

The Path from Egoism to Love

By Eileen Bristol

As each of us travels our unique path of inner development, the power of self-observation grows stronger. One thing we can observe are the choices we make in how we interact with others. Each and every time we can choose to act out of love or out of fear ... out of anger and selfishness or kindness.

In June, 1912, Rudolf Steiner gave a series of lectures in Oslo, Norway. Published under the title "*Man in the Light of Occultism, Theosophy and Philosophy*" He makes this remark:

"Man has to have egoism implanted into him during Earth evolution. Without egoism he could not fulfil his task on Earth, for his task on Earth consists in evolving from egoism into love; through love he has to ennoble and subdue and spiritualize egoism."

If the task of humanity is indeed to evolve from egoism into love, it appears we have a long way to go!

Marvin Gaye's famous song "*What's Going On*" included the following lyrics, which ring as true today as in 1971 when it was published...

"Mother, mother, there's too many of you crying. Brother, brother, brother, there's far too many of you dying.

You know we've got to find a way to bring some lovin' here today,

Father, father, we don't need to escalate.

You see, war is not the answer.

For only love can conquer hate.

You know we've got to find a way

To bring some lovin' here today."

The current state of affairs in the world can at times feel discouraging. Nevertheless, we can each be proactive in word, thought and deed; working toward love, peace and respect. We can start 'at home' in our own souls and the ways we respond to those around us. As we begin to subdue our egoism and practice kindness more intentionally, we change not only ourselves, but also the world around us. It radiates.

Perhaps you have felt discouraged or embarrassed at times when you caught yourself having 'mean' or vindictive thoughts. We can use these moments as opportunities as moments for growth. You may find the following exercise to be helpful.

Let's say you are experiencing anger at another person because of something they said. You might be 'running a tape' about it. You may feel tension, or a hardening in your body. Where do you feel it? As a contrast, tune in when you have a thought that is kind, forgiving or hopeful for others. Is there a softening, a gentle warm sensation? Where do you feel that?

I would venture to say that the feelings we have around kind and loving thoughts are ones we would prefer to have! However, it is certainly not an easy step to say to yourself, "I am no longer going to have any negative thoughts and will only have positive loving thoughts." Ha! However, it is realistic to slowly make progress in that direction.

Here is one modern 'do it yourself' technique for calming the emotions, called 'somatic processing'. (While it was not developed by Rudolf Steiner, I have found it to be very helpful for myself and others).



'Light of Life' Artist: Iris Sullivan

*In Love lives the seed of
Truth,*

*In truth seek the root of
Love;*

Thus speaks the higher Self;

The fire's glow transmutes

Wood into warming rays.

Wisdom's resolving Will

Changes the outer work

Into abiding strength.

*So let thy work be the
shadow*

Cast by thine I

When it is lit by the flame -

Flame of thy higher Self.

Rudolf Steiner

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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,

It is our great hope that this issue of *Illuminating Anthroposophy* offers support for your path! Included are many thoughts shared by your fellow students as well as two articles written especially for you. Our first article, by Eileen Bristol, titled *The Path from Egoism to Love* presents spiritual practices which can support you on your personal journey of self-transformation. In our second article, *Rudolf Steiner's Mission*, John Beck relates many aspects of Steiner's work from intimate advice to individuals to world-changing ideas and initiatives. One hundred years after Steiner's death, these live on. We hope both articles provide hope and inspiration for you!

Each day we enjoy the letters we receive from you, the APO students. Many of you study alone. In some cases, you may have connected with others to share conversations about Steiner's teachings and your personal path of self-transformation. Please write to us with any stories about how you are supporting each other.

Our booklet *Self Development in the Penitentiary* which you received in our initial packet has been recently revised. It now includes additional meditations and articles. If you would like to receive a copy of this new edition, or a new *APO Library Book List*, please write and request it.

Please let us know if you have an address change, by mentioning in your letter 'this is a new address'. Even if you've settled into your new location for six months, it is helpful as we have no way of knowing when a change has taken place. Also, if you have library books out and you have completed your studies, please return them in a timely manner (within four months). This helps us be able to get them out to others who are waiting to read them! As you know, we include the *US Mail Return Postage Label* along with a return envelope (unless your facility does not allow receiving the envelope), which allows you to return them free of charge.

We love receiving your contributions expressed through your letter writing, your book study and correspondence course responses as well as your poetry and artwork. What you share can inspire another student to realize that on the path of spirit you are never alone!

Blessings on your path,
Kathy Serafin

Meditations

I like the meditative exercises in *Strengthening the Will* and use them too. There were examples given, like trying to change one's handwriting, also seeing a number sequence backwards. I've been doing them both for some time now. This study truly has strengthened my will. I also learned about myself and others. I'm still in my infant stages, if even that. It has also helped me kick some bad habits I haven't been able to do easily before. The exercises empowered my belief and perspective within myself, with strength and clarity. *Cody, Lawton, OK*

Yes, I practice meditation and manifestation at least once a day, if not twice daily. I attempt to connect with nature as well. Meditation has opened me up to new spiritual heights and it has been an eye opening experience for me. I would like to learn how to calm my inner chaos and get a deeper understanding of my true self. *John, East Palatka, FL*

I have spent 31 years years struggling to understand not only me, but people around me and I have failed miserably. Meditation has been about the only thing that allowed me some insight I have desperately been searching for. Every day I wake up 6AM and spend 30 minutes to an hour meditating. For the first time in a long time, I find love, peace and joy in everyday life. It's all due to the practices and the teachings you have offered me. I could not begin to thank you enough. I am very hopeful that I will continue to gain knowledge, and a deeper understanding of myself. *Austin, Westville, IN*

When I first started to meditate, at least the first three times, I felt my body condense on itself, compressing into one linear line. I assume I was aligning with my chakras and I've been struggling ever since to get that feeling again with no luck. Due to it being an amazing feeling, when I meditate now, a white light pours in my head. This has all transpired since October of last year. I have been in solitary confinement for nine months, so all studies have been while in here. I have gotten multiple premonitions of my future in the last two years. I wanted to know more fully about my abilities and how to use them properly so I have been trying to do my research, especially to reach the different spirit dimensions. Reading these books has opened my eyes to a better understanding of where I want to go. *Willie, Indian Spring, NV*

On reading the conscious breathing meditation, I found it is an effective way of strengthening my respiratory system, as well as clearing my mind of scattered thoughts. Every day I apply the lessons taught and meditate at least 15 minutes in the morning and at noon. It's a momentary from the cycles

of life, a release from the demands of this world. It's soothing. Meditation has opened the doors of council from higher beings and to discover within myself that place of oneness with the Father. *Taurus, Monsello, FL*

Building a hut for meditation, I look forward to doing so. After studying anthroposophy, I have a love for humanity and am striving for universal harmony. I am still working on the seed, plant meditation. "We must acquire serenity in all feelings and sensations about the future." This verse by Rudolf Steiner has affected my life. *Brandon, Cumberland, MD*

The author's guidance in *The Light of the 'I'* was meaningful through the meditations and on paying attention. By using symbolic image meditation and how that then becomes feeling perception, helps the experience go deeper and deeper. Intuitive thinking usually turns into images produced by the intuitive process, and this provides images that translate into words. It helped me to see more deeply into what attention is, does, and allows one to venture further into the dualistic dynamic of perception concentration, how thinking is dedicated to images, and or perceptions that we are feeling intuitively. This meditative study has given me insight into what I perceive as reality, think of as reality through feeling attention, or the images of intuitive thinking. The meditation helps one understand the process of feeling subject vs object. I shared the book with a friend and he now wants to read it himself. I was able to relate on a deeper level with him and have better attention into his feelings. We were able to discuss relatable experiences together, gaining further insight. Working on these meditative exercises gave me new insights and experiences I've never had before. *Luke, Avenal, CA*

I tried one of the six meditation practices. I was doubtful and a little reluctant, then I did it and it was crazy. Not crazy in a bad way but in a great way. I picked up a pen and described it for exactly what it was. It was early morning and I had been experiencing recent trauma. I felt a bit more focused on the reality of what I had been experiencing. It wasn't until the next time I did it, with a brush, then over again, that I began associating my increased focus on reality with participation in my exercise! It really works. Sadly, to be honest, I have not done the practice every day. I believe I was supposed to engage the practice each day for 30 days before moving on to the second exercise. So, I will begin again today and every day until the 30 days. I will pick up an item and describe it exactly like it is. I will delve into this new and interesting meditative practice I have been blessed with. *Johnny, Stormville, NY*

Rudolf Steiner's Mission

By John Beck

A hundred years after his death in 1925, it is past the usual time we would take to wrangle an understanding of what an exceptional person was trying to achieve in his life. The long gap is understandable, however, when you look at how many different directions Rudolf Steiner's work took. And that work divides into two parts. There is the almost invisible part where he was constantly meeting with individuals who wanted his help, his insight into their lives, his guidance in thought and feeling to heal themselves and move forward. This of course is all private, except for the short verses he gave individuals which they later shared.

The public part involved a great stream of essays, articles, books, and lectures—six thousand of those, given all across central Europe, Norway, Sweden, and Britain. During his boyhood, Steiner's father was a station-master on the Austrian railways; from his forties into his sixties, Steiner was riding the railroads to give his talks, often to small groups, sometimes to thousands. And in all of this effort, what was he working toward?

He designed two unique buildings, the first and second Goetheanum. Most famously, he started a school movement, the first for the children of workers at a cigarette factory. He launched a movement to restructure society in Germany, after its switch from a Caesar, or Kaiser, to a republic, after defeat in World War I. He helped a group of mostly young ministers start a new church. He developed new movement and speech arts. He worked to extend modern medicine in powerful ways. What is now biodynamic and organic agriculture comes out of a week of lectures in his last months of activity.

In all of this and more he was working to reveal what human beings are, how we are evolving, and what we can become. And this poured out early in a century in which human beings did terrible things to each other on the widest scale and with all the new force of advanced technology.

Again, in all of his efforts, what was Rudolf Steiner working toward? And how did he approach it?

From two directions, the individual human being and humanity as a whole, he was showing us what we are, have been, and can be. At a time when we had started to believe that we are simply a higher animal, driven by more sophisticated instincts, he showed how we are participants in three worlds: one where the physical body lives and dies, a "higher" one where our soul grows and develops into something unique, and a still higher one beyond "space-time" where we take part in the creation of worlds. His most important message, he said, and perhaps most difficult, was to bring a new awareness to the fact that each of us is essentially *an enduring being of higher consciousness* which has made and will continue to make new lifetimes in the physical world.

"All the world's a stage, and all its men and women players." Shakespeare wrote that four hundred years ago. Steiner filled in the picture, both for how humanity on the Earth is evolving, growing up, gaining new capacities, and for how each one of us in this life is experiencing in new ways and developing new powers and talents. And we are being

stretched between two sets of laws, the laws of the physical world and those of the domain of consciousness or spirit. In the physical world we can use physical force to express our desires and intentions and to become greater, and there are physical results. In the 20th century, tens of millions of innocent people died when those in control of governments started to push each other around, and people became angry and bitter toward each other.

In the higher consciousness domain we do something very different. There we are spiritual beings without physical bodies. We have nothing but our consciousness, and the laws there are what we call "moral" laws on the earth. Greatness in that world comes from giving away one's own powers of consciousness. When we do this as human beings living on Earth, the result could be to share fear and hatred and doubt, which weakens us and those who receive this from us. Or it could be to share our true experiences, our wisdom and understanding.

For me the most powerful single statement Rudolf Steiner made is this: **Every human being comes into the world to bring love.** I don't know when or where he said it, but like so many of his insights, I can feel it go to work inside me. *I came into this world*, it says. That means I have an existence beyond the world, and I'm here for a purpose; my existence is not an accident, as modern thinking would have us believe; I'm no joke of the cosmos.

And my intention was *to bring love*. I think about that. Where does it start, bringing love? Is it everywhere, in every situation? (When does it end? Only when I forget myself and my intention, and then, I hope, only briefly.)

The stream of lives on the Earth is how we grow, not only in those physical lives, but in our enduring consciousness. Steiner says that this process is the greatest work of art—and he knew a lot about art! We are living out situations and challenges that we set for ourselves in previous lives, where we discovered our shortcomings and determined to overcome them, and made commitments to each other. And as we go through this lifetime we are, each night, knitting together threads of our next life so that we can repair damage we do now and put our growing consciousness

to work. This, of course, is "karma."

Everyone today knows the word *karma*, but we understand it mostly as punishment, rarely as a reward. Again, Steiner sheds some strong, clear light on karma. It is never punishment. We design it ourselves, in deep parts of us that are still unconscious in our daytime lives. In the Christian terminology it would be mercy; it is what we need for our development: a chance to grow. That may mean a life of long service and considerable suffering, but it continues the work we had to do as babies.

When we first come into the world for a new lifetime, our waking consciousness has been washed clean of past existences. The senses: sight, sound, warmth, touch, taste, smell, balance, movement, the sense of well-being—these are all new to us. As an old song by Tina Turner, "Soul Survivor," puts it, "I've a new pair of eyes every time I am born, an original mind because I just died." We spend our first days getting used



'Archangel Michael' Artist: Margarita Woloschin

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to these sense experiences, harmonizing them so that they start working together. And we feel the need to stand up. There's a tremendous amount of coordination involved in that, so we crawl first, then grab hold of something and learn, over months, to get upright and balanced where we can look around better, and go walking. Remember that? No, most of us don't.

Then there is speaking. The bigger people around baby-me are moving their mouths and making sounds. I have to wake up two more senses (Steiner identifies twelve senses), one for the fact that sounds and images can be shaped into language for communication, and one for the ideas or meaning that language can connect us to. And the noises we have been making—now we learn how to align those gestures of our lungs and throats and mouths into the words being spoken around us. Now we are ready to be part of this family and world!

Steiner points out how, in grownup life, we have to do similar things. We have thoughts, we have feelings, we have intentions and impulses of action (our will). Our situation today is that these are not held together. We are not "congruent," as the life coach Tony Robbins put it years ago. Thinking and feeling and intending/acting are all powers. In the old days we would have compared them to three horses pulling a sleigh or a troika or a chariot. If these three horses are pulling together and following our direction as charioteer, we move toward our destination. If they pull away from each other, we could be dumped into a ditch. Fortunately, we have the ability to look at how we think, look at our feelings, look at how we behave, and question them. Our feelings, good and bad, have something to tell us about a situation, but they should not "color" or change what we are seeing and thinking, and feelings should not be linked to our will so that we react automatically out of fear, hatred, anger, without thought and self-control.

We also need to stand up in adult life. Stand up to see the whole world around us better and farther. Stand up to be present among other people, representing who we really are. And we need to learn to speak properly, in words or actions or in music or art that we make. We all need to share

our experience, tell "our" truth. And our ears are physically connected to our larynx, where words are formed; so listening properly is part of speaking properly. Nothing is more refreshing than good, honest conversation.

Steiner, as I mention, spent hours and hours most weeks in private meetings, listening, hearing, using his highly developed feeling for other persons. He also knew that we humans are potentially free individuals, and at the same time, beings of consciousness who are ultimately linked up with each other as humanity. This linking up persists over centuries and thousands of years as *culture*.

So his more public activities were about building connections and extensions of culture; they were designed for the global civilization which has been forming for centuries, and is now in all our faces. All the other people of the world are more or less neighbors of mine now. I can try to ignore them, but closing my eyes, and my heart, doesn't really get me anywhere. Steiner saw that we will all have to come to understand the wholeness of humanity, and that society and culture will have to be able to show us the value of every individual.

This is quite different from what a lot of smart people are expecting now as a result of AI and machines being able to process information—speech, text, videos, music, all kinds of things—faster than any human can. But humanity is capable of creating a living consciousness much higher than AI. We will all be free individuals, and we will all have an active sense for our shared mission of bringing love into this world. The result of that—maybe a lifetime or two from now—will be a really tight-knit planetary consciousness where we can see and feel each other, support each other's needs as physical beings, and cheer on the creativity and growth of every individual.

This is what I make of Steiner's vision and mission, his "total-life-art-work" as you might be able to say in German. I've been growing into it for over forty years now, and more and more it makes me feel like a joyful, hopeful little child again, in a world still full of wonders.

How to Know Higher Worlds Your Study Guide Sharing

How to Know Higher Worlds helped me to understand more about where I am presently in my journey. One particular thing that stood out is from page 178, about the complete attainment of mastery over the interaction of our thinking, feeling, and willing. This is something I have given considerable thought to giving me needed insight. "Once we have matured sufficiently along these lines, a third trial awaits us." I am presently experiencing this third trial. Mr. Steiner does a fantastic job of explaining the trial and the bliss that follows. I have been working on the particulars of each of the 'lotus flowers' from pages 110 -138. I always try to impart knowledge, wisdom or understanding I gain. *Jason, Coleman FL*

The book How to Know Higher Worlds was very simple and down to earth in the way it explained esoteric initiation. The conditions attached to esoteric training are not arbitrary. It helped me to understand my training should not be a struggle and road block to my every day. It was a good book and really helped me to understand esoteric training. It just strengthened me. I always discuss these books with my cell mate. *Leon, Anchorage, AK*

I've gained clarity of nature and hidden power that is within. This magical world speaks of how to cultivate our lives of feeling, thinking, and willing. Indeed, a confirmation to me and my 30+ years of previous doubts and questions. The best ways to receive illumination and knowledge are in chapter 4, "I must do everything I can for the education of my soul and spirit; but I will wait calmly until the higher power considers me worthy of illumination." Indeed, this confirms the way I felt about sitting and closing my eyes, searching for peace and content, yet meditation was a foreign field to me until I grew up to patience and dedication. It confirmed I was on the right path, that we must develop this relationship with the self and the higher power. The spiritual inner being within me has all

the answers to my questions that arise, consuming my inner spirit. It has challenged my own doubts. I am deeply searching for illumination, and every word in this book has only confirmed my true purpose. It's helping me develop more consciousness. Indeed, the mysteries of the heart are endless and as long as we do work to remove the layers of envy, anger, ego, ambition, jealousy, and hatred, we will never be able to discover love, forgiveness, peace, happiness, and self-value, never the less, give it! *Juarez, Aliceville, AL*

Most meaningful was the detailed description of the initiation process and also the stress Dr. Steiner places on humility and that we are supposed to strive for the betterment of the evolution of all of mankind. What stood out most to me was the section on the lesser guardian of the threshold. On page 184: "The lesser guardian of the threshold is an independent being, who does not exist for us until we have reached the appropriate level of inner development." This whole chapter gave me ideas to work on to improve my attempts at meditation, motivating me to keep striving for inner peace, and pushes me to keep trying when my efforts fall short of my intentions. This book challenged everything I thought I knew, it opened my eyes to new possibilities and has provided a direction, a path to follow to find peace. I am trying to work on focusing my thoughts by directing my whole attention to one object. This process is very difficult for me. The information on the dream life was also very interesting. I think it would be amazing to have more insight of our dream life. *Kevin Ray, Coleman, FL*

Please thank the donor of the *How to Know Higher Worlds* book and the *Study Guide*. I appreciate the lessons and it has given my husband and I something to talk about. He is a very avid reader of Dr. Steiner's books. *Aisha, Gatesville, TX*

Book Reviews



The Book of Revelation and the work of the priest Rudolf Steiner

At one time, humans worked with the divine spirit in a collaborative partnership that flowed to the spiritual world. Around the third age, humans began to move away from working with the Divine nature. A falling away began to take shape. Now, the present consciousness is once again beginning to awaken thanks to Christ's sacrifice called *The Mystery of Golgotha*. As Rudolf Steiner observes, The Mystery of Golgotha exists as a real deed." As explained, the task of the Christian believer is to unite with the 'I'. One

must unite fully with Christ in full consciousness a new revelation begins. *The Book of Revelation* gives the reader the prime example of what occurs when one feels the 'I' as John did. This is unique in many ways for the student of spirit. It seems we ourselves can live in revelation as John did through Christ Consciousness and be in the body. The impression from reading is that being human is more than most realize. One can live in a distinct way: One with Christ, the 'I' as one in Christ, or Divine Consciousness. The way Rudolf Steiner connects our past to this present time through *The Book of Revelation* is indeed a masterful journey. Any reader will be impressed of the connection of revelation, you won't be disappointed. *Wayne Richmond, TX*

The Apocalypse of Saint John Rudolf Steiner

This book is extremely deep. If one is not equipped with a firm foundation of basic anthroposophical concepts, then it will be a struggle to understand. What stood out was how the author correlated it to the three levels of perception; Imagination, Inspiration, Intuition. "Now the human soul is no longer clothed with sun, moon and stars alone." She the human soul has become world and carries sun, moon and stars as constituent parts of her own being. She has absorbed the cosmos into herself, she herself has become cosmos! This is the ultimate goal of the human soul. This gives a deeper sense of prophecy and the evolutionary path of the human soul. This book was a meditation and spiritual exercise. The cognition required when reading is certainly a form of soul gymnastics. Revelation is about me (the 'I'). I am revealing myself to myself. *Brandon, Punta Gorda, FL*

Astronomy and Astrology Rudolf Steiner

Rudolf Steiner does well in covering a wide array of functions both the planets and the stars play in human life: from his physical composition, to his soul's particular disposition; from the stages of life in relation to the moon's orbit, to the planetary stages between death and rebirth; and everything in between. What was most meaningful was the correlation between human respiration and the earth's nutation, which, when observed over many years, proves to be the macrocosms' – the cosmic man's – own act of breathing. This proves that we truly are connected to the cosmos and made in his image. This is just beautiful! The whole of chapter 16, *Human and Cosmic Rhythms*, was of great interest explaining the correlations between the macrocosm and microcosm. The very fact that our respirations are reflected upon our universe, and vice versa, proves that all of creation is connected with each other and that God works upon it through his specifically chosen patterns. Each part according to its own scale and size, yet always interlinked is much like the various sized gears of a great intricate clock. Likewise, that every 18 years and 7 months, something is inhaled (or exhaled) from the greater spiritual cosmic realm into our physical terrestrial lives. *Ricardo, Colorado City, TX*

Meditations Rudolf Steiner

Meditations 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 supersensory spiritual world, he provides tips on how one can best practice meditation. He emphasizes the fact that in order to experience the supersensory world in a healthy manner, one must first work on keeping one's soul strong, healthy, and powerful, to avoid harmful side effects. It describes the nature of the experience in the supersensible worlds and how the soul experiences suprasensory 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 supersensible worlds, it must first have sufficient strength to endure the experiences of the spiritual world. All instruction 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 entering unprepared. I assume most of us are intrigued by the event of the death of human beings. We may often ask ourselves, where do our souls go, or does it cease to exist when the body dies? It is comforting to learn from Dr. Steiner that our soul never dies after the death of our body. It just retreats back into its higher bodies and continues its evolution in the spiritual world. If one has interest in learning about the nature of the human being and soul, I would recommend this book. *Pedro, Mendota, CA*

- STEPPING ON THE PATH -

I CAME ACROSS APO on a resource list, I felt an automatic pull to your program, and so I'm reaching out! I'm interested in the spiritual path as a whole, the journey to self-discovery, and the seeking of the highest truths and values I can grasp or discover. More than anything, I love to learn. I hope for transformation, elevation, clarity, and as much as I can learn about myself, my purpose or mission for being here in prison, and to use my time here for true learning and growth, physically and spiritually. *Tevin, Westville, IN*

I WOULD LIKE to gain control over some of my feelings. With so much knowledge to absorb, this will really help me. *Richard, LaGrange, KY*

THANK YOU FOR sending me the introductory packet. I am very interested in learning all that I can. I have known intuitively, that there was a higher knowledge out there somewhere that all people should be a part of. Until recently, I did not seek that knowledge. I wish I had known these things my whole life, how different things might have been. I am truly excited about learning more, and it is great to know there are people out there willing to share this knowledge with people in prison. This higher learning will definitely help me to lead a better life, inside and outside of here. *Jerry, Branchville, IN*

MY NAME IS STEPHEN, I am currently serving a 25 year sentence in TX. I am in closed custody and never leave my cave, but I am free in my mind. Needless to say I have ample spare time to ponder the mysteries of the universe and witness them colliding into something powerful and inspirational, to seek knowledge and self-development into being a better man. Please sign me up for anything positive. *Stephen, Iowa Park TX*

I'M SEARCHING for a greater understanding of life, self, conscience, and spiritual freedom. I like learning, reading, and teaching. It seems there are similarities and connections to yoga doctrines and principles.

Demeko, Whiteville, TN

I HOPE TO GAIN personal insight on why I have this intuition, why I dream, and how I can further develop these things. I would like to use my time in prison productively. Maybe I can learn how to fix my life and possibly help others. *Mark, Marquette, MI*

I HAD AN INTENSE experience with the divine when I was around 18 years old in 1986/87. It only lasted about a week, and then I lost it. I'm trying to get it back. I am still not clear about exactly what anthroposophy is. I stumbled upon it in the spiritual section of a prisoner newsletter called 'PARC'. I am interested to learn about rosicrucianism, the mysteries, reincarnation, and the gospels. *David, Canon City, CO*

AFTER READING *Self Development in the Penitentiary*, I was attracted to the six basic exercises: control of thought, control of will, control of feelings, positivity, openness and harmony. I'm seeking more things like this in the program. I am interested in things about life, the people in the world and why we humans do what we do. Everything's strange and weird in the world and it mystifies me. I hope to gain knowledge. I have a lot of questions and I just hope to find the answers here. *Arthur, Los Angeles, CA*

THERE IS A FEELING in my soul I can't quite describe that lets me know that Anthroposophy is an important part of my path in this life. I hope to gain peace and knowledge from your program. *Michael, Butner, NC*

Art and Poetry

In The Eyes of the Sun

The birds who sing their
boundless melody
Harmonize both for me
and you.

Reminders each day is a
gift to begin again;
A chance refinished,
renewed.

As the dawn breaks into
the sky,

My morning looks like
yours.

The kiss of the sun whispers
to my face, my hair,
That some love of nature
out pours.

Rays of the star embrace
my skin,

Morning has broken into
day.

Your struggles, my
struggles, equally relevant
Only unique in what I'm
made to do and say.

Minutes morph to hours,
time passes the same,

All hoping to finish what
needs to be done.

Fire of the sky has danced
east to west,

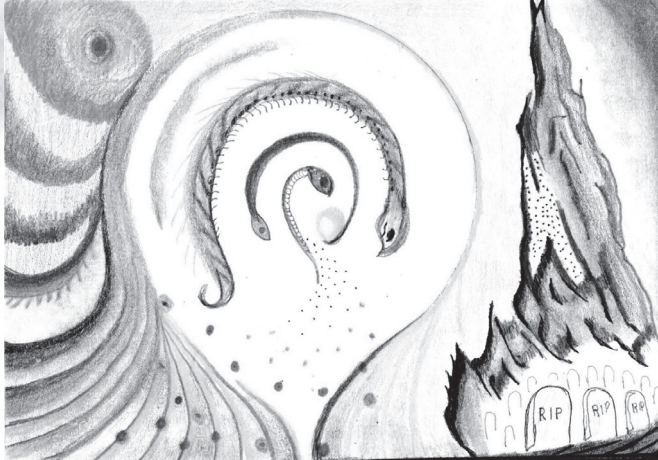
The end of our day has
come.

So whether your sky
awakens through a window,
Or through a sterling fence
of wire,

No race, gender -
incarcerated or free,

Simplicity bounds where
none are less or higher

Anitra, Ypsilanti, MI



I meditated on the best way to express the meaning of my drawing. The white bubble represents my new life of consciousness emerging from the depth of my inner self, given birth to the 'seraph' (fire, flames of wisdom) to guide my new life to a colorful and wonderful new dimension of living thoughts, feelings and deeds, having the embellished ornament of wisdom, beauty and strength. *Eric, Diboll, TX*



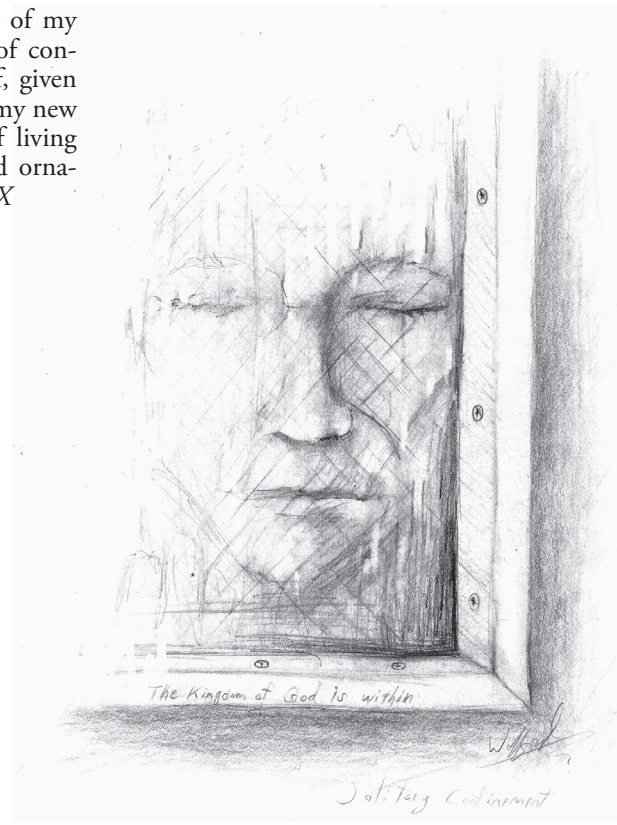
Eddie, Crawfordville, FL



Daniel, Marquette, MI

Saturn, Sun, Moon, Earth,
Different stages of our rebirth,
Purified through the burning hearth
Reborn again, what's your self-worth?

Stacey, New Boston, TX



Jeremy, Wrightsville, AR

The Great Merchant

A nation, like a pirate,
That plunders the whole world.
Taking the booty back to his ship -
Weighed heavily with greed -
Sinks to the bottom...

Arnold, New Boston, TX

Illuminations

I'm really starting to live without fear, which has rendered me tremendously in the past from excelling on my spiritual path. I meditate throughout the whole day on things that fill me with this overbearing feeling of love and compassion. I'm really walking with a whole different consciousness and mind set unlike before. I was so angry and resentful. But yeah, when I read *The Temple Legend* and literally everything in the newsletter, including the feedback stories from other people and how anthroposophy has changed their life, I knew I needed to get involved. There is nothing similar to what ya'll have to provide and benefit from anywhere. I am grateful to be part of this community and receive more wisdom I have always only dreamed of. *James, Pikeville, TN*

I am very grateful to people who work to help offer resources to us incarcerated people. I got the info for APO by chance on your books and subjects I hold to the highest importance in my life. I am deeply interested in anything I can learn to develop my spiritual wisdom and growth. I truly believe this is one of our purposes for being here, to attain knowledge, wisdom, experiences in our lifetime(s) in order to eventually reach enlightenment or spiritual perfection. I like to try to cross-examine the major religions to see similarities in them and what I see to be universal truths. Such as karma, (what you put in is what you get out), astrology, or to the energy centers of chakras in our body among other concepts.

Jeremy, Chatham, VA

It has taken me a year to basically respond back to you. I've gotten all mail you have sent me, and *How to Know Higher Worlds* has changed me and increased my life in so many ways. Thank you for not removing me from your mailing list with so much time without word passing. So much has happened over the last year, I went to long term lock up for a while in which my studies with anthroposophy helped me maintain my sanity, and I was able to grow during that time. These studies are complex and I'd like to know if my approach is right or how to improve it. I intend to study and practice for the rest of my life, or until I reach my full ability in this life. Thanks again for keeping me on board.

Johnathan, Lumberton, NC

My name is Adam, and I am a prisoner, however, that is not all I am. I am a seeker of truth and follower of the light as well. On my journey of discovery, I began reading *Rudolf Steiner's Vision of Love*. This book quickly became one of my favorites and it did much to stake my thirst for knowledge. It resonated with me on a profound level and gave voice to ideas and concepts that lay half formed and dormant within me for quite some time and answered many questions I had. Please send more on spiritual science and point me in the right direction to obtain more knowledge. *Adam, Ione, CA*

Finding positivity, acceptance and using forgiveness have opened doors for personal growth and maturity. I wrote a manuscript titled 'Freedom success academy' which is an awesome self-help offering prisoner's guidebook. Since practicing mindfulness I have been blessed with getting stories and articles published in magazines, online, and in books. Thus, my calling as a writer has been fully inspired by material that I've received from you all. Thank you so much. *Ben, Kenai, AK*

Almost every aspect of anthroposophy interests me, especially those concerned directly with Christ's teachings. Everything seems influenced by him and he is a model I wish to emulate. I also like the many insights into the Bible teachings, as in the true meaning of certain scriptures. I truly feel I am on a path to something profound and great. I've been studying now about two years and it's amazing how these studies have naturally branched out into other areas and disciplines, for example, Buddhism and the Vedas in Hindu belief. Everything at some level seems highly connected. *The Burning Bush* book has held my attention for some time now, also the *Gospel of Luke* by Dr. Steiner is significant. I have read only a few of Steiner's works and look forward to studying more,

especially in areas of the New Mysteries and Reincarnation. *Harold, Bristol, FL*

I apply what I learned in anthroposophy by acknowledging others as people too, and I try to have a conversation with them and help them out if they need it. I look for other inmates that might have similar beliefs and exchange knowledge we have. Meditation has helped me contain myself so I don't act out violently as much as I have in the past. Yes even the staff has complemented me on how I've changed and am not so violent anymore. *Shawn, Bismark, ND*

I just finished reading *The New Mysteries and the Wisdom of Christ*. I got so very much out of it and I really would like to learn more. On page 175 the question is posed 'When is a person an anthroposophist?' and an answer is given that "... dependent upon another or not he can find an approach in his life to reincarnation and karma." I can absolutely do so! I'm an anthroposophist. Any way you can guide me would be greatly appreciated. *Ian, Westville, IN*

I believe I first found out about APO from a book *How to Know Higher Worlds*, donated to the library here 15 years ago. I recently found my way back, by chance, through a friend. My interest is the occult, esoteric knowledge, psychology, philosophy, and mysticism. What you offer is unique. Not only are you offering me access to your library but time to research books. All that is required of me is a sincere effort to learn and the integrity to return the books when I'm done. There is no end to the quest for knowledge, only experience gained. I have spent 23 years in prison looking for answers. I've gone back to study a decade later with new eyes. The most difficult part for me is finding the balance, living in the current landscape. I started by trying to escape 'prison' reality, and now I see only one reality. *Eric, St. Petersburg, FL*

I'm currently imprisoned at Ware State Prison in GA. A few months ago I received a copy of *How to Know Higher Worlds* by Rudolf Steiner. Just know I appreciate you deeply, more than you will ever know. Right now you are my light in the darkness of this prison and my only escape is through this spiritual lens of anthroposophical work to better humankind. Thank you so much for giving me light in suffering. *Michael, Waycross, GA*

I read anthroposophy in 2017-18 but was not ready to apply it to the counterfeit life I was attempting to love at that time. I recently came back to studying anthroposophy and the difference is astounding. The meditation techniques coupled with exercises from other sources has allowed me to take great strides in my craft and in my overall evolution. It is truly amazing. *Robert, Maury, NC*

Theosophy by Rudolf Steiner sent me down the rabbit hole. It transformed me mentally, physically and spiritually. Sophia Isis was also enlightening. My favorite thus far would be *An Outline of Esoteric Science* by Rudolf Steiner. I am a writer and anthroposophy has inspired many poems and even a play. The formula *thinking, feeling, and willing* has been shared through my writings and I always speak on how Rudolf Steiner has changed my life through his works. *Matthew, Lake Butler, FL*

Anger and aggression have lost so much power and control over me. I've been able to channel energy into being more productive and positive. Acceptance has taken its place. Prison staff mentioned I have been doing very well now. I'm able to think of them as 'on my side' rather than 'against me'. I'm able to relate to how they feel and how they think. Rudolf Steiner has been able to put words to things I could not express and has helped me to further my communication and understandings. Anthroposophy helped me gain control of my life. It has helped me to find a home for my soul to stay. *Ashley, Taft, OK*

Hurt People

I used to be a happy little being,

Until the day I was not.

Adversity punched me in the face,

And I got hot.

I was still a kid learning my way,

Struggling to fit in.

Never looked at the big picture,

Or figured out how to win.

I learned to play the victim,

Acting as if I was owed.

I took advantage of decent people,

Society was my foe.

One day I faced reality,

A judge sentenced me to life.

Even then, I was belligerent,

I took it all in stride.

Twenty plus years later,

I have a wakeup call.

I am the problem,

Making a mess of it all.

True I was a victim,

But a victim to myself.

As I hurt many people,

I ruined my self-worth.

My apologies fly to the wind,

Hoping they reach my victims.

They deserve that and more,

As I hope that they listen.

Hurt people hurt people,

As the common saying goes.

I am sorry for all that I did

To those I had imagined were my foes.

Alfredo, Blythe, CA

WHAT ARE THE FRUITS OF ANTHROPOSOPHY FOR YOU?

WHAT INTERESTS ME most is learning about my inner self, inner abilities, mental powers. I am an avid reader and can study like my life depends on it, and it does. I'm questioning more deeply. We are given the minds to know, so I question. I pay more attention to details, especially my dreams and what may appear as 'normal' statements. I have been remembering past lives explicitly. I remember dying and living. Because anthroposophy is so new to me, at first I didn't behave well, but now I strive to make amends and it's been a process. *Paul, Columbia, SC*

I'VE BECOME INTERESTED in seeing things through others eyes. Challenging all of my previously held opinions and forgiving without condition or exception. As a key part of a wider study and practice of the way, it has resulted in a complete transformation in paradigm; a death of personal limitation and a rebirth into individual liberation. My initiation into the mysteries has opened my eyes to an entirely unrealized higher reality where the absolute is in all things and all things are in the absolute. Separation is illusion and unity is truth. I feel that sharing our inner struggles and progress can help others realize they are on the true path and feel less scared or alone. *Jacob, Bradford, PA*

I'VE BEEN STUDYING anthroposophy since 2015. Anthroposophy has remained with me, in my daily interactions and such. I have more feeling toward what and how I'm thinking in terms of not letting emotions even cross my boundary. Instead, I try to focus on my breath in here now. I have stopped lying almost entirely, which is hard in prison, some lies are necessary for self-preservation in this environment. However, I am very conscious of what comes out of my mouth. The negative pattern losing steam for me has instead become a calm determination to meet life's challenges remains. *Christopher, Las Vegas, NV*

ANTHROPOSOPHY has deeply affected me. I am nothing like I used to be. My thought process has evolved. Everything is different. I am totally a different person than I was prior to coming to prison. I now fully stand on principles of love, truth, peace, justice, sincerity, equality, all the higher self and especially love. It seems that love is the active principle in all this. Since 2019, I've come to realize this is now my way of life. I'm applying love and peace to everything I do. I've learned to listen. It was so hard for me to sit down and listen. I've learned to destroy ignorance and ego. I've recently let go of my vices. Practice is important to strengthen my spirit and soul. Lately I've been practicing patience and breathing keeping me balanced. All my family and immediate friends, have noticed the complete change in my development, feedback has been felt all throughout here (prison). A lot of brother's are taking this step out of darkness. Especially seeing is believing. I try to lead my brothers by example, (love, peace, freedom, truth, justice). I've almost become a teacher to these fellow pupils. I love it. *Michael, Woodville, TX*

AT THIS POINT on my path of awakening, my desire is to bring my body into giving birth to my higher-self. I started in 2007 studying anthroposophy and have been a faithful student ever since. It took until 2015 of September, that I finally understood the secret language of symbols, where I saw true the secret teachings of the mysteries that he gave out, where it was hidden in plain sight, but not perceived to the ones that are not looking with the inner eye that creates immortality. This study has allowed me to see in my dream state, what will be coming on my path, I would then awake and recollect the vision in my mind

New Ways of Thinking, Feeling, and Willing

I am thinking before I act, envisioning more during my meditations, and reciting affirmational prayer upon my wake and before I sleep. The way I communicate with others has changed. My words are more kind and humble compared to how I communicated before studying anthroposophy. *Anthony, Jamestown, ND*

I am thinking, feeling, and doing everything differently. The world is different. I understand I create my own heaven or hell on me and think and feel. I live in love, for myself and for others, not reacting (mostly) to other negative influences around me since I learned the basic teachings I still use. I lean into uncomfortable and welcome trials and tribulations as I grow and gain deeper insight. I know that through empathy for what others are going through, whatever is in their minds has nothing to do with me so I do not react to its negativity. I now co-chair, or facilitate, four self-help men's support groups. I explain those deeper concepts of anthroposophy to others, using a 12 step format for talk therapy using questions to help guide to a fuller understanding. *Richard, Susanville, CA*

Thinking: I am thinking that the possibilities are truly limitless. **Feeling:** An expandable 'openness' and a connection to every person alive. **Willing and Doing:** Ensuring my eyes stay open, my mind remains awake, and my heart continues to thrive. *Robert, Maury, NC*

and patiently wait, and as abracadabra 'boom' that negative energy will manifest itself, but since in my dream state I stayed above its grasp, here on the physical I did and so the same. *Carlos, Hillsboro, IL*

I HAVE BEEN in prison for 21 years. In my first five years, four were in solitary. How has it affected me? I am the seed, solitary my soil, my oh my how I have blossomed. I am more positive, patient, and truly know that seeds I have sown in foundation of anthroposophical principles are in a solid foundation which will be nurtured. Meditation, esoteric studies, occult studies. It must be said, the more one studies anthroposophy, other studies are illuminated by reading, and new subjects inform other subjects that become more interesting from new understanding. *Dominic, Bellefonte, PA*

ANTHROPOSOPHY has given me support. It has normalized my experiences that once caused isolation. I am conversing with others about my knowledge and experience. I am able to share my world with more than just myself. I am acting with confidence of purposeful pursuits. I'm incorporating the ideas, advice or direction of others within my spirituality. I am growing and expanding socially. I used to be distrustful and self-isolating, now I socialize and share my experiences more readily. *D. T., Sacramento, CA*

ENTERING PRISON as an ex-gang member, labeled 'anti-social,' I have chosen with the help of APO, to erase that label and reinvent oneself becoming 'pro-social' and changing from convict to inmate, from inmate to community resident. Lived experience has shaped us all and birthed our belief systems. However, the natural progression of time has evolved around us. I seek to be of service and give what I got from what I've come to learn from anthroposophy. Studying with APO made me realize, everyday incarcerated living can be perceived in many ways. Some see a day as a struggle, others as an opportunity to grow. I want to lead by example that change is possible. My words align with my actions. Eradicating my negative criminal thoughts from the inside-out is my living amends to those I've harmed. It is also the mission of APO to offer the tools and insights to those willing to learn, anthroposophy has much to give if we are open to receive. *Jesse, Imperial, CA*

THE GOSPELS, the mysteries, rosicrucianism, and esoteric Christianity are what interest me in anthroposophy. I have been able to learn more about myself physically and spiritually. I have achievements spiritually and physically because of the clarity and insight I gained. I am feeling more confident and I am becoming sure about what I do as I gain clarity of purpose. I am structuring my day and time to fulfill my purpose, not just idling away. I have been in solitary confinement for the past 14 years. APO has assisted me in turning my cell into a temple for spiritual and personal development. *Michael, Cumberland, MD*

IN MY ESOTERIC studies, I would like to gain more knowledge and learn how to reach my higher self. I like the books on inner development. They have deepened my intuition and understanding. I'm thinking more positively and feel compassion for my fellow inmates. I listen to other people's viewpoints more. I take deep breaths and walk away from altercations where before, I was violent. I'm told I've become modest and easygoing. I empathize more and try to see the good in everyone, even difficult drug addicts. *Emmanuel, Fenton, NJ*

I'm thinking very clearly, I'm positive, feeling alive, and I'm doing more kindness, sharing, and being mindful. I've learned to be of service to others. I am being kind to others and to myself. I'm working on being in control of my thoughts by putting words to actions. All life choices are positive toward new actions. New positive patterns (habits) have taken over negative thoughts and habits. I've found self-worth; positive behavior development rules my output. Yes, my family and friends have noticed my changes. Their feedback is rewarding. *Rusty, Soledad, CA*

I apply what I've learned in anthroposophy when I deal with difficult people in my environment by always thinking before I react. To always feel if my emotion is energetically saturating out of love. To always act in the mode of goodness. Building that difficult person up and not tearing that person down. Studying anthroposophy affects my life through mental beneficent building blocks. Fruits that I have gained become a part of my brain pattern through higher insights, meditative thinking, and knowledge. I noticed my negative pattern has lost steam by not being heavy on judging individuals or being out spoken. It's slowly been replaced with positive constructive thinking and speaking. I send nothing but good energy towards those people and the universe. *Anthony, Perry, FL*

Inspired by your Reading

I've just finished *Christianity and Occult Mysteries of Antiquity*. Christianity should be taken as mystical fact more than as historical fact. More light is to be found in taking an allegorical approach to the sayings and occurrences found in the Bible, rather than just as historical, undisputable facts. The sentence that impacted me most was "a mystic of this kind does not wish to recognize a perfect God, but he wishes to experience the divine life. He wishes to become divine himself; he does not wish to gain an external relationship to the Godhead." This message rings true in my heart, my soul. It is the reason of our existence, "to shed the mortal and put on immortality." This reading has inspired me to give Christianity another look, this time from a different perspective. I do not give up so quickly, with the light beginning to dawn. For now, the night comes quickly, when this old life will be gone. *Matthew, Ina, IL*

Reading *Michaelmas and the Soul Forces of Man*, Michael's conflict with the dragon is also a blueprint for our participation in interactivity for this conflict going on inside of us. "In order not to sleep in a half dead state that will dim my self-consciousness between death and a new birth... I must rouse my soul through my inner forces before I die"(pg. 68). This is a condensed and simplified statement of a soul impulse I have felt my whole life, but haven't been able to put words to. The best I have been able to understand for myself, is a feeling like I have some mission to accomplish in this lifetime. On my journey, I perceive how my life is in reality, a part of the whole of life. I am endeavoring to open myself up to the feeling of the life and world around me. I have been feeling numb and separate for a long time. I have been trying to perceive my connection to the evolution of life around me, and that I have a part in it. My being is not a separate life from what I view as everything else around me, but a unified whole that is growing, living together, and existing also with spiritual aspects. I have been working on opening up to feelings around nature and spirit, within matter. I've also been bringing my awareness to elemental beings and my relationship to them. *Jedediah, Pendleton, OR*

In *The Search for the New Isis the Divine Sophia*, I read the 'steps' to the supersensible. I read this also in the last book I studied and was pleased to read it again in this one. 'Imagination, Inspiration, Intuition.' Steiner reiterates this throughout these lectures on pages 9, 21, 38 and 46. For me, that really helps it sink in. Steiner says on page 6, in Lecture 1. Flow from the same source 'Macrocosm and Microcosm.' It reminds me of the sign that hung at the entrance to the ancient Oracle at Delphi: 'To know oneself is to know the universe.' Also Lao said, 'I can know the universe without leaving my room.' On page 30, I found what Steiner stated about ancient Greeks not being able to see the color blue. The clairvoyant Edgar Cayce said the same thing and even quoted some phrases from the ancient Grecian poets Homer and Hesiod, where they mentioned that the color of the Mediterranean Sea was the color of wine. *Robert, Santa Clarita, CA*

In *According to Luke* the idea of Jesus being current like the Buddha was new for me. I have books of bodhisattva and yoga so I can see Jesus being that way. Goethe, who saw so deeply into the mysteries of existence draws our attention to this connection saying, from father I have stature from the seriousness of life, from mother a happy nature and a love for storytelling. A truth that you can often see confirmed in a person's stature that is everything expressed directly in the material figure of a human being and life's honest paternal element. His mission had always been to guide divine forces radiating through space into the human world the paternal element. I feel more in tune, I feel more that I need to be in line myself to the light. My beliefs are still the same, challenged. I need to redo my thoughts or purify myself. Faith is the ability to transcend oneself, to go beyond what the 'I' does for the sake of its own perfection. In a way it is out of Buddha, mediation and the practicing of noble truth. Jesus and Buddha-Buddha and I-I and God we are one with you. *Joaquin, Stockton, CA*

Reading the book *Christ and the Spiritual World - The search for the Holy Grail* helped me understand my 'inner feelings' of the Paulinian doctrines in the Bible. I understand now that the Christ, the word, the light, the Messiah, the anointed, the chosen, the son of God, etc. are all one and the same being. This force is given to unbroken, unutilized, and untainted bodies of man. I like the term 'Christ-Impulse', and the term 'Holy Spirit' is an accurate term for this being too. I have been given this being, I can feel the moving work within me or my vascular system shifting my veins for added circulation. I can feel the 'soundness' or 'stillness' of my heart organ and can sense

lost memories being restored in my mind. This book helped me understand the poetic puzzling of the Bible and its example of the Christ and its characteristics. "As the moon reflects the sunlight, so did Yahweh reflect the being who then lived as Christ." This sentence stood out to me as I know that God is not the Holy Spirit. I know God created the Holy Spirit from himself. I know that the Holy Spirit is lord on earth, and God the Creator is lord of all worlds and existence, and gives lordship to whom he pleases. Explaining that the Holy Spirit is like the reflection of the moon is so true, God's light is like the sun rays that shine on the moon and the moon's reflection can't compare to the sun's reflection. This reading has furthered my striving for truth in all areas of life. It leads to a clear truth out of a fogged falsehood. It helped me understand my calling and what helps and hinders me. This book has landed in my hands on my walk of life at the time it was destined for me to further my journey in my spiritual walk. *Thomas, Railford, FL*

In *Approaching the Mystery of Golgotha* Michael is the most excellent and significant being in the hierarchy of the archangels. Yahweh made himself recognizable to initiates in such a manner that they were able to grasp something, that previously their normal capacity of understanding would never have been able to understand, specifically, that Michael is the face of Yahweh. The ancient Hebrews spoke of Yahweh-Michael as Yahweh, the unapproachable, pg. 21. I found later in the book a spiritual meditation to contemplate: He (Jesus) came into contact with the Essenes, who had settlements in the immediate area. He did not actually become an Essene, but due to his deep soul life, through the great twofold anguish that had been stirred in his soul and transformed into love, the Essenes accepted him and spoke with him often about their deepest secrets, which they otherwise would have spoken about only to their own, to initiates. Only to him did they speak of their deepest secrets, pgs.112-113. *Mario, Lawton, OK*

In the book *The Philosophy of Spiritual Activity* the 'I' is revealed in the object of our observation for we are nothing more than what we experience. In finding the 'I' we observe the natural laws within us without. Necessity vs free-will can be found within the observation of necessity, which perpetuates our evolution through knowledge towards the idea of being free from compulsions. The objective is communion through knowledge of the self in contrast to all else. *Jeremy, Corcoran, CA*

I've discovered a new wisdom within *The Search for the New Isis the Divine Sophia*. I am by no means a scholar, nor an unusually intelligent man. I've even graded low on IQ tests. Thanks to these teachings, I am seeing the world with brand new eyes, and a heart that needs to connect to my surroundings. To this end it must really be so among us that one helps the other in love, so that a real community of souls arise, in which envy and all such things disappear, and in which we do not look each at our own particular goal but face together, united in love, the great goal which we have in common (pg.25). The reading has given me a sense of rewarding self-renewal and mental growth. I believed for a long time that I was just 'dumb' and 'good for nothing,' now I realize there is a living truth inside of me that needs to exist and be shared. I would share with Christians, the alternative meaning of Christmas so they might attain too, the knowledge that the so called mega churches have suppressed for decades. I opened to my heart, the eye, I've never seen. God in me, stretch my life to the cosmos around, to every place I've never been. *Allen, St. Petersburg, FL*

What stood out for me in *The Fifth Gospel* was the apostle's 'state of consciousness' at the time of the Christ event. To me this is very significant. I believe that today there are many whose consciousness will have to be 'altered' in order to experience exactly what the apostles did. Image after image came up in the apostle's soul and these images said to them: "yes, you were together with the one who died (or was born on the cross); you knew him..."(pg. 24). It clears up some of my own experiences in light of this knowledge. It was cemented for me here in terms of what I believe in reference to the apostles and their state of consciousness. I shared this one with an individual who knew nothing of 'the akashic record'. This allowed me to share what I know but even more importantly, it led the individual to question and do further research. "The more sublime the element of spirit and soul is, the greater it's capacity for suffering". *Rudolf Steiner, The Fifth Gospel. Larry, Launberg, NC*

The Path from Egoism to Love

cont. from pg 1

Let's imagine you are angry at someone and having trouble getting it out of your mind. Start by silencing any self-talk coming up in thoughts "I can't stand that guy... what a jackass... I'd like to punch him in the face". Silence all the words.

The next step is to locate the emotional feeling in your body. Is it in your gut, your throat, your heart or your head? Once you locate the sensation of the emotion in your body, again silence all words. Check in – is it hot... cold... metallic... clay-like... sharp... dull?

Simply sit with the feeling... no words, just silence. Observe in a detached way the sensation - a bit like the way you might look intently at an unusual insect or plant you never saw before! Approach it with the understanding that it's a feeling that you are experiencing. It is not 'you', just as the taste of something sour or sweet is not 'you'.

As you calmly observe the sensation in your body with detachment, not feeding it with thoughts, you will most likely notice it start to change and dissolve. If thoughts rise up again, bringing repetitive and negative 'self-talk', silence them and once again simply observe the sensations in your body.

If the bodily sensation doesn't dissolve in a minute or two by giving it attention and not allowing the thoughts that are feeding it to repeat, you can also work with a visualization to remove it. For instance, if it is very hot and red, you could picture someone coming to help with a shovel and a wheelbarrow, loading the hot red 'something' into the wheelbarrow and dumping over a cliff into the ocean! Alternatively, if it is sharp and cold you could picture a helper coming with tongs to carefully pull it out and put in a garbage pail. What a relief! This imagined helper can take many forms; it could be someone you know that has helped you in the past or someone who is a representative character such as a minister, or janitor or teacher or a comic book super hero.

Once you have removed the sensation in your body, generally you will experience a greater sense of calm rather quickly. If the negative feeling or thought pattern returns later, just repeat the exercise.

As you practice dissolving negative emotions, you will become better at catching them before they take hold, catching yourself more quickly when you start 'running a tape' about this or that circumstance in your life, or a certain person that you find irritating.

On the other side of the coin is Love... What are steps we can take to develop love proactively?

Sometimes we feel ourselves to be victims of circumstance and trapped with no option to change our inner reality. We dwell in anger and resentment about what 'happened to us'. A first big step in the development of love is working on forgiveness of those who have harmed or disappointed us in the past. Efforts toward understanding the other person will bring progress toward love and away from fear.

There's a very powerful book *Man's Search for Meaning*, by Victor Frankl, an Austrian psychiatrist and Holocaust survivor, well worth reading. In it he makes the point that we have the freedom to choose our response to our circumstances and that spiritual freedom cannot be taken away. (We have some copies in the APO lending library.)

Along with forgiveness and compassion, gratitude is without

question a powerful force for self-transformation and the development of love.

"If after every meditation we arouse in ourselves the feeling of gratefulness and reverence - a feeling that we can call a mood of prayer - and be aware in what grace we are taking part, we shall realize that we are on the right path for the spiritual worlds to approach us." Rudolf Steiner, Guidance in Esoteric Training

In addition to feeling gratitude after our meditation, it can be helpful also in the evening, before we do our evening exercises and meditation, to recall certain moments during the day for which we are grateful. Some individuals keep a "gratitude journal" in a notebook. As we become practiced recalling these moments at the end of the day, it can awaken increased spontaneous gratitude moments also during the day!

Finally, how can we meditatively send love out into the world and the cosmos?

There is a beautiful verse given by Rudolf Steiner which can be profoundly transformative. Found in *Guidance in Esoteric Training*, it is a great way to start or end your day or do a 'reset' during the course of the day.

*In purest outpoured Light
Shimmers the Godhead of the cosmos.
In purest Love toward all that lives
Outpours the godhood of my soul.
I rest in the bosom of the Godhead;
There shall I find the true meaning of myself.*

Begin by settling yourself, withdrawing your attention from any external sense impressions and memories or thoughts of everyday life. Drop your shoulders, settle in your chair, let go of bodily tension and fill your soul with the mood of 'rest'. Sometimes it can help to rock gently, maybe sideways or back and forth.

Now center yourself and create light flowing from the far away periphery, from infinity, flowing toward your brow chakra or 'third eye'. Hear the words, '**From purest outpoured light shimmers the godhead of the cosmos.**' Best not to strain, do this gently, let it flow. If your 'periphery' is not very distant in the beginning, just go out as far as is comfortable. Let the light slowly approach your 'third eye' brow chakra until it gathers there, perhaps swirlingly around when it arrives, perhaps creating a globe, but focusing and resting there.

After a few seconds when it feels ready to move again, let the light flow back out to the periphery. Hear the words, '**In purest love for all that lives outpours the godhood of my soul.**' When you get to the outer periphery hear these words, '**I rest in the bosom of the godhead, there will I find the true meaning of myself.**' Rest out there for a few moments feeling the support of 'the bosom of the godhead'. Then let the light flow toward the brow chakra again. The flowing in and out can be as a plane of light or as a sphere, whatever works for you.

Remember how the rhythm of the waves at the ocean sounds? It has a breathing quality, not a steady beat like a metronome, but with points of stillness. Let the light also flow in this living way.

After you have done this breathing 5 minutes or so, then one time when you are in the periphery, hear the words resounding '**I am**' and let this flow into your 'third eye' brow chakra with the light. Rest momentarily and then after the light flows back

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out, rest again and then hear the words, 'It thinks' and let this flow to your throat chakra. After pausing, flow back out, rest a moment in the periphery and hear, 'She feels'. This flows to your arms and hands and the heart chakra. Steiner advises us that during concentration upon the arms and hands you may come to feel as if a force were driving the hands apart; let them go apart, following the line of the force. This feeling must come quite of itself and is not something to suggest to yourself. Then go back out and after a still pause of rest, come in with 'He wills'. This light spreads over all your skin surfaces and strongly into the feet.

When you have completed this cycle, meditatively place into the stillness of your soul - a mood such as 'strength in the quietness' or 'I in me' for a few minutes. Then pass on to complete absorption in your own 'divine ideal' for a few minutes. The entire exercise should be carried out with absolute devotion and reverence. It can take up to 15 minutes.

Steiner emphasizes that while we are carrying out this meditation, we are not to be thinking thoughts reflecting on the meaning of the phrases. This would detract from the mantric character of the phrases. In *Guidance in Esoteric Training* you can find more explanation. The following excerpt will be helpful as a start.

"It is the Word of Power for the Cosmic Thinking: that is, for those beings in the higher world to whom creative thinking belongs in just the same measure as sense-perception belongs to

the human beings below them. *She* is the Word of Power for the Cosmic Soul which originates the feeling that streams out from it, whereas human feeling streams in, being stimulated from outside. This 'feeling of the world soul' is the creative cosmic love which brings all things into existence. *He* is the Word of Power for the Cosmic Will, the Cosmic Spirit whose will acts from out of Himself, whereas the human will is brought into action through the outer world. This *He* is the creative, archetypal power of the world." *Rudolf Steiner, Guidance in Esoteric Training*

To review, in consideration of our human task to evolve from egoism into love we can:

- 1) Observe our thoughts and feelings. Catch negative self-talk before it settles in and encourage positive self-talk of forgiveness and love.
- 2) Actively transform/dissolve feelings of anger, fear and resentment which we are experiencing in our bodies through visualization techniques.
- 3) Send love out into the cosmos and receive love from the godhead during our meditations, using the above exercise from *Guidance in Esoteric Training*.

I hope that these thoughts serve as a catalyst for you as you travel your path from egoism to love! Please share your experiences as well as any additional practices you have found helpful.

Inspired by your Reading

cont. from pg 9

After studying *Working in Anthroposophy*, really Chapter 5, was a more stand out part of the book in my mind. I was reflecting on the chapter without being experienced, ie. without their being understood or realized. This resolved an ideal I truly don't understand. I see that I was dominated with a concept only because I don't really understand it or questioned it. Once I did, it fell away. The change was in my understanding, and that caused a shift in my perception. If I find myself constrained in my thoughts, it's due to narrow comprehension. Maybe because I am stuck on goals and destinations I am missing out of the actual experience, or the journey itself. (page 51). One forgets things, and has to cultivate them again and again. This is good, just the right thing, that over and over again one must strive anew. For me this is very reassuring, because I am experiencing this anew and I am doing things that I missed the first time around. Knowing that this process is really necessary not for memorizations sake, but to actually experience it as it is. I am not ashamed to rejoin the basics, because I know it is a part of the process to understand everything in a clear fashion. It lays a foundation to start from and return to. *William, Florence, CO*

Meaningful to me in *The Reappearance of Christ in the Etheric* was to learn that if we had remained at the stage of this ancient, dream-like clairvoyance, we could not have acquired the individual 'I' Consciousness we have today. I am just starting my studies and I see life in a whole different way. The more I study I am becoming more aware that we are here for a greater part in this universe. I have been working on meditation and I am more spiritual now. Light is what we are. We lose sight of our self only if we believe in our 'earthly self'. *Jose, San Luis Obispo, CA*

Egyptian Myths and Mysteries really brought into clarity for me that Christianity, Judaism, Buddhism, etc. have languages in world epoch traditions. It is all a part of human evolution. For the first time I understood the Christ impulse as an engagement of traditions, blood lines, and evolution. I also came to understand the threefold aspect of the human as far as Osiris (divine light), Set (divine breath), and Isis (divine speech), (pg. 144). "The part of himself that pharaoh relinquishes was just what gave him power.

For justified power does not rise through a man raising his own personality; it arises through his taking into himself something that transcends the boundaries of personality, a higher spiritual power." All to Jesus, I surrender. Because of how Rudolf Steiner broke down the connection with Osiris, Set, and Iris, I am now able to do a more focused work with myself. I really struggle with grasping the Egyptian occult systems, however Steiner's breakdowns with detailed knowledge gave me a higher clarity and understanding. I can now correlate and reconcile the Egyptian cultivation systems with Christianity efficiently for my understanding. *Michael, Cumberland, MD*

The evolution of the sun and moon, and the way it interacts with our spirit scientifically was meaningful to learn in the book *Love and Its Meaning in the World*. The power of love in the spiritual world, and the role it plays on a conscience level that most humans are unaware of. All that human beings will discover in the course of the earth's evolution is already present in nature: your contribution to mankind can be simple, as long as it is positive and driven by love. I am trying to inject love and understanding into chaotic situations that develop here. To expand my concept of love, beyond a romantic encounter between two humans, and even what I thought was the most important purpose of love - love of family. The evolution of our earth, and it's relation with the sun and moon in unison with the Christ-principle inspired me. It's the power of healing that comes through Christ, spiritual foundation and the phenomena of nature bringing truth to light. *David, Trenton, NJ*

What I found most meaningful in the book *Spiritualism, Madame Blavatsky and Theosophy* was the progression from mysticism to theosophical research. One sentence that stood out for me was: "All renderings of the great truths are distortions." (pg.108). It has motivated me to study all religious works even more intently. This reading affected my journey by reminding me to slow down. It has challenged my belief that one path forward is all I need. It had a very profound experience about the received illumination of a single flame. *Ricky, Pine Bluff, AR*



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Illuminating Anthroposophy
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Meditative Verse

In the Beginning rayed forth the Light,

And the Light sprang from the Spirit, –

A living Spirit was the Light.

And Spirit the Light will become for me

When I experience the Light

Through the gift of God

Implanted in my soul.

Rudolf Steiner