

### Love, Warmth and Light

By Eileen Bristol

As meditants we may use the simple inner repetition of a phrase to clear our mind in preparation for meditation. However, when we enter the actual zone of meditation using a verse, our goal is to raise it to the next level of inner activity using visualization and the power of feeling.

Rudolf Steiner gave specific meditations to many individuals as well as to classes of students in the Esoteric School. The following extract is from notes taken at a lesson of the Esoteric School given in Berlin on 2/12/1908. It provides important guidance regarding meditation technique, as well as instruction in a specific exercise. Here are the notes:

*In purest outpoured light*

*Shimmers the Godhead of the world.*

*In purest love toward all beings*

*Radiates the godliness of my soul*

*I rest in the Godhead of the world.*

*There shall I find myself*

*In the Godhead of the world.*

Rudolf Steiner

*In meditation one should try to think as concretely as possible, and to be as far away as possible from abstract ideation. Let's take a meditation formula that most of you know. In the first line, "In purest outpoured light" one can imagine something like palely gleaming moonlight that represents the soft light of the Godhead that flows through creation. This mental image should live quite clearly and intimately in the soul at the words, "In purest outpoured light shimmers the Godhead of the world." Then come the lines, "In purest love toward all beings radiates the godliness of my soul". Now one tries to permeate soft moonlight completely with one's love, to pour it into oneself, so that the mild light begins to radiate through the warmth of one's love, and in the flood of rays one feels the Godhead glowing in one's soul.*

*In the following words, "I rest in the Godhead of the world" one tries to imagine that divine-spirit is flowing all around one, one can feel as if one were in a lukewarm bath, entirely embedded in divine substance that envelops one's whole being like a mild bath.*

*"There shall I find myself in the Godhead of the world." With these words one can think of a distant light tower that radiates over to one and can permeate oneself with the feeling that one will find one's own self in the divine.*



'Light and Love' Artist: Iris Sullivan

Imagining and creating light around ourselves or creating light flowing to us from a distant light tower is not too difficult a task, though it does require focus and energy. How do we call up love within ourselves? How can we make the step from love as a sentiment, to love as an active deed of will? How can we awaken the force of love for all creation within us and diminish our selfishness?

Steiner suggests that freeing ourselves from dependence on external things by reviewing our day in reverse order can assist in breaking us free from our egotism which, after all, is the antithesis of love. He also recommends lovingly following the growth of a plant, diving down into it and becoming one with it as a path to develop the force of love. We can also open our soul to a small stone or a seed if we don't have access to live plants. Similarly, approaching each individual in our environment with an open question "who are you?" and learning to forgive them and love them and accept their sometimes rather irritating ways with compassion - this will awaken love as a soul force over time.

We all start "where we are". Give a try with the verse including visualizing and feeling the streaming and enfolding of warm light and love as described above. Here it is in its entirety.

*In purest outpoured light shimmers the Godhead of the world.  
In purest love toward all beings radiates the godliness of my soul  
I rest in the Godhead of the world.  
There shall I find myself in the Godhead of the world.*

I hope that these suggestions are helpful for each of you on your paths of initiation and self-development. We are all in this together! May God bless you and keep you.

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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,

Once again this year, we find humanity experiencing a difficult time with the pandemic still amongst us. With Eileen Bristol's article, *Love, Warmth and Light*, and Dennis Klocek's article, *The Prayerful Warrior*, we hope this issue will nurture a mood of inner quiet and healing.

Good news! We are making plans to present our *Enter Light - Voices from Prison* poetry and art event at an anthroposophical conference on social change in Detroit this summer. You are encouraged to submit your poems for possible recitation by a young person at this event. Through your poetic words what would you like to say to someone on the outside about your life journey and your inner striving on the path of anthroposophy? Who am I becoming? How can I give back to humanity? What touches my heart? The conference will also offer lectures and workshops on cultural and social transformation. It will include a display of artwork (paintings and drawings) created by individuals such as yourself who are serving time in prison. It is anticipated that the event will attract participants internationally. We look forward to receiving your creative art and poetry soon!

We also want to let you know about two wonderful online resources offering an extensive library of Steiner books and lectures online, free of charge. The addresses are: [www.steinerlibrary.org](http://www.steinerlibrary.org) and [www.rsarchive.org](http://www.rsarchive.org). The *Steiner Library* website presents the works of Rudolf Steiner through the use of web technologies geared towards tablets and mobile devices. The *Rudolf Steiner Archive* currently has a more extensive collection, but not as readable on mobile devices. While you probably do not have access to the internet while you are incarcerated, you will find this to be a wonderful resource, free of charge, after your release, so that you can continue your studies. Please do stay in touch with APO and let us know how you are doing!

We honor each one of you in your striving. Your courage to deepen your inner work will surely awaken a deeper understanding of the mysteries of existence.

Blessings on your path,

*Kathy Serafin*

## Meditations

I've been learning and studying about the self and meditations over the course of my incarceration, seriously for three years. I wish I would have learned about this on the streets. There's so much to learn and take to heart. As human beings with our fast paced lives we lose interest in the divine spiritual aspect of things. Some days I run into serious road blocks when it comes to meditation. It's hard when you're doing it on your own with no one to help. I've also experienced so many great things from meditation and learned how to better myself as an individual, talk to spiritual guides, tap into dormant chakras, fix past karma and understand how it came about is awesome. I am just a student who's eager to learn. *Chauncey, Norco, CA*

Years in prison have hardened me, my communication skills are at best animalistic. Your booklet *Compassionate Communication* is in so many ways what I need in my life. I've got less than a year left in prison and need to have more empathy and it is the best I've ever read about empathy and better communication skills. I'll treasure this booklet for years and take it home with me to study the words every day. Trying to add these new words to my speech! *Jason, La Grange, KY*

I have only been able to experience the meditation exercises from the *Self Development* pamphlet. It has helped me with my thinking, and helped me with control of my emotions. I can now make sudden changes without panicking. Applying some of the practices, I will be working on positivity next. I have impulse control issues, so rather seeking guidance from mental health, control of feelings helped. Centering myself between Sympathy and Antipathy has shown to gain independence of my emotions. *Ivan, Milton, FL*

After meditating, I felt a sense of joy, peace, and contentment. After communicating with my inner self/my spirit, I felt more energized, assured, and productive. Like the positive energy within me was flowing with a purpose! *Jaheim, Pine City, NY*

One neat thing that anthroposophy has done for me is compel me to meditation, something I wasn't doing in the past. Meditation allows me to summon a greater tranquility and solace. *Wallace, Somers, CT*

By introducing these new meditative methods to me I realized the practice of morning and daily meditations have become real. And yes, at least once daily it has opened my eyes and brought detailed epiphanies! *Keith, Michigan City, IN*

Meditation affects me by helping me to become in tune with my inner being, closer to the spirits. I am practicing meditation just not as often as I should due to the distraction of the mental disturbances in these cellblocks. These spiritual practices interest me the most as well as the empathy awakening because it helps me get in tune with myself through meditations, etc., then the empathy awakening shows and proves to me an understanding of what is really present. *Isaac, Homer, LA*

I go through phases where I'm meditating and studying with discipline, and then I pause for a while, and then go back. Meditation gives me hope in knowing there is something else, this reality is not the only one. I would like to advance higher with this book *How to Know Higher Worlds*. I meditate every night for about an hour. Learning how to meditate correctly opened up beautiful colors during meditation, indigo blue and purple. I also been seeing gold sparks of light that shine and go dim and shine again. They're not always there though the colors are but I haven't got any further than this.

*Zachery, Petersburg, FL*

Meditation strengthens my mind. I meditate twice a week and am fully committed. Meditation helps me think and act better and be more aware of others and their perspectives. *Holloway, Ulysses, Torum, GA*

I'm thinking and feeling with more compassion. I have a regular meditation ritual now twice a day. I also try to meditate and review my day in reverse in the evening before bed. It has helped me cultivate mindful awareness. *Joseph, Blanch, NC*

Meditation interests me the most because it's when I find peace within. *How to Know Higher Worlds* has influenced me the most. Rudolf Steiner touches on so many things that come to me in mediation and also from other authors on your list. Meditation calms me, brings me to a peace within myself, and connects me with the Divine. I also receive much inspiration and answers to many of my questions or problems during mediation. *Matthew, Ina, IL*

I have been seeing displays of vivid colors when I have my eyes closed and am meditating. For most of my life, I could not see colors or see images in my imagination. Now, I am seeing fireworks in my imagination. Could this be my third eye beginning to open? *Carl, Mansfield, OH*



# The Prayerful Warrior

By Dennis Klocek

The developmental signs of advancement in an alchemical soul practice usually involve some sort of healing crisis brought on by a discharge in the soul of accumulated assumptions and belief structures. Most often these assumptions are not perceived by the student in a conscious way. They arise like dream fragments in the daily life and invade the serenity of the soul with impulses that are definitely not in line with progressive development.

It is usually only after an event or situation has wreaked havoc in our lives that we can dimly divine the deeper meanings and assumptions behind our moments of suffering. We could even say that esoteric development is really the cultivation of the capacity to consciously experience the arising of dysfunctional patterns based on faulty assumptions before they take over our lives. At bottom the capacity to do this recognizing of patterns is really what is known as metanoia (from the Greek) or changing the thinking.

Normally when we are under stress our own will comes forward and we use an instinctual force to fight against the intrusion. In this way we act aggressively as warriors towards the threats and stress. In each of the following situations the solution to the dilemma will be approached as a warrior who uses prayer instead of threats and aggression. The idea is that the will force in prayer is what is of importance just as will is the most important force to the conventional warrior. The difference is that in the prayerful warrior there has been some degree of metanoia that allows the will to be employed in a much more whole and creative way.

The alchemical approach to metanoia is known as turning the soul. Turning the soul is the initiating process for any attempt at developing the inner life. There are a few different stages of inner development that can be good signposts to determining how much capacity we have to turn our souls. These signposts are indicators of the direction and intensity of blaming which goes on in our inner dialogue when we are under stressful or threatening situations.

In the first stage, the roots of blaming lie in the firm belief that another person is the source of our misfortune or dissatisfaction. This is known technically in psychology as projection. We project our dissatisfaction on another and then that is the only way we can see the situation. In projection we leave ourselves with no options. The belief structures and the inner dialogues in the projection stage of blaming completely fill the soul with pictures of anger and resentment. While the thinking processes flow into thoughts of justification and retaliation. Some personalities spend whole lifetimes in the first stage of projection. The newspapers are full of stories based upon the belief that someone else is to blame. The whole culture is devoted to finding blame.

As a healing for this first level of soul work, there can be attention given to address the Creator in a mood of thanks. Imagine that you have given someone something that has helped them to advance in

their lives. Imagine that the person took what you gave and went away without expressing some form of thanks to you. How would you feel? Then imagine that you are the Creator of the World and the beings to whom you have given life and livelihood do not thank you for their gifts but instead spend their days moaning that they have not been met in their needs. Imagine how you would feel. Then give thanks and send prayers of sincere thanks that the Creator is not a vindictive God. This does not have to be long winded but the mood must be sincere. If the affection for the benevolence of the Creator is genuine this is a healing of the tendency to project blame on others. The returning prodigal has little time for resentment or casting blame on others.

Rudolf Steiner suggests that we imagine that the person whom we are blaming was denied an opportunity that was given to us instead.

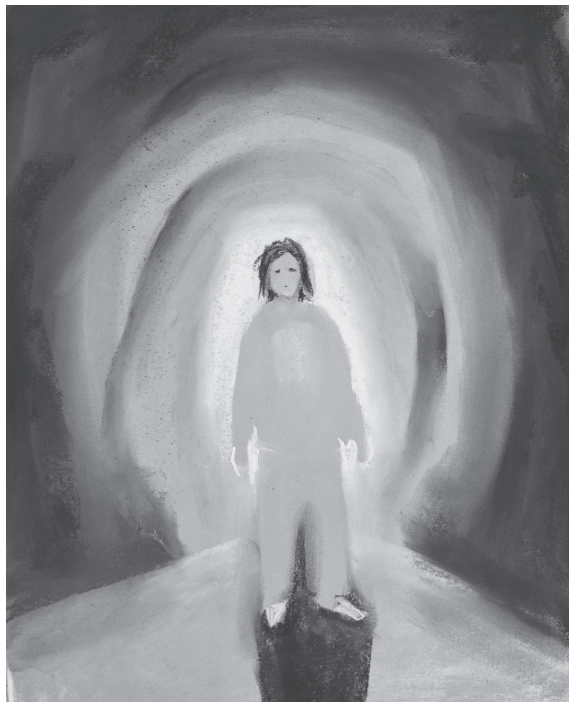
It was that denied opportunity that was the source of their downfall into the state for which we are blaming them. Imagine this and then give a prayer of thanks to the Creator for the blessings that have been given to you in your life. Then send a prayer of humility to the angel of the other person for judging them, in your ignorance, to be so bad.

Using prayers like this over time it may be that our soul comes to realize that the others are not really to blame for our misfortunes. We see that there are patterns in our lives that have to do with disabilities on our own part. This is a healing but it often leads to the second stage of blaming.

In the second level of blaming we have a sudden realization that we are to blame for most of our dysfunctional experiences. This is a tough one since when this level is realized we become doubly mortified; once for truly being to blame, and once for having, up to the present moment, blamed everyone else. This level of

blaming is a burning process with very intense flames of shame and blame. Working in this stage for extended periods can be a dangerous and unbalancing activity for the soul. Sooner or later however the self-blaming will become bothersome and boring even to ourselves. When any form of blaming is no longer a reasonable option then that is the sign that the capacity of Moral Imagination is unfolding in the soul. It is then that we are truly on the threshold of turning the soul towards Inspiration.

The life of prayer in this stage can be focused on the use of what could be called creative suffering. No one develops their soul forces without owning their own projections. This is a fierce suffering which is often self-inflicted. In the alchemical language this stage is called cooking and eating the shadow. It can lead to deep characterological problems such as depression. In our suffering we can no longer blame others; that is clear. But someone must be to blame. Around and around we go getting ever more tightly wound. In these dark hours it is useful to dedicate our suffering to another whom we deem is suffering a



*'Inner Quiet' Artist: Iris Sullivan*

bit more than we are. It could be a sick person or a more severely depressed person. We picture that person and we ask our angel or the Christ Being to please take the will forces that we are learning to develop in our trials and apply them to the account of the other person who is more needy than ourselves.

By the incredible action of the spirit every force that is so designated for another has a healing force on the giver and the recipient. It is like a two-for-one deal with the Christ. Of course we cannot pray in this way with the idea that we will also be the recipient and do not be tempted into imagining that the other person will be made well by your prayers. That is called petitionary prayer. It is an inflation and will nullify any will force which you can contribute to the other. Simply imagine that your prayers are like a good home cooked meal that you place before the other by means of your angel. Simply paying attention to the other person in their suffering is a good prayer. Dedicating your own suffering as a help towards the other is a doubly effective prayer. While immersed in this type of prayer activity we do not sit and suffer and be tempted back into blaming. The other person benefits with help they get in the spirit through your purified will. In this type of prayer your imagination is made into a moral force. Your inner picturing can then be called Moral Imagination.

In Moral Imagination we work with the force of the realization that blaming itself is a useless waste of human life. No one wins in a blaming situation, neither the blamer nor the blamee. We see blame as the work of the adversarial spiritual beings who deceive humans into inflation and projection, activities that always result in blaming. The deceptions of the adversaries are the ways in which they cover up their own hidden roles in the ongoing fantasy lives of humans.

When a human fully realizes that there is actually no blame this is usually simultaneous with the counter realization that there really must be an accounting of our actions. This is the realization of the cosmic nature of karma. This is a deep puzzle to a soul that is habitually used to blaming others. The challenge of accounting with no blame brings to the fore the Moral Imaginative forces in the human soul. It is with these forces that the human develops the capacity and will to make atonement for being a willing yet unconscious accomplice to transgressions against the progressive Will of the Creator. With Moral Imaginative forces the human being hungers and thirsts after righteousness without a thought of revenge. At the level of Moral Imagination the soul comes into contact with the higher spiritual members of its own being. This is a foundation for metanoia. The actual willed deed that brings about metanoia is the turning of the soul. While turning the soul the student must encounter the laws of karma.

In concept there can be no teaching about turning the soul since each person must find their own way into the threshold between the

worlds out of the unique qualities of their own soul constitution. In practice all a teacher can and must do is to point to certain problem solving techniques which if practiced allow a student to stand the experiences at the threshold without losing a grip on reality. Keeping a grip on oneself is most important since the membrane between the worlds becomes very thin just where Imagination begins to yield to Inspiration.

We are receiving inspirations from beyond the threshold all of the time. However it is only the esotericist who takes the time to develop a practice in which the Inspirations can be experienced cognitively and objectively. The essential problem for the esoteric student is that Inspiration cannot be cognized during the experience of living into the silence but the Inspirations can only be recognized and understood after the inspiring experience. Further, post recognition is only possible if the mind is prepared in a particular way. The foundation of this method of preparation is found in the whole nexus of qualities involved in the process of metanoia. Now in Inspiration the will to turn the soul away from its habitual instinctual emotions is the door to higher wisdom.

At this turn in the road the prayerful warrior usually finds what in other traditions is called the petty tyrant. This is a person who is in control of a situation in which the student is engaged. The student who is crossing into Inspiration needs to find a way to enter gracefully into the petty tyrant so that the karma that is keeping them bound to each other can be understood. This can only be done in an Inspirative consciousness since any attempt to do this work in Imagination is sure to lead to further difficulties. The higher level of Moral Imagination is called Moral Technique in the language of Rudolf Steiner. Moral Technique cannot simply be imagined it must be worked out between two people; usually two people with some karma that needs to be adjusted.

It is often the case that a student meeting a petty tyrant will imagine that this person is a petty tyrant for everyone. This is not actually the case. The petty tyrant is petty because they are actually really just another human but the blame and shame patterns around them work a strange alchemy on the forces of the student so that old memories that are not really conscious arise in the soul of the student when in the presence of the petty tyrant. It is here that the Moral Technique of turning the soul is necessary. This is very effective when the student decides to pray in a hygienic way for the petty tyrant.

*Dennis Klocek, MFA, is co-founder of the Coros Institute, an internationally renowned lecturer, and teacher. He is the author of nine books, including the newly released Colors of the Soul; Esoteric Physiology and also Sacred Agriculture: The Alchemy of Biodynamics. He regularly shares his alchemical, spiritual, and scientific insights at: dennisklocek.com.*

## ~So What's Your Experience?~

*We welcome your comments on previous newsletter articles*

### *How Can We Help Those Who Have Died? (Issue33)*

I got the winter of 2021 Newsletter and it had some very good understanding about death in the article titled: *How Can We Help Those Who Have Died?* And what one can do for their loved ones who have died. I must admit I am very interested in your group. You state, "One can transform their prison experience and life if one is willing to work on themselves". I'm for sure willing to not only work on myself, but to try my hardest to become a better more loving person for others, and myself. Jason, LaGrange, KY

### *Illuminating Anthroposophy*

The newsletter as a whole is a tool which helps to interconnect all of us students in a physical way. I like particularly, how we are able to share what we have learned from a reading or study. It becomes helpful to know, if others see things as you do (or not). It all adds however, to growth in some way on the path. I'd share relative insight from the book where it may assist someone with understanding a scenario on a higher level. I'm not as quick to try and 'correct' what I may think of as incorrect. I'm learning timing and rhythm are essential to relationships. Kevin, Kenedy, TX



# Illuminations

**What is anthroposophy?** To say it is a philosophy is too generalized while to say it is a way of life, or an ideal is too simplistic. In fact, it is all this and more. However, when seeking to answer the question 'What is anthroposophy?' we are invariably confronted with more questions. Answers reveal yet more questions, ad infinitum. It is this which gives anthroposophy its vitality. The underlying wisdom inherent in the system leads to the unveiling or revelation of our innate humanity - which leads to another question. What is humanity? Put another way what does it mean to be human? *Katie, Delano, CA*

**Thank you so much** for what your program does for the incarcerated. Your studies have helped me look at my own spirituality from an entirely new perspective. Reflecting on my inner self, meditating and contemplation have allowed me to stay sane in an insane environment. *Carlos, Youngstown, OH*

**A personal strength and challenge** for me is the realization that it's time to act as a catalyst for change for others and myself to awaken. I am an ex-gang member. This was a big challenge. Along with that I am no longer judgmental, I don't give up. There is truth in all religions. I hope to gain knowledge and peace. *Jason, Tucson, AZ*

**I've never been out of solitary confinement** long in my entire life inside prison due to my anger and lack of self-control but it's actually been beneficial to my self-development. I often wonder how far along I'd be with distractions if I were on the yard as much as I was in the hole. Or distractions and responsibilities in the free world had I not come to prison at all. I feel fortunate for the time I've had to develop myself this far. *Steve, Mt. Olive, WV*

**I had an experience** where I felt great love and that I was one with God. I had the body's eyes shut at this time. I felt as though I was risen up and then out of nowhere I felt great love and could see God within but not with the body's eyes but that of the spirit. In order to use the spirit's eye you just shut the eyes of the body and it's automatic. I am the spirit of God. It's me and you and all else. We're one. Have you ever had an experience like this? I hope you have. Look down at the body and you see the spirit instead. I hope you will have an experience too. *David, Lone, CA*

**I cannot express enough** how much of a blessing your organization has been. Everything I have received so far has opened doors I never knew existed. I read each of the books: *Cosmic Memory, Meditation, and Christ and the Disciples* three times each. I am grateful. *Jamall, Portsmouth, VA*

**Inner work is a deeply felt** personal experience. It's hard to fully express one's spiritual experience on how the studies of anthroposophy effect one's self personally, much less to those who may doubt one's personal experience. I instead choose to allow my behavior to show others how anthroposophy affects one's self if you apply its practices to daily use. *C.J., Wrightsville, AZ*

**I am in need of mantras** for my meditation, and don't be afraid to lay it on me, I am ready for the secrets of the meanings of the Bible. I am in the hole for six months and am trying to level up my being and come to my fullest potential. Thank you all so much for knowledge about the heavens, cosmos and God. You helped me understand a lot and I am hungry for more enlightenment, this knowledge and light will not go to waste. *Quinton, Chillicothe, OH*

**I'm interested in spiritual science** helping out 'all beings' and making this experience count by spiritually growing as well as attainment in this experience. My skills are being spiritually compassionate, understanding and listening to others. I've been dreaming every day for five years and journaling. I want to gain a better understanding in regards to the mysteries. Can I pick where I choose to go? How can I remember the whole night's dream? *Freddy, California City, CA*

**Thank you so much** from my heart strings for all the love, compassion and dedication APO puts into the work that enables people to make better choices and work on their inner self and spiritual path. You are a

very integral and important part of my life. Upon my release I hope to volunteer for the Society, maybe help with the elders, feeding others, visit sick children in hospitals, pray or whatever it may be. I look forward to that day. Know that you are loved and are in my thoughts and prayers. *Brandon, Punta Gorda, FL*

**I have nothing but respect** and appreciation for what you do for the incarcerated. My respect and appreciation is extended to the very books themselves. These books free our minds even before our bodies are free from prison. *Victor, Coalinga, CA*

**Participating in this outreach program** is very much a lifestyle, not just an interesting subject. I am learning a lot and becoming a better person in the process. My family can recognize the change as can I. *Courtney, Homer, LA*

**Thanks for accepting me** onto the path toward supersensible acquisition. I appreciate Rudolf Steiner and his body of knowledge and wisdom. Knowing and experiencing higher worlds unleash the suppressed soul. It also awakens and connects to karma and destiny. To develop one's self, connect with the universal pulse, Christ pulse. To be the next pulse at whatever epoch one exists from past epochs. Trials by fire, earth, water and air to further evolution and universal consciousness. *Dante, Delano, CA*

**It is so awesome to experience** the growth within myself, many thanks to all of you. I experienced a long dry spell where things just didn't seem to come together for me, but thankfully I have moved on from that. *David, Wrightsville, AZ*

**I am a 50 year old lifer** with a slight chance of going home someday. I have only been locked up now for 4 years on a 7 year to life term. Since my incarceration I am trying to learn who I am and what makes me tick. I am interested in Norse Mythology. Those who study the spiritual already know that light represents illumination, knowledge, enlightenment, clarity of vision and self-understanding. The person I am now (compared to the one I was four years ago) is one who is a little deeper in thought. I now realize that my words reflect my thoughts. My thoughts dictate my energy. I am well on my way to becoming a man with great potential. *Jerry, Susanville, CA*

**I am applying new ways** to conduct myself in how I view things, people and places. I am doing a lot more listening, stepping back and being more active than re-active. I am allowing people to not be held to any of my personal standards or expectations. I am trying not to get mad or upset at things I have no control over. I am attempting to understand so I can be understood. *Joseph, Huntsville, TX*

**I would like to acknowledge** the great work you guys are doing for prisoners who reach out for knowledge. I speak for all of us as a whole within the penal system when I say we are grateful. I'm a firm believer that what we achieve in this life will benefit us in the next life so I like to learn as much as I can. *Anthony, Bruceton Mills, WV*

**Well I find myself** constantly thinking about my soul to fulfil purpose in the world. Because of my gross limitations and lack of resources I often struggle with fear and doubt as well as shame for the many mistakes I've made in the past. I've first encountered Rudolf Steiner's book *How to Know Higher Worlds* in late 2016 while in the hole or AD-Seg. I enjoyed it very much so because I related to it, but unfortunately had to leave the book behind because it wasn't mine. I feel all areas of spiritual sciences are very important and valid to ones survival after physical death. *Enrique, Tehachapi, CA*

**I am seeing the evolution** of my wisdom as I delve deeper into the realization of the self and the interconnected matrix of world religion. An ever increasing peace within has been founded on Love. God loves me and we are one. *Nathan, Delano, CA*

# WHAT ARE THE FRUITS OF ANTHROPOSOPHY FOR YOU?

FROM MY STUDY I receive development of a solid character that no longer pursues power for personal gain. My time spent on inner reflection and meditations allows for development of this character so that my outer life has greater purpose and clarity. I am able to see beyond the immediate presented concerns and view underlying causes as they manifest in behavior. One day a man, Dustin and I, were conversing about spirituality and related matters and I shared a newsletter from APO. Interestingly he responded that he receives the same newsletter and we began discussing anthroposophy and Steiner's teachings. What this reveals to me is that the teachings are prevalent and at key times the appropriate individuals appear to guide.

*Travis, Venus, TX*

ANTHROPOSOPHY IS THE BEST thing to ever come into my life or for my life to come into it. Rudolf Steiner speaks to the awareness I am. I've never felt more seen or more confirmed that 'I' exist the way imagined.

*Angelo, Corcoran, CA*

A COUPLE OF MONTHS AGO, I got into a heated argument with one of my friends and he charged at me and I just put my hand out to stop him and he just sat back down. We were still going at it and something in me just said, 'You know what, I'm sorry and I was wrong for snatching the book out of your hand and I won't do it again', and just like that the heated situation was over. For me, just dropping my pride and being the bigger man is something I could never do before. On studying Anthroposophy, I now see things on a more subtle level than before. The fruits yielded me are the ability to forgive and let go - which is a really big step in my life. I started to practice on listening more instead of speaking and I can honestly say that just listening is powerful in itself. I use to get angry when I saw someone do mean things to people but now I realize that it is 'I; who gives the situations power to affect me. Now I simply choose how I want to feel. I love anthroposophy as a whole. *Austin, Marion, NC*

ESOTERIC KNOWLEDGE, history, wisdom, and the evolution of all religions are what interest me the most in anthroposophy. I believe my studies are guiding me on a path of initiation to becoming a higher, purer self. Reading and studying is making me more knowledgeable of who and what I am and the potential I have. *Chad, Kenedy, TX*

I AM SEEING my fellows as people, as a part of the whole, our journeys may vary, but they are all one. I am working towards respecting others, their view and experiences as destined and profound, though possibly very different than mine. I am most interested in the development of my perceptions of the world and people around me. I believe learning the value of my sense experiences and the divine nature in all around me is my path to freedom.

*Michael, Tucson, AZ*

RECENTLY MY WIFE began to study books about The Mysteries with me. This has brought us closer together.

*Silas, Susanville, CA*

I HAVE LEARNED that my thoughts are real and that they do manifest themselves. I was diagnosed with sociopathy at an early age because of my difficulty experiencing empathy and expressing emotion. Psychologists say sociopathy cannot be reversed. I have learned that's not true because now I am free to feel and care about others. As a result through my new way of thinking and my ability to have empathy I am actively engaged in trying to improve my environment. I am learning how to manifest the

desires of my heart through the power of my thoughts. I have learned how to slow down and stop and think about my actions and the consequences they will have. I used to allow no time for discussion if I felt disrespected. Instead I would just walk up and start swinging. I haven't been in any fights for years now. Instead of getting high regularly now I meditate regularly. I journal every day to examine my thoughts, feelings, and actions. I also record my goals and hopes for the future. *Jonathon, New Castle, IN*

I USE TO BE an angry person. My perception and perspective were different. I couldn't see the bigger picture in things. Now I've become calmer and reserved. I enjoy learning and applying things to my daily life. I enjoy learning about new things and anthroposophy has helped me become optimistic. *Jonathan, Bedford Hills, NY*

I'VE INCREASED MY EMPATHY toward those of other beliefs, and use what knowledge we share as a tool of connection, rather than focusing on divisions. The knowledge I've gained of myself teaches me. I choose how to react, so why would I put myself through intentional suffering? I now choose to deepen the inner peace I've attained and respond to difficult people with patience and compassion. *The Fifth Gospel* gave me a more open minded attitude toward the Christ spirit. I may have originally connected Christ with some negative aspects of some of his followers but I now realize these are human issues, not divine ones. *Steven, Tehachapi, CA*

I HAVE BEEN STUDYING Anthroposophy for about two years. Some of my favorite books are on the subject of dreams and on our life biography. They have inspired me to really know myself and to reflect on physical experiences as well as spiritual ones. The areas of sleep and dreams interest me the most because of the unexplainable nature it has and the importance of dreams to the spiritual reality.

*Edwin, Blythe, CA*

ANTHROPOSOPHY has affected my life on so many ways; like on how I think about others, and how to be more spiritual. Plus I learn to have more discipline. Some tell me we don't see you no more what you up to, I just been busy reading. They ask what you reading? I say, 'spiritual books,' and they say, 'they must be good'. Yes, I don't feel angry any more like I was before I started reading your books. When I read your books I feel peace. *Luis, Childress, TX*

IT AFFECTED MY LIFE by helping me become more aware and pay attention to things more. It yielded me to recognize the principles of evolution of consciousness and fundamental of all religion. That in order for me to understand something we have to seek it.

*Alexander, Susanville, CA*

READING AND STUDYING Anthroposophy has affected my life in a very profound and powerful way. It has been the light that rescued me from being lost in darkness. Self-knowledge, universal truth allowed me to transform my life from negative to positive. I found myself, my purpose, my calling and my destiny. It yielded the fruits of me discovering my talents, gifts, and abilities as an artist, teacher, and humanitarian. I now think in terms of oneness! Humanity! I now think in terms of spiritual, universal truths and reality. My feelings are more empathetic, caring, and compassionate! Being a vessel of light, love, and truth. I often feel like a natural mystic man from the ancient past living in the present to the future.

*Jahiro, San Luis Obispo, CA*

Proliferate an altered state,  
refute the rust and peel the  
paint

A razor's edge beckons,  
"What side will you Muse?"

"Is matter your master? Is  
pleasure your Muse?"

The way is enigmatic,  
guarded by the fire breathing  
beast

And to the left lie the tem-  
pest of the feast

Every what has a why em-  
bedded in the code

A specter of secrets wrapped  
within the node

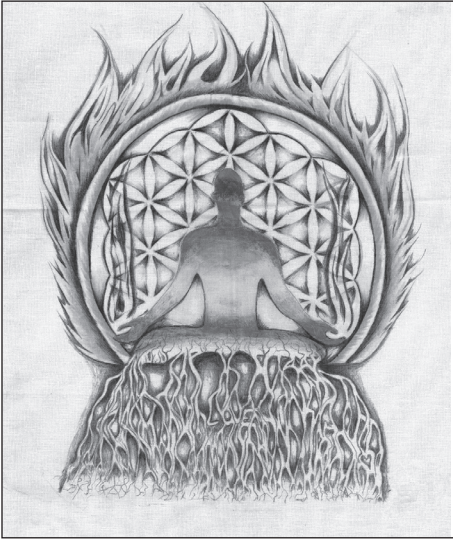
The I is torn, become a bea-  
con or lust for the night

Stand in line doing time or  
ignite the light.

*Nick, Sturtevant, WI*



# Art and Poetry



Zachery, Waymart, PA

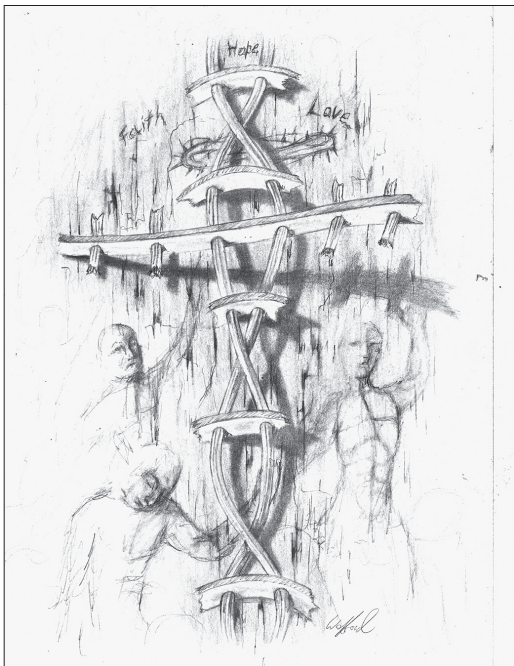
## *The December Sun*

The sun that brief December day  
Rose cheerless over hills of gray  
And darkly circled gave at noon  
A sadder light than waning moon  
Nothing could shut out the bitter cold  
That sunk within my bones  
Winds of grief howled like a wolf  
Caught in a trap can't get out in mortal pain  
Nothing to suppress the December screams  
O moon, hung low! What a sight to behold  
Sorrow of all ages unleashed inside of me!

Sarah, Gatesville, TX

Behind bars, wired fences with layers of razor wire coils sets up my daily reality.  
Within my 'outer prison', are miles of green in the spring and summer  
A woman created pond with lots of foliage is centerpiece of the eastside health core,  
Yellow tulips and daffodils pull my soul in every season of growth.  
My inner world turmoil, like 'a storm in a tea cup' ravages me at times,  
The blowing words and rebellions, emotions overflow spilling over unto others.  
I don't mind a storm now and again; it is healthy for the Soul.  
The turbulence now is growing old, and in need of decay,  
I welcome a dawn with reflections of truth,  
Pulling me upward toward an atmosphere of freedom.

Colleen, Ypsilanti, MI



Jeremy, Wrightsville, AR



Howard, Railford, FL

Physical possessions  
stripped away time and  
time again

Left with my mind and  
thoughts to place this pen

I can create new or old  
openings so bold

Told in a brainwave to self  
despite the cold

A true form to stay ever  
warm

I fear not, on me they  
swarm

Once over and continuing  
in need be

For I will still continue  
always being me

I am able to see, a true  
vision, tunnel vision to  
the end

Why even not, I can't  
explain, I shouldn't send

Rhymes and riddles,  
shocking occurrence

Current events evident in  
cement

Rhymes and times so  
sublime

Nirvana is a tranquil time

We shall always see the  
possibility that anything can  
be after this physical form

True enlightenment, the  
calm after the storm

Samuel, Seattle, WA



# Book Reviews



## **Freemasonry and Ritual Work** Rudolf Steiner

*The necessity of cognitive ability for inner working is essential for the development of the soul. This book is a well spring of recondite metaphors and allegory. The esoteric stream that flows in and through the Temple Lodge is exemplified in this literacy work. Having studied and lived within the Mysteries work. Rudolf Steiner reflects the degrees of initiatory advancement manifested within this body of knowledge. Attention should be given to the intro-*

*duction and legends. Perry, Overton, TX*

## **An Outline of Esoteric Science** Rudolf Steiner

*An Outline of Esoteric Science* was very informative explaining the previous epoch of human beings. The science of the seven invisible forces that make up the physical world of matter is expanding. The seven, which are ever coiling but omnipresent in all are: active principle, receptive principle, gradational/force, electromagnetic force, meditating force, strong nuclear force and nuclear force. These are the seven energies that manifest matter/mass. They correspond with the seven charkas/lotus flowers. Through people training in thinking and feeling, we can tap into an infinite source of peace and energy that is housed within the physical body of the present human beings. *Colby, Lovelady, TX*

## **Guidance in Esoteric Training** Rudolf Steiner

This book is indeed a true esoteric guide, a wonder. I was very fascinated by the teachings of how to achieve in esotericism. This book opened some realities in my mind, which I knew were there but found previously inaccessible. Indeed, clear thinking can be achieved, and this leads to a better sense of doing on our behalf. It reminded me that certain exercises have to be continued in order to not lose the fruits. This has made my patience worthwhile and meaningful. As the body cannot grow in a day or two, so our spiritual faculties need time, attention and care to truly sprout forth their wealth. In dreams and circumstances where there is meaning, these exercises give you greater clarity and serve to erase all delusion. Confusion becomes understanding. Yes, there are things beyond our physical senses, and this book will make those things seem so close that distinguishing from the seen and unseen is blurred, giving one a feeling of our true divine nature. *Robert, Huntsville, TX*

## **Planetary Spheres and their Influence on Man's Life on Earth** Rudolf Steiner

*Planetary Spheres and their Influence on Man's Life on Earth and in Spiritual Worlds.* In reference to Lecture 1: The Threefold Sun and the Risen Christ, I was quite interested regarding the history of Zarathustra, Zoroaster of Ancient Persia, who was one of the great initiates of humanity, and produced one of the earliest ancient philosophies. Zarathustra was initiated into one of the Ancient Mystery schools which was a repository for esoteric knowledge, to assist the initiates in attaining a high state of consciousness. After developing their mental faculties to an extremely high degree, the initiate took on different vocations such as mystics, diviners, and seers, who could discover occult knowledge or foretell future events. In ancient times, powerful forces proceeded from the master to the initiate. In ancient Egypt such a telepathic influence was possible, and transference was practiced to a high degree. Thought transference could be transmitted by word or by writing. The initiates could develop their clairvoyant abilities to such a high degree, that they could look back clairvoyantly into prehistoric times or the remote past. That is how the akashic records were discovered and the study of metaphysics, cosmogenesis, anthropogenesis, astrology, etc. *Eric, Corcoran, CA*

## **Life between Death and Rebirth** Rudolf Steiner

One's mind can be awakened to new perceptions and ideas with the book *Life between Death and Rebirth* taking us to a whole other level. In Rudolf Steiner's lectures he gets really involved in what he says. As we go through the gate of death and pass through the cosmic universe I realized there's so much I didn't know spiritually. First to learn is different cosmic spheres we go through, which are the Moon sphere, Sun sphere, Mercury sphere, Venus sphere, Mars sphere, Jupiter sphere, Saturn sphere, and the other cosmic spheres ever going farther into the universe. There is so much to take in, but knowing this, one can form bridges that Steiner calls connections with the dead and help these spirits pass through the supersensible world. Forming connections now can help us be sociable beings after death. We need to take in consideration the Christ being as well. I believe in Christ and all that He has done for us. The book is really interesting and it just opens one's mind to new realities. Being a part of the universe and expanding through it is wonderful. What we learn and go through in death and a new birth is something to look forward to! Rudolf Steiner is a very amazing person who is easy to make a connection with. As he explains experiences I can relate to a lot what he teaches. It's just something I can't explain through words but it's something universal that I feel through his teachings! *Christopher, Tehachapi, CA*

## *New Ways of Thinking, Feeling, and Willing*

**My thinking is more** because my thinking is precise. I am having more equanimity toward other people. Less likely to experience attaching or aversion. As for doing, my daily schedule is more organized and productive. In the rush to judge and condemn people instead I disengage with them. *Eric, Joint Base MDL, NJ*

**I have not been studying** anthroposophy long, however it does help me as far as producing peace in my life. I am serving 37 years to life. At times I am hopeless. My thinking, feeling and behaving differ in the fact that I am learning how to be present. As an inmate serving life, I have tendency to wish to be in the future or some more pleasant time in the past. That way of living caused me much misery. Now learning how to be present is something I practice and it helps me to be appreciative of what I have presently. *Tasha, Chowchilla, CA*

**I have been studying** with Anthroposophical Prison Outreach since 2017, (5 years). Anthroposophy has granted me a greater understanding of myself, and in turn, others. This has given me the ability to empathize with others and care more about what my thoughts, words and actions are and how they affect the world. I have begun being more present in the moment; more involved in the now where I am wholly involved in whatever I may be doing at the time. *Kevin, Menard, IL*

**Studying anthroposophy** has helped me uncover the real hidden world and how we can interact with it. I realize I have to own my thoughts, actions and deeds and be responsible for them. The world is not the same to me. People that come to prison have no idea about who they really are. It is like dead-man-walking. The society has shown me what I need to do to benefit my soul, my real self. I have grown more spiritually awake, my consciousness is not the same as it was. I am more conscious of my thoughts and feelings. I wait for that little voice to teach me and guide me, I really want that. I have no fear of learning just how deep the

rabbit hole goes, because I want to help humanity any way possible. I try to see more empathy towards others. I still do exercises to help control my thinking. It is hard in a prison environment to meditate due to all the noise and electrical currents. Once released, I plan to take up deep meditation in order to discover my higher self. I hope to reach the Guardian of the Threshold, but that is the goal after all. *Wayne, Richmond, TX*

**I see and experience** good karma signs into the future like better connections and understanding with people. I think wiser, I feel uplifted and I do more help for others. *Ralph, Columbus, GA*

**I'm paying more** attention to myself in general and trying to catch onto something new or old and hidden about myself. I'm paying close attention to the point between being asleep and awakening. I'm being told by different people that they can tell I'm really focused on things now. *Arlin, Susanville, CA*

**I see more of myself.** I live in my thought realm asking myself questions. Is this the way I should think? Why do I feel this way? I lean more to the positive side of my judgement patterns. I feel no negative thought patterns. I am more rounded in my studies. I note a lot of things on paper. I have grown somewhat spiritually. *Winston, Only, TN*

**I think before** I act now and more often. I help more people than I used to in any way I can. I am calmer than I used to be. *John, Ina, IL*

**I am applying** new ways to conduct myself in how I view things, people and places. I am doing a lot more listening, stepping back and being more active than re-active. I am allowing people to not be held to any of my personal standards or expectations. I am trying not to get mad or upset at things I have no control over. I am attempting to understand - so I can be understood. *Joseph, Huntsville, TX*



# Inspired by your Reading

*The Evolution of Consciousness* and *Lucifer and Abriman* books further my spiritual growth and develop my own understanding as to what spirituality means for me. As spoken in Rudolf Steiner farewell address on page 273 of *The Evolution of Consciousness*... "I would like most of all for anthroposophy to be given a different name every week, so that the public would not get held up over the name instead of inquiring after the actual substance". While spirituality has always been an important aspect to my wellbeing alongside being raised in a predominately Christian belief system it is also interesting how anthroposophy seems to be a deeper analyzation of Christ and those whom came before and will come after that is if you are a believer of these incarnations rather than attributing them to yourself or reality. *Franklin, Soledad, CA*

I have to tell you the book *Esoteric Christianity* was by far one of the best books I've read this year. It opened my eyes on so many different levels. It's almost as if that book was meant for me to answer many questions I've had. I humbly submit to the knowledge (jewels) to read (I really want to read that book over and over). We are in the intellectual stage but man seems like he's gone away from his first love- God. Just look at the US and how divided she is. She was founded on certain principles. If you leave your foundation how then should your house continue to stand? She has lost the way and it pains me to know that spiritually she has become blind. *Richard, Tennessee Colony, TX*

*In Place of the Self* was a great help to me when I was developing my drug recovery program. I see a new light. It helped me to see that addiction is at its root a spiritual sickness. Thank you so much for all the help you have been to countless seekers. *David, Baskerville, VA*

The books *A Way of Self Knowledge* and *How to Know Higher Worlds* are brilliant! Rudolf Steiner's perspective has enhanced my own. His points on reducing egocentrism, increasing devotional service, and seeing things for what they are, seem to encapsulate Godly consciousness. *Daniel, Tennessee Colony, TX*

With *Esoteric Christianity and the Mission of Christian Rosenkreutz* I was able to reach yet another higher level of enlightenment. In particular, I read and meditated twice on the lecture entitled: *The Etherization of the Blood*. You see, throughout my life I was your typical church-going, Bible-reading, praying believer. Then, during my first few years of incarceration, I studied other religions and their scriptures. This moved me from organized religion into spirituality. I was guided by the Holy Spirit into anthroposophy last year. I was enlightened to the fact of 'who I am' in Christ and that the Kingdom of Heaven is within me. This changed me a lot as I moved from a faith based Christian into one of love and light. A major transformation has occurred. Now, my union with Christ has risen up a notch as my human blood-stream has united with the blood-stream of Christ Jesus. This union may have already taken place, but it is now that I have learned of it, thus, my higher level of enlightenment and spiritual maturity. I have learned about the evolution of Christ, earth, and humanity. I have hope for all my loved ones that they too will evolve with Christ in future incarnations. I also have an appreciation for all Luciferic beings. For if it wasn't for them leading me into a deep darkness ten years ago when I was incarcerated and hit rock bottom, I never would have known how badly I needed the light. A new and intimate relationship with God began. It was the foundational seed that has grown into this beautiful tree; and is still growing. *Louis, Homer, LA*

I thank you for your letter and for the opportunity to read these great books, *Christianity as Mystical Fact* and *Working with Anthroposophy*. They have brought much enlightenment to my spiritual understanding. Have a blessed season. *Jaclyn, Helena, GA*

*The Inner Rainbow* was so interesting and I've gotten so much from that book, so cool. *The Knights Templar* was also interesting. I believe the king only wanted the riches from them. The Freemasons I believe is a spinoff of the Knights. They were done wrong. Where would all the past riches be now? A lot of wondering. I'll keep reading. *Johnny, Huntsville, TX*

*Cycles of the Year* and *Sacred Agriculture*. Wow! Words can't explain only that Mr. Steiner articulated a lot of things I already felt or thought in *Cycles of the Year*. It's obvious that everything operates accordingly to the seasons and cycles of the year. I'm into farming and agriculture. Growing up in Belize nature and our relationship with the earth is intrinsic so I'm empowered when I read *Cycles of the Year* as well as *Sacred Agriculture*, the macro and micro and especially the chapter titled "Silica: The Genie in the bottle." I love how he made the connection to Silicon Valley and how silica is the force behind our modern technology! It's amazing how everything comes from the earth and how the

same patterns within the universe manifest in plants, animals, and us humans. I love when he speaks of the circles within the galaxies. It all bears witness to the fact that it's all one! The micro and the macro! We need to grasp and get back to this sacred approach to agriculture like Mr. Kloczek expressed in this book *Sacred Agriculture*. My chemistry and biology classes in school came in handy as I was able to follow his chemical and scientific explanations. Education is very powerful and it only serves us to come to unite and understand the divine within and allows us to be stewards of the earth! Thank you so much for the great service to humanity that you're doing. Your light shines and reaches the deepest crevices within this dark place! I aspire to one day give to the world what you're giving me and so many! Your brother in light, love, and truth! *Jacob, San Luis Obispo, CA*

In *The Northern Enchantment and Anthroposophy*, I learned quite a bit from Rudolf Steiner and the history of Germanic Northern religions. I believe my spirit is of ancient proportion such as the Druids and Templar. I understood what it meant about western worship being external and eastern practices such as Egypt and Babylonian being internal. The ancient Egyptians believe one must bend over to get closer to God which is why the entrance to the temples in the pyramids had very low ceilings. *Jack, Mathis, Orlando, FL*

Thank you for the books, especially *Microcosm and Macrocosm*. I read them very fast and I found they have a lot of similarities to the Nag Hammadi Scriptures. I am very interested in getting more books, hopefully *The Great Initiates, Rosicrucian Wisdom, Reincarnation and Immortality*, things of that nature. I am trying to get to the root of spirituality, and taking it to the spiritual realm. *Mitchell, Represa, CA*

I just read *Developing the Self* by Lisa Romero. During my time in prison I have started to understand the funny creature they call human. I'm in the beginning stages of my esoteric transformation in this life, in previous lives I'm sure I was 100% in the occult movement. It would be wonderful to read more about the anthroposophical movement. I'm currently being initiated into a Rosicrucian branch during my time in prison. Prison is just a label, I think of it as a monastery. Thank you for what you do for people behind bars. *Samuel, Tennessee Colony, TX*

I've enjoyed tremendously the book *Christianity as Mystical Fact* and *The Mysteries of Antiquity* and read it several times. 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 but see deep hidden messages in what Christ taught. I've educated myself while incarcerated and only have a year and a few months left. My hope is to study and challenge my mind revealing spiritual concepts I haven't been exposed to, preparing my mind for greater awakenings. *Skipper, Venus, TX*

After reading *A Way of Self Knowledge* and *The Threshold of the Spiritual World* I feel a little overwhelmed honestly. Upon reading these books they probably raised more questions about the soul and spiritual world than it actually answered. I'm open to all knowledge, esoteric and exoteric but with the scientific mindset I have it makes me ask so many questions. The main question I asked myself while reading was where was such specific knowledge of the soul and spiritual realms gained by the author? I'd like to learn how he received the specific knowledge. Other than my unanswered question, I found these books very interesting and confusing at points. I'm grateful for stimulation of thoughts from a new perspective and a new outlook. I hope the words I read planted fresh seeds in my consciousness and the following contemplation nurtures and fertilizes them to bud into new and amazing revelation of enlightenment. *Stanley, Grady, AR*

*Enlivening the Chakra of the Heart* was great. I really like the mental exercise of controlled thinking while observing an ordinary object in space. It's like mindful meditation only more advanced. It's the perfect exercise for balancing the left side of the brain with the right side. I know things are scary right now with the COVID 19 pandemic. I hope you are all doing good. *Justin, Norco, CA*

Thank you for sharing such wonderful and insightful books. Both *Old and New Mysteries* and *Christianity as Mystical Fact* had a profound effect on me. I have gained so much from the books and I see things a lot clearer. I'm making better decisions in my life. I know it's a lot of work to get all the books sent out to us, I truly appreciate it. I pray always for you. *Raymond, New Boston, TX*



# How to Know Higher Worlds

## Your Study Guide Sharing

I gained a lot of knowledge from reading *How to Know Higher Worlds* and I am fascinated by the practicality of the lessons. I do not think one reading is enough though to fully grasp Rudolf Steiner's wisdom. I am very interested to read again and study more, thank you.  
*Jedidiah, Pendleton, OR*

*How to Know Higher Worlds* by Steiner has been extremely helpful as a major stepping stone. There are many concentration exercises to practice. After being made conscientiously aware of the initiation process, I realize I have been slowly awakening for many years. The Rosicrucian teachings have been inspirational as well. The mainstream themes of Christianity seemed to be lacking to me over the years. I now know it only seemed this way due to the fact that I had not yet been introduced to the inner teachings which have all been much more in depth. The blending of spiritual science with physical science has been very eye opening. *Jared, Midway, TX*

This book called *How to Know Higher Worlds* by Rudolf Steiner has spoken to me in many ways. It has given me hope that maybe there is a way of being that feels natural to me. My time consists of looking at walls and being reminded that I'll never get my old life back. So the fact that there is a path I can walk down and use anywhere is needed. I don't really mean to sound grim but this form of teaching is really my last hope. If you could help me with lessons and books I would be so grateful. *Brandon, New Castle, IN*

All things are connected, the physical, spiritual, mental and emotional. I did not have a clue as to how they are all related and indeed connected. Now I am starting to see and understand how important all of the aspects of our physical lives are absolutely necessary for the growth of our souls and the development of our higher beings. At first, I started to believe that we had to withdraw within ourselves and share only with those who sought this out, but we are to share all that we are given for growth and ascension of humanity. Thank you for this book and study. Steiner taught that although this is truly an inward path, we do so that we can better serve others. This is not a path to gain powers for neither ourselves, nor ascension for ourselves, but this is a path of selflessness. We take what we have received, and share it with the world and promote ascension of all humanity into the higher worlds. *Matheu, Ina, IL*

If a soul unites with his thoughts, and excludes all perception, it lives with this thinking in the supersensible realm, it experiences itself outside the body. Because the activity of thinking plays a part in these experiences and the more it does so the more our sensory perception and will become independent of the body. It is a characteristic of pure thinking, this extending the range of our soul activities.  
*Joseph, Blanche, NC*

## - STEPPING ONTO THE PATH -

I'VE BEEN READING material about your society for years now and finally got a hold of your address from a friend who explained that you offer studies in philosophy and esoteric sciences. I would really like to find out more. I have always loved to study the deeper revelations passed down from sage to student and from student to the world. The knowledge that you have revealed is invaluable, thank you. *Joe, Homer, LA*

I'M INTERESTED IN obtaining knowledge of the infinite and ever essential. I hope to find a better understanding of myself and God.  
*Marcus, Charleston, MO*

I HAVE TRIED to become spiritual on my own and have yet to be successful. I've been addicted to heroin and other drugs for the last 25 years. Drugs have ruined my life and taken everything I've ever loved. I've been following a 12 step program that is geared towards being spiritual and having a higher power, two things that are completely foreign to me. I hope to gain insight into how to do that. I experienced the death of my wife late 2019. She passed away from an overdose of heroin. At the time I was in the hole in San Quentin, I have not yet processed that she is gone, its eating me up inside and I know if I can't deal with it in a constructive manner it will cause me to use again. I hope to gain some kind of inner peace, courage and connect with her again on a spiritual level if it is possible. *Robert, Chino, CA*

BEING ABLE TO make a positive change in my life and gain inner peace

The experiences we have in the supersensible world will radiate throughout our inner being. Rather than alienating us from life, they will make us more productive and effective. For example, perceiving a color requires only participation of our eyes and related nerves. But more of our being participates in the perception of supersensible beings. Harmonizing the soul, inner life and inner discipline can heal and transform, this stands out for me. The exercises and moral injunctions associate with the meditative path, but also their consequences. The end, as well as the means presented together have brought change in my life. *Trent, Chesapeake, VA*

In reading this book, I have received education to connect to my higher spiritual God/Goddess. I have gain enlightenment in life that might produce the insights needed by other individuals, as well as myself. It has brought me one step further in the knowledge of my path of mastery one's self. This study cultivates a contemplative life of extraordinary depth and clarity. I would like more books on these higher spiritual beings and how I could get closer to them without drugs the better (I love everyone, good and bad). *Michael, Central City, KY*

This study has opened so many things to my eyes. So far I have read *How to Know Higher Worlds* three times. There is so much content it's hard to just read it once. I have a new meaning in life and a whole new way of looking at it. What stood out for me was that every step inward should be joined to by a gesture outward. And once an inner axis of veneration for all is noble, as well as the attitude of service we are ready. *Melissa, Aliceville, AL*

*How to Know Higher Worlds* helped me develop a great amount. I used to fight more than anyone around me. Every time I disliked something I felt I had to fight or it wouldn't change. Now I fight through the spirit with as much positive as I can muster. I've learned to control my anger and how not to judge people or things, which opens me up to see a bigger picture. I'm in prison for numerous armed robberies, guys have taken chances on my life. I've been jumped by gangs, stabbed. And I've been in the hole not knowing if they were going to add time to my 15 years I'm doing. Through all of it my family and I are happy cause of what I have learned with these teachings. I always had a strong moral sense. Now it is almost normal for me to control what I think. Acts of kindness is me all day.  
*Don, Crawfordville, FL*

I'm calmer, living more esoterically. I've noticed that it takes more to rile me up! I'm paying myself more attention, not others or their doings. I'm awakening more and feel I've gained a piece of the Grail or something due to this course, thank you. Striving towards purity of soul through meditation is what I'm going after-yep! Meditation is the only missing link for me to be the total man. *Rusty, Susanville, CA*

and an easier time here in prison is what I hope to gain. *Mark, Butner, NC*

I AM INTERESTED IN Western tradition of esoteric knowledge and its presentation. I would like to broaden the depth and range of my understanding so I may help those along the road less traveled. I've read material by Rudolf Steiner but didn't have access to his other works. So when the opportunity comes I want to completely understand his teachings. The Tibetan teaches Esoteric Buddhism. Dr. Steiner teaches Esoteric Christianity, they go together. *Louis, Ontario, OR*

I AM CURRENTLY incarcerated in "TDCJ" serving an eight year sentence. I am at a crossroads, lost, and just don't know what it is that life wants from me. I feel meaningless, worthless. This is the first time I've heard of anthroposophy so I said well let's give it a try, anything that will help me find meaning in life again...please. *Antonio, Dayton, TX*

I READ A COPY of *Becoming Aware of the Logos* by Georg Kuhlwind that was stamped by the APO library while I was in jail in Mississippi awaiting transfer. I have been a 'spiritual seeker' for many years, but now that I am incarcerated I am looking for practices to better deal with 'the world' here, as well as to expand my spirit so I focus on higher, better things than what physically is here. I hope to learn more about the esoteric side of faith paths I have followed, and gain skills to further me on those paths, thus helping myself and others. *Porter, Alexander, Butner, NC*

cont. on pg 11

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# SELF AWAKENINGS

## *EduCareDo Correspondence Course Response Summaries*

### **Lesson 1: Introduction**

To understand polarities was new for me. The term 'change' is a process which points to the future. We cannot opt out; we have to face the challenges of life. I would like to change gradually my inner and outer world. I am studying this course learning to be a more spiritual being. When I seek answers I have to be careful because they relate to the past. Spiritual Consciousness rises between polarities, "knowledge of the opposites is the same." (Aristotle). When I face a problem I can ask what is the polar opposite to my dilemma. I am trying to honestly find where I'm standing in my thoughts.

*David, Pine Bluff, AR*

### **Lesson 3: The Twelve Senses, Part 1**

I'm learning about all the senses and how they relate in everyday life! Different senses help you achieve different things in life, (depending on how you open up to it!) Something new for me was learning about Eurythmy. Another new insight was on the thought-sense: capacity to try to understand the thought of another person. I can apply it to my life. I'll pass it onto another brother so he can also get enlightenment. I am looking where I came from and how far I have come. I hope to be further along in my studies, and will continue to learn at all cost.

*Darrell, San Luis Obispo, CA*

### **Lesson 4: The Twelve Senses, part 2**

Something new that I learned was how the senses fit together to aid our development of our higher spiritual potential. We can cultivate these with certain daily tasks. The arts are closest to my heart. They affect the development of our higher capacity. I love the arts, especially finding a new facet of expression through them. I can begin to create, instead of mostly perceiving. I have begun to see results. Life is unfolding much better. For example, my legal work is very advanced. I'm grateful for the chance to study these profound truths! *Christopher, Smyrna, DL*

### **Lesson 6: The Threefold Constitution**

I did not know about the polarity of the nerve-sense 'cool' pole and 'warmth' pole of metabolic-lymbic constitution. In one of our medicine hoop teachings we have with the four elements, four seasons (winds), four climactic conditions: dry NE, warm SE, moist, SW, and cool NW. Thus the conditions exist between the four elements: fire E, water S, earth W, air N. The application of the threefold constitution concept into each type of livestock, plant stock, the farm organism/individuality, weather, the seasons, the day and month themselves, my woodlands, my lake and streams, and Mother Earth (nerve), and Father Sky (rhythmic). In one of our medicine hoops - the four winds (seasons) we teach our young to see the transitions of a year in a cycle - a hoop, with polarities. In learning the connection between the cool nerve pole and warm metabolic pole, I am reminded to apply this cool-warmth polarity to better understand the horns-skull nerve pole of cows and their warmth rumination process as connected to the nerve pole bovine consciousness. And their horns and antlers connection to the rhythmic solar, lunar, planetary and zodiacal ani-

mal belt influences being inculcated into the mineralized fiber-mat in the rumen, by the rhythmic chewing of the cud. And that jaw movements succession-like effect on the brain cavity as a pulsation. With this, I now see the need to observe this pulsation rhythm of cud-chewing, and measure that movement rhythm. Then apply that same rhythmic pulse to the milking of the cow, whether by hand or by the vacuum pulsator used on a milking machine. I suspect this pulse will match the heartbeat of a bovine perhaps, perfectly.

*White Eagle, Big Springs, TX*

### **Lesson 12: Experiments with Elements and Ethers and their effects in Nature and the Human being**

The atomic weight of hydrogen is 1 and the atomic weight of oxygen is 16; which is equivalent to the heartbeat of 72 times per minute, this was new for me. Also, the workings of the Spirits of Will, Spirits of Wisdom, Spirits of Movement, and Spirits of Form was also new. Most important and closest to my heart in this lesson was understanding and enjoying the harmony of vortices and rhythmic waveform by moving water of the life tone, light and warmth ether including music of the spheres or harmony of the spheres. I will share this wisdom with those who are willing and interested in the harmony of the universe and its association with us human beings. *Charles, Dixon, IL*

### **Lesson 20: Ecological, Social Economy, Part 2**

This lesson revealed a deeper aspect of what was going on inside of me and exposed that I was seeking spiritual enlightenment in a selfish way. It was spiritual greed. I was seeking as a means to overcome my own personal problems. I was shown that I forgot what it is all about - to come together collectively in Christ Consciousness. I started to get blinded to the real reason why all of this understanding, wisdom and knowledge was being given to me in the first place. I must apply it all in practical life. Matter is the result of the spiritual. We have taken this spiritual energy and brought it through us into the material world. This is constantly being done unconsciously due to our old way of thinking. We've gotten so far away from the spiritual and stuck in the material. I really enjoy how this lesson helps me to understand and see how there are many ways that the earth is being spiritualized. Seeds are being planted in hearts and minds. Through this, we are on a path where we are consciously making this a public matter.

*James, Crawfordville, FL*

### **Lesson 21: Introduction to Biography Work**

"Freedom cannot lie in living unconsciously through events" this is so powerful! In the military they always say stay alert, stay alive. By this we change our paths for the better. It seems so many of us are living half butchered lives in the way destiny approaches us. Which gives rise to how one could know their destiny. People's situations and circumstances bring this about. My compassion hasn't gone up; it's hard. I hope to learn to be more compassionate with others. I have made it a point to mention my talk and walk belief when others engage with me. Still working on compassion. *Clayton, Tennessee Colony, TX*

## *- STEPPING ONTO THE PATH -*

*cont. from pg 10*

I WAS IMMEDIATELY drawn to your program; it feels as if this is part of my path. The in-depth topics that speak to me I have wondered about myself because of some of life's phenomenal encounters that have caused me to sometimes question my sanity. I hope to gain a greater destination of self-existence. *Keith, Sneads, FL*

MY INTEREST IS IN the ancient mysteries, the occult, and society's teachings where I can gain wisdom and enlightenment. I hope to gain understanding and enlightenment so if I ever live to be an old man, I'll be a wise old man. I wanted to be a freemason, but they don't accept felons. I hope to find a similar group, but one that's open-minded. *Blake, Taylorsville, NC*

I WANT TO LEARN open mindedness, self-development, and meditation skills through the wealth of reading material, to help incarcerated people who want to help themselves. It's been two years since I have been in prison and I like to learn to gain a better understanding of myself, my environment and people. Can I still make a significant difference in my life as well as my loved ones? What does this path look like and is it for me? My toolbox is not empty, but... I'm in prison. So what I want to gain

is as much self-knowledge as I can. I'm asking for help, not only for myself but for my family who goes through this with me every time I come to prison. *Dennis, Salem, OR*

THERE IS A STRANGE sense of familiarity and curiosity for anthroposophy. There is a conceptual framework to help make sense of my place in the cosmos. *Cody, Spruce Pine, NC*

WITH ANTHROPOLOGY I hope to learn discipline, peace, and a new way of living. I'm very interested in astrology and mental health and why people are the way they are. I am good at communicating with others and time management. *Sara, Aliceville, AL*

A FRIEND TOLD ME about you. I want 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'M INTERESTED IN nature, spiritualism and history. I would like to gain a better view of myself and others. I would like to be a ray of light in dark corners. I would like to be able to heal myself and others.

*Patrick, Raleigh, NC*



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*Meditative Verse*

*Prayer for Healing*

*Spirit of God, fill Thou me,  
Fill me in my soul,  
To my soul give strength,  
Strength also to my heart,  
My heart that seeks for Thee,  
Seeks Thee with earnest longing,  
Longing to be whole and well,  
Whole and well and full of courage,  
Courage the gift from the hand of God,  
Gift from Thee, O Spirit of God.  
Spirit of God, fill Thou me.*

Rudolf Steiner