

Our After Death Experience

By Philip Martyn

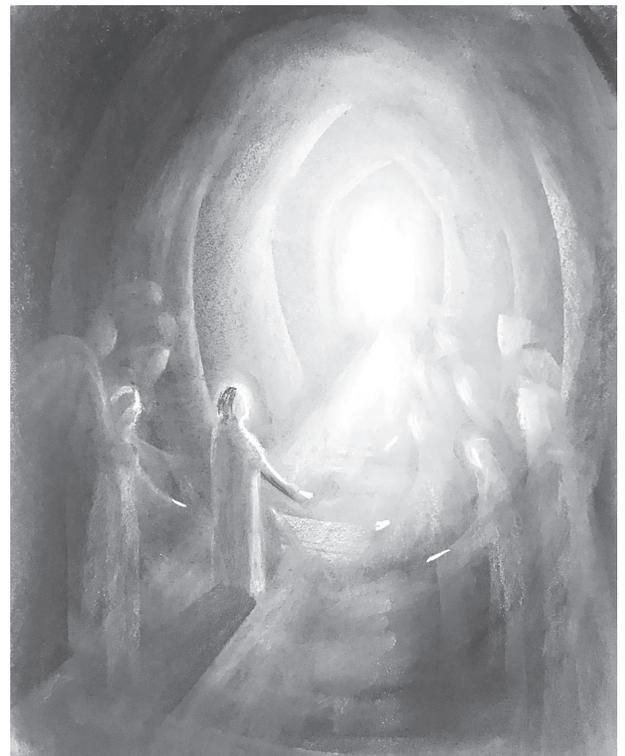
When we die, what happens? Rudolf Steiner says a lot about this but in rather abstract general terms so the question is: What will be our real experience? In this respect the 1998 Robin Williams movie "What Dreams May Come" and the famous Demi Moore and Patrick Swayzee movie "Ghosts" have a lot of truth in them. In short at the moment of death we feel the same as when alive except that the pain has gone and we feel great. We are still experiencing gravity and we are met by those dead people we would most like to see. Their job is to lead us through the tunnel of light into the light or "Summerland" and enter the realms of universal flowing love that permeates everything.

This was very clearly described in the short book "Blue Island" which describes the afterlife experience of W.T. Stead. He was a well known journalist and spiritualist who drowned when the Titanic went down in 1912. He told his story through a seer to his daughter and the short book was written setting out these experiences. It is available as a free pdf download on the internet and is well worth the read. He described how a group of spiritual beings were waiting for the disaster victims as the ship sank and conducted them to a centre where he was allocated to two people to bring him up to speed on his new environment. As a spiritualist it was his perception of what would happen at his death.

To cut a long story short, when you die you get what you expect. The spiritual beings create a thought form atmosphere for you so that your experience is unique and what would be appropriate for you. The first part of "What Dreams May Come" when the hero first arrives in the spiritual world is exactly correct in this respect. So the answer to what happens straight after death is you get what you expect and this lasts until you have developed enough to realise it is not real and then can deal with the new situation in the spiritual world.

So that is the experience but what are the spiritual processes that are taking place? In sleep the astral and ego (our eternal 'I') withdraw leaving the physical and etheric bodies in bed. At death the ether body withdraws and as well as the astral and ego (eternal 'I'). The ether body's job was to maintain the physical so as soon as it withdraws it starts to dissolve. Since our memories are stored in our ether body, in addition to the experiences referred to above, we have as a background a mighty tableau of our memories of life and this surrounds us for up to three days before these memories are then taken by the elemental beings and kept for further consideration later. After the three days the ether body falls away and then the work starts on the astral body.

It takes a while for us to get accustomed to the new situation in the astral world and in the part of the spiritual world bounded by the orbit of the Moon. We are each on our own consciousness level which Stead described as a love vibration and we meet other dead souls who are on the same vibration as us. Through our learning we raise our level of vibration and go from level to level but the main work to be done is the detailed review of our life known as kama loca. During this period which lasts about a third of our earthly life we experience all the details of our lives starting from the moment of death going backwards towards our birth. We experience our effect on others and feel as they felt whenever we encountered them. These feelings are three times more intense than they are in earthly life and it would be unbearable if we were not helped by angelic beings who are through and through permeating us with divine love. During this time we also have to rid ourselves of our



'We are not alone' Artist: Iris Sullivan

As soul, I am not on the Earth

But only in water, air, and fire;

In my fire I am in the planets

And in the Sun.

In my Sun-being I am in the Fixed stars in the heavens -

As soul, I am not on the Earth

But in light, word, and life;

In my life I am within

The being of the Sun and the planets

In the spirit of wisdom.

In my wisdom-being

I am in the spirit of love -

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,

This past year has brought difficult situations for many of you with the pandemic, including the strong possibility of losing a loved one on the outside or a friend on the inside. We hope this issue provides inspiration to understand the process of death and ways to build a bridge to those on the other side, through two excellent articles. One is by Phillip Martin, *Our After Death Experience* and the other by Virginia Sease, *How Can We Help Those Who Have Died?*

As you consider these teachings and apply the approaches to connect with those who have died, we hope you will find them worthy of reading several times and have as a guide for further reference. As we look near the spiritual realm seeking to help those who have died, know that each selfless thought you have for another reaches them in some subtle and nourishing way.

Like the warm glow of the sun, the gaze of departed souls rest upon us. And for our family here at APO, we too have experienced the passing of a great soul. Our dear friend and colleague, Fred Janney (author of *Self Development in the Penitentiary*) crossed the threshold on November 19, 2020. Eileen Bristol shares a biography of Fred's life and his passion to bring anthroposophy to the incarcerated, as well as all the rich gifts he shared with those who were touched by his love and wisdom. Please include him in your thoughts and prayers.

We are in awe of your continued steadfast study during this time, and we are grateful to see you persevere. Your letters that make their way into this newsletter share your stories of reading, studying, applying, meditating and praying. We hope you will be strengthened, enlivened and inspired by your continued striving and inner soul work.

Blessings on your path, *Kathy Serafin*

SELF AWAKENINGS

EduCareDo Correspondence Course Response Summaries

Lesson 1: Introduction

In this lesson I learned to look at situations from the viewpoint of polarities. Communication between people such as the teacher and her associates was valuable to learn. She must learn to express herself and not let her frustration and resentments build up over time. I as well have problems expressing my feelings. I am afraid of confrontations and offending someone. I ask myself why I'm this way during meditation and answers usually come, be patient. I try to observe myself throughout my day, and reflect on my day during bedtime. I hope to show more compassion and tolerance for others. *Jeffery, Union Springs, AL*

Lesson 3: The 12 Senses, Part 1

Reading about the other seven senses to equal twelve senses was informative. I am finding myself in deep thought over this information. I really liked the paragraph on ego-sense. To know this is a still developing sense organ and to believe that it can be cultivated beyond what is already evolved. I will work on developing these other seven senses that I have learned about in this lesson. I have to act out of full humanity to use the four upper senses and to develop my own twelfefold relationship with the world. *Carol, Ypsilanti, MI*

Lesson 6: The Threefold Constitution

What was new for me in this lesson was to understand that rhythm balances the poles. Also interesting for me was that our constitution is like an upside-down plant! I realize I can observe the rhythms of time and seasons, and also to practice Rudolf Steiner's meditative exercises. *Isaiab, Connell, WA*

Lesson 8: The Human and the Four Kingdoms of Nature

Our *Etheric Body* (also called *Life Body*) keeps the physical body in shape during life and takes place in the liquid or water element. During every seven year period we have a renewed substantially in us. So in 10 year's time there is not a molecule remaining from 10 years before. The human body gained control of warmth within 98.6 degrees. Importantly I learned that the human temperature of 98.6 degrees and through the power of warmth we re-form every state of matter on earth and through warmth the human Ego – spirit can inhabit the body. I will put all anthroposophy into practices of study and deep thought. I am putting my studies in the threefold bodily constitution of: thinking, feeling, and willing to be initiated. *Brian, New Boston, TX*

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

Healthy child development cultivates through the avenues of walking, speaking, thinking, and sensing. Every seven years in one's life marks a milestone within development. I learned that childhood diseases arise from the struggle between the ego and forces of heredity. Children should be encouraged to learn how to walk on their own to help cultivate their speech to further develop in a healthy fashion. I can encourage others while raising a newborn as to these healthy principles and especially in the future when I have children of my own. *Caleb, Los Angeles, CA*

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

God Almighty spoke things into existence and manifestation occurred, the harmonious vibration continues to exist and can be seen, felt or heard and I believe it would be safe to call it an echo due to the fact 'the word' is still manifestation. I can continue to pay attention to everything in existence and become positively influenced by the dynamics of nature in which I was created to maintain and protect. Hopefully I can be an example to others whether consciously or unconsciously. If everything in existence knows what to do, how much more me. *Chimeniem, Childress, TX*

Lesson 17: Female & Male Part 3 and Clay Exercise

The connection of male and female aspects of our souls was something new that I learned. We are separate physically but both contain similar elements. I can attempt to look at things from a different perspective. I will start slowing down before complaining and try to see the female side of my soul before making rash decisions. I am trying to open up and become receptive to others ideas. *Terry, Victoria, VA*

Lesson 23: Health and Nutrition, Part 1

The entire scope of the lesson was important and the statements and truths that most everything we eat, is somehow stripped of the natural characteristics that the entity was designed to function. When Mr. Steiner comes to the conclusion that "one who understands nutrition correctly, understands the beginnings of healing," he is so correct, not only the healing of the physical body, but spiritual bodies as well. When we take in proper nutrition with physical disciplines, we are creating a fertile environment for the soul aspect to evolve. *Eyvind, Jarratt, VA*

How Can We Help Those Who Have Died?

By Virginia Sease

Death is the most individual experience which every human being goes through. It is at the same time also the most universal. No death experience can be the same as other ones. Its individual character depends upon the specific person, upon the biography, and upon circumstances in which it takes place. Death is the most certain element in our life. Every person knows that his/her journey through life will someday come to a conclusion. Perhaps one tries to suppress this knowledge, yet it is present as a reality in our inner life.

It may occur for some people that during their lifetime and not just in the moment of death – but better late than never – they come to the conviction that their body is not their individuality. Indeed we live in our body but the body is the vessel, the garment, the instrument for our soul. This brings with it the realization that the human being is not limited to his/her body, but as an individuality has a past, a present and a future. This idea sounds quite simple, but when a person experiences that death is approaching it can become difficult to think that the body will be laid aside but one's own unique self lives on. If a person has already become familiar with this thought: "I am an individuality and I live here in this body and now I am laying it aside", it proves to be a great help.

Benjamin Franklin who in his early years worked as a printer, already expressed this situation at a young age. In his 20's (1728) he wrote an epitaph for himself:

*The body of
B. Franklin Printer
(like to a cover of an old Book
Its contents torn out
And stript of its Lettering and Gilding)
Lies here, food for Worms.
But the Work shall not be lost,
For it will (as he believed) appear once more,
In a new and more elegant Edition
Revised and corrected,
By the Author*

Some of the readers of this Newsletter are familiar with the life and works of Rudolf Steiner (1861-1925), who was not only a great thinker – his works encompass over 6,000 lectures and 50 books – but also had a comprehensive scientific background. Perhaps one of the most striking features, however, was his practice and dedication to art in many forms of expression: painting, sculpture, architecture, drama, poetry, music as one side of his creativity and as another, all aspects of the social life. This focus on the social life centered on a great question: how can human beings live today as individuals but also in community, despite their occupation, nationality, race, religion, scientific and artistic background or the lack thereof so that there will be respect between people despite all separating factors?

Here we can briefly connect with three contributions which Rudolf Steiner left as his legacy for those who knew and worked with him, as well as for us almost a century later and for those who come after us. We have already indicated one contribution, namely, that the body is the dwelling for the individuality's soul and spirit configuration. As is obvious, we can see and perceive a human being's body and be aware of the multitude of variations which are expressed in the physical body

as it develops from infancy to childhood, from young maturity to older maturity and then to old age. It can happen that in some instances these variations awaken admiration in us and then there are the situations in which we feel uncomfortable in the physical presence of another person or group of people. We can also label this as prejudice which means a judgement formulated before ("pre"). Numerous qualities enter into our experience in regard to the body which makes an impression on us, such as the way in which a person walks, how he/she makes gestures, the sound of the voice, and the expressions in the face including the eyes, etc. These impressions can remain in our memory of the person even for many years, even after the person has died. This awareness is important when we try to think of a deceased person.

A second contribution from Rudolf Steiner seems at first quite obvious but when we begin to think about it we may notice that it has numerous facets. Whereas we can see the bodily configuration of someone,

we cannot see the inner life of the person, which we call the soul or spirit, or psyche depending on our approach to this manifestation of a person. This is hidden, but sometimes we can sense what may be occurring in this part of a person which remains invisible to our physical sight. We may however have experienced that some people can "see" more into this hidden life, also as it comes to expression through the configuration of the physical body. In American English there is an interesting expression for this when it is said that someone "can see right through another person". In certain situations this is quite natural, for example, often a mother can "see through" her young child and know when the child has had his or her feelings hurt or is disappointed or is especially pleased, maybe through a word of praise. To be able to recognize even one aspect of this soul life in another person as well as in oneself means a great contribution towards understanding life situations. We will see further how this applies to helping those who have died.



'Connecting with those who have died' Artist: Iris Sullivan

Then there is a third aspect which Rudolf Steiner brought into our civilization. Whereas people often look towards the

moment of death with fear connected with what they may have to suffer physically before they can be released, there is another fear which may be even greater. It is a fear of what they will encounter after death. The religions and old traditions throughout the ages have addressed this problem in various ways, such as: after death you will be punished for all your wrongdoings into all eternity; this contrasts to the belief that you will live in a beautiful world like paradise and your wishes will be fulfilled if you remained faithful to your tradition or religion. Perhaps the even greater fear lies in the uncertainty of being without orientation in a new and strange existence. In some detail Rudolf Steiner took up this anxiety in a special manner when he described that a person after death is not deserted, never alone, despite the manner in which his/her lifetime on the earth has unfolded. Here there are two considerations which prove to be very helpful. If a person before the moment of death can at least think that when he/she is in a new dimension, which can be called the

How Can We Help Those Who Have Died?

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spiritual world, he/she will not be left alone but will have the accompaniment of spiritual beings and of human beings whom he/she has known and loved while on earth, who entered the spiritual world before him/her. Of even greater help for a person is the realization of a possible connection with the greatest spiritual being of all. He also is the only spiritual being in the Cosmos who descended to the earth and died a human death. In the Western tradition this great being is called Christ, but Rudolf Steiner ascertains that there is only one real and true name for this being namely "I am". In this way the Christ Being is a presence for all human beings, who can refer to themselves as "I am", "I am" is unique because no other person can say "I am" and mean another human being. Even if a person cannot or does not chose to think of the Christ-Being as a guide after death, nevertheless this great guide is there for every human being. Of course, as with all deeper factors in life the more we can know about them, the greater the effect can unfold.

Our question is "How Can We Help Those Who Have Died?" These considerations may form a background for us to build upon. Since Rudolf Steiner was a practical person, he addressed this question in a direct and special manner which any person can take up who wants to help persons he/she has known whose life on earth has ended. This way has been practiced for thousands of years: we can offer up a prayer for them. But there is a prerequisite for every prayer which is equally valid for every meditation: one needs to call up inwardly deep reverence and awe in regard to the spiritual dimension. Through this reverence the spiritual quality in our own soul will be awakened and it will unite with our innate spirituality. Our basic feeling can become related to Christ's words in the garden of Gethsemane as he faced death and addressed God: "Not my will but Thy will be done". This can remove whatever trace of egoism lingers in oneself in approaching one's own death and also when a friend or relative whom we will greatly miss in our life comes close to death or has died.

In a beautiful way William Penn expressed an attitude for our thinking about someone who has crossed the threshold of death. The following is an excerpt from a longer poem which he wrote in 1693:

*Death, then, being the way and condition of Life,
We cannot love to live,
If we cannot bear to die.
They that Love beyond the world, cannot be separated
by it.
Death cannot kill what never dies.
Nor can Spirits be divided
That love and live in the same Divine Principle.
Death is but Crossing the World, as Friends do the Seas;
they live in one another still.*

William Penn

Since Rudolf Steiner could perceive the journey of the soul after death, he could also compose prayers and meditations which those people who are still living can direct to the person who has died. It is the most helpful if we have known the person and shared some experiences, but our thoughts can also be fruitful for people with whom we connect strongly through common thoughts, feelings or deeds. Rudolf Steiner's unique legacy of prayers and meditations comprises many which today have been published but also numerous ones given privately to individuals which the family still cherishes or which have been lost. In approaching these helpful words

which the living can direct to the person who has died, we find many which are more general in their nature and also some related to a specific situation of death.

After the moment of death for about three days the person experiences a great panorama of the life he/she has just lived from the moment of death back to birth. Even small things appear which have long been forgotten, such as the girl or boy who sat next to us in the first grade. During these days it is better for the departed soul to enter into this retrospect free from sad emotions and memories of those left behind. With the person in our thoughts we can read from a sacred text, depending on the person's religion, if he or she had one, or even a beautiful poetic text for the person experiences this as the accompaniment into the new existence. At all times the Lord's Prayer given by Christ to his disciples is appropriate especially if the person had any thought of God, or of a Divine Principle, or of a Creator. This prayer is beyond all sectarianism as it begins: Our Father and continues to address all human beings:

*Our Father who art in heaven, Hallowed be thy name.
Thy Kingdom come. Thy will be done in earth, as it is in
heaven.
Give us this day our daily bread.
And forgive us our trespasses, as we forgive those who
trespass against us.
And lead us not into temptation, but deliver us from
evil:
For thine is the kingdom and the power, and the glory,
forever. Amen*

New Testament: Gospel of St. Matthew 6: 9.

This prayer is very fitting for the time directly after death, because in these 3 or 4 days the person who has died can experience a connection with it as it's content and form are in relationship to the earthly life which the person has just left.

In some verses and meditations Rudolf Steiner speaks to the condition of the human being after death regarding everything which he or she could not overcome in the sphere of desires. These must be laid aside because desires related to physical existence cannot be satisfied in the spiritual world. This situation will be experienced as coldness or heat. Through the following meditative verse which describes this situation, the person connected with the one who has crossed the threshold of death can receive great help:

*May my love be the sheath
Which now surrounds you,
Cooling the warmth
Warming the coldness –
Woven in as an offering!
May you live carried by love,
Gifted with light upwards.*

Rudolf Steiner, December 31, 1905

After the three days of looking back over one's life a new phase begins. Then one experiences about one third of the years in which he/she lived on the earth. During this time a person can objectively evaluate this past earthly life. Aspects where he/she was helpful to other people which were not even noticed at the time shine forth for the deceased. Likewise qualities and deeds which he/she sees and desires to transform present themselves to each person. The loving thoughts, feel-

cont. on pg 5

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How Can We Help Those Who Have Died?

cont. from pg 4

ings and deeds of the living person when directed towards the one who has died is experienced like a special nourishment streaming from the earth sphere to him/her.

From the great treasure of meditative verses composed by Rudolf Steiner, both of the following ones may be of special help for this period after death comprising one third of the person's life on the earth. They speak from the heart of the person still on the earth directly to the friend or family member whose life now is in the realm of the spirit.

*May my soul follow you into spirit realms,
Follow you with that love,
Which it could foster in earthly realms
When my eyes could still see you,
May it lessen for you the warmth, lessen for you the cold,
And so we shall live united
Not separated by the gates of spirit.*

Rudolf Steiner, September 1915

*Upward to you strives the love of my soul,
Upward to you flows the stream of my love!
May they sustain you,
May they enfold you
In heights of hope
In spheres of love.*

Rudolf Steiner

It may be obvious that we can best help those who have died if we ourselves have inner strength. Rudolf Steiner gave a prayer to help us when we are ill, however, these words can be of great assistance also for our daily life to give us balance and endurance to carry on day by day.

WHAT ARE THE FRUITS OF ANTHROPOSOPHY FOR YOU?

I FEEL ANTHROPOSOPHY has affected my life in many ways. Mainly, my outlook has broadened. My sister has recently passed and although I am deeply saddened by the loss, I know through what I've learned in anthroposophy is that we can still communicate. I now read to her often in an effort to show her love and bring light into her spiritual darkness. I listen closely and sometimes I can hear her, other times I cannot. *Jared, Midway, TX*

I'VE READ FREEMASON BOOKS, but Rosicrucianism is what I want to be a part of. Reading anthroposophy has affected my life by the topics and spirituality it has shed light on. The fruits are the light it shines in my soul and the real me is the fruit. I'm thinking more positively and feeling better, because I actually take thought to want to do all the good I can do. *Duane, Florida City, FL*

ANTHROPOSOPHY HAS OPENED ME UP to more systems of study. It has raised my consciousness to a level that I can understand sacred scriptures and books on philosophy in a more personal way. It has shown me that there are others out there like me that don't just fit into one ethnocentric 'church' or group. It has opened me up to the universal love of Christ. I think more intimately. I focus on what needs to be changed. I'm more aware of my thoughts, actions, and feelings. I get angry less and for shorter periods of time and my feelings teach me in a way they never did before. My joy is more abundant. I can now give without expecting anything back. I think before reacting. I do a lot more focus and awareness exercises. I make sure to begin my day hours earlier to

*Spirit of God,
Fill Thou me,
Fill me within my soul,
My soul endow with strength,
With strength also my heart,
My heart which seeks for Thee
Which seeks for Thee with earnest longing,
With earnest longing for health,
For heath and courage strong,
Which stream into my limbs,
Stream as a noble gift,
A gift from Thee, Spirit of God,
Spirit of God,
Fill Thou me.*

Rudolf Steiner

To conclude this reflection I would like to mention something about how we may prepare ourselves to understand death from a specific perspective. Again the indication of Christ is for all human beings, it is universal. Rudolf Steiner formulates it like this:

"If a person looks into his/her own heart, one can say that the most important moment of the earthly development of humanity is when the human being learns to recognize, that a force lives in the Christ impulse, through which he/she in connecting with it, can overcome death in oneself."

Rudolf Steiner, in a lecture from April 2, 1922
(German to English Translation by Virginia Sease)

Virginia Sease, Goetheanum, Switzerland

leave room for meditative exercises. Now I get to bed early to leave more room for spiritual practices. I record my dreams and journal everyday to see my growth and commune with my higher self. Anger has definitely been replaced by compassion. Depression replaced with peace. I'm always learning more. *Keith, Snyder, TX*

I AM PARTIAL TO ROSICRUCIANISM, particularly those by Rudolf Steiner. They challenge and inspire me to look beyond the teachings of others. I believe through the study of all knowledge one is truly able to understand the connection between the world and the spirit. Beyond a doubt, I have very much noticed a change in my negative patterns. In some ways it's like a complete reawakening similar to the alchemical 'opus transformationis'. I no longer see nor dwell on problems, but see only solutions and accomplishments. *C.J., Wrightsville, AR*

WHAT REALLY INTERESTED ME in areas of anthroposophy is the study of the ancient myths, evolution, history, medicine, and health. While studying these areas I've learned to see everything in the big picture. Truth be told *Rosicrucianism* and the *Mysteries* has inspired me to continue to study because there's a lot to learn in both areas. Without this program I would still be searching; it has inspired me to study outside the box I used to be in. Anthroposophy has affected my life with the mindset to read and study more, and it has changed my outlook of the world as I see it. APO helps those in prison get in tune with themselves and others. *Dewayne, Beaumont, TX*

Art and Poetry

In the deepest
Depths of blue I see
Backed by the fires,
Of eternity,
A visage.



Jorge, Amariello, TX

Almost upon me
A divine revelation
Of my soul
From those...
Three Spinners
Fate is a journey
An upward path
Into the bluest sky
Toward the sun
Who'd surely die
unwittingly
for my...

Joseph, Palestine, TX



Harold, Railford, FL

I have learned to be observant and look within
and to see what a shift in perception reveals to me
I have learned that colors can trigger latent memories
Of a time that may have been significant to me
Either in a past life or a parallel existence
Of which I have glimpsed in reflective observances.

Alan, Lancaster, OH



Life is a Riddle

Free from fear and all the pain.
All the years spent in vain.
The rain subsides the sky is clear.
Being the clouds the sun appears.
Now approaches another storm.
A vicious cycle the soul is born.
Torn from heaven a state of bliss.
Where ones we love are sorely missed.
Life's a riddle if you may know.
Where seeds are planted a few may grow.

Javier, Tehachapi, CA



Jeremy, Crawfordville, FL

In Memory of Fred Janney (3/11/46 – 11/9/20)

It is with great sadness that we let you know of the passing of our colleague Fred Janney. Devoted to anthroposophy, Fred was one of the co-founders of APO. In addition to the national work of APO, in recent years, he, together with Kathy Serafin, our program director, presented classes on basic anthroposophy in local prisons and jails.

Born in New York City and raised in the Bronx, Fred leaves behind one son, Ethan and one grandson, Ezekiel. He was married twice, marrying his second wife, Bonnie on 9/4/94. They had a wonderful marriage of cooperation and mutual support.

Fred discovered anthroposophy and studied on his own in Muskegon, MI for 7 years and then he heard about the active group work in Ann Arbor and relocated to that area in 1989 or 1990.

He held a Masters Degree in Clinical Psychology from Wichita State University allowing a limited license in Michigan. In addition, he was certified as a Social Worker in Michigan. He worked for 21 years with the Michigan Department of Corrections, doing group psychotherapy with assault offenders, sex offenders, emergency mental illness assessments and segregation rounds. As part of this work, he taught Steiner's 6 basic exercises as well as classes on evil and on death. A group of prisoners formed an organization called *Friends of Anthroposophy*. They brought in anthroposophical speakers including Sarah Campbell-artist and Hartmut Junge priest/artist.

As a support for those he served, he published a booklet entitled: *Self Development in the Penitentiary*. This booklet features the basic exercises given by Steiner and is included in the introductory packet for everyone who contacts APO asking for more information.

Fred had a strong artistic side. He loved Latin music and loved to dance. He was a singer and songwriter and acted in local

theatre. He had a deep love of the movie *Les Miserable* and was very fond of the book *Return from Tomorrow* by George Ritchie. He nurtured a dream of making that book into a movie, something he was not able to achieve in this life.

A physically active individual, in 2015 Fred's tennis team won the United States Tennis Association National Championship for their age group. He was also very interested in natural diet and health care.

Fred was an avid researcher. Skilled in handwriting analysis, he worked with individual clients with handwriting therapy. He also did extensive research on the handwriting of the members of the first Vorstand (governing board) of the Anthroposophical Society (based in Switzerland) and gave presentations on his findings.

He was a skilled public speaker and was very involved in the development of the *Enter Light – Voices from Prison* presentations which brought poetry written by APO participants along with biographical information about each poet to a wider public audience.

It was Fred's deep wish that APO establish an in-person series of classes. These classes would be made available in prisons and jails around the United States, wherever anthroposophists came forward who were willing to teach. His suggestion was to always have people go in pairs at each facility, just as Kathy and Fred had worked together teaching classes in Michigan. Before Fred became ill, we worked together to develop a rough draft of a curriculum and discussed a possible path forward. If this is something that interests you, please contact me, Eileen Bristol, through the APO office.

Fred will be sorely missed by all who knew him. We know that he will continue his work from the other side, inspiring all of us in APO. *Eileen Bristol*



Your Garden

Everything you do, big and small is a seed,

Which grows the world around you that you see.

To live blindly in the moment is a feel-good weed,

And plants a briar patch entanglement.

The ripple of a stone thrown dwarfs the rock's size,

Our actions spread out and spread out to infinity.

So stop yourself – often; and look at what you plant,

An onion seed can't grow a cherry tree.

Johnnie, New Boston, TX

Book Reviews



Life beyond Death Rudolf Steiner

This wonderful work by Rudolf Steiner helps the reader fully understand that life exists beyond the grave. Jesus Christ said in the case of Lazarus, '... that I may awake him out of sleep'. Sleep is a little death. This means after the soul goes

through the gates of death, our soul consciousness is like that of sleep consciousness. As Rudolf Steiner says, 'the soul has a thought world outside of itself like sleep consciousness.' We experience soul life from within with feeling in a spiritual sense just as we do in our everyday lives experiencing our spiritual self. I can testify from my own soul life during sleep: I have very real dreams, just as waking consciousness. I feel pain, joy, laugh, I interact with others, I read, I play; in fact, if I never woke up while in that world, I could just go on living it. At times I don't know if I am awake or asleep. The only way I know is that my sense perceptions interact with the world, otherwise, I could not tell the difference. I truly am thankful to the Angels for renewing my thought forces. Next, consideration is given to our relationship with the dead. Every person on earth has karmic connections with loved ones such as parents, siblings, spouse, relatives, etc. Our relationship to the dead can be conscious. If one realizes that the dead are very much alive and around us all the time, the consciousness begins to change into awareness. Steiner says to vividly remember how close you were to a person that has died. Internalize the feeling of love you had for that person. This gives the dead vital vibrations

they need in their journey. Before I begin reading any Rudolf Steiner book, I invite my deceased parents to join me. Then I read to them using vibration, thought, will, and love. What I read gives them the tools needed for their journey. The world of the living and dead are bridged through consciousness. I can really see a future time when the living and dead will spiritually coexist together until death itself is overcome completely. I Corinthians 16:55. 'O death where is thy sting? O grace, where is thy victory?' *Wayne, Richmond, TX*

Parzival Wolfram Van Eschenbach

This medieval tale is tedious with its wandering nature between lengthy episodes of chivalrous combats, such as jousting, and shorter periods of spiritual mysticism. It takes a certain degree of determination to read through the larger parts and arrive at the rich kernels of higher truths. This in itself is representative of mankind's own spiritual journey. Often times one must push through the seemingly mundane to achieve the super sensible; sifting through tons of silt to produce a nugget of value. Although the tale perpetuates the role of womankind in the Fall, one must take into account the social structure and customs of the period, as well as the perspective and audience it was intended for. All in all, the story of *Parzival* highlights noble endeavors embarked upon for the hope of love. This in itself is the purest and richest reward of all. *Travis, Venus, TX*

Mystery Knowledge and Mystery Centres Rudolf Steiner

This is a must read for anyone who wants to learn how things came into a solitary existence, including minerals, plants, animals, and ultimately human beings. It also teaches how, over the centuries, our thinking became muddled, blind and in error to how we see all these things. However, with the help of anthroposophy, we can return to correct thinking, understanding, and knowledge that the cosmos and the cosmic intelligences taught our ancient ancestors. Then, we no longer will marvel as to what peoples, like the Egyptians, knew and how they came to know it – because we will know it too. Joy unspeakable! *Louis, Homer, LA*

How to Know Higher Worlds

Your Study Guide Sharing

For starters it has opened my eyes to the sure strength of inner calm, stillness on how golden silence is. After verifying this it has motivated me to develop reverence for these qualities. These are a fine foundation to light the path all the way through the development of the sense organs we use consciously, and also how necessary it is to follow the chakra work in order. It motivated me to follow the instructions and to take special care in developing everything in order as presented. Lastly the ultimate segregation of thinking, feeling and willing and the essential need to elevate the consciousness in equilibrium and to keep them in balance motivated me. *David, Iowa Park, TX*

Can't really describe it. Can't really put it into words. I mean, I am more at peace and full of love. My thinking and decision making has gotten so much better. I have the thought of helping the world. I have a major task at hand. So many people and animals need me. So much needs to be done. *Anthony, Milton, FL*

How to Know Higher Worlds presents a path that you have to follow one step until it is mastered, then take the next one. You must move slowly and have patience. It's changed me to be more aware of 'here and now' and have a greater inner calm and peace. *Robin, Petersburg, VA*

"One makes no progress that can be justified on any ground of self-interests. One achieves progress only insofar as one can be useful to others. The immortality of egotism can find no place in the spiritual world." This excerpt, to me, embodies perfectly the duty of every member of humanity and displayed the undeniable and inextricable connection between us all. The study of this book has given me true preparation. I have been given clear instruction as to the ability to know higher worlds, myself, and the responsibility that accompanies that knowledge, as well as my responsibility to humanity as a whole. *Kevin, Pontiac, IL*

This is the third time I read this book, but it feels like the first. This study guide requested my patience, and gave more in return for it. It anchored me to the present moment. It was like yoga with a pen. The idea that stood out to me was that individual freedom and judgment can be respected at every point. *Domenic, Waynesburg, PA*

Ideas from *How to Know Higher Worlds* that stood out to me were 1) clarity of thought 2) mastery of will 3) equanimity of feeling 4) positivity 5) openness and 6) harmony. These soul qualities help me attend to the inner feelings of my meditations. This book gave me step-by-step directions to the path of discipleship and the blanks that had been constant in my strivings were filled in. It makes clear exactly what I need to expect as my probationary path all the way through the development of my soul organs and my meetings with the higher beings and spiritual worlds. *Jared, Wartburg, TN*

This is one of the most fascinating books I have ever read and it gives confirmation to a lot of my beliefs in how we are creative energy that can be perceived and how we essentially are all immortal because the 'I' that exists in me, exists in us all. It will take us many incarnations as necessary for all to realize this fact no matter our race, color creed, or nationality. We all must look within and develop the inner 'I'. *Steve, Menard, IL*

Steiner often elucidated the difference between sensory experience and the supersensible by reference to memory. To the eye, the objects of the sense world appear in a certain way. But our memory of the same experience is not the same as the initial sense experience. It brought me a better understanding of my Bible. I have calmed down a lot. Things that would normally leave me in turmoil don't anymore. I also listen to my spirit more. Just mentally, I'm in a better place. Thank you for this book. *Travis, Opa Lock, FL*

This book has let me see my own thoughts, feelings, beliefs, and understanding brought into the physical world in a well laid out orderly form. It allowed me to see that what I have been experiencing is actual growth and true supersensible experience. This study guide was just what was needed to highlight the instructions. Like the book states: "The belief that we need personal instructions to what is said in this book is only true to a certain extent.

Some of us may indeed need additional help.' I am such a person, mainly I need feedback to show me I was able to understand what I was reading. This is just the type of guidance I am searching for in my Islamic, Freemasonry, and Biblical studies. There are many points in this book that are in line with my beliefs and understanding. I must learn to master myself so no one else will have to, then find ways to better conditions for self, family, tribe, and world, then teach others how to do the same." *Nathaniel, Beeville, TX*

Since working on this book for several months and experiencing some of the lessons and goals and how enlightenment is not so much the need to learn something, but for me it is the need to shed all these ways of thinking, perceiving, and judging. That to gain more, I simply must give up. What I don't understand is why I make this so difficult! This book provided an awareness, not understanding yet, but awareness that much more is happening than our mere struggle to satisfy the ego. That such struggle can be turned to tools and attitudes to stop struggling. And hope that my desire to escape my own struggling will be possible at some point in the future, let alone the ability to help others. *Lonnie, Umatilla, OR*

Spiritual teachers are to be related to on a basis of mutual respect and freedom, not be subservient as in the past. Today we learn from each other, as well as masters. Every step onward should be joined with a step outward. The first chapter reflects the entire path of spiritual development. This book has taught me that my goal for the spiritual life must be to help my fellow beings, not escape from the physical world. Humility and compassion must be the center of my life and all of my actions. *Carl, Mettlester, OK*

As a seeker myself, without an actual true teacher, the study of this book brought a change into my life by showing me what I was doing right and what I was doing wrong, as well as what I wasn't doing at all. It also changed the way I thought of the supersensible world, I no longer try to experience it as I do in this physical realm. This book was an amazing assent to my spiritual reservoir, and it came at a time when my seeking was at a standstill. I will read it many more times and I will also recommend it to any and all seekers who have not read it yet. *Willis, Milton, FL*

Well, I have to give credit to the book that started me into the teaching and writings of Dr. Rudolf Steiner, which is *How to Know Higher Worlds*. It inspired me to be at peace with myself; knowing that through the initiation steps and practices, I can still be productive to humanity. It has brought about a social change to where I am more aware of what energy I put back into the world and the universe. I have borne fruits of love, patience, and understanding when dealing with others. I also have a sense of responsibility and duty in my actions. *Colby, Lovelady, TX*

To be aware of everything! The world speaks to us in and through me and it is all for the spiritual growth of mankind as a whole. We all share the same inner consciousness. We are all a part of the whole, although a veil remains over the eyes of many. I must become selfless. And my striving is not for personal gain. I will achieve nothing - knowing that every striving and every accomplishment is properly placed only when it is placed at the service of others. The main thing is that my life and struggles are not and were not in vain. I was being spoken to through all of life's struggles to 'wake up!' And not just for myself, wake up to my real purpose, the same purpose for all of us, to help each other understand who we are and lead us back to godhead! We are a microcosm of the macrocosm. This is the unfolding of the higher self. *James, Crawford, FL*

The explanation about 'soul hygiene' and how to prepare for myself this process unfolds from thinking and practicing Steiner's 'great works'. It's so beautiful. Steiner's words create an awe inspiring ascension into higher mental forms; ie. The world's wisdom lights up a stream of thinking. The thinking builds into freedom of the soul. I am experiencing more equanimity in my life. A relaxed state of peace knowing I am being worked with and at the same time being allowed to become free on this journey. Now I do not get moody or angry at the same level. There is this space that opens to love that allows me to feel and see the undenyng purpose of what appears to be chaos. *Dave, Lompoc, CA*

Inspired by your Reading

I wish to articulate the profound impact reading your books has had on me. I have been incarcerated for 20 years and I have become an avid reader of sorts. Years of reading has enlightened my intellect but something inside me requested more than mere knowledge as the more I learned the more questions I had. It was to the point where I began to develop my own opinions, thoughts and beliefs about life, the world and universe. Each book I have read in some form reinforces my previous developed concepts. This understanding has assisted me to become in tune with the infinite spirit, nature, the 'I' within, and most importantly, with the Father. Your work is so valuable for those of us behind these walls, you are truly a blessing. *Paul, Soledad, CA*

The book *Man on the Threshold* was an excellent selection and went a long way to explaining some of the connections I was having trouble with. It was a real eye opener. Sacred Agriculture opened me to a world of intimate relationships I have been seeking in nature and the elements. It is a topic and book I will be looking forward to delving into more deeply in the future. *Chris, Pine Bluff, AR*

The book titled *Stairway of Surprise* couldn't have come into my life at a better time. Or, could it be that any time in my life would have been perfect for this book? I want to say that the choice of these first two books sent to me by APO has left me in awe. Divine perfection! My gratitude towards you is never ending. I love Michael Lipson's refreshing ways to approach and perceive life. I was already on the path but my dirt road has now become paved, and ahead I can see the glimmer from the streets of gold. *Oscar, Milton, FL*

I just finished *Mystery Knowledge and Mystery Centers*. What a great start to get an understanding of the western mind, back at a time of its earlier development after the famous Greek, Roman and Hibernian Mystery Schools. Yet it is only a smidgen of knowledge that has survived from its original form and ancient practices. I am so grateful because it allows people like me (who need this program) to exist for their fulfillment as a higher being. A long road still to go, but that is what must be chosen if I am to advance into my higher self! *Luke, Coalinga, CA*

In *The Tree of Life and the Holy Grail* I learned the significance of the statement: 'In the beginning was the Word and the Word was God.' The future of human evolution was talked about. There are already early outward signs of what has been proposed. I learned about signature sounds and inner being of the spiritual, emotional and physical status. This makes absolute sense and gives explanation for 'good/bad vibes'. *Nick, Sturtevant, WI*

Thank you so much for sending the books *Guidance in Esoteric Training*, *The Mystery of the Holy Grail*, and *Lucifer and Ahriman*. I loved them and I am starting to learn more. I find all your material so very interesting and knowledgeable. Our prison library is closed due to Covid-19, along with everything else. Blessings all, please stay safe during this time. *Mark, Suffied, CT*

I was in solitary confinement and your books gave me some different perspectives that kept me calm and helped me. But with all good things the enemy finds a way to interrupt growth. My books have not arrived with me yet so they are missing. I wait and hope they will arrive soon. *Mark, Dannemora, NY*

This letter is a result of following my inner intuition. I had a dream in December 2019 where I saw the number 1923 on the bottom of a photograph. When I asked the library for books on philosophy, one of the books I was given was Mr.

Rudolf Steiner's *Mystery Knowledge and Mystery Centers*. Stamped on the pages was, of course, your address with "1923". When I opened the first page I discovered the 14 lectures were given in 1923. Trusting in these subtle signs given, I took this as a confirmation that I should seek you out. Another beautiful experience I had was during the reading of Lecture 7 in *The Mystery Centers of Hibernia*. The simplest way to describe the experience would be as a totally vivid memory. Every description of what the initiate felt leading up to the summer experience resonated within my being as an intense nostalgia of something I longed to experience again. *Omar, Railford, FL*

Steiner is an excellent teacher of agriculture. I am most grateful for the book I am reading, entitled *Bees*. This is the first subject area I have studied, and I will be focused on it due to the dire state of our most important pollinator the honey bee - due to what will happen globally if they all die. I have entered into a state of total submergence concerning the impressive lectures of Rudolf Steiner -who predicted the dire state of the honey bee of today back in 1923. *Lyralisa, Corcoran, CA*

I am very grateful to have received your books *Rosicrucian Wisdom* and *Rudolf Steiner and Christian Rosenkreutz*. This is my first time reading anything like this, and I feel a fire is being ignited within me from these words and phrases I've never heard of. I want to understand better. I will read more, thank you for this chance to grow higher. *Winston, Only, TN*

Thank you for allowing me to join your program of anthroposophical studies. I recently received *Man on the Threshold* and *The Gospel of St. John*. Both are very good books. I think *Man on the Threshold* should be the first book read by anyone wanting to study anthroposophical literature. After reading the book I had a dream, and it was really the spiritual uplift that I needed. I do not believe I would have had it if not for the book. It inspired me to continue on my inner spiritual journey. I have a long way to go, but I am thankful I have your help to get me there! *Quasean, Columbia, SC*

I began the book *A Western Approach to Reincarnation and Karma* and was amazed at how much it aligns with things I have felt my entire life. I have loved what I read. After just the prolonged introduction, I realized I had over 40 little post-it notes marking pages to take notes on. Thank you for the books and being a light shining in the darkness of this prison system. *Wendell, Only, TN*

I received *Anthroposophy in Everyday Life* and *The Human Being in Body, Soul and Spirit*. What I thought would be a quick read, turns out to be a very urgent study as well as personal insight of myself and kind. The lectures given by Rudolf Steiner in 1912-1924 are personally reflective of my own experiences. It took time to study and not just read the material, as I was only able to absorb a little bit at a time. *Jerry, Coldwater, MI*

I read the books *An Outline of Esoteric Science* and *Ancient Myths* that lead me to pursue inner development. It helps me build my character. I am interested in the tools that anthroposophy teaches to gain control of ourselves and our feelings. I hope to gain knowledge and understanding in becoming centered inside so I will be able to pass it on to others who are suffering. *Edwin, Blythe, CA*

- STEPPING ONTO THE PATH -

I HOPE TO GAIN insight into concepts I have not yet encountered in my life. Also to learn new ways to center myself and to stop beating myself up over things from my past. I'd like to learn how to let things go to make room for new positive interactions with others, and with the world as a whole. I'd really like to find ways in which I can quiet my mind. I have tried meditation but my mind ends up veering off in so many directions. I need to practice harder as far as spiritual study, I am still looking for the one. *Aubrey, Vandalia, MO*

I AM HOPING TO LEARN the meditation part and to get sharper: mentally and emotionally. I want to be a better person beyond these prison walls and that is the honest truth not just smooth words. *Craig, Ely, NV*

I'VE TURNED AWAY FROM traditional religious beliefs because of the way they are structured and contradict themselves. This program touches on some of my same beliefs and I would like to learn more. I hope to gain a different perspective about nature and God, and have questions answered about my own speculations. I know meditation is very important for us to be in touch with the creator, and our overall health. We are all connected to one another in a very personal way. I hope this program will shed some light to put things in perspective. *Jess, Gunnison, UT*

MY ENTIRE LIFE HAS BEEN a spiritual journey and study, although I did not necessarily know that in my younger years. I've been studying Theosophy the

past couple years and have become quite interested in subjects of spiritual enlightenment. My path has led me to anthroposophy and what I've read so far is very interesting. I am eager to learn more about self, spiritual enlightenment and a better general understanding of life. *Stanley, Grady, AR*

A FRIEND TOLD ME ABOUT YOU. I am hoping to have a better understanding of life and myself while letting go of resentments and things that keep me in bondage. Wanting a better life! *Elizabeth, Lynwood, CA*

I AM SEARCHING FOR self knowledge to become more balanced and disciplined. I want to learn how to communicate effectively. *Johnny, Florence, CO*

YOU ASK THE QUESTIONS that need to be answered: Who am I? Does my life have meaning? Why am I here? The truth is: it seems we walk through life with blinders on. My eyes have been opened and I need to understand I had an event where I had a near death experience and was dead for 15 minutes. It changed me forever I want the truth. *David, Whiteville, TN*

A FRIEND WHO PARTICIPATES in the program told me about you. I'm really interested in obtaining knowledge, especially with self-transformation. I am grateful for the tools of wisdom that will encourage, support, and enhance self-transformation. *Adrienne, Goodyear, AZ*

Illuminations

I was an atheist for 43 years, however, I've had a spiritual awakening while incarcerated; changing how I see the world, suffering, and life. I do not see it as most Christian preachers deliver the message. I seek deep hidden messages in what Christ taught. I've educated myself while incarcerated. My hope is as I read and study, I will find spiritual concepts I have not been exposed to. I am preparing for a greater awakening. *Walter, Venus, TX*

I have been incarcerated for eight years now. Early on in my sentence someone introduced your program to me. Since then my life has changed. I had developed a certain reputation across the state for my poor thinking and criminal attitude. But over the years, as I have been studying anthroposophy I have begun to transform. I have gone from being the kind of guy the prison administration wanted to keep an eye on, to a guy they can trust to have some integrity. I am a pillar of my community. I teach classes every week on anthroposophical concepts, self knowledge, and developing a noble character. I lead peer groups in positive thinking habits. I credit your outreach program for helping me get the ball rolling for me to become more an expression of my true self.
Jonathon, New Castle, IN

Many thanks to the family I have in the Anthroposophical Society for making it possible to learn of spirituality. The tools that you have provided are a great help to actually put into action instead of just theory. I still struggle daily with these spiritual gems; but if it was easy, it would not be worth it. Anything of value takes effort. Please keep me in your prayers as you are also in mine.
Brandon, Punta Gorda, FL

One of the things that caught my attention, was the love and the passion of Rudolf Steiner for humankind that he dedicated most of his life to share and teach his own experiences. Whatever he gained, he gained for all of us. *Rudolfo, Oswego, KS*

Upon receiving your letter, the knots of pain that wrap my heart within this net of my own confusion dissolved and disappeared. When I try to hold this moment within me it falls further away as it rushes on through the stars of the worlds. What is to be said of a mystery that moves on the wings of light! I guess I am searching to say thank you to everyone so very much for your love. The coming together of these words may construct themselves into a self-centered identity; though this is just a base reference, not the experience. Expression in a dimensional plane by its nature is so limited and difficult to push through into free forming thoughts of love and truth. *David, Lompoc, CA*

I have learned not to let expectations give rise to anxiety or fear. No experience leads to immoderate anger or vexation. No pleasure shall carry me away. No sorrow plunge me into the depths of despair. I become adaptable and ready to encounter and except new experiences. Constantly accumulating one new idea after another, and enriching the concepts of life with new ways of understanding. When I talk about the new resurrected me, people start to understand about anthroposophy being the study of man and his wisdom. I once lived in darkness, now thanks to anthroposophy, I am reborn.
Charles, Dixon, IL

I would like to thank you all for the last cycle of books, they really helped. I am enclosing a prayer I wrote, I hope you like it. *Lord please let us enter your purity. Let us shed these attachments. Let them fall away like chains and fetters from our eyes, and spiritual bodies so we may see clearly, synchronizing with your cosmic mind. Moving in harmony and balance, building up all worlds and dimensions in light Illumination so all your children on all spheres and planes can work simultaneously together, according to your unlimited infinite love pattern. Encoded initially in all of us, streaming forth for our own personalities and expression of our own uniqueness, all springing forth from you the source of all at this time.*
Joshua, Minden, LA

I hope to become inspirational with the integrity of great intelligence. I have a personal interest in learning from my mistakes. An interest in the gifts of talent I'm blessed with, and an interest in encouraging others from my life experiences. These interests encourage ways to better myself and come to realization of my inner being. *Issac, Homer, LA*

I hope to gain a greater understanding of where I fit in, and what I can do to help human creation and peace. The insight into the spiritual, and the fact that y'all offer Rudolf Steiner's work is great. I've studied Rudolf Steiner, the Hermetic, Masonic, Rosicrucian and meditation. I have experienced oneness and centralization with reality. *Andrew, Marianna, AR*

The philosophy and information available through the lending library is exactly what I needed. I have studied meditation and found it relaxing, as well as most spiritual practices including religion, science, and history. I am a researcher of ancient wisdom and knowledge. *John, Clifton, TN*

It is with humility and hope I send this letter in admiration for all you do. I am truly grateful for the positivity you model, and that it still exists in our dark and psychologically ugly world. You see, in order to get clean and stay clean, I voluntarily got myself arrested due to repeatedly failing all other alternative opportunities. I have become fully and emotionally invested in my reading and learning practices. I hope to further invest in whatever opportunity you may provide for the sake of bettering myself, and my ability to make a lasting contribution to the betterment of mankind.
Jacob, Walla Walla, WA

I like the Ancient Mysteries most. Rosicrucian work is what inspires me. I need more teachings on Rosicrucians and its Brotherhood. I've read Freemason books, but the Rosicrucian Order is what I want to be a part of. That's why I turn towards APO.
Duane, Railford, FL

I am a new student to anthroposophy. I've been in solitary confinement for six years. I'm on 24/7 lockdown and don't have contact with hardly anybody. What interests me most about anthroposophy is Rosicrucian philosophy, the mysteries and all things esoteric. The evolution of the human consciousness - yes, I'm more humble and not as quick to anger. *Dale, Oglethorpe, GA*

I've been studying anthroposophy for about 7 years now. Anthroposophy incorporates the things I was taught to believe with the things I learned on my own while challenging me to continue learning. It has increased my self-awareness and my ability to correct myself. I no longer simply react to things; I try to understand the situation then act accordingly. *Samuel, Okeechobee, FL*

Before anthroposophy I was extremely judgmental of everything and everyone in their ways. Anthroposophy teaches me to see into myself. It was my great turning point to educate myself, spiritually. Yes! From impatience to patience, from inner turmoil to inner calm, from rejecting people opposed to me to accepting them freely. Now I can focus in a positive or neutral way. When I start to turn in a negative or judgmental way my inner self warns with a soft voice, 'You are taking a wrong doing way' or 'stop right now'.
Eric, Diboll, TX

Reading material on these subjects is very hard to acquire. Your program is so crucial. It allows a person to have something to smile his teeth into. From the little I've read so far - it's all positive. It helps you build pure foundations and helps guide structure, values, and helps turn your defects into assets. I feel like I'm more level headed and clear minded. Yes, a more positive outlook on life and looking at life through 'clear eyes'. It's more pure, and heartfelt.
Don, Perry, FL

Our After Death Experience

cont. from pg 1

connections with the material earth and the tastes and habits which we have acquired during our lives for which we need a physical body and which do not serve our spiritual development. The cravings are in the astral body but we have no physical body with which to satisfy them. Smokers crave nicotine and experience the desire as a burning. This is the description of purgatory the realm of burning desires.

At the end of this period the remnants of the astral body fall away back to the earth where they decompose and we pass into the spiritual world proper, Devachan or Heaven, with our ego (our eternal 'I'). A long process of expansion through the planetary realms then starts as a preparation for the new birth. Just as we have cast off the physical, etheric and astral bodies we now need in preparation for a new incarnation to start work on these bodies for the new life.

This is clearly explained in the third lecture of Rudolf Steiner's lecture course: *Life Between Death and Rebirth* given at Hanover November 18th, 1912. We first pass into the Mercury sphere to start working on our new astral body. This is where past life morality gets its reward. If we have been immoral we will find ourselves quite isolated in this realm and if we were moral it is a very sociable area where we are in connection with our family and friends. We then pass into the Venus sphere where it is a case of whether we had a religious turn of mind. If we did, we will be sociable and mix with our fellows in these endeavours but if we lacked religious feeling, we will again be isolated giving us time to contemplate our errors. It is in these realms that

the new astral body foundations are laid down based on our life just gone and our karma by the spiritual beings in those spheres.

The next sphere we pass into is the Sun sphere and most people by this stage have fallen asleep and are being looked after by a spiritual being assigned to them as this is the realm where the new etheric body is being elaborated. To stay awake here we need to have taken on board the real nature of the Christ impulse and that all religions have their place and time but that the Christ is the spiritual being working through all of them. He is spiritually the leader of humanity. This is beautifully described by Steiner in the lecture where he says "Christ has sown his His spirit seed in every human soul and progress consists in the souls of people becoming conscious of this".

After the Sun sphere we move through the spheres of Mars, Jupiter and Saturn with our ego (eternal 'I') where the seeds for the new physical body are laid. In the Saturn sphere with our 'I' we reach Cosmic Midnight where we meet the influence of the Holy Spirit who then directs us to start the descent back into incarnation. We come back slowly through the same spheres and arrive back on earth with our ego (eternal 'I') clothed with a new physical, astral and etheric body fashioned out of the wisdom of the cosmos and uniting with our new mother and with our new personality, start the process over again.

Philip Martyn lives in UK and is former co General Secretary of the Anthroposophical Society in Great Britain and co-author of the book Crossing the Threshold about the process of death and dying.

Meditations

I have truly awakened my spiritual chakras strongly through many hours of the 'no mind' meditation and the *Rose Cross Meditation*. Sounds through my head reverberate through my whole ether body like I'm hearing with my spirit. Lately I've noticed misty waves hovering around my peripheral vision while meditating. I'd like to turn knowledge into wisdom and integrate it into my soul and spirit.

Nathon, Sterling, IL

I have had an experience while I was fasting, mediating and reading the Bible. I have yet to completely understand what exactly it was or what I would call it. All I can say is I felt full of love and I was one with everyone around me. *Brandon, Liberty, KY*

When I began reading *Self Development in the Penitentiary*, I felt such an honest truth of recognition, I almost cried! I am so ready for change. I'm tired of being tired of the lifestyle I chose to live for the last few decades of my life. I felt as if the words were speaking directly to me, right off the page. It's difficult to explain exactly how I feel, deep inside, from what I'm reading in this brief, yet to-the-point, 'how to' meditative exercise. I know, in my very soul, this is the beginning of a whole new chapter in my life. I can see the spark of something good and right starting to glow. *Joseph, Indian Springs, NV*

From the meditation book: *Strengthening the Will* I have applied thinking in reverse. I find myself waking up in the morning wondering how far back I made it. It's interesting trying to focus on reversed thinking of the day's events before sleep. And it's odd to see what I missed. I wonder why, but the good I believe will bear fruit.

Joseph, Huntsville, TX

I try to meditate twice a day. Daily meditation, journaling, and mindful contemplation has replaced my previous daydreams of thought where my mind was bent like a 'will-o the-wisp' by any stray thought. I have, to a small extent gained presence of mind that allows the blessings to work as I 'get out of my own way'. I have much better control. The review of events from another person's perspective was illuminating and released much. The desire to avenge wrongs done to me, and an inherent ruthlessness has been replaced by a calm enjoyment of much greater focus. The outer always reflects the inner state.

Christopher, Smyrna, DE

Yes, I try to meditate early before I open my eyes, or when I'm relaxing at night right before bed. I'm still very new and nothing 'significant'

has happened, except more clarity in my thinking, acting, and talking. Meditation has slowed me down, allows me to find my mistakes, and correct or learn from them. *Donald, Perry, FL*

I have been taking meditation more seriously than before, and it has impacted my dreams. Dream study has been my main spiritual practice for several years. Through meditation I have been able to experience lucid dreams. Mr. Steiner spoke of this in his book *Cosmic Memory* as the next step in our consciousness development. Not only this, but in addition to conscious awareness, I was able to control aspects of the dream world and also awaken and go back to sleep several times and pick up where I left off without breaking lucidity. *Darren, Maury, NC*

I've just started to read your studies on meditation. I am more aware of my surroundings and inner self. I've pictured my process and have been motivated to develop a better inner calm as I look at things. I have to establish some distance between myself and all the feelings that come at me charging me at one time. I have developed a control of feeling from doing my meditations. *Tony, Way Lake City, FL*

Meditation helps me to keep my mind tame and I am able to focus every day. Meditation has affected my life. It helps me to regain my strength. Yes, it has strengthened the will. *Joe, Chouchilla, CA*

I received in the packet *Introduction to Meditation* and also *Self Development in the Penitentiary*. I was excited to hear from you. I have been putting to work the meditation as it really seems to be working. Finding myself was an experience. Thank you for your time and effort. *Anthony, Licking, MO*

Every day I rise from another night's slumber, granting myself the might to deflect the destructive deteriorations of solitary confinement. A number of men lose their minds back here. However, I have come to discover mine! Every morning I now use meditation as a routine, so that I may center myself before I begin my day! *Jeremy, Lucasville, OH*

I am grateful for the books: *Six Steps in Self-Development* and *The Rose Cross Meditation*. They have served as an excellent introduction to anthroposophy and the ideas and works of Rudolf Steiner. I have taken plenty of notes, so at least I can continue to practice the six exercises and Steiner's meditations wherever I end up. They serve as a good basic practice that helps to ground me during this very unstable and uncertain time. *Eric, Lisbon, OH*



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Illuminating Anthroposophy
Anthroposophical Prison Outreach Newsletter

Meditative Verse

I look into the darkness:
In it light arises,
Living light.
Who is this light in the darkness?
I myself am it in my reality.
This reality of the I
Does not enter into my earthly existence.
I am only the image of it.
But I shall find it again,
When I,
Full of good will and effort for the spirit,
Have passed through the portal of death.

Rudolf Steiner