arise, which is a living engagement with the beings of the spiritual world, as though within the self. “To know a spirit-being through Intuition is to become one with that being, to be inwardly united with him.” (p. 304)

The above is a very limited description of what is so richly offered through Rudolf Steiner’s work, and it is presented this way here as a brief introduction, primarily as a first step toward considering how one livingly activates the imagination. But before we focus there, this descriptive review of the three soul forces from Rudolf Steiner’s *Occult Science* may serve: “Imagination leads (the spirit seeker) to recognize, in his perceptions, emanations of a living reality of soul and spirit. Inspiration takes him a step further into the inner essence of the spiritual beings: he learns to understand what they are to one another. In Intuition, he penetrates right into their inner being.” (p. 304)



‘Peace. Be still.’ Artist: Iris Sullivan

In *Outline of Esoteric Science* and elsewhere, Rudolf Steiner describes the realm of living imaginations as being in a state of constant motion. For instance, in his essays on the seven days of *The Chymical Wedding of Christian Rosenkreutz*, he describes the activation of this world of living imaginations on Day 1 of the narrative in the following way (note that on this day of the narrative, the spirit seeker has received an invitation to a wedding, in the most unusual of circumstances. He has said his prayers over his paschal lamb, when all at once a fierce storm shakes his house, and a mighty celestial goddess appears, bearing the

*The mind which follows
the rambling senses,
makes the soul
as helpless as the boat
which the wind leads astray
upon the waters.*

Bhavadgita II

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If you would like to submit an article for publication please submit by:
June 30
for our next issue

Dear Readers,

As noted in this season's newsletter, Anthroposophy provides a rich engagement with the arts, not only the formal arts of poetry, painting, performance, but the art of being human. Considered by our writers in this issue, this art of being human finds its first beginning in what is described as a living imagination. This kind of imagination is not simply a world of make believe, it is, instead, a first step toward becoming aware of ourselves as spiritual beings, within the spiritual world. The portal to this world lies within, and is approached in stillness.

Our featured article: *In the World of Living Imaginations*, expresses the rich opportunity that derive from engaging with imaginative thinking, in that a life experience is used as inspiration for contemplation, for poetry, and for art. Our writer, Mary Stewart Adams saw a fisherman out on storm-tossed waters. This called to mind both Rudolf Steiner's description of the continual motion of the imaginative world, and the story from the synoptic Gospels. So the lived experience created an opportunity for contemplation.

Mary shared this experience with her poet friend Peter Rennick. He writes a following article titled: *A Daily Practice* using the same experience as an inspiration for poetry. And further, artist Iris Sullivan used the same story as inspiration for creating the images that you see here, accompanying the text.

To support your spiritual studies we include a *Spiritual Study Self-Reflection Questions* sheet, (with seven questions), enclosed in your package of library books. Your responses are humbly received and shared in our: *'Inspired by your Reading'* section of the newsletter. Our hope is that your comments will inspire others in their studies. Additional sections in the newsletter featuring APO participant contributions include *Illuminations*, *Art & Poetry*, *Book Reviews*, and *Meditations*.

Early this year you each received our *Survey*, requesting a response to how anthroposophy has inspired you inside and out. Many beautiful responses have arrived and we feature them in our section titled: *What are the fruits of Anthroposophy for you?* We look forward each day to the arrival of your letters, *'Spiritual Study Self-Reflection Question'* responses and our *'Survey for Individuals Studying Anthroposophy in Prison'*.

We encourage your striving toward the imaginative world through poetry, art, inner contemplations and thoughtful journaling.

Blessings on your path,
Kathy Serafin

~ STEPPING ONTO THE PATH ~

TO GAIN KNOWLEDGE of culture, civilization, mythological and astronomy knowledge would help me. It is through learning more about everything else, my past, my ancestors, the universe, my religion and its myths and legends, that I learn more about myself. The more I learn about myself, the more I can try and become a better person, and through the knowledge and wisdom your program helps guide one through I might be able to help other people. *Robert, Dealing, LA*

I HOPE TO BE ABLE TO MAKE a positive change in my life. I am hoping to find inner peace and an easier time here. *Mark, Butner, NC*

WITH MY LIMITED STUDIES I'm not where I want to be yet. I am seeking spiritual enlightenment and understanding on how to live a healthy, positive, productive life for the benefit of not just self, but for those around me. I want to learn about the 'unknown' such as, is there life after death, are we alone in this universe, do spirits or demons exist. I hope for a better insight into life and how to live peacefully. *Jack, Michigan City, IN*

LEARNING MORE ABOUT self-development, getting enlightened, elevating my consciousness and gaining new meaning and perspective of life would help me. I want to take in positive literature and learn more about wisdom. *Emmanuel, Fairton, NJ*

WHEN I READ your introductory materials, there appeared to be an instant calm, and it appeared to positively put me somewhere else. It also seems that it may answer many questions and help guide. I'm hoping for mental, spiritual and personal enlightenment, as well as learning how to think differently. *David, Auburn, NY*

I HAVE 22 MORE YEARS on my sentence and I am trying to find meaning in my life. It is a long time to be locked up the first time ever being in trouble, and I need to find a way to cope. I do like to read. I hope it helps me to get through my prison sentence, and helps me not become a

product of my environment after what will be nearly three decades in prison. *Kevin, Pekin, IL*

I'VE ALWAYS BEEN drawn to teachings that explain the true nature of man and the universe. I truly believe that throughout the ages, men and women have come to realize, develop, and master their latent powers. I believe your organization is one of the holders of this ancient truth and I wish to learn as much as I can from you. *Wilfredo, Auburn, NY*

I WANT TO LEARN more about living spiritually and I want to rise above the things that promote the ability to stop self-loathing. I want to gain self-awareness and self-love. *James, Jessup, MD*

TO ALLOW MYSELF a better way to communicate with my loved ones, I wish to become a person who can better express himself without allowing tension to build up in my chest. I'm interested in my spiritual growth and development in furthering my beliefs. *Kenneth, Stringtown, OK*

TO FIND A NEW SELF, and transform from being in and out of prison is what I hope for. I think it's good to develop and build the self for the better, like bringing the good outer self and letting go of the bad. I always wanted to help others, but I was raised on a low budget, I couldn't perfect my skills besides playing basketball in my neighborhood. *Timmy, Laurinberg, NC*

HOPING TO FIND inner strength from the tools APO helps you discover, with new insight and direction, and maybe some guidelines. I hope I can walk with the weight of my past behind me. *Ritchie, Whiteville, TN*

I WANT TO BE a better person. I want to unlock the things in me that confine me mentally and spiritually. I have practiced yoga (the physical part) for a decade. I've never been able to pull into meditation and stay there. I hope to gain a lifestyle change and discover peace. *Delbert, Huntingdon, PA*

In the World of Living Imaginations

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invitation to the scared marriage): “(The spiritual seeker) feels as if a storm is raging around him. It is clear to him that he is experiencing a reality independent of physical perception. He feels lifted out of the balance of the world forces that a human being enjoys through the physical body. That is, his soul no longer shares the life of the physical body, but feels united with the body of formative forces that interpenetrates the physical. The formative forces body, however, does not live in the stable balance of world forces but in the mobility of the suprasensory world adjacent to the physical. We perceive this world once the gates of spiritual vision open. Only in the physical world do forces become fixed in the stable condition needed for specific form; in the spiritual world perpetual mobility rules.” (1917, included in *“The Secret Stream,”* p 158).

It is remarkable to consider how it is in the inner world of living imaginations that constant mobility ensues, as though storms were raging, in contrast to our life in the physical world, which he describes as a world of stability and balance. And yet, one cannot remain distracted by the constant mobility and storming of this inner world, or else we become lost, like hopeless visionaries, believing that everything that stirs within this realm of imagination is a truth.

Rudolf Steiner makes an analogy between this experience of the world of living imaginations and the natural world in the lecture series *Christ and the Human Soul* (Copenhagen, May 24, 1912). Here he draws attention to how someone striving toward conscious awareness of the spiritual world can distinguish between true, living imaginations and merely distracting thoughts that cannot lead one to higher cognition, with the example of a wheat field. He describes how every grain of wheat on a mature stalk will not develop into new ears of wheat, but that many, if not most of the grains will never realize their full potential. This is not some whim or error of nature, but rather it serves to nourish those other forces of the world that need it. “If we sow a field with wheat, we see myriads of ears of wheat springing up. We know quite well that out of every single grain in those ears of wheat a new ear can come into existence. We can then ponder the question: How many of all those grains of wheat that we see in the field will actually reach this potential? Think of the infinite number of grains that go in a direction different from their actual purpose, namely, that of developing into ears of wheat in their turn. Here we have a specific, concrete example of something that can be seen in all of life’s seeds, and we cannot but come to the conclusion that this life that is all around us only comes into being because, in this process of becoming, it seems to plunge myriads of its seeds into an abyss of non-fulfillment.

“Let us keep this in mind. Let us contemplate the fact that what exists everywhere around us is built on a groundwork of infinitely rich potential which never becomes reality in the ordinary sense of the word. Let us keep in mind that it is from such a foundation of possibilities that realities arise, and think of this as one side of the mysterious life-existence that presents itself to us.” (page 35 *Christ and the Human Soul*)

If every grain of wheat were to fully ripen, it would result in the death of much else in the world. But the forces of those grains that do not mature become nourishment, and serve a vast becoming in the world. The same is true of imaginations: only some of what is experienced in this constantly mobile state is true, to the extent that it leads the seeker on to

an experience of inspiration, and an ability to find one’s way through the spiritual realms. The other visions, though not enduring, are not just to be regarded as errors, but as something that can serve other forces of our becoming. In other words, not all imaginations will lead to inspiration. What the spirit seeker strives for is knowing which imaginations belong to this developing consciousness. Again, this requires an inner steadiness, and being able to distinguish between images that endure, and those that are fleeting.

Rudolf Steiner continues: “If we follow this path with real earnestness, then we reach a stage where the whole physical world around us grows dim. In place of this physical world there arises a world of rising and falling images, a world of surging impressions of a sound-, smell-, taste-, and light-like nature.

This world presses and whirls into our field of spirit vision, and we then experience what may be called imaginative visualizations, which surround us on all sides and constitute the world in which our soul then lives and weaves.

“Now, if we were to assume that the visionary world appearing to us in this way is something entirely real, then we would be gravely mistaken; and this is also the point where the danger begins. The realm of visionary life is immeasurable and will remain so unless we rise from imagination—for it is imagination that conjures up this visionary world—to inspiration. It is only inspiration that tells us which image we must concentrate on, which image we must turn to with our spirit vision in order to experience truth; that all the countless other images surrounding this one image must vanish into a “beingless nothingness” (*wesenloses Nichts*); and that this one image will then emerge from the countless others and will prove itself to be an expression of the truth.

“Accordingly, when we follow the spiritual path, we enter a realm of innumerable vision-possibilities and must develop the ability to select, from this realm of infinite possibilities,

those images that truly express a spiritual reality. No other guarantee is possible than the one just mentioned. For, suppose someone were to come and say: ‘As one is entering a realm that is infinitely rich in visions, which are true and which are false? Can you not give me a rule whereby I can distinguish the true from the false?’ No genuine esotericist would reply to these questions by giving that person a rule. Instead, every esotericist would have to say: ‘If you wish to learn how to make such a distinction, you must go on developing yourself. Then you, too, will get to the point where it will be possible for you to focus on those images that stand firm as you view them; for the images that endure are the ones that are compatible with the level of vision you have reached, whereas those that you extinguish are merely secondary images.’”

How can such steadiness and discernment be achieved? There are specific exercises that Rudolf Steiner describes in *Outline of Esoteric Science*, and in *Knowledge of the Higher Worlds*. It is also true that a dedicated practice of contemplating the ideas introduced through spiritual science fosters a natural, healthy development of these forces. “If we would understand what supersensible consciousness perceives in human life... we shall find we are able to do so if we take to our help the sublime conceptions that can be gained from dwelling on the great events of cosmic evolution. These will furnish us with the key to an understanding of the life of man.” (p 304, *Occult Science*)



“Let Us go then, you and I” Artist: Iris Sullivan

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I live high on a bluff overlooking Lake Michigan. It has long occurred to me that “lake” conjures the wrong image when it comes to knowing the true nature of this body of water, the fifth largest body of fresh water in the world. “Inland sea” is a more apt description. In the winter months, especially from January on, the lake temperatures are so cold that if you were to fall into the water, the onset of hypothermia would take less than five minutes, leading, potentially, to death. I bring this up because I have recently witnessed a fisherman, out on the wild, storm-tossed waters of the lake, way off shore in an open skiff, at the edge of dark and threatening clouds. When I first saw him I ran home for my binoculars, to be sure that there was no sign of distress. And there he was, balanced and steady despite his boat being pitched and tossed at every wave, hauling his nets, checking his buoy. I called a friend that I was sure would know whether this was someone who intended to be there, someone that knew the water, knew the dangers, knew what he was doing. My friend assured me that yes, the guy on the boat was fishing, despite the weather, despite the temperature, despite the threat.

Amazed, I continued my walk into the woods. And then it occurred to me: This fisherman seemed to me to have achieved such a deep and enduring relationship with this environment that what appeared to be a threat to someone like me, was something he could read and assess, in which he could make decisions, and with which he could be engaged. He had achieved an inner steadiness that allowed for a living engagement in this wild and constantly moving environment.

On my way home, the story from the New Testament of the Christ calming the storm on the sea at Galilee came to mind. A quick search revealed that the “sea” of Galilee is a much smaller inland lake than Lake Michigan, at a circumference of only 33 miles, compared to Lake Michigan’s 1600 miles of shoreline. Nonetheless, storms can rage across waters, and so it is described in the synoptic Gospels.

In the story, the Christ-Jesus is asleep on the ship when it is overtaken by storm. In fear that they may perish, the Apostles wake Him, crying “*Lord save us: we perish*” (Matthew 8:25). At this He arises, saying: “*Why are ye fearful, O ye of little faith?*” And immediately he calms the storm. In the Mark Gospel, chapter four verse 39, he utters the words: “*Peace. Be still.*”

This scene is usually understood to be an example of the power of the Christ Being, such that even the storming elements obey His command. In the context of this essay, it occurs to me that deep contemplation of this scene is also an opportunity to understand how to activate a living *Imagination*. As Rudolf Steiner describes it, the realm of imaginations is one of constant mobility, much like a raging storm, as described in the Gospel, and much as I witnessed out on the lake. To find our way through this inner storming and motion requires presence of mind, steadiness, an inner stillness. To be still in the midst of storm is a first step in activation of *Imaginative* cognition, which can lead to *Inspirative* cognition, and ultimately, to *Intuition*, and the living engagement with the beings of the spiritual world to which the human being fully belongs.

Both Of Us Valentine

By Peter Rennick

Putting aside all this living and dying
Let's go walk on some water
I mean what are you doing today besides
Laundry and what's for supper
Let's take our small boat far out
On the freezing and choppy lake
Despite that dark cloud coming
Toward us let's do some fishing
For the health of our spiritual selves
Let's indulge in some eternity
I mean the one standing on the shore
Watching and waiting for us not to drown
Then walking home through the quiet woods
Feeling both lost and found

A DAILY PRACTICE

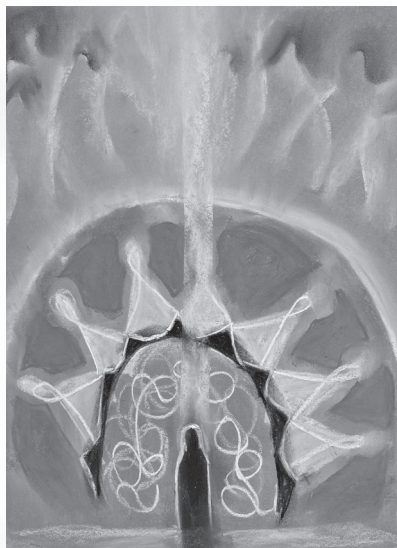
By Peter Rennick

Anyone becoming acquainted with Anthroposophy soon discovers the particular importance Rudolf Steiner gave to all of the arts. In his stimulating lectures given in “The Arts and Their Mission”, which I highly recommend to you, he points out that “precisely in our time the human inclination toward the artistic has diminished to a marked degree. Even in anthroposophical circles not everyone thoroughly comprehends the fact that Anthroposophy strives to foster, in every possible way, the artistic element.”

But despite this diminishment he insists that “by gaining a direct relation to the spiritual, a person can acquire the forces necessary for the creation, out of his innermost core, of true art. It has always been so. For true art stands beside real knowledge on the one hand, and on the other, genuine religious life.”

For some time now I have made it a practice of writing a poem every day as one way of trying to bring beauty into my life. As Steiner says, to create something that stands between ‘real knowledge’ and ‘genuine religious life’. My mornings are my own and I can take at least an hour to sit down, quiet myself

and start by looking back over the last twenty-four hours at my experiences and encounters, and then looking around me to notice what’s going on in nature or the things in the present moment. It’s a kind of open watching and waiting, observing significant and insignificant things that are happening, as well as my thoughts and feelings that weave among them. It’s a little like waiting for a deer to step out of the forest, or a bus to come down the street, with nowhere in particular to go.



From *Imagination to Word* Artist: Iris Sullivan

I have a notebook where I write down a word, a few words, an image that appears, something that offers me an opening or a picture I might develop. Often a first line is given and then I try to grow it into a situation or a little story or report. I think maybe poems exist in a wordless state, before they are written down, so I try to listen for what they might offer, helping them to find the words they want to speak. Of course, sometimes only fragments come, and when all else fails, I just look for the most beautiful or most dreadful or most remarkable thing that happened to me that day, or the thing I feel most

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grateful for and write that down. Sometimes the next day a possible direction emerges from these leftovers.

What happens when you show up every day to practice your violin is that one day you can actually play a whole tune or even compose one. You start with a love for music, or for words, or for drawing or painting, not wanting to be Paganini or Dante or Van Gogh, but as Steiner says in the Foundation Stone Meditation, to practice recalling, to practice awareness and to practice living into what is coming out of the future. This artistic activity can become a way of strengthening our soul forces of thinking, feeling and willing, and for staying in touch with what can come to meet us out of the spiritual world.

One thing that came to meet me recently was the story of the fisherman out on the stormy lake that my friend Mary described to me. Such a dramatic and living picture, it immediately grabbed my attention. And when I sat down the next day, I didn't have to wait too long for words about it to come. I offer it here as an example of a response that can be

made to things that want to have a voice in our lives, that touch us, and urge us on to consider the realities that lie behind them.

My experience over many years is that such a daily practice doesn't have to result in finished poems (are poems ever finished?), but can become a place where beauty, in all its harsh and lovely ways, can be recorded and not totally pass me by. Or course, the meditative practice about which Steiner gives us specific directions takes all of this a step further into body-free thinking, feeling and willing (Imagination, Inspiration and Intuition, which Mary's article talks about), but this kind of daily artistic work can prepare the soul to take that further step. Suffice it to say I always look forward to reading the poems that appear in these pages, where soul speaks to soul, and I encourage you to keep writing.

*"If on some day we find no miracle in our life,
then we have merely overlooked it."*

Rudolf Steiner

Illuminations

During my time in lock-down I became aware of how far I had descended from the Source that influenced my spiritual awakening. I looked at this descent as a crucifixion. I managed to reconnect with my cosmic being. There is a power behind the Source which makes it possible for us to die and be resurrected in all stages of life. After lock-down, I was drawn to the book you sent me *'The Secret Stream'* by Rudolf Steiner. I am now aware that I've been channeled within this stream. Because of this book I'm aware that the knowledge of light flowing into me is not fantasy, but is the epitome of a fathomless Truth. Now I understand the distant voice that whispered into my being, saying, 'You will no longer serve in minor human affairs, but as an epitome of fathomless Truth.' If I had not had this book in that moment, I would not have experienced the maturity to understand the relationship between my love and suffering and what it is to bare that. *Jimmy, Homer, LA*

I currently have a cell mate who has literacy issues and a very aggressive, angry demeanor. My studies have taught me patience, and to give great recognition to every small good thing he does to reinforce that behavior, and show great understanding for negative behavior, to mitigate his need to express his anger and aggression. In a mere three months we have begun to get along much better. *Kevin, Menard, IL*

I've been in solitary for the last 4 years, it is great for inner work, but mentally hard as well. Anthroposophy has taught me to find the best of me and allow it to lead the rest of me. My studies have transformed how I think. I no longer think like a criminal, and I do not have a desire to be a thug. I feel my light growing. I now think on how to improve my life. I intend on going to paralegal school when I get out next year. I feel my divinity. And I no longer do drugs. *Alin, Railford, FL*

I do realize what my foundation is, and that is my spiritual development. I am truly grateful for being on the path of spiritual development, and being chosen to absorb the knowledge and light that I am receiving in this life time. I am grateful, and I was surprised to see you put my thoughts in your last NL, thank you. That was very encouraging and it gave me inspiration. *Jermaine, Moberly, MO*

With these books every student of anthroposophy can advance his knowledge to supersede and superimpose all belief. It's been almost 12 years that I've been reading from the APO library book loan studies. I started my nightly meditations after reading the newsletter book reviews. Now I've started to speak positively, and this positive frequency has brought good people into my life. *Mario, Lawton, OK*

Rosicrucianism is the medicine my soul has needed. Each day is a struggle, but now it is easier to accept, by balancing what I need and expending what I feel has no benefit. I don't allow any destructive thought to take hold. I'm always aware that my personality and individuality do affect my

environment. I've had a pattern of hopelessness. Now I know I am alive and a being of light. Every day must be a day striving to be a better person, exemplifying positivity where there is negativity. I like to learn anything on knowing the self, the inner man and his relation to the cosmic universe. *Tyrone, Abilene, TX*

Thank you for the blessings you transmit by sharing your books. I cannot fully express what reading through your program has done. All I know is that I can feel my spirit within this vessel that I call my body. It lives, speaks, and it guides. I seek to listen and adhere to its guidance. My mind tries to reason with what I feel and it cannot, but my spirit is calm and at peace, and keeps the body calm. I seek to unite the two, so I may travel this earth in unison, be at maximum service to my fellow brothers and sisters of mankind, and do God's will. Thank you for your work and love for those of us behind these walls! *Paul, Soledad, CA*

This environment is very negative, one inmate called it a hate factory. The races segregate themselves here. I've been locked up for 40 years, nothing affects me anymore. Yes, as there are 4000 inmates here. Anthroposophy has affected my life; it has reawakened that voice of silence within. It directs me toward right action, speech and thought. I listen, forming no opinion, now I get more information because I can 'feel' the energy projected when making a statement or voicing an opinion. *Louis, Ontario, OR*

As I gain mastery over my impulses and thoughts, I believe a new resilient power will grow inside of me, and a feeling of composure and strength must remain within me. Formally my attempts were weak and ineffective. I'm now able to work with this new strength. There is an awakening within, so many solutions become available, darkness no longer surrounds me with speculation, but light has certainty compelled me to become. *Derrick, Sneads, FL*

After studying and reading anthroposophy for many years, I still am learning. Our searching never ends! In our spirit world we learn to commune with higher beings. How awesome is that! I seek you in flesh and I will seek you in Spirit (Heaven)! Thank you for helping prisoners to set them free from dogma and fundamentalism. I understand that the Bible is wonderful yet it takes deep thought and research to find the esoterica within, but it is there. We are warriors fighting evil and are under the care of God, Christ, Archangel Michael, and the lower angels who continually watch over us and feel great compassion for all, especially humanity. We need to continually thank the Great Spirits in helping our evolution so we can raise ourselves above the physical world and be totally free. *Linnie, Newport, AK*

I see now that people have likely experienced harm and trauma in the past. Rather than see them as an enemy or threat, I am practicing conflict-resolution, non-violence, building community and inter communal

WHAT ARE THE FRUITS OF ANTHROPOSOPHY FOR YOU?

I HAVE MORE INSIGHT into the most personal, private, and intimate relationship with the divinity Christ which resides within me. Many truths and beliefs have been expanded upon and internal insights gained. In some ways, concepts I already accepted or believed have simply been more substantially cemented into being. *Jeami, Stockton, CA*

I THINK DIFFERENTLY. I play every day, and I meditate for hours. I'm grateful for everything. I'm not greedy anymore. I care about others now more than myself. I'm happy when good things happen for others. I'm hurt and sad when I see people suffer. I have forgiveness in my heart and I have forgiven myself and others. Things don't bother me like they used to. I dislike sin, evil. It brings pain, suffering, chaos, death, and pure destruction. I try to think positive. Recognizing sin and repenting. I don't take things too personally, and don't argue. I walk away or I'm just quiet and stop talking. I forgive them, because they are simply lost. *Micah, Grady, AR*

I'VE BEEN READING and studying Anthroposophy for about 10 years now. I think the most interesting aspect of anthroposophy is that there are different levels of understanding in the lessons. I appreciate the Rosicrucian subjects, because the studies are more into esoteric teachings, almost like private lessons. Anthroposophy has bridged the gap between myself and all others, the understanding that we are not alone. I am a part of the greater whole. I feel relieved that I share in one consciousness, and I am doing all I can to be of service to one and all. I have started applying principles of kindness, charity, and forgiveness in daily life, and I apply these principles every day. Anthroposophy has given me a light that shines through the darkness of ignorance, and bridges the gap to understanding what this round of existence is about. *Alan, Lancaster, OH*

SINCE SINCERELY CREATING a space of gratitude, love, and forgiveness, I'm losing resentment and negative thoughts for difficult situations and people. I am also more accepting of my life. I used to want things a certain way. I realize now it is a losing battle to go against the flow of life. With depth and precision Mr. Steiner reveals knowledge of the mysteries, and I hope to gain insight into the truth and knowledge of self. I would like to be able to follow a path of initiation to higher knowledge from prison. I have 14 years left on my sentence and I want to use my time wisely. I feel I am not ruled as much by my emotions, and now have confidence within myself that I can form anything in life from a solid foundation of peace within and self-love. *Jedediah, Pendelton, OR*

READING AND STUDYING anthroposophy has affected my life in many positive ways. I'm definitely more open and honest with myself and others, and responsive to others' needs, instead of just focusing on my own. I am definitely more patient and forgiving. I've been studying for four years now. *Stephen, Newport, AZ*

ALL KNOWLEDGE IS RELEVANT and bringing everything into focus like a jigsaw puzzle to see the bigger picture through which we see our respective and perspective experiences in different forms. Anthroposophy has given me a certain knowledge that satisfies the inner spirit. Anthroposophy is a self-awareness walk. *Levy, Corcoran, CA*

THE AREAS OF ANTHROPOSOPHY that interest me the most are the ones I've yet to visit; the supersensible realms of aura perception. Developing supersensible perception is what my goal is. I'm interested in the hidden interconnectedness of things. *How to Know Higher Worlds* is a classic, a study which is ongoing. It's the basic text. I enjoyed *The Chymical Wedding of Christian Rosenkrutz*. Reading and studying anthroposophy has brought me a sense of interconnectedness, deeper thoughts, and an 'extra gear' for endurance. *Chris, Las Vegas, NV*

I'M NEW TO ALL OF THIS, so for me reincarnation and its process is very interesting. Anthroposophy has broadened my interests, allowing me an open mindedness to the many avenues and aspects of life and mankind. I understand more, researching solutions, and developing hypothesis. I would simply say that

before all I have attained, I could have been called naïve, now I feel I'm more in touch with my surroundings. *Michael, Ina, IL*

ANTHROPOSOPHY HAS CAUSED me to see life meaningfully. Things that used to affect me negatively no longer have a stronghold. For example, things that would cause impatience no longer have the same effect. I have become conscious of my thoughts and emotions. I'm more active. I'm committed to my duties and tasks. I engage people and circumstances differently. Others see me differently. At first they thought I was being indifferent, they eventually learned it was really a new found peace. While my attitude could be seen as a weakness in prison, people that 'know me' and 'how I was' can only conclude that there is 'something' behind it all. *Oscar, Kennedy, TX*

MANY BOOKS BY RUDOLF STEINER bring inspiration to my life and I experience transformation. I think wiser, I feel uplifted, and I do more to help others. I see and experience good karma signs, like better connections and understanding with people. *Ralph, Columbus, GA*

STUDYING ANTHROPOSOPHY along with other spiritual branches of knowledge, has yielded for me the internal and external fruits of my spirit, and God's blessings through divinely chosen instruments. One neat thing that anthroposophy has done for me is compel me to meditate, something I wasn't doing in the past. Meditation allows me to summon a greater tranquility and solace. *Carlton, Somers, CT*

ESOTERIC TRAINING and deeper understanding of spirituality go beyond the surface by bringing in deep meaning to the essence of life. I have not known these laws and understandings until now. The truth satisfies and humbles. Over what the surface conveys I'm now more in the supersensible world getting used to the fact that it is important and the essence of existence. So I follow, lead and live totally through the supersensible world and sense perception with understanding. I get it, LOVE. *Diontae, Corcoran, CA*

ON STUDYING ANTHROPOSOPHY, I now see things on a more subtle level than before, and the fruit that it has yielded is the ability to forgive and let go, which is a really big step in my life. I started to practice on listening more instead of speaking, and I can honestly say that just listening in and of itself is powerful. *Austin, Marion, NC*

BEFORE I STARTED READING y'all's books, I was back and forth on the physical plane and the spiritual realm. Now I try to stick with both at the same time to blend them in all day long together, to have them be one with each other and not one over the other. *Bradley, Oglethorpe, GA*

I AM FEELING more humbleness, peacefulness, and tolerance to oppositions. My thoughts are more eccentric and purer than ever before. I'm developing self-control, self-discipline, and perseverance. Anthroposophy has redefined and restructured my thinking. From a death struck person of an animalistic behavior pattern, now my egotistical negative self is shrinking. I was drinking as I played the cards I was dealt. Anthroposophy gave me a new direction, and your love is what I felt. *Michael, Jasper, FL*

I WANT TO KNOW more about all of it - reincarnation, karma, and meditation. With what I read about karma, I'm being nicer to others so maybe they'll be nicer to me. I'm trying to meditate about things before I do anything. I think before I act now, and I help more people than I used to in any way I can. *John, Pine Bluff, AZ*

THE YEAR THAT I first read about Steiner's December 30, 1923 lecture when he explained: 'In certain places in nature, the physical powers of Earth join the etheric powers that come from all areas to join it or attach themselves to it.' I found myself drawn to sit on the prison yard for hours in the hot sun to discuss and teach a friend about Steiner's course. *Lyrilisa Corcoran, CA*

Finding the Great Mother

I gaze upon your faces, in darkness and light.

I search for your wisdom in stars, in the fabric of moonlight.

I've looked in books, both new and old,

I've looked in my own heart beating to find your mystery.

I kept on reading.

To think a thought and make it happen was your gift to all.

So simple, yet so difficult, you're there at beck and call.

In every flower, leaf, and bud—

in every animal and insect you're found, and you are found in me, most amazing.

Perfect love and perfect peace will make condition right.

From a place that's not a place the mystery, the form will come to light.

I lift my hand to touch it - there is magic to be done.

All I need is knowing you and I are one.

By moon's light and sunning sun, the world was born.

Life began with mystery, the great mother, a universal fable

from which we are torn.

Milliard, Texarkana, TX

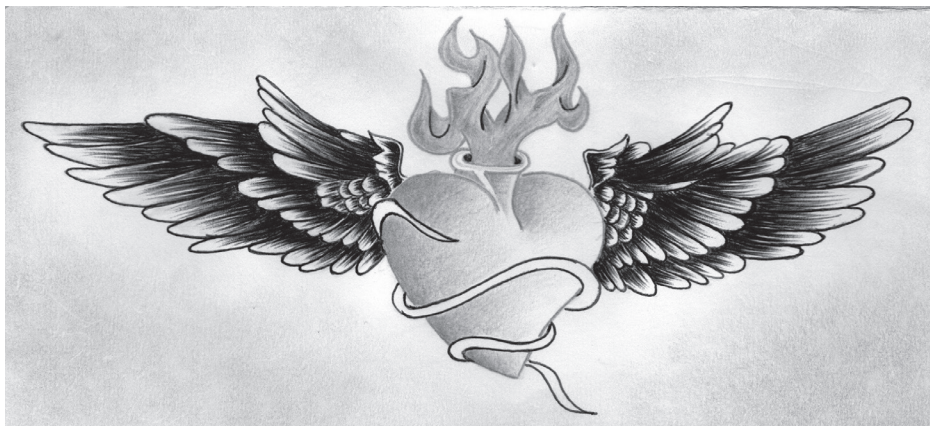
Art and Poetry



Esca, Corcoran CA



Sacred feelings came to my inner self while reading, meditating, and drawing following a feeling of guidance. I saw my soul-self buried in an abyss of matter-illusion, deformed, handicapped. However, compassionate light from the higher sun was trying to reach me to open my eyes. I begin my spiritual journey - the outer path, by climbing the rough-tricky mounting of my surroundings, the inner path by transforming my 'secret chamber', inner temple. Eric, Diboll, TX



Roberto, Livingston, TX



Angelo, Corcoran, CA

The Divine Pause

There is infinite potential vibrating in every single atom
with more possibilities than we can even fathom
when we clear away distractions and feel presence
when we purify our actions and touch our true essence
we can feel the energy all around us
in our deepest depth and our highest height
Our cheapest debt and our lightest plight
we have touched our truest form, our monad
we have weathered the storm, we are so glad
to embrace what was thought to be impossible
To come face to face with the farce, unstoppable.
The unmovable moves, the first cause
The suitable suiter, The Divine Pause—Silence.

Alfredo, Blythe, CA

Behind the Wall

Some men live for others
and make their presence
known.

Some men live in isolation
and choose to live alone.

Some men live for justice
and walk inside the law.
But of these men, the group
I'm in
is of the men behind the wall.

We've given up our freedom.
We've sacrificed our rights.
By day we walk in darkness,
while sorrow fills our nights.

We've learned to hide our
teardrops,
but still these teardrops fall.
We walk alone, lost in our
past,
the men behind the wall.

Some have lost our family.
Most have lost our friends.
Today will bring a
heartbreak
that only time can mend.

When letters are not answered
and no one takes our calls,
We count the cost when all
is lost,
the men behind the wall.

Our past forever hidden.
Our futures far away.
Our story has been written,
with nothing left to say.

No one stands behind us,
and catch us when we fall.
The debts we make are never
paid
for us behind the wall.

If there's one left who's
righteous,
then let him cast the stone.
And if you know perfecting,
then let it die alone.

The one man who is perfect
was judged in Pilate's Hall
He knows our sins, and
loves us yet -
these men behind the wall.

Cory, St. Petersburg, FL

Inspired by your Reading

In the book *Anthroposophy and the Inner Life*, Rudolf Steiner tells us "...every sleep is a return to the regions traversed before birth or, indeed to former incarnations. During sleep one actually experiences, though without grasping it, what belongs to one's pre-earthly and earlier incarnations." With me being locked up, I have noticed that my concept of time must change so I can start to grow spiritually. One thing that challenged me was to take my meditation time more serious. One of the things suggested in the book was to look at a single word or phrase and meditate on it. After reading this book I can incorporate some of the practices.

Jimmy, Lucedale, MS

Man, oh man. The marvelous book, *Our 12 Senses* by Albert Soesman was amazing! I can't wait to start the journey! I have woken up here in prison. Now I see and realize what I've been missing my whole life. For far too long I have wallowed, been lost in the squanders of the dark, blinded and lost. Now I see the light, and it sure is beautiful. The last 3 years of my life have led me toward anthroposophy. I've learned and am still learning how special Rudolf Steiner was. His teachings are life changing. I now have a driven purpose in life to search and explore. I'm a dedicated person to this glorious existence before me. Anthroposophy is the way of doors opening to life's beautiful journeys. I have about 12 months left to see parole again, so it's time for me to study and get stronger. *Michael, New Boston, TX*

I find the book *Life between Death and Rebirth* very intriguing. I have always felt connected to the stars and space. I was inspired by reading on page 42, "A sociable spirit, one who is not enclosed in the shell of his own being". I endeavor to spread peace and joy throughout my circle of like-minded beings. This should be the quest of all beings striving for a new evolution. I have very much enjoyed what I have read and will use all to expand my inner peace and spiritual mind.

Phillip Andra, Tuscon, AZ

One thing I found intriguing in *Esoteric Christianity and the Mission of Christian Rosenkreutz* is how spiritual science deepens the depth of the scriptures. The blood of Golgotha for example, and heaven bringing down and the earth ascending up, being brought together as one (*the Christ impulse*). Also the Etherization of the blood. P. 74 "In the head are thoughts but these thoughts must be pictured as living beings on the astral plane." I have living beings in my head, those little rascals. It has made me understand that there is more information in life than just one religious observation. Do not be close-minded. Open up and receive. Sophia is not going to lead me wrongly. *Victor, California City, CA*

The Occult Significance of Forgiveness stuck out to me, because I am really big on that, and me and my mentor at the TSA were building heavily on that. Skimming through this book confirmed to me that I am on the right track, especially with Jesus' relationship with karma. As I once said to my mentor, I am under the impression that Jesus' sacrifice was to balance the unending turmoil to come. It's not just about believing in Christ, but to live like him, and forgive like him. That's what we need in order to restore harmony for our planet and the inhabitants on it. This is my opinion, but if we live like Christ and forgive, my opinion would turn into fact.

Joshua, Hookerton, NC

I learned in *Esoteric Christianity* about the concept of using the present time to better ourselves for this life, and to prepare for the life to come as well. It definitely made me more mindful of what may lie ahead and how important my present walk is in relation to it. It added importance and direction for me right now. I am considering the possible effect of how I am spending each moment, and putting more effort into today. When the student is ready, the teacher appears. As I study and remain steady, things become more and more clear. I'm developing to the highest possible degree those qualities which are called good. Focusing on the good and working to increase it. *Gillium, Livingston, TX*

Macrocosm and Microcosm gave me a better understanding of reincarnation and the dangers of not being properly trained and prepared. Nothing has changed, it's as if it has just advanced me along the path, made things more vivid, thank you. It's simple and fundamental for those who seek this path. Pure imaginative inspiration. *Brandon, Cumberland, MD*

I read *The Book of Revelations* three times. It's one of the most insightful books I've ever read. Language should be treated as divine. Revelation uses the language of the mysteries. For supersensible vision, time is simultaneous. Human beings at different stages of consciousness do not see the world in the same way. We must be conscious of this, and understand the view of the other, so we can help them expand their view. In order to truly understand them, we enter into the being of another, that in reality is just a part of yourself, myself, God. *Brandon, Punta Gorda, FL*

The Spiritual Guidance of the Individual & Humanity describes a guidance of living our lives from a higher realm. It strengthens me to know I must follow, obey, and glorify in full my life for his love. It challenged me to be even more of a disciple of Christ. I would recommend this so as to say it strengthens one's belief to be Christian and to give more support to one's faith. *Kevin, Petersburg, VA*

This book, *The Secret Stream*, was just another confirmation, of many, that God has been steadily guiding me to my destined spiritual awakening. The knowledge I've gained about the Buddha's mission to Mars has been revelatory. Reading that the Master Jesus was known as the 'stranger from the highlands' has very profound meaning to me. Goethe's poem 'The Mysteries' is very relatable to my journey. I praise God for bringing this knowledge through this particular organization.

Ricardo, Colorado City, TX

"Rudolf Steiner stresses the need to cultivate reverence for life and devotion to truth; then to strive always for clear thinking, balanced feeling, and a steadfast will. Further, to continually keep in mind the Golden Rule: for every step in knowledge, three steps in moral development." All of this on page 30 in *An Introduction to Anthroposophy!* I found Steiner's philosophy very intriguing and truly inspirational. Since reading I have personally taken this approach within my own spiritual studies. The vast accumulation of knowledge from various ages (Ancient India, Ancient Persia, Ancient Egypt, Ancient Greece, and the modern epoch), was great with aiding in a more accurate understanding of the global spiritual religious system at play in our own world, the objective and subjective realms of existence.

Christopher, Lapeer, MI

In the book *Old and New Mysteries* I am amazed at the correlations between all religions and their initiations. The Externsteine shows the Hanga god, (the hanging god), Odin, who went through the rites of initiation himself. Page 15 second paragraph reiterated my belief in my morality. It has helped me to realize my ancestor's belief systems. I would recommend any person seeking for spiritual validations to read this book. *Jeffrey, Ina, IL*

In *The Inner Work Path* book, I found the spiritual exercises in relation to visualization most helpful as I continue to strengthen spiritual muscles. It allowed me awareness of my own habits, thoughts, and actions and how negativity can hinder spiritual awareness. On page 43 it teaches about the importance of smiling in this soul exercise. *Nico, Iowa Park, TX*

What I found most meaningful in the book *The Gentle Will* was to learn there are actually three different movements of consciousness, thinking, feeling, and willing, which can begin to be activated, nurtured, and controlled by the forty-one meditative exercises within this book. This reading has helped me to understand that my choosing to be silent a lot when I'm in my cell is one of the best choices I've made for myself while being incarcerated. *Dave, Auburn, NY*

How to Know Higher Worlds

Your Study Guide Sharing

While reading *How to Know Higher Worlds* I found the 'requirements for esoteric training' to be extremely helpful, because I need to focus more on my physical and mental well-being. The chapters on *The Guardian of the Threshold*, and *Life and Death; The Great Guardian of the Threshold* were enlightening. Something that stood out was 'the stages of initiation' in "whoever has not learned to wait, in the noblest and best sense of word, is unsuited to esoteric work and will never achieve results of any real value." I'm realizing that patience will be paramount as I continue to learn and apply this knowledge. This reading has inspired me to want to know more about anthroposophy, and has validated and complimented many of the beliefs that I already had about life. It has helped me feel that I'm heading in the best direction! I like how this book explained how there's what is called a 'sixteen-petal lotus flower', and that if we develop them right, it will activate certain 'soul processes' within us. *David, Auburn, NY*

I found echoes of my past within the book *How to Know Higher Worlds*. As a child (between 3 and 6) I found myself drawn to meditation, study, exercise, and many other forms of discipline that usually don't interest a child. What stood out were the exercises, as well as explanations covered in detail, the 'what and why' of all the things that I practiced, from visualization to breathe exercises. The way that he can simplify the seemingly complex, using examples that are easily imagined, really speaks to me and aids me in my developing works. Specifically, the development of the 'lotus petals' caused me to backtrack a few times in order to make sure I hadn't overlooked or missed something. It was so direct and relatable

that I almost found myself contesting its simplicity because I'm so used to heavily scientific (or pseudoscientific) explanations that can easily tire or confuse a reader. This is refreshing and helpful beyond measure. A sentence on page 140 spoke to me - "to live by such world views and philosophies means to work on perfecting ourselves spiritually." This has been my walk since times immemorial, as I referred to above. This statement is the basis of my life's work. The more that I read of his work, the more I am supported in my own. As a teenager, holding worldviews that aren't easily explained, I was reluctant to hold serious conversations outside of those with religious clergy, school counselors, or my own mental constructs. His statement gave a lonely soul a friend beyond time and space.

D.T., Sacramento, CA

Enclosed is my *How to Know Higher Worlds* study guide. I've already learned a lot from this book and have started re-reading it at a slower pace to absorb as much as I can. I'm doing a life sentence without the possibility of parole, and the things I'm learning from you are opening a lot of doors that I never even knew existed within myself. This knowledge has changed my perspective of my situation in a major way. I give you a million thanks for making this material available to those of us behind the walls, and for going out of your way to provide support and assistance in this struggle to better ourselves and find our places in this world. I look forward to discovering as much as I can in the future. Your efforts have not been wasted, thank you. *Adam, Raiford, FL*

Meditations

Meditation has helped me to slow my thinking down. It helps my racing thoughts and all the confusion in my head. Now I'm doing positive things, I'm in the world, I'm doing so much, I help others in need. It has brought me closer to my mother and father, who have both seen the change in me and want to help me upon release. *Nicholas, Pine Bluff, AZ*

Meditation has affected my life by calming me down a lot. It brought my anxiety down a whole bunch. I've started meditating longer, trying to release my anger. When I get frustrated I do my breathing meditations and practice meditation daily. *Phillip, Hardwick, GA*

I practice meditation in the mornings, and in the afternoon for twenty minutes. It is a little hard here with all the noise in prison, but somehow I manage to block the sound off. It helps me learn to stay calm, and to practice patience. It has affected my life in many ways, helping me to stay calm and to control my emotions on different levels, and control my breathing better.

Luis Hector, Childress, TX

I get up at 3 am every morning when it is quiet and without distraction to work on the meditation described in *The Light of the 'I'* book. It was broken down in step by step instructions that I could understand and follow. Giving examples of different kinds of meditation made the idea stand out more for me. For instance on page 42 we learn to pay attention to the intervals or pauses between ideas. Which is making the similarity easy to understand and more relatable to the concept or idea. It has given me more to contemplate. I am giving myself more time to understand, practice, and implement more in my life. *Kevin, Pekin, IL*

I meditate daily just to get that negative energy off me, to become more at peace in my person, and it helps a lot. It makes me feel better inside to take away all the worry and stress out of my life. I'm a spiritual person with an open mind. I just like learning new stuff, and it's sad to say I really don't have skills. I'm trying to find myself so I can get my life right.

Bryan, Smyrna, DE

Meditation calms me, brings me to a peace within myself, and connects me with the Divine. I receive inspiration and answers to many of my questions or problems during mediation. Meditation interests me the most, because it's when I find peace within. I've noticed that I don't get angry, jealous, or envious near as much as I used to, and I'm getting better with

self-control. I try to remember to control my breathing, this helps me to control my emotions, and therefore my thoughts, speech, and actions. It helps me remember that we are all human and all connected. I was deeply ashamed of the feelings I had toward other men, hated myself for it. These meditative practices have helped me to accept myself and my feelings, and redirect them to other avenues. *Matthew, Ina, IL*

I'm gaining more knowledge as much as I can with the time I have right now. I try to meditate and look back on the experiences I had in the past with the new knowledge I've gained. *Kelli, Gatesville, TX*

Even though being here in prison can be difficult, I've noticed I can see it coming when I get bad thoughts and emotions in here. I now see life's twists and people from a whole other angle, thanks to these meditation practices. They help very much with stress and difficulties, and it's good for the body, mind, and soul. I meditate and I stretch every day. I find when I don't, I then start to stress. *Arturo Daniel, San Luis Obispo, CA*

Meditation is the greatest thing that has impacted and improved the quality of my life. This has been the best thing that has happened to me, being exposed to this type of material. I can now go into meditation and have my question answered. Confinement is the best place to advance. There are very little distractions. It's best for meditation and being at one with the universe.

Roderick, Crawfordville, FL

Reading things on meditation has given me new strategies on how to have better self-control, to enhance my thinking so I can make better decisions, and have balance without letting the lower-self addictions control or dictate my thought process. Meditation helps me find peace and become more consciously aware. It has improved my understanding and helps take away stress and depression. I meditate every day. *Artura, Tabor City, NC*

In every aspect of my life I need meditation. Focusing on each moment in meditation is a craft. I practice being still and respond to others in non-judgmental empathetic responses. *Rick, Chicago, IL*

I meditate when I wake up, and after exercise. Meditation helps give my body and mind the needed rest it sometimes craves, and helps when I need to gather my thoughts for whatever task. *Robert, Tennessee Colony, TX*

SELF AWAKENINGS

EduCareDo Correspondence Course Response Summaries

Lesson 1: Introduction

This lesson about 'a storm in a teacup' was how something as small as anger could allow us to learn so much about ourselves. How we respond to such resentment, frustration, and bitterness shows us how to create the opposite encounter, and learn how to do it all the time to completely change our lives. To learn that I am able to make a difference in this world after dealing with myself was insightful. It allows me to have purpose, be a better person and feel more connected to the world. My goal is to ennoble myself in many ways. I will start trying to create different outcomes to negative situations and transform them into opportunities to learn from and create peace. This will lead to more peace, as long as I remain positive and refuse to let the universe control me from the outside. *Shane, Lowell, FL*

Lesson 1: Introduction

Once I reflected upon my first reaction, I realized a deeper meaning. I was then able to open my heart to a higher solution. Instead of accusing and attaching judgment to behaviors of others, I just figured my own perception was different. I am applying it every day in my life by not saying anything, not listening to that accusing voice in my head, putting myself in other's shoes, and looking at it from another's perspective.

Richard, Corcoran, CA

Lesson 2: First Steps in the Light on the Path

I've wanted to know who Goethe was, and what his philosophies were about. I am beginning to see and experience a new way to think with the perceptive power of thought. I am truly intrigued and pulled toward *Goethe's Phenomenological Science* to know how to gain higher levels of consciousness and meaning by sense free thinking in meditation. I will become mindful in a deeper sense by adding to my daily meditations active participatory consciousness to reveal and manifest secrets of nature within myself. I have been meditating and becoming self-aware. I will change my thinking process to nourish my spirit with stillness, nourish my mind with knowledge, my heart with unconditional love. I will nourish my body with living food, and my relationships with thoughtfulness. *Glenn, Lancaster, CA*

Lesson 3: The Twelve Senses, Part 1

I've learned we have 12 senses, not just 5! How neat! I'm really enjoying this conscious self-awakening! Quite a breakthrough for myself! This gives me a new outlook. Perceiving other human beings, but also being aware of nature. The power of observation is a very significant awareness and one I use, I believe, more than I use most senses. My conclusion is I will be more aware of what I'm sensing and the awareness that comes with it. Pressure is more than a 'touch sense' it is also a 'mental sense' (to be 'under pressure'). I have become more aware of my senses. I am now in the process of truly knowing myself.

Christopher, New Boston, TX

Lesson 4: The Twelve Senses, Part 2

I knew there were side effects to all of this new technology, but you have opened my eyes to a better understanding of the cost of technology. The use of exercise and art helps to balance our senses. I am thinking that the use of a unicycle would be very helpful. Once out of prison I will keep tv, phone, radio and all other technology at a minimum. I will take up the riding of a unicycle. It has been helpful to do morning exercises, stretching, meditation and pranayama (breathing exercises). My son is now reducing his time on his phone and computer, spending more time with nature; less artificial reality, and more real reality. This is the best lesson so far, thank you. *Jeffery, Union Spring, AL*

Lesson 9: Development and Care of the Four Members of the Human Being

The outer environment affects the faculties of the child. The child's mind is a sponge soaking up all surrounding influences. The child imitates these influences. What is absorbed into the child's soul and spirit will manifest itself later into physical life. The child within is being sculpted by formative forces. Everything I do in creating my environment affects the soul and spirit of the young. To bring rhythmic artistic flow into the inner being one can engage imagination and visualization. Bring the flow of music, colors, poetry into the inner being. Bring the arts and sciences into a balanced whole. Bring balancing and healing forces into conscious activity. Load the memory with concepts. Build the memory up artistically. Strengthen memory and make it firm with activities of will. None of these things were known to me as a child. I was as a puppy running wild - eating, drinking, sleeping, and watching television. Stunted! *Dale, Oswego, KS*

Lesson 10: The Temperaments, Elements, and Ethers

I learned about the four temperaments. Children have four ways of responding to life. I'm the child who said 'I have found a way' (path to follow). Artistic expression connected to the internal emotions of the human being was important. As an artist I draw beautiful images, but have never really thought about how emotions impact my artwork. I am now conscious of a new idea and beginning of an undiscovered journey. I approach life with a more positive angle, and connect the emotions felt inside to the pictures artistically expressed by paintings and drawings of professional designers. Designing a temple is an artistic expression and symbol, a masterpiece.

Keith, Michigan City, IN

Lesson 12: Experiments with Elements, Ethers, and their Effects in Nature and the Human Being

The ethers and their creative forces in air, water, and earth was interesting to me. I learned different tones can create different shapes and designs. When a viscous fluid is poured onto vibrating membranes, two tendencies appear; one towards wave forms, one towards round forms. Three dimensional movements and forms are created by the tones. Steiner's description of 'Heavenly Music of the Spheres' states the respective movements and speeds of various planets in relation to each other create music. This music ultimately plays onto the earth to create forms and give animated life. I will continue to take notice and experiment to help grow in my understanding. *Jared, Woodville, TX*

Lesson 18: The Arts, 6th Exercise, Living Words and Speech

When we push the laws of the physical body into the outside space, architecture arises. It kindled an inkling I had, entering a lot of places that stirred feelings within. For art desires and is entered on the living. Later, to attain reality, one must begin to create, must pass over to art. I want to develop and bring the content of life further and create, recite music on my guitar to revive my soul like Apollo's lyre, or see what the muses provide my pen. *Domenic, Waynesburg, PA*

Lesson 21: Introduction to Biography Work

Each time I read *Lesson 21* I get deeper insight. At one the soul was not lost, so to speak. It walked with God and was naked. Over extremely long periods of time, the soul acquired an earthly tent, 'an outer robe of concealment,' and 'our eyes were opened'. This is where the soul began to be something else, being led further and further away from its true essence. Somewhere along the line we acquired the three cosmic gifts of *thinking, feeling, and willing*. We lost our spiritual eyesight, and became more attached to what the eyes see. *James, Crawfordville, FL*

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Book Reviews



A Way of Self-Knowledge Rudolf Steiner

Dr. Steiner provides very meaningful scientific insight into the true nature of the human being, as well as the nature of the spiritual worlds. For a direct experience of the suprasensory spiritual world, he provides tips on how one can best practice meditation. He emphasizes

the fact that in order to experience the suprasensory world in a healthy manner, one must first work on keeping one's soul strong, healthy, and powerful to avoid harmful side effects. In the eight meditations Dr. Steiner describes the nature of experience in the suprasensory world, and how the soul experiences supersensory consciousness in each of its different bodies. Dr. Steiner states that in order for the soul to assert itself as an independent being in the suprasensory worlds, it must first have the sufficient strength to endure the experiences of the spiritual world. Dr. Steiner is aimed toward helping the seeker strengthen and prepare their soul for a healthy encounter with the spiritual world, and to avoid possible harmful effects by being unprepared. At the event of the death of a human being, we may often ask ourselves, where do our souls go? Do they cease to exist when the body dies? It sure is comforting to learn that your soul never dies. After the death of the body, it just retreats back into its other bodies and continues its evolution. For meditation, it suggests to always calmly wait for favorable moments, to be patient and to never force anything. You work your way through to grasp a thought that you can fully understand with the means provided by everyday life and ordinary thinking, and then you sink yourself repeatedly into that thought, become absorbed in it, and make yourself wholly one with it. If another person has interest in learning about the nature of the human being and the soul, I would recommend this book to read.

Pedro, Mendota, CA

Rudolf Steiner and Christian Rosenkreutz Peter Selg

Rudolf Steiner and Christian Rosenkreutz is a fascinating book that compiles Dr. Steiner's thoughts and explanation on the personality known as Christian Rosenkreutz, along with his activities in the spiritual realm that have impacted our earthly realm for centuries. Author Peter Selg does a wonderful job connecting the historical dots for the reader, citing spiritual individualities with planetary spheres and corresponding dates, which have defined our culture on this evolutionary path. The text also includes Fama Fraternitatis in its entirety. This book is a must read for anyone new to the Anthroposophical or Rosicrucian experience.

Ricardo, Colorado City, TX

Meditation

Heinz Zimmerman and Robin Schmidt

This book has it all from a meditation point of view. It gives a breakdown of what meditation is and how it can lead to self-transformation in one's life. It also shows the discipline that is needed to get the most out of one's meditation. They go into the different forms of contemplation and meditation from an Anthroposophical standpoint. To a seeker of spirituality meditation is the connection one has to the inner world. When done properly in accordance with this book, one will begin to see a peaceful calm open up within, and that gradual change will become the norm. A fundamental approach to meditation will open one up to the true knowledge of self. *Richard, Houston, TX*

According to Matthew

Rudolf Steiner

In twelve lectures, Rudolf Steiner expounds the spiritual treasures of Matthew's Gospel. Human development of the 'I' consciousness is expounded to reveal the cosmic accomplishment of humanity. The journey of the human divine being gives the conscious impression of how wonderfully and fearfully we are made. The text ties Ancient India, Egypt, Persia, and the New Testament together in a carefully woven fabric. You might say the missing link is revealed. Personally, my impression of the Buddha, or Buddhism, will never be the same. How does our Ancient Atlantean past tie in? Read the wonderful masterpiece by Rudolf Steiner and find out. Truly an outstanding must read. *Wayne, Richmond, TX*

The Seer's Handbook

Dennis Kloczek

Most interesting in the Seer's Handbook is the alchemical guidance and studying that teaches the path to 'open the mind,' including the teaching of the Chakras. This book embodies many of the mysterious aspirations to the human soul, our divine nature, and how to be more attentive to our intuitive nature as well. Chapter 7 describes the teachings of the Chakras telling the reader about the soul, and how the soul tracks the energy flow patterns. In Chapter 9 learning more about the Chakras encourages one to incorporate the exercises and adventure forth in an effort to master the Chakra stimulants to balance one's being. Practicing these teachings will help conquer self-serving passions that associate with the 'ego nature.' This book opens up a challenge on a daily, moment to moment basis, and one can task themselves to develop ways to be a better version of themselves. My perspective has changed. Concentrating on life energy patterns, the focus would be on the education to the mysterious alchemical guidance to master the self, especially where impressions provide an emotional, psychological, and spiritual understanding of the soul. One could modify their meditations as a matter of course in accordance with the 7 chakra requirements complying with posture, focus, and concentration. In my humble opinion, not all seekers are at the same level of spiritual evolution. As a rising gradient in spirituality, the *Seer's Handbook* undoubtedly educates the reader on how to be more attentive and receptive to one's intuitive nature. This alchemical esoteric study will benefit those who seek eternal truths and adventure forth to acquire it. *Anthony, Jamestown, ND*

Illuminations

cont. from pg 5

solidarity toward peace and freedom for humanity on earth! I have no time for the negative energy and thought patterns. I like to stay focused on the positive, and be productive at all times! I've spent more than a decade in Pelican Bay SHU & Folsom ASU - among other control units. I practice self-care. *Jennifer, Soledad, CA*

I appreciate your service; it does wonders for those incarcerated who take these studies seriously. I got into some trouble and ended up in confinement. Now I've become more enlightened through reading the book *How to Know Higher Worlds*. I'm coming closer to my inner being which is my 'real self'. Even though I don't like being in prison, I'm thankful I was allowed to experience this

journey of coming to this place to become a more conscious individual in life. I've been incarcerated since I was 18, I'm now 29, with 17 months left before I'm released back into society. I'm taking this path of walking into the light more serious, so when I'm released it can guide my future. *Brandon, Live Oak, FL*

Anthroposophy has taken me to a different level of understanding of how the spiritual realms work. I have a different outlook on life with more understanding of what I'm experiencing spiritually. In the process of self-awareness I'm rectifying myself, fixing my conditioning by cleaning up and having positive goals. Everybody says I'm a different person. *Carlos, Susanville, CA*



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Illuminating Anthroposophy

Anthroposophical Prison Outreach Newsletter

I said to my soul, be still, and wait without hope

For hope would be hope for the wrong thing; wait without love,

For love would be love of the wrong thing; there is yet faith

But the faith and the love and the hope are all in the waiting.

Wait without thought, for you are not ready for thought:

So the darkness shall be the light, and the stillness the dancing.

~TS Eliot, excerpted from his "East Coker"