

*In the heart the weaving
feeling,*

*In the head the light of
thinking,*

*In the limbs the strength of
willing.*

Weaving enlightening,

Strengthening weaving,

Enlightened strengthening:

Lo! This is man.

Rudolf Steiner

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The Illusion of Matter

By Andrew Linnell

Recent (March 2025) headlines in science journals describe findings showing how light can become matter.¹ Oddly, when Rudolf Steiner said, “every substance upon the earth is condensed light,” he was ridiculed by scientists of his time. Now, science is coming to agree with Steiner who went on to say, “there is nothing in material existence in any form whatever which is anything but condensed light. Hence you see that to those who know the facts, there can be no necessity for such a theory as that of the ‘vibration hypotheses’ of the nineteenth century. Therein one sought to find light by methods which themselves are coarser than the light itself. Light cannot be traced back to anything else in our material existence. Wherever you reach out and touch a substance, there you have condensed, compressed light. All matter is, in its essence, light.”²

Peer into a microscope and you will see bouncing molecules. Of the space taken up by the vibrating molecules, how much of it is solid matter? If we peer deeper to see the atoms in these molecules, the used space becomes even less. Now go deeper to sub-atomic particles: electrons, protons, neutrons. Now there is essentially no matter remaining, nothing solid! It has become 99.99999996% empty space! The scientific leader on quantum physics, Niel Bohr once said, “Everything we call real is made of things that cannot be regarded as real.” Our conclusion? Matter is an illusion.

But how can it be illusion? When I smack my hand on a wall, my hand does not go through the wall. And it hurts! So, how do these smart scientists explain that? They claim that this empty space is filled with fields and forces. About the only field we are familiar with is a magnetic field. There is nothing to be seen but it does affect iron and other particles that might try to pass through it. Forces too are invisible. In fact, light is invisible! It is only seen by its reflection (and refraction) when it interacts with matter such as dust in the air. But we just found that matter is an illusion. Wouldn't this light just go right through any matter? The explanation again is these fields and forces block or reflect or absorb the light.

What are fields and forces? In Anthroposophy, we speak about an etheric realm as consisting of fields and formative forces. Science is right at the doorstep of Anthroposophy.

Anthroposophy describes the source of light in this etheric realm as the radiating thinking of spiritual beings. The rays of the sun are the cosmic thoughts of spiritual beings. These enter space and time and travel from the sun to the earth in mysterious, unexplained ways. We observe light traveling as a wave but in observing it, the light becomes matter – a particle we call a photon.

Since we humans are in kindergarten for becoming members of the heavenly hierarchy, we too will eventually radiate our thoughts – or, perhaps, we already do! Have you ever had the experience when someone else suddenly has the same thought you were just thinking about? Is our thinking confined by our skull? Or is thinking a spiritual activity taking place in the etheric of our brain? Remember, that matter disappears as we try to look into it. Our brain matter disappears to be an etheric brain held within the confines of the form of our physical body. We seem to be limited in our thinking by thinking only about what we receive through our physical senses. This is where Anthroposophical meditation begins! We can indeed think about things not given to us through our physical senses.



'The Light of Life' Artist: Iris Sullivan

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

Dear Readers,

Your responses to our 2025 APO Survey Questionnaire have begun to arrive, thank you! They bring awareness to the whole of our being, revealing deepened new capacities and valuable skills that you then convey back into the world.

In this newsletter we bring two featured articles for your study. The first titled, *The Illusion of Matter*, by Andrew Linnell, explains that physics today has shown that the world we thought was reality is actually an illusion. Our second article *Who Do You Think You Are?* by Tobias Kaye, asks the question, if my physical body is an illusion, what then am I? He explores the ancient wisdom of viewing the human being as body, soul, and spirit. Only in the physical are we separate beings; however, in the spirit, other beings have access to our mind and to our soul. Tobias also explores the roles of Lucifer, Ahriman, and Christ in our current existence.

In addition, this issue brings a full page of your responses to a dedicated study of *How to Know Higher Worlds* book and its Study Guide. (Thank you again to the donor who made this possible!) As we deepen our knowledge of the fundamental aspects of our inner soul and spiritual life, we get closer to understanding how to achieve a higher level of awareness of our inner life. Thank you to those who took the time to mail in your responses. We look forward to hearing from others who wish to contribute as well.

If you need a new *APO Library Book List*, let us know and we will send it! We also reprinted *Self Development in the Penitentiary* in a new formatted booklet - which can be requested as well. And for those who have drifted away and haven't read for a while - always know that you are welcome to take up your studies once again! We understand there are times a mishap happens with a book return due to a move or other difficult situations, and we appreciate it when you let us know what happened when you make a new request. It also helps when you let us know of any address changes, so we can update our database.

We love receiving your creative Art and Poetry for our live events and also to include them on our Facebook page and in this newsletter. Please continue sending us your inspired artistic works! For your privacy, when we publish we only give your first name and the city and state you are in.

Many of you have shared with us how through your spiritual studies - a strengthened sense of self has emerged. We support you and are grateful you are with us on this journey!

Blessings on your path,
Kathy Serafin

Meditations

I meditate daily, anywhere from 15 minutes to a couple of hours at a time. I do the Rosicrucian's Rose Cross Meditations, and many Rose Cross Rituals. This particular mediation has you look at a picture and study it. Then close your eyes to see it transform into another color scheme. It helps you understand that what you see in front of you is not what your mind sees. *Ashley, Taft, OK*

Mediation has allowed a peace to come into my life, which also gives me a self confidence that is not dependent on anything outside of my body. I have greater control over my thoughts, my body, and my feeling. I can focus on something for long periods of time and my awareness of a greater depth in life than what appears on the surface comes to me. The main exercise I have been working with is thought control. This is helping me to control my thoughts, elimination of unwanted mental chatter and narratives or replacing them with thoughts I choose for positivity. I meditate every day. I also use art and exercise as a meditation too. I am doing Hatha Yoga and breathing exercises too. I am changing my diet, as much as I can in prison, because I want to purify my body. *Jedediah, Pendelton, OR*

I was taught meditation here in prison of all places. Meditation and yoga go together for me. It's peaceful, focused energy, and takes me out of this environment. I always strive to learn in order to grow. *D., Ypsilanti, MI*

I do meditation but none yet from an anthroposophical book specifically. I am open to the experience. I would like to see suggestions on how to apply meditative technique, the mental aspect of it. By comparison I had no life before meditation. It is the foremost discipline that permits you to experience what real life consists of. Through meditation I discovered myself, and still am. It was critical in reshaping my mental distortions. I meditate every day without exception. My very life depends on it. *David, Angola, LA*

I practice meditation five times a week. Meditation is a way of escape of prison life and to help find ones soul. It is calming and helps me find inner peace. I started to

practice controlling my anger. Others are asking what has changed in me. *Charles, Miami, FL*

Through meditation and connecting with the spiritual world, I am interested in the invisible beings and how they communicate with us. I can use meditation at all times especially when I am in an unusual setting. *George, Fort Stockton, TX*

My preparation before sleeping is to replay my day like a movie in rewind. I also keep a spiritual introspective journal that I write in prior to retiring for the night. Meditation has lowered my stress levels and helped me focus. My response to confrontations has been impacted positively by APO. *Matthew, Daytona Beach, FL*

I meditate a few times a week. I did an exercise from an early anthroposophical newsletter mailing where I focused on my wristwatch for 30 seconds every single day for a month. I thought it was useful, but not sure how it affected my life. I think it has helped me calm down when I am stressed. I still can't meditate for very long, 15 or 20 minutes max. *Daniel, Marion, OH*

The Rose Cross Meditation - new was the idea of the human as a plant. It allowed me to strengthen my connection to all creation. It has motivated me to do better. Yes, I now feel more connected to nature. I told my cell mate about the Rose Cross Meditation and explained its significance and importance. *Katie, San Diego, CA*

The meditation aspect interests me to no end. Honing my concentration, visualization, and imaginative abilities through meditation has helped me greatly improve other areas of my life, mainly my craft. This is beyond priceless. The main thing that helped is trying different techniques. I applied them to my established spiritual regime and I am glad I did. I enjoy the meditations and the nightly rewind. Meditation has opened up so many different avenues in my mind and brain which, in turn, opened up 'answers' in my life. I enjoyed trying new and different meditations; each gave me additional insights into myself, and the human condition. *Robert, Polkton, NC*

Who Do You Think You Are?

The Shadow and the Self

By Tobias Kaye

Funny how this question comes over as an insult. What does it mean, that being asked this (typically) makes us feel deeply criticized?

The truth is, that no matter what you think of yourself, you are not what you think you are. Thinking creates illusions, therefore your idea of yourself will be full of illusions. Maybe that is because we are not any-thing at all, but more of a process. Any identity we assume or create for ourselves, consciously or unconsciously will be broken by our experiences. Moving house, marriage or divorce, changing jobs, all radically change our sense of self, change how we relate to the world. We may become so different that our friends barely recognize us. The truth is that what we think we are dies every night and is rebuilt for us every morning. A kind of memory-process, unconscious and conscious, assembles who it is we left behind as we fell into sleep and takes up again the task of proving to the world that we are this person.

So, Who Do You Think You Are? Where does your answer come from? Who is rebuilding us daily?

The self we mostly identify as is made up, for us, of shadows cast around our true I, into the soul-substance, by the powers of the world. This world is mostly provided for us by Lucifer and Ahriman. Were it not for the 'Fall of Man,' or the Adam and Eve incident, we would not have a solid world, nor a solid sense of self. The Luciferic shadow in us provides us with our hopeful belief in a better future, convincing us that we are, really, beneath any surface troubles, a wonderful person and that this will show through eventually and all will come right. Meanwhile, the Ahrimanic shadow in us continually reminds us that we have failed in many things, that we are beaten down by our traumas and that any reliance on hope is foolish dependency that will only weaken us.

Ahriman gifts us with a pragmatic attitude, persuading us that our best route to success is to get on with what needs to be done. Lucifer reminds us that we are a good person, if only others would see it. These two selves, like Hesse's "Steppenwolf" are at war within us, each seeking to own our sense of identity.

Steiner's descriptions of Lucifer vary widely, depending on whether he's asking us to notice that being's actions within our own soul, or survey its influence in world history. Describing Lucifer's own nature, which is outside of space and time, necessarily falls back on quasi-mythological language, but one good description is found in a 1919 lecture given on Steiner's home turf as they were building the First Goetheanum, Temple of The Word. Now filed as GA191 in the archives, it reads:

"Lucifer's intention was to convey the wisdom to men in such a way that it would induce them to abandon the path of earth-evolution and take a path leading to a super-earthly sphere, a sphere aloof from the earth. The Luciferic beings inculcated their wisdom into man but their desire was that it would make him turn away from the earth, without passing through earthly evolution. Lucifer

wants to abandon the earth to its fate, to win mankind for a kingdom alien to the kingdom of Christ."

Because Lucifer is a spiritual being, timeless, spaceless, still at work in our own souls, you could actually rephrase that into the present tense to feel how it applies in us, now:

"Lucifer's intention is to convey all/any wisdom to us human beings in *such a way* that it induces us to abandon the path of earth-evolution and take a path leading to a dream state, a 'super-earthly sphere,' aloof from the earth. The Luciferic beings inculcate their wisdom into us, but their desire is that it would make us turn away from this earth, to sidestep and avoid our earthly evolution. Lucifer wants (us) to abandon the earth to its fate, (s)he wants to win mankind for a kingdom *alien* to the kingdom of Christ."



'Getting in touch with your shadow selves' Artist: Iris Sullivan

Ahriman also gets a bold treatment from Steiner. In his time, even more than now, technological thinking was leaving the human mind powerfully convinced that matter is the one obvious truth. This illusion denies us access to our own true nature. It was very much Steiner's mission to open our eyes to where this was taking us. In choosing a name for this force, this Lord of Darkness that makes people deny the finer feelings within themselves and ally their minds with logic and materialism, Steiner drew on the magical culture of the middle east, Zoroastrianism. A religion that grew up as human beings were developing agriculture and architecture. Leaving nomadic life behind and building walls between tribal identities, is a gesture that Ahriman loves: 'cutting ties/building walls between us and the world' as we leave the nomadic, nature-connected life behind. Ahriman's whole nature is this: to divide, to define, to harden, to remove the poetry and beauty, the sweet joys of life.

Far from being the one dependable reality, as Ahriman would tell us, the material world is, in fact, pure illusion. Nils Bohr got his Nobel prize for proving this, in quantum mechanics, during Steiner's lifetime. Scientists have since spent 100 years trying to disprove this, only to reaffirm experimentally what Bohr proved mathematically: Particles are not even just waves (waves in what??) but simply appear when we ask about them and disappear when we try to measure them. Matter itself is a living experience, as Andrew Linnell explains on page 1, and not a provable reality. Ahriman makes it his work to convince us otherwise. To convince us to abandon our living experience and to believe in someone else's theory, to feel that we can rely on this belief: that matter is more real than our own experience.

This leaves us constantly torn between the dream of how wonderful we are, really, Lucifer, - and the belief that matter is more real than we are, the one dependable truth - Ahriman. Between poetry, music and beauty - drawing us into Lucifer, and logic, facts and mathematics, drawing us into Ahriman. Both of them supporting our creation of a solidly defensible sense of Self. A defence that causes constant conflict.

cont. on pg 4

Who Do You Think You Are?

cont. from pg 3

In the delicate space between, Christ offers us forgiveness, flexibility, humility. None of these Christ-powers create an identity in us, they simply allow the other two identities, the wonderful and the logical, to coexist. The Christ-identity is larger than us. It is the source of our higher self and not an entity as such within us. The Luciferic self grabs hold of all that Christ offers us and fixes it into our conviction that we are worthy of being honoured. The Ahrimanic self points to what Christ offers us and says: "You see! You lack humility, you lack forgiveness, you'll never be any good, not really, so give up, and simply do what is demanded of you." These two are like squabbling twins, who, in truth, are supporting each other as they seek to create 'me' in their image. The 'ego' (that Freud identified) spiritual science sees as a lower-self of the human being, produced in us by these shadows. At best a reflection of a reflection, like the moon on the lake.

It is an uncomfortable truth that this ego seeks to destroy other egos. The defensible self in the Luciferic shadow whispers that we are better than the person next to us. The Ahrimanic ego works out how and why the other person is not as good as we are. It is a step forward when we can find and identify this as it happens. Both of these shadows become aggressive when they are threatened. Underhand disagreement, covert hostility, passive aggression are all warfare that these egos feel they can get away with while preserving their social standing. The harder these two feel pressed, the more vicious they become. While whispering to us "You are a nice person, it is just that the other has pushed you into an intolerable position" they undermine the Christ virtues within us in order to destroy opposition.

There is no stopping this. They are like naughty children, if we turn a blind eye, they cause havoc! The only way to improve things is to raise our own awareness. So long as we insist that we are nice, they will get us to do anything to prove it. Anything. Only when we turn to Christ, in whatever form we find him, *confessing* that we are tempted by this destructive force, can we avoid being manipulated into doing something slightly worse than was done to us.

Christ is that presence within us, a ray of light from a Cosmic Sun, that illuminates our true nature, our ongoing state of coming-into-being. When we abandon our pride, even before this inner altar of our true self, our actual potential, then neither Luciferic pride, nor Ahrimanic negativity have a hold. We can find that our failures are but part of our striving, we find that the light and the dark weave together, forming a quietly scintillating image of our own coming-into-being that is both beautiful and fragile, composed of many potentials, each one blended into another, like a rainbow is formed between heavy rain-cloud and shining sunbeam. We find, at this inner altar, that kneeling in soul before our own potential, the gift to become someone the world can love emerges in and before us as Christ's love for His own construction. We come into being through Christ (John1:4), Who forms us out of the Father Substance (Steiner: Foundation Stone Meditation.) These beings have brought us into life. Their Presence within me, their decision to create me gives me a solid right to exist. Who am I to doubt that I have a place in the world if These Two have formed me?! Taking up this Right-to-Life as Their gift, at work inside me, I can grasp my own love-development and move forward toward the Holy Spirit. The Holy Spirit is my ability to be part of, and a contribution to the community of friends and colleagues that I can build simply by being obedient to this love-altar within me.

If we are to open up the space between Lucifer and Ahriman within us, and allow more of Christ to shine through, we need to come to terms with them both. We cannot do without Lucifer in this world. We cannot live without Ahriman. Lucifer carries for us the glory of all

that we achieved in our past seven incarnations. Ahriman provides for us the strength that our parents brought down to us through the last seven generations. These are mighty gifts. They just don't happen to be who we are.

What we truly are is just a point of attention that watches all that happens.

What we truly are is a decision to experience this life, in all its richness, and make the best of it that we can.

What we truly are is the capacity to feel into all that is actually happening and assess *where we would like to go* with it.

If we get identified with this historic achievement of x-decades of development of this self, and the achievements that have accrued to this 'me,' we lose sight of this drive to learn and grow that is the Christ within us.

This Christ within us is the same Christ within everyone else. When I learn, in my heart, that I am that voice on the phone that is trying to cheat me, that I am that official causing a blockage in justice through being enmeshed in the system, I am that down-and-out I pass on the street: - then I am making room for Christ between my Luciferic and Ahrimanic shadow-selves. When I judge any one of them in my mind or heart, it is these shadows that are making that judgement, and doing so to defend their control over my identity.

Most of us do judge others, constantly. This is the voice of our identity reassuring itself of its right-to-exist. The louder the inner voices of Ahriman's denigration and Lucifer's adulation, the more we need to reassure ourselves with comparison.

When we get to hear the judgements others hurl (or insinuate) against us, we can be sure that this is their shadow speaking. Yet, we can also be sure that there is some grain of fact in what's being said. Here is a reflection on who we are that does not come from our personal L&A shadows. That is incredibly valuable. Here is an opportunity to reassess our idea of who we are.

If we simply say: 'This judgement against me comes from that person's weakness, their pride or their fear!' Then we hear our own pride and fear, mirroring that of our critic.

If our own soul closes up through such a judgement - however accurate it may be - we lose the chance to *see through*, to penetrate beyond some of our own pride and fear. We can be perfectly accurate in our assessment and still lose our opportunity.

This "Tobias" that I am, this time around, is my closest responsibility. My relationship with him is like parent to child. I need to care for and educate him with endless love and compassion. The more I can do right by his experiences, by the people he meets, by the situations he gets himself into, the more I attach to Christ and free myself from the demands of those twins who support me, but seek to own me. "Tobias" is my closest friend, my constant companion. Without him, I could not function here. Yet he is not my eternal self. "Tobias" is my chance to bring myself, and the Christ that creates me, closer and closer into this earth-experience. Seen from this perspective, "Tobias" becomes a mirror through which I gain an ever deeper understanding of how to come to Christ, how to manifest Him in this earthly experience. Conscience arises in this space between the I-experience and the "me/Tobias" experience.

Compassion, Forgiveness, Honesty. Inwardly and outwardly, are the Ways by which we soften and grow our daily-given identity, bringing the Love and Wisdom of our highest hopes, our deepest nature, into the body-substance that is the Earth, my body.

The Earth that is reaching up to know Christ.

Book Reviews



Study of Man Rudolf Steiner

Rudolf Steiner, in these fourteen lectures delves into the psychological as well as spiritual aspect of Man from that of an infant all the way to his later years. What sets this work apart from others is that Dr. Steiner goes a step further in his explanation of Man's spiritual and psychological growth by showing the proper way that each individual's growth should take place, and under what guidance. He also does a good job in answering the age old question of psychology - nature verses nurture.

In his explanation he brings forth compelling evidence to show how both are needed in order for Man to become as he was intended to be! Yet, it is with the ego and the development of the 'I' that brings freedom. *Richard, Houston, TX*

The Mystery of John the Baptist and John the Evangelist Sergei Prokofieff

In *The Mystery of John the Baptist and John the Evangelist* Prokofieff describes what it really means to be engaged in spiritual research. He says "how one could know that one had begun to engage in spiritual research." He had encountered a truth that particularly struck him and remained livingly in his memory, then after some time another truth had similarly impressed him and out of the coming together of the two an insight had occurred to him which derived from the substance of both (p. 11). It is also intriguing to read about Lazarus becoming 'John the Evangelist' after his initiation in Bethany (p. 2) and all the truths and revelations that start from this fact. Reading about Zarathustra and all he has done for humanity over the epochs stands out "in the last and highest sacrifice of Zarathustra...he renounced the possibility of the unique opportunity of meeting the Christ in the physical body" (p. 19). So many thoughts and associations, how even a spiritual being as great as Zarathustra had to make certain sacrifices for the benefit of humanity. One of the final things Steiner revealed to us before he became ill was about Lazarus/John. It would be very interesting to understand had he been able to complete his work. There is more for us to learn. Much of what I believed 'karma' to be has been enhanced and in some ways changed due to the insights presented in this book regarding karma. It would be a wonder what this new territory of Steiner's karma studies could entail. This book had a lot about Lazarus/John, and the Gospel of John, all of which were very positive discussions. Many of the concepts regarding incarnation (and incorporations) are extremely complex and required much re-reading. *Harold, Bristol, FL*

According to Luke Rudolf Steiner

Rudolph Steiner magnificently examines the Gospel According to Luke. The Luke Gospel is described as a devotional book, a book of love that inspires every Christian. Human development is explained on multiple levels, giving the impression of a loving, yet complex, process to bring about soul consciousness to humanity through the savior, Christ Jesus. The generational difference, between Matthew's Gospel and Luke's Gospel is fully explained, revealing the intricate weaving of how Christ came into the physical world. The text should be studied and then re-read. The level of detail is quite profound. After studying the text, the meaning of Luke's Gospel is extraordinary. *Wayne, Richmond, TX*

The Universal Human Rudolf Steiner

In *The Universal Human*, Dr. Steiner addresses human evolution conflicts which are still affecting humanity today. These conflicts are related to differences within the human race. He further comments on the origin of racial diversity of people, as well as the dangers of increasing motives

creating more separation and differences among them. He suggests that in order to avoid this division, we need to see and consider each other as spiritual beings. In the book something revealing was learned in regards to Christ Jesus. Through the Hebrew people, and by means of evolution of generation after generation, a physical body finally manifested that would be suitable enough for Him to incarnate in. This perfect body was to serve as the perfect instrument for Him. This reading caused me to think about my own spiritual evolution as an individual. Today we see a great deal of differences and separation between people of different races and racism seems rather prevalent. Instead of us trying to embrace our similarities, we instead seem to concentrate our efforts in seeing how we are different from each race-group. Dr. Steiner points out how the life stream or divinity that runs through all humanity is one and the same. Consequently, it is realized that one has to be conscious of the way humanity is viewed. There is a need to aim toward unity while avoiding separation. People in ancient times, like the Indian epoch, were endowed with a higher clairvoyant perception than were later civilizations. These ancient people had the ability to directly perceive the spiritual world. It is understood now how biblical actors were able to receive information from the spiritual world. Today it's common to hear of how the four gospels written by different authors seem to contradict one another, creating doubt about the accounts of the Christ events. It would be interesting to share this account, for the alleged contradictions are mere misunderstandings. The confusion is due to the fact that the four gospels were given from four different angles, but of the same events. *Pedro, Mendota, CA*

The Influence of Spiritual Beings upon Man Rudolf Steiner

Throughout the book *The Influence of Spiritual Beings upon Man*, Rudolf Steiner drives home the point that supersensible beings live amongst us on this planet, each fulfilling their purpose for the spiritual development of man and the Earth in general. Within this collection of eleven lectures, Dr. Steiner examines the angelic hierarchies, as well as the elemental beings who have managed to separate themselves from the evolutionary path. He relates how our actions and personal dispositions act as spiritual magnets for these beings who dwell in the etheric and astral realms. Special attention is given toward the end, to the five arts: architecture, sculpture, painting, music, and poetry, to which he concludes that through "the field of the arts man accomplishes something whereby the Gods may dwell with him, whereby he secures to the Gods an abode in the earthly sphere." To those who are seeking to live harmoniously with divine beings, and to be initiated into their wisdom, this book is a wonderful guide. *Ricardo, Colorado City, TX*

Esoteric Christianity and the Mission of Christian Rosenkreutz Rudolf Steiner

In *Esoteric Christianity and the Mission of Christian Rosenkreutz*, there was a fascinating lecture on the four worlds that we inhabit while incarnated. Body, thoughts, emotions, and will, each have their own perspective 'worlds'. The breaking down and blending of these worlds was really enlightening and much easier to visualize than other descriptions. The book also speaks about love being a living force, yes, whole heartedly agreed! Not only a living force, but the most powerful force experienced. Nothing brings more joy or brings more sorrow with the temporary loss of it on the physical plane. Like all 'energy' it cannot be destroyed or dissipated. This book may require more than one reading; I usually read the books at least three times to fully comprehend them. These lectures overlapped and reiterated some very key points of teaching which really help to assimilate the lesson, especially when only reading the book once. You may find the linking of faith, love, and hope with our astral, etheric, and physical bodies as a revelation. Also, you may find interesting the 'little voice' that warns us of potential harm, our 'guardian angel', which is our own 'higher ego' speaking to us at times. *Robert, Santa Clarita, CA*

How to Know Higher Worlds

Your Study Guide Sharing

The book *How to Know Higher Worlds* opened my eyes to new understandings about life (my life-my inner life-future life) and the potential to live a higher existence. What stood out for me was on page 32: "Only a person striving sincerely for this ability can reach the goal..." "Many work on themselves for years without noticeable progress, and then suddenly - if they have not despaired, but have remained unshakable - they attain the 'inner victory'." I was almost ready to give up on all spiritual practice, but the words reminded me to be unshakable - so I continue. It's taught me that there is a part of me that I have neglected, and it has opened my eyes to the 'I' that needs to be nurtured and trusted. All my life I've been concerned about my outer appearance (my physicality). My perspective has shifted to my cosmic spirituality, a healthier diet, exercise, and some fascinating meditations for unfoldment.

Allen, St. Petersburg, FL

The section about the chakras and the development of the different lotus flowers was most meaningful to me. And that it is possible to develop these spiritual sense organs and perceive the soul organism, and gain insights into the deeper nature of things. Beginning with "This requires in the first place that we be honest with ourselves in the depths of the soul" this paragraph (p.86) reminds me how important it is to be absolutely truthful about self, including weaknesses and shortcomings because that is the only way we can overcome those things. And in the depths of the soul we are unable to deceive ourselves or hide our failings. It has made me more aware of the invisible spiritual world and helped me to know that there is a higher self beyond the physical form that we can develop faculties to perceive. I learned that anyone can develop the inner facilities for perceiving higher worlds, not just people who have natural psychic/clairvoyant abilities. There are many spiritual exercises to work on such as those in the stages of preparation and illumination. I like the method for perceiving invisible forces that begin on page 56. Jennifer, Fayetteville, AR

I gathered from my study of *How to Know Higher Worlds* that to become a student in the esoteric training there are numerous directives to follow. Most of which, unknowing of official trainings I have implemented in my walk of life. The most meaningful of all is "Reverence for others develops into reverence for truth and knowledge." pgs.184-194, basically Chapter 10 stood out the most. My understanding is that the dispositions, aptitudes, and attitudes I was born with serves what my soul learns. As my soul learns the lessons it must learn, through its many incarnations, what characteristics from a past life experience are currently becoming unnecessary in the current incarnation, and the replacement of old characteristics for new. To a greater degree of attention with people, I seek/find wisdom in each interaction. Reading this book was also a helpful reminder to be even more diligent with my thoughts and feelings. This book has definitely broadened my view of the world I live in. What I read just confirms that life's situations and experiences come for my benefit, my growth. I learned I must gather the necessary tools in this life to prepare me for the next life. I shared this book with a guy I thought would find interest. We spent some time talking about it, I listened to his take. I find quiet times throughout the day to still the senses and contemplate reflectively. Self-mastery is the measure of man's moral nature and the indicator of his spiritual development. In the book of proverbs it says that, "he who rules his own self is greater than he who captures a city." Taurus, Monticello, FL

How to Know Higher Worlds expresses a number of valuable teachings in regard to esoteric students' journey. I found the chapter on the 'effects of initiation' to be especially relevant and applicable to myself. The way initiation is clearly delineated and explained is also useful. I am impressed with the two chapters concerning the guardians of the threshold, both in his description and the preparation one should consider in meeting with them. "In the realm you are henceforth entering, you will meet beings of a supersensible kind. Bliss will be your share in this realm. Yet I, I who am your own creation must be your first acquaintance in this world. Earlier, I lived on your life. But now, though you, I have awakened to an independent existence of my own and stand before you as the visible standard of your future actions - and perhaps also a constant reproach. You have been able to create me and in doing bare taken on the duty of transforming me." Learn from Dr. Steiner and do better, be responsible be grateful, be related. It has cleared up some aspects of my own journey and provided me with effective techniques to improve the qualities of my own practices. I would say it's refined and increased my working knowledge of the esoteric journey. Mainly in his cautions to approach with care, be deliberate and build a strong foundation with every step. MT, Westville, IN

The entirety of the book *How to Know Higher Worlds* was meaningful! The most prominent idea that stands out for me is that of an independent other self that acts as a threshold guardian. "If we let any personal wishes, openings and so forth enter this activity - if we fail even for a moment to comply with the laws we know are right (and follow instead our own whims) - then something quite different will happen than was intended." p.76. This seems to be speaking directly to me touching upon my personal life prior to incarceration. My spiritual, religious and esoteric studies as well as how I see myself. So many meditations! I have been working daily with ink pen and acorn meditations.

Ricky, Pine Bluff, AR

What was most meaningful to me was reading how developing the higher ego leads to clairvoyance and the higher worlds. I enjoyed reading that Luciferic spirits endowed man with the possibility of developing free activity in his consciousness and at the same time created the possibility for error and evil. The explanation of the three bodies, physical, etheric and astral, was interesting. The development of the higher ego brings entrance to higher worlds. I feel it is more likely after reading that the higher spirits are not human. They influence the human spirits and the direction of the human race. They also influence the state of our natural environment such as global warming, over population, etc. I accept more easily that we are influenced by earthly spirits and it is now more believable that they are influenced by higher nonhuman spirits. The book discussed visualization techniques and developing the chakras or energy centers. I tried the *Rose Cross Meditation* with the black cross and seven red roses meditation technique. I found the more I practiced, spirits that are not my own, participated in formally the vision of the black cross and seven red roses. I spend a lot of time in meditation each day. I've been focusing on opening my chakras, specifically the throat and the third eye. The meditations are very interesting. I see the difference of my way of thinking and the thinking of others. A mantra I have been using for the past few weeks 'my inner self is one with the universe reality'.

Bobby, Florida City, FL

Discover Your Self

We are the searching

And we are the finders

The sun and the moon and
the stars are reminders

The spark in my heart, the
creator of galaxies

The age old illusion of self
is a fallacy

All that's within and with-
out, it is one

Made by the word that is
Christ, sphere of sun

Spanning the vastness of
time and of space

Written in records that
can't be erased

All you imagine will then
come to be

Wipe off the sleep from
your 'I' so you'll see

Awaken to limitless, true
nature of being

Detach from the frame-
work to which you are
agreeing.

Brandon, Punta Gorda, FL

Art and Poetry



Keith, Michigan City, IN



I love you as a vibrating force to bring another being to bliss.

Last night I saw a face in my dream who I interpreted as Jesus. I was aware of a calm peaceful face watching me through a haze. I remember the face fading out then coming back into focus.

Jeremy, Wrightsville, AR

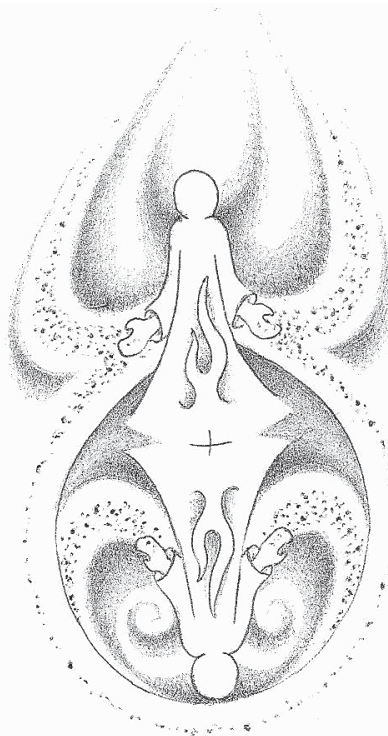
This is the Light

I am aware of the light
The light of the "I" is
the experienced darkness
I can see light
Only beyond all words.
Where the dark hides,
The light shines!
Light is love and life
True and pure,
An invincible source!

Luke, Avenal, CA



Jimmy, Winnfield, LA



Mark, Anthony NM

Hope

When concerned with
a trying problem
With which you cannot
cope,

It is strange how you live
and wish
By the one faint ray of
hope,

Even though you know
your desire
Cannot and will not come
true,

It seems that to reason by
hope
Is all that you can do.

The facts presented are
cold
And often times lead you
astray,

So all you can do is to seek
the silence
And earnestly pray.

For this will bring a solace
And faith on a broader
scope,

And there will come
consolation
As you look ahead with
hope.

Ron, Railford, FL

Illuminations

When I was confined, your newsletter *Illuminating Anthroposophy* helped a lot. I felt the presence of the Holy Spirit touching me and making me feel that I was not alone. What inspired me was reading what other prisoners shared from their studies. They make me realize that I am not alone. It gave me spiritual inspiration, more insightful thinking, deeper perspective and a clear conscious. *Arturo, San Luis Obispo, CA*

I have been in solitary confinement. It gives me more time alone. I read an anthroposophical book from 10 pm until 5 am, it has strengthened me in my faith and how I think. After reading *Rosicrucian Wisdom* I came to realize I am more than just mind and body, but that I am also astral, sentient, intellectual, consciousness. My meditation went great. I share with others the new way of seeing everything just the way it is. I now understand a lot more than I once did. That it is also a spiritual and divine being in us can only be found when we search in our soul for the spiritual world beyond the physical. Keep on doing what you are doing. *Wayne, Morgan, GA*

I was told about Rudolf Steiner by a very wise teacher but she did not have the books translated in English. One day I was helping the Chaplain move his office and while putting books back on his shelf, I stumbled across the book *How to Know Higher Worlds*. The universe placed me exactly where I needed to be to get what I have been seeking. What's even crazier is that he had me in mind for the interest in those books when they got to him. That only validated the power behind this knowledge coming to me. I am grateful to have finally come across his work. It's amazing how the universe opens to the seeker. *Tyler, East St. Louis, IL*

It would be helpful to provide a course where one can become a teacher/mentor in a prison setting. A lot of inmates are very spiritual but not religious and a lot of inmates are never going to be physically free. So to be able to assist in spiritual freedom for inmates who do or do not see themselves ever in the free world would be caring. *Juan, Bunker Hill, IN*

I just received the newsletter, issue 40 and already feel positive and interested to learn and grow spiritually. I have always been a positive person but quick to anger. Reading the poem by *Ashley in Tuft, OK* created a sacred space. I have begun to look inward at my deep seated repressed pain and began to write more. *John, East Palatka, FL*

Studying books from the APO library has been so helpful as I continue to learn more ways to be patient with others and open minded about other people's cultures. I've learned that patterns from my past of violence have affected my life dearly in the present. I've learned the healing power of prayer helps me find inner peace. I have stopped blaming other inmates when I've gotten into conflicts and I now look at the role I have played in conflicts. I look at my fellow inmate's perspective and viewpoints even when we disagree with each other. I try to be objective and give them the benefit of the doubt. I strive to diffuse situations with difficult people where before I would just bump heads with them. I've been told I'm more modest and easy going now. *Emmanuel, Fairton, NJ*

I want to know how to move on in life without feeling lost in a world with nobody. I am a high school dropout. I know no destination to allow myself

to go without feeling free or being lost. I want to step out the body and erase the feelings that I have on life. I do not know the ropes to actual living life happy and taking care of my part in living life. I hope to learn patience and forgiveness. *Timothy, Laurinburg, NC*

Here in prison you have people that are very toxic, hostile, and angry. I just stick to myself and focus on myself. I am try'n to better me and not anyone else. When I was dealing with a very difficult time in my life, there was this one time when I felt suicidal and was going through some hard times, this was around covid19. Then I received your handout form. After reading the anthroposophy papers, I then felt much better both mentally and spiritually. I cherish life more. I have a much better understanding on life, and also how to deal and treat others. I try to get closer to God. I read the Bible. I consider myself a Christian believer, in Jesus Christ Amen!

Arturo Daniel, Santa Barbara, CA

Anthroposophy is deeper than normal reading material. Yes I am now 13 months without misconduct. My mother is proud of me. I now analyze the situation I am in and choose different choices, one that is logical. I read your Newsletter with a cell mate and shared it with a friend. I gave some of your material to someone to read, and he said he'd never read anything like it. He started changing. He used to get into trouble, now he doesn't.

Raymond, Marquette, MI

I feel a deep connection to Rudolf Steiner and how he presents his position. His books were published over 100 years ago yet they are still relevant today. I love the Mysteries. The mysteries go so much deeper than mythology or any type of 'religion'. I appreciate establishing the Christ Impulse that has almost been discarded. *Bryan, Lovelock, NV*

I cannot tell you how grateful I am to see there are others out there that identify with being Christian and understand the bible and other scriptures the way I do. At first it was just like a feeling of power coming from the words, but then a line of thought paralleled the feeling as I would read. Not that I think I know very much. I have so much to learn, but it was more like a way of thinking that lead to discoveries through an understanding. I really loved the books: *Christianity and Mystical Fact* and *How to Know Higher Worlds*. I will say this in itself is a revelation for me. I am Christ being born in the most humbling circumstances. *Mike, Lawley, FL*

This is simply a sincere and heartfelt thank you for what you have already done and are continuing to do by bringing Anthroposophy to the world. I can only hope that others receive what I myself have received through these spiritual principles. My prayer is that this continues for as long as the almighty sees fit. *L.B., Launburg, NC*

Anthroposophy is a deep and profound source of wisdom. APO has inspired me to walk the path of a peaceful warrior. Life now has more meaning and purpose. People are fun and beautiful. I am not religious by the world's definition, but I am spiritual. To me, such is the most devotional thing that I could do, to read, study anthroposophical wisdom and knowledge. For me I get the same feeling of awe and a small sense of self when I study. It's unparalleled and I'd rather stay at the basics, this is the beauty of APO. *Jesse, Imperial, CA*

- STEPPING ON THE PATH -

I HAVE BEEN INCARCERATED in Arkansas for 34 years. I am seeking a new way of life, a connection to the universe and spirituality. Please send me whatever resources you have available. *Mary, Wrightsville, AR*

I LEARNED ABOUT the Rose Cross and that is how I found Rudolf Steiner. I had my wife look him up and then she found this program for me. I have lived a very selfish life and was on a very dark road. To make a long story short, I choose the light now 100%. I have since a child been different, I have known there is a deeper truth, and I'm searching for that truth. I want to purify myself and change for the good. The APO program has similar ideas and beliefs as me. *Dillon, Jackson, TX*

TRYING TO FIGURE OUT why I am here and what my purpose for being on earth is, I want to gain an understanding of my purpose in the universe. Anthroposophy seems to be able to help figure out what is possible. *Nicholas, Whiteville, TN*

CURRENTLY I'M IN SEGREGATION, I am an indigent person but I would love to learn all that you have to teach, you have a mind here craving for knowledge. I am serving a 46 year sentence of which I have completed over 17 years now. *Jose, Menard, IL*

I WASN'T BORN a nice and loving person, but over the last few years I've made a conscious decision to change that, so I've been keeping my eyes open to help others where I can, and to seek out literature on the lighter aspects of life. I hope to learn to be positive person and expand my knowledge spiritually. *Joshua, Phoenix, MD*

I HOPE TO GAIN a deeper understanding of myself and the universe. I want to learn the spiritual and mystical side APO offers. I love learning about Christ and everything related. Humanity needs this knowledge about Anthroposophy. *Ricci, Whiteville, TN*

HOPEFULLY ENOUGH spiritual growth that will help me become the best person I can be in order to face the world that will await me when I leave prison in 2033. *Stephen, Tabor City, NC*

I AM INTERESTED IN learning more about anthroposophy. I have really struggled with addiction and have spent most of my adult life in and out of prison because of this. I would like to change and look forward to studying to help me on this path. So far I have been studying Buddhism and practicing a little meditation. Thank you for your support towards people like me in prison. *Alan, Muskegon Heights, MI*

Inspired by your Reading

Astronomy and Astrology shines a light to intensify our concentration in the realm of roots or sources, bringing things ever more into view. The statement that God is Love gives us a glimpse of source, just as we speak of the sources of thinking, doing, feeling, loving, opening, and thanking. This has affected my journey by considering the other sources in the operation of thinking, doing, feeling that I knew. Now the loving, opening and thanking is where I must dwell. I always have an open mind and a sideway of shifted belief due to always learning and looking at the core of my belief. The stages of one's thinking, doing, feeling seems to come to loving, opening, and thanking as a process of life. With these you will come to an understanding. I myself, meditate on the process of every stage. It is good to do exercises on each stage.

Joquin, Susanville, CA

Meditation Transforming Our Lives for the Encounter with Christ gave me a different view of meditation. I have always looked to the meditation and the imagery in it and how I could use it to help self or others. Without understanding the imagery as energy was not for me to hold onto but to share instead. It is for me to learn from and to share the learning. To see the others (person, places, and things) is the important step - the interpretation of the perceptions is for later after the meditation. As part of a wiccan community in the treatment facility, I share what I have learned and work with these concepts. I will continue to practice seeing this as a long term process, towards an ideal. This is a very informal book and would recommend anyone of any faith to read it and not disregard it's teaching's. *Anthony, Columbia, NC*

In Rosicrucian Wisdom we learn of reincarnation and karma, of destiny in human evolution, of how humanity developed in times gone by and of evolution in the future. The 'I' or ego lights up in the soul and then the work on the bodies begins. In lecture 8, *Human Consciousness in the Seven Planetary Incarnations*, explains the difference between a human who is dead and one who is only sleeping. That at death the ether body passes away together with the astral body. In sleep the etheric stays with the physical body. I learned there is a lot more to the destiny of human evolution. It has shown me there are other places and people that study other similar things in esoteric insight. I found out there may be other avenues of thought that I did not know before, like karma and reincarnation. Human consciousness develops in the seven planetary incarnations; three past states of consciousness, the present stage, and three future states of consciousness. Yes, I have been trying to learn more about these states of consciousness. *Shawn, Bismarck, ND*

The book **The Principles of Spiritual Economy** spoke of the distinction from Buddha to Christ. On page 4, the paragraph begins, "Before humanity inhabited the continents as we know them today, the physiognomy of the earth was quite different." This provided me with a different perspective on humanity's evolution. It stressed the importance of understanding Jesus Christ. It was a positive experience and encouraged me to be on my journey.

Joshua, Grovetown, GA

In the book **Intuitive Thinking as a Spiritual Path** I've learned the fact that the experience of thinking, properly understood, is already an experience of spiritual activity allowing me to enter the world of spiritual perception and understanding that I once thought to be unfathomable for me. This entire book has exceeded my expectations. "If we experience it properly, what is humanly generic does not limit our freedom, nor should it be made to do so artificially." "It is impossible to understand a human being fully if one's judgement is on generic concept." This means to me that we must free ourselves from worldly possessions that create this kind of generic thinking. To be very honest with whoever is reading this, to gain individuality in this place (prison) is very difficult, but not impossible. This is a great book and many inmates have asked me if they can read it. *Joseph Anthony, Huntsville, TX*

Reading **The Knights Templar** I learned about the inner human and the five-foldness the Pythagorean square, Ark of the Covenant, and Holy of Holies. Aquarius, the water carrier points to the same person as John who baptized with water. I was blown away from reading page 124 that I was able to view a more spiritual meaning of baptism. Reading has really helped me get back on a spiritual path and search deeper in myself. It caused me to truly think about the symbolism of the dimensions listed. I've really started searching my inner me. I share about the spiritual lessons of the teachings (well at least with one pupil I work with). In the Age of Aquarius hopefully Christ will come for us. *Justin, Henning, TN*

The book **The Inner Rainbow** by Henk van Oort tells us the colors of the rainbow correlate to the color of your own chakras. By developing these chakras (spiritual organs); our inner rainbow will put us more in tune with true spirit.

Other senses than our physical eyes that read letters in books will become active, and this will lead us to a spiritual reality in which unfathomable horizons are bound to be revealed. It makes me want to get more serious about my spiritual practices and how they relate to life. I'm beginning to see how much more is connected than what we perceive with our physical senses. This really strengthened the beliefs that I already had. I will share with a person that they can see how all the ancient religions and traditions were connected and how they developed through the centuries past. *Matthew, Ina, IL*

In **The Gospel of St. John** those who were found sufficiently developed for initiation were led into the mysteries. You have to be trained and instructed to understand the spiritual world. Page 69: "By degrees the human individual ego slowly freed itself from the group-soul, from the group-ego". This confirms you can't follow your family's or friend's ideas about life just to show loyalty. You have to take a personal journey to learn the truth, and your purpose of being here. It helped me understand the separation of religion and spirituality. Religion was created and taught by man, and spirit is a life force that permeates everything in existence. I learned the importance of air and the way it impacts the inner and outer body regardless of physical matter. The mission of Christ is to promote the individual ego, independent of blood ties. It is important to acknowledge the spirit in people I don't agree with, still seeing them as my brother or sister. The spiritual world exists and it's not an illusion. When the astral body and higher man has developed it eliminates confusion. *Page, David, Trenton, NJ*

You touch my heart again (APO) by sending **The Mystery of the Holy Grail; A Modern Path of Initiation** to refresh my mind. This Parcival (me) is still on the mental-emotional-spiritual journey to the Quest for the Holy Grail. One night, after reading, I lay down and suddenly came to mind this acronym for the word GRAIL: Great Revelations Awake Inner Living, or Life. On page 81, first paragraph: "...The Quest for the Holy Grail is a pilgrimage on the path of love that leads ultimately to the realization of the highest ideal." In the middle of this chaotic life we have the altruistic opportunity given to us, to set a time to read and reflect about who we really are in our mental, emotional, and spiritual behavior or attitude, and awaken in our inner self, an honest intention to amend and or improve our inner living. It is for me an encouragement to continue my spiritual journey with a renewed strength, because it refreshes my sometimes feeble mind or emotion when I pass through desert times. When I study the *Self Awakening* lessons, I learn many good things about how to take care of our Mother Earth, so when I read the last paragraph on page 103, it had me do a deep breath of gratitude for this new consciousness and ideals around the world to protect our 'living organism' that nurture us. In my work place there are people from Mexico and beyond which we love to talk about the beautiful forest and fauna from where we came. We remember with nostalgia our countries. There is a beautiful poem on page 67, 'Images of Initiation' I love to read it slowly, savoring its content, (even translating it into Spanish, mentally) because it echoes my childhood, which I love it to relive, especially in my situation as an incarcerated one. *Eric, Dibbell, TX*

What stood out for me in **Astronomy and Astrology** was how the different planets affect different areas of your body and how it functions. On page two I read: "Freedom - lies in our thoughts not in our will." This just makes sense that we must be free of our thoughts, and our free thoughts give impulse to our will. I had never thought about it before until I read this sentence. I am now more interested in the planets and the effects on how our bodies function. Astronomy has a huge effect on how we function and what the stars tell us. If you were curious about the stars and how our future and life play out with them you should read this book, they say a lot about us. *Disty, Aliceville, AL*

First, I read in the **Study of Man** the idea that there are specific ways to raise a human, ways to inspire creative thought and natural instincts have identified with the way I see civilization conditioning human influence. To read that 'will power' is ingrained in our blood, and that it is a spiritual force of conscious influence, helped me understand that I can continue my walk through meditation with extreme focus. The idea of being one with the cosmos was more confirmation for me that I have felt with astrology relations in understanding self. While consciously observing what I've read, and life experiences, it surprises me how society conditions us to be so disconnected from our true nature. This also gives me ideas of how to raise my children. It really gave me a more natural perspective and understanding, which is so hard to identify. This book has intrigued my natural instinct to view life as so far from our true nature. It's very difficult to separate from the pull of the ego, though I continue to give effort to stimulate and understand. *David, Huntsville, TX*

WHAT ARE THE FRUITS OF ANTHROPOSOPHY FOR YOU?

I DO THINGS NOW with cause and effect in mind with all I experience. I realize my disposition at any given time is entirely in my control. This is difficult for me; still a work in progress. The subjects you focus on are of great interest to me in my new life seeking self-discovery, self-realization, the true meaning of life in this universe, and my place in it. Others commend my change. They see me as a different person from who I used to be. I was not a good person and have a lot to atone for. I can say finding anthroposophy has allowed me to find a vehicle, through which I can reach that place of understanding I've spent my whole life searching for. *Robert, Vacaville, CA*

I SHARE ANTHROPOSOPHY with my mother and sister. It has given me a connection to an inner realm of this physical world: awareness, self-control, humbleness, and the power to manifest through meditation. Anything I do, I am more patient by just simply having connection with my spirit Angel. Why? My Angel/spirit came in contact with me and has revealed things to me and hasn't steered me wrong. If it's something I am not 100% sure of, I mention it to my Angel; either in the form of a question or just simply venting. I don't retaliate any more, and I find a wiser alternative to gain a sense of self-control. *Jahkim, Napanoch, NY*

ANTHROPOSOPHY HAS OPENED an even greater line of communication with my children. Just being able to share with them the material I read and study, then to listen to their thoughts on the subject is comforting. As a father I have to learn to listen between what my kids tell me and I am still developing of the fruit of remembrance. I see people for more of their actions. I take the time to see behind the act to the cause and truth of the act. What has shifted is my reverence for life. Knowing such moments give me an opportunity to exercise compassion, empathy, mercy, and love. I recognize to a greater degree my identity as 'son' of a universal Father of divine deity. As a result, I am culminating a divine urge to conduct myself as though I am in the physical presence of God at all times. *T.B., Monticello, FL*

IMAGINE TRYING TO READ a novel without your prescription reading glasses for so long that you forget you were ever prescribed them; all the words on the pages are blurry and fuzzy and you are getting so fed up at trying to just see a word, a single letter that you have recently been thinking about giving up reading entirely; at that point - milliseconds from suicide - everything comes into crystal clear focus; the novel's glorious cover, its title, the newspapers smudgy print; it's all perfectly clear. That is how anthroposophy affected my life. *Robert, Maury, NC*

I USED TO THINK thoughts really did not matter; how they flit chaotically through my mind. Then Spiritual Science taught me to be

more mindful of how and where to direct my thoughts in spiritual realms, not lowly, debased inconsequential thinking. Years ago, when I was first introduced to anthroposophy my whole perspective shifted. I am loved by God and spirits, I am eternal, and have a purpose in life now. I am not lonely, I now have confidence and self-esteem which I have never had. *Linnette, Newport, AR*

RUDOLF STEINER'S TEACHINGS helped me observe and not be affected by the world as much as it has in the past. I am patient, emotionally stable, and gained sobriety with my self-control. I realize my old habitual thought patterns have changed, I now observe, watch, and respond with kindness. Others tell me that I am esteemed and respected because of the way I treat others. Now that I've gained this insight, through much reading and thinking (meditative) I have internalized these higher concepts and live calmer (stable in my emotions). I am kinder and understanding. *Richard, Susanville, CA*

ANTHROPOSOPHY TEACHES ME to be in union with self, the ego, and with the consciousness of God. It has given me a new life, the birth of my thinking and existence. I'm being transparent, open and honest. A big burden is lifted from me. The way I carry myself and the things I do reflect how one is in union with the consciousness of the creator God. I've been studying for about five years. I plan on starting a group for anthroposophy in the study of wisdom teachings, the understanding and practicing of truth, freedom, justice, and honesty. *Charles, Dixon, IL*

THE THOUGHT OF a higher calling and purpose has always sparked my interest and studying anthroposophy has calmed my spirit down a lot. I am learning how to obtain the goals I set out in front of myself. My new way of doing things is having more patience towards others and within myself. *Kenneth, Holdenville, OK*

ANTHROPOSOPHY HAS HELPED put some of the 'missing pieces' together for me. It has helped me yield more inner knowing. For me it's more about understanding my being than applying or practicing a doing. *Bryan, Lovelock, NV*

MY CONSCIOUS MIND has changed in a positive way. I have inner and outer self-control. I've experienced the truth. My thinking, feeling and willing is pure positive energy. I am a new man. I've died, re-born, into my true essence of who I am supposed to be. I haven't gotten into trouble in prison in 4 years. I am proud to say I'm a rehabilitated person. Now I am a mature with self-discipline and self-control. I stay away from negativity and barely get angry and when I do, it is acknowledged, then let it go. I love myself and I am happy. I am being grateful, understanding, and think before I act. *Jeffrey, Bellafonte, PA*

New Ways of Thinking, Feeling, and Willing

My inner-self is more open and peaceful. I've learned to dial back my quick temper. I meditate over weeks reflecting. It has gotten me to be clear headed, to be centered so I react with better actions. I used to fly off the handle and blow up at people over little things. Now, not so much. I have five years clean from drugs and fighting now. I interact more often and have more positive and productive talks. I'm more accepted in the positive crowds now. It helps me keep positive 'back n forth'. All in a calmer manner, I'm boss of my brain, which leads to positive thinking, words, and actions. *Rusty, Susanville, CA*

The study of thinking, feeling, and will are the most interesting guides of anthroposophy because it helps me as a leading formula tap into myself to learn the nothing (no-thing) within my everything (everything). My thoughts are led into etheric and astral planes of schooling; intended to exact metamorphosis from the physical plane. My feelings currently are intended towards serving those who may need assistance. My actions are sincere and mild tempered. Thinking, feeling, and willing are master keys to unlock peace within our own perceptual circumstance. *Andrell, Galesburg, IL*

I learned how we created our own existence by choosing which thoughts, words, and actions to live by. Understanding this concept can be life changing and forge breakthroughs to eliminate the thinking errors of criminal thinking. I am greeting each day with a slice of

humble pie and a stein full of wishful ale. Thinking before speaking and reacting differently in situations is key to progress. Practicing giving and helping others is something that I truly enjoy. I am a writer and love sharing knowledge through that medium also. *Ben, Kenai, AK*

Learning about the higher worlds spoke to me about some of the feelings I have held but did not know where they came from, or how to speak with others about them. I enjoy all of the reads because they connect thoughts from different angles. Anthroposophy has garnered me more empathy and patience with the world. I learned a new speech delivery which allows me to communicate across the isles of ignorance. At first I wouldn't even attempt. I make a concerted effort to take the high road no matter what. My family for the most part wants to talk to me more. They have even asked for advice which was a big shock. *Clayton, Rosharon, TX*

I am thinking, feeling and doing things at a more elevated capacity. I'm more alert, conscious and aware of the overall state of myself. I think more intelligently, I feel more sensitive towards life. I do more kind acts with new ways of doing things. I've started applying and practicing breathing techniques and yoga exercises, breaking down and slowing the speed of habituated negative thinking. I am being mindful. *Anthony, Perry, FL*

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Now we can grasp these lines from John 1, "In Him Life is and this Life is the Light of Men. This Light (your light) shines in The Darkness (your ahimanic shadow or double) and this Darkness has not comprehended it." Our Light today is feeble but as evolution progresses, it will radiate more and more. Our Light, we'll realize, is Christ in us.

This might lead us to conclude that everything to do with light is good. All religions have a prideful being. It is Iblis in Islam, Lucifer in Christianity and Judaism. The name Lucifer means "the light bearer." Through Lucifer we build up an overinflated ego. We feel we are more important than others. This temptation caused Adam and Eve to have to follow a different course of evolution than that planned by the Elohim. They had to leave the spiritual light-filled Eden to descend to a newly created realm, the physical, where every creature experienced itself in a body in space that no other creature could share. Although a baby came through a mother and was, for 9 months, united with her, they each had their own space. In the spiritual world, in Eden, 3-dimensional space did not exist. Instead, in Eden, beings interpenetrated each other. And this was our experience before we were born or conceived.

To create this illusion of the physical world, the Elohim had to invite in a dreaded spiritual being known in Anthroposophy as Ahriman. In early Christianity, this being was called Satan but by the 9th century Christianity had lost the concept of "spirit" and it thus combined these two spiritual beings into one evil being, Satan. Ahriman is the lord of darkness. Christianity of the Middle Ages combined this lord of darkness with the light bearer into Satan. It was through Ahriman that humanity came to

see the illusion of the physical world as reality. It might surprise you, but this was a necessary part of the new plan for only in this environment could we humans take what we had received from Lucifer and develop it into something good: Freedom. At the end of Earth evolution, we will become the strong spirits of Love and Freedom. We will be strong enough to deal with evil using love and freedom.

According to Steiner and ancient religions, light from the sun is the garment of spirit shining down on us with wisdom and love. When light from the sun enters the earthly, it changes from light in the etheric to light in the physical. Perhaps this is why it changes from being a wave to being a particle? Light does not stop at the physical. It came from the super-physical, entered the physical (and became matter), and it continues into the sub-physical. According to Steiner, light in the sub-physical is electricity. Just as sunlight carries life forces to plants, electricity is meant to carry death forces. Now comes a difficult thought – because we have created a concept for electricity that is wrong, a concept based on Ahriman's illusion, we have allowed Ahriman to use electricity as a carrier of evil as well a carrier of death. I did not say electricity is evil; rather, it is today a carrier of evil. Steiner adds that for us to then become afraid of electricity, to avoid using it, would be a very wrong conclusion. In our Age, we are to meet evil not only in the world but also in our own souls. All of us have propensities for evil. It is part of our human nature. Shining a light on these hidden areas of our soul can help us purify, to overcome our own evils. This is embedded in the words written over the entrance to the temple at Delphi that said, "Oh Man, Know Yourself."

1 New Scientist, 5March2025, <https://www.newscientist.com/article/2470908-light-has-been-transformed-into-a-supersolid-for-the-first-time>

2 Rudolf Steiner, Manifestations of Karma, lecture 10, 27May1910, GA 120, <https://wn.rsarchive.org/.../Eng.../RSP1984/19100527p01.html>

SELF AWAKENINGS

EduCareDo Correspondence Course Response Summaries

Lesson 1: Introduction

This is actually something I deal with on a everyday basis looking at polarities and judgments since I believe I do spiritual work but at times don't understand the true significance. Most important was to understand polarities. Every day I do something not normally what is expected of me on what I believe is most beneficial so I have to look at the other side to figure out its true significance. I am still working on this since some days I am at a complete loss, and yes I do pass judgement at times yet I continue to work on it.

Joseph, Baltimore, MD

Lesson 2: First Steps in the Light

The idea that divine beings have gifted us with the three primary gifts of upright walking, speech, and thinking and that with these gifts we may actually communicate with higher beings. The concept blew my mind after I gave it deep thought. Communication with these divine beings is important to me. I've started meditating again. Not a big deal. I will start with 9 minutes a day for each season, adding 9 minutes each season for 36 minutes by years end, then longer periods on weekends. Harold, Amarillo, TX

Lesson 3: The 12 Senses, part 1

I was unaware of the concept of having twelve senses, instead of five. The additional seven senses seem to reflect our humanity; life, movement, balance, warmth, word, thought, and ego sense. An experiment on page 7 suggested that we use different senses to "see whether you can experience freedom/spirituality and a desire united with what is manifesting through the touch as godliness. We can experience godliness in all that we are and do by practicing godliness in all that we are and do. I can control the direction of my life by consciously choosing how to utilize my god given senses. Matt, Ina, IL

Lesson 6: The Threefold Constitution

The ability to grab any object or subject and concentrate on its origins and use was a new idea for me. Knowing this changes perspective which changes thought and changes conceptions! The threefoldness found in all things 'perceive, think, and conceive' for instance this reveals thinking as the medium which connects. What is thought? What is it made of? Where does it come from? How does it work? When does it come about? I have thought deeply of thought. Knowledge of the source origin of thought and consciousness before it was harbored in crystalized manifestations.

Jacob, Los Angeles, CA

Lesson 25: Health and Nutrition

The alchemical meaning of the promised lands flowing with milk and honey was new. They are part of my diet and I'm much assured by taking care of my wellbeing. Also the added caution of too much potatoes will be heeded as Steiner advised, "the potato is the real producer of materialism." Lucifer and Ahriman are at the foundation of disease as polarities. And the understanding of the interwoven and polar relationship between the soul-spiritual (Luciferic defiled, causing illness) and the living body (light made dark, polarity by Ahriman, resulting in disease) can become the starting points of preventative medicine. The two approaches to healing - to bring transmuted love through psychic methods, to bring transmuted light in various ways through external process. For matter is woven condensed light - soul is diluted love. The remedy that has the strength to drown out this Luciferic element is love. Even simple tasks assist the patient to overcome depression with love. Domenic, Waynesburg, PA



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Illuminating Anthroposophy

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Meditative Verse

Inner Quiet

*Quiet I bear within me,
I bear within myself
Forces to make me strong.
Now will I be imbued
With their glowing warmth.
Now will I fill myself
With my own will's resolve.*

*And I will feel the quiet
Pouring through all my being
When by my steadfast striving
I become strong
To find within myself
The source of strength
The source of inner quiet.*

Rudolf Steiner