

Cultivating Your Memory to Enhance Your Future

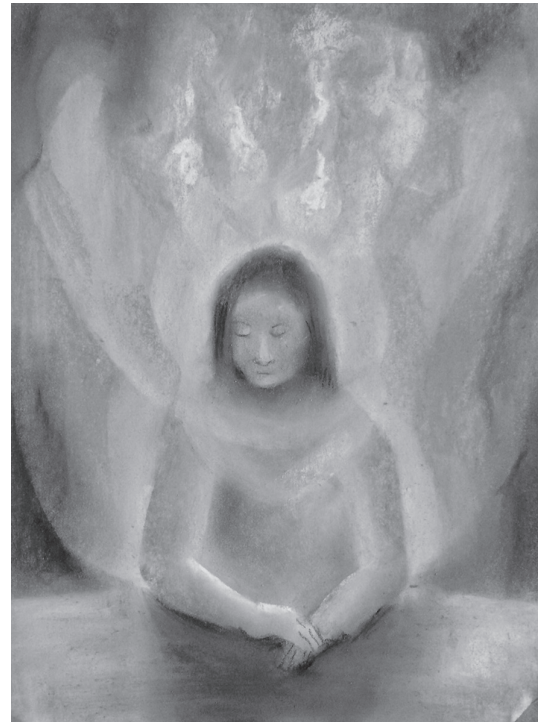
By Fred Janney

One of the faculties you live with on a daily basis is your memory; your image forming capacity to recollect the past. The biography of most of your life's journey is potentially available to your recollection; the good, the bad, the ugly. This capacity was not available to you as an infant. Between the ages of two and three, normal physical development and brain function allow the human being to identify oneself as a separate being. Instead of saying "Fred want milk", my cognitive and physical development along with language skills allow the expression, "I want milk." Another indication of this developmental milestone occurs with the child's independent drawing of a circle. The boundaries of the circle are symbolic of the enclosed separateness of the human body. In the developmental process these are indications of the beginning capacity for memory; the senses connect to the physical world and to the inner soul life within the confines of the body. The capacity to hold, retrieve, and relive the events of your life is the etheric body. This etheric body, or body of formative forces, is the second of four sheaths as understood by Rudolf Steiner, whose function is to give and sustain life to the physical body in humans as well as plants and animals. In relation to the human soul, it forms and stores memories through mental pictures when the object of observation or experience is no longer present.

This individualized etheric body is invisible and is what separates the living from the dead. Human beings get a glimpse of the activity of the etheric body in so called "near-death experience," when the etheric body loosens from the physical body when human beings encounter life threatening and/or traumatic experiences. Rudolf Steiner spoke of the movements of the etheric body as the phenomena underpinning such experiences in the early 1900's. In this near-death consciousness, a person can experience a panoramic view of one's life, all at once flashing before her. As well, you may have experienced or learned of individuals on the hospital operating table whose consciousness rises above the body and observes and remembers the proceedings from that vantage point.

The etheric body also functions in the forming and maintaining of physical and mental habit patterns. It builds and maintains the human being's relationship with the physical and soul environments. Can we cultivate our relationship with this invisible energy that is closely aligned with the individualized physical presence? Dr. Steiner gives us a variety of tools to re-enliven the etheric body, this sheath which closely encapsulates the human physical form. In his so called *Six Subsidiary Exercises*, which is available to APO participants in a green pamphlet called *Self Development in the Penitentiary*, Steiner asks us in the second exercise to create a new habit *consciously*. In general, as we establish habits of all kinds, they become unconscious to us; in the way we comb our hair, brush our teeth, put on our clothes. We sleep our way through them. We are full of unconscious habits that when consciously observed, tell us we have been asleep in our will. So we need to wake up and become conscious of our will, which is closely aligned with the etheric body and the habitual movements of our limbs. If you live your life totally based on fixed memory and habit patterns, you will not find your way to freedom of thought or action, and you will be unable to move forward from the notion that you are totally defined by your actions in the past. The following exercise will help you overcome these habitual behavior patterns, invigorate your etheric body, and move with purpose into the future.

At a specific time of day at your own choosing, do something with your limbs that has no value except that



"Focusing ones memory" Artist: Iris Sullivan

In the primal beginning
was the force of memory.

The force of memory
should become divine,

And something divine
should become the force
of memory.

All that arises in the I
Should become t h u s :

That it is something that
has arisen

Out of enchrusted,
divinely penetrated
memory.

In it should be life,

And in it should be the
streaming light

That out of self-recalling
thinking

Shines into the darkness
of the present.

And may the darkness,
just as it is present,

Grasp the light of what
has become divine.

Rudolf Steiner

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

Dear Readers,

Many of you have written in your returned surveys that you are seeking a deeper understanding of karma and reincarnation. In Issue 27, we featured a detailed article on *Rudolf Steiner's Karma Exercises*, and since then have heard from some of you who are working with these exercises. In this issue, we further explore the subject with an article by Dr. Adrian Anderson titled "*Pondering the Nature of Karma: Why Do Good and Bad Things Happen?*" He supports Steiner's view that the idea of karma, and therefore repeated earth-lives, are confirmed by healthy, intuitive thinking. On the front page we have an article by Fred Janney, *Cultivating Your Memory to Enhance Your Future*. It includes memory exercises which support moving beyond fixed mental and behavior patterns that define you by your past, gathering new meaning on the events that brought you to prison. Christopher DeRusse, a past participant of APO, has also written an article titled *Reflections on Humility*. In it, he reflects on karmic events in his own life; how he found anthroposophy in prison, his destiny connection with his nephew, Graham Wayne, and his experience speaking at an anthroposophical conference. He also shares how his anthroposophical studies have become a life time journey.

We are so proud of the fine work each of you does with APO and enjoy sharing your artwork and poetry on Facebook—only including your first name and city for privacy, just like in the newsletters. The response is wonderful! People often mention how much they appreciate and value your efforts, and find your work inspiring and moving. Please send us your work and we will share as much as possible. If you know someone who may be interested in visiting our page, we can be found at: facebook.com/anthroposophicalprisonoutreach.

Whether you found this program through a friend, a book found in your facility's library, or a resource list, you tell us you "have found just the place you need to be" or you "have found your home". Some of you have read up to fifty or sixty book titles over the years, delving deep into your studies. Whether your interests lie in the mysteries or the gospels, or the meditative and self-development work, we see in all of you a striving to strengthen your inner being and move ever forward

Blessings on your path,
Kathy Serafin

Meditations

In my meditation exercises I am doing things reverently and devoutly concerning spiritual endeavor. I meditate daily, usually twice, and work with the chakras. My mood and intuition are much better, my days more calm.
Christopher, Smyrna, DE

I enjoyed reading *How to Know Higher Worlds* and *Guidance in Esoteric Training*. I am using some of the meditation techniques in both of these books. I like the exercises for the days of the week in *Guidance* and a lot of other daily meditative exercises. *Scott, Enoree, SC*

I am now doing Rudolf Steiner's *Karma Exercises*. They are going well. Meditation helps to keep me "clear" headed and patient. *Earlie, Lone, CA*

Meditation has deeply affected my life. I know that it is also through meditation that one acquires deep knowledge that far surpasses intellectual philosophical knowledge. One comes into direct contact with the spiritual world, one's guardian angel, and achieves higher states of conscious and visions of the works of those higher states of consciousness, i.e. the spheres. The six exercises developed by Rudolf Steiner, they are affecting me. I mean, I am focusing my attention, concentration, and control of will. I just recently began these exercises in the order and way they are suggested. When I begin to hear negative discussions, I do things differently. I may walk away, or find a way of looking or dealing with the situation in a positive way. *James, Crawfordville, FL*

I've studied the *Rose Cross Meditation*, and it has equipped me to further develop myself as a person. I meditate about twenty minutes every day. I use the *Rose Cross Meditation* to calm myself, visualize my life, and find peace within myself. *Bart, Huntsville, TX*

The meditation exercises are helping develop self into knowing spirit. Silent awareness, I AM. I like the idea that I can focus my attention upon my intended outcome, feel the reality of it, and said outcome will appear in my experience, as a condition, circumstance, or event. *Dale, Oswego, KS*

Through steady practice, meditation has given me peace of mind, and lowered my blood pressure. Inner visions, and meditations has calmed my turbulent mind. Meditation has given me a sense of devotion and steadfastness in the inner life. *Alan, Nelsonville, OH*

Studying these books and meditations has brought overwhelming inner peace. My attitude has changed

towards joy and happiness. Meditation calms my mind. I'm learning how to push past memories out of my mind, use meditation to control my emotions, keep my mind calm, and help me find inner peace. And strengthen my will with the review exercises. This is most important inside of my life in prison. Meditation helps me to leave this place, gain personal strength, wisdom, knowledge, to understand the power within. *Kevin, Chipley, FL*

Meditation has affected my life giving me a sense of peace and relief from stress and depression. *Phillip, Winnfield, LA*

I am in solitary confinement and I meditate at least once a day. It helps to clear my mind, body, and spirit when I feel stuck in my negative environment. I have been applying myself to new meditative exercises and practicing how to keep my mind focused, and not fall back to old habits.
Johnny, Amarillo, TX

Yes, the meditative exercises have proven to be a very valuable part of my life. I meditate daily for at least 10min up to 25min. I am constantly looking at myself, working on myself. Introspection and retrospection. I tried the *Plant Meditation* and cannot even begin to express all that I have accomplished in meditation. *Roderick, Century, FL*

Meditation has affected my life to not be as responsive in my daily interactions with others and to look clearly at my thinking and how it affects the body and emotions. With the control of will exercise; I can apply that also to not doing something: like not getting angry over people slamming lockers, not complaining about stuff, etc.
Michael, Henderson, TX

I want to know myself more, and find peace in my life. With my incarceration, I have done a lot of time in the hole, so I've been practicing my own personal meditation. I have come to the point where I can feel everything around me. The earth's heartbeat, the energy coming from the people around me, I can even feel the stars sometimes. *Darius, Butner, NC*

After looking for more inner peace and knowledge I've had a huge spiritual awakening with my meditation.
Johnathon, Bristol, VA

This meditation has made me humble and more kind and caring. I used to be heartless. I still have that mind set to be strict and serious, but now because of you all, I have heart.
Mario, McAlester, OK

Pondering the Nature of Karma: Why Do Good and Bad Things Happen?

By Dr. Adrian Anderson

Our experience of life differs from person to person. Someone's life can be subject to terribly tragic incidents and hardships, whilst another person has abundance and many happy events. Our individual talents can be so varied. There are many profoundly moving features of the human landscape: the musical genius of Mozart, the artistic skills of the Renaissance painters, the determined courage of people in crisis and the inherent selflessness of humanitarians. But also the absence of such talents, or the absence of any socially positive tendencies in other people is likewise very striking. Some people experience many harsh experiences, or give in to temptations, whilst others have wonderful, life-transforming opportunities.

In the modern western world, there have been historically two explanations for these facts, neither of which is particularly satisfactory. A common explanation in the western world is that it is due to chance, or to the will of God. But in earlier times, in the Hellenistic age, as indeed in Asia today, there are other explanations. And sometimes, awareness of these other solutions appears unrecognized, in the language of the western world.

We all probably know of similar examples, and hearing about this sort of event, we might say it's a bit strange, or even a bit 'weird'. But in saying this, we are saying something more significant than our conscious western minds realize. For the word 'weird' is a modern form of the old Celtic 'weordhen', which means 'Fate'. But fate, or destiny, or weordhen, did not mean to people long ago, our vague, fuzzy idea of 'fate'. But rather it meant a pre-destined event which the gods had specially arranged for us, before we were born. Now this idea which underlies fate or destiny or weordhen, is in effect the oriental idea of karma, because these three words do imply a past life on the Earth. The idea of karma appeals to a lot of people, although it is not acceptable to most Christians.

So, how did Rudolf Steiner explain the differing life experiences and abilities in humanity? He taught that there is indeed a deep truth in the idea of karma, with its related idea of repeated earth lives, provided it is understood in a certain way. So he affirmed that this is a truth, and furthermore, that it is compatible with Christianity. He didn't speak in a sensational way about anyone's past life; instead, he sought to show people that it was possible to accept the idea that one's life experiences and talents are the outcome of a past life, without being irrational or superstitious.

So how does Rudolf Steiner approach this theme? Two aspects stand out here. Firstly, he asserted that he was 'a scientist of the spiritual', rather than a person who received at random psychic images, for he researched very carefully such realities with his extended consciousness. Secondly in his teaching activity he strives to show how it is possible with an enlivened thinking or intuitive insights, to arrive at this idea by acutely observing the phenomena of life. He does not make any sensational claims about his own past, nor provide some strange psychic impressions as a basis for proof. He takes a different approach to this question.

Intuitive Thinking Points to Karma

By sheer clarity of thought, a kind of intuitive thinking, he demonstrates that the idea of karma is thoroughly correct, and indeed logical. It is in his book *Theosophy* that he writes some of the greatest passages of western literature on

deeper life-questions. You may need to read it a few times before it is really clear, but it is well worth the effort. The way Rudolf Steiner teaches these things means that there is no need to betray the integrity of one's logical, rational mind, to grasp these spiritual truths. Let's now see what he writes about this, from his book *Theosophy*, my comments are in brackets,

"... the soul mediates between the present and duration (eternity). It preserves the present for remembrance.... it thereby rescues the present from impermanence, from fading away, and takes the present up into the duration of its own spiritual being. But the soul also gives an ongoing, enduring quality to the impermanent, temporary world in another way. That is, apart from yielding itself up to the transient, temporary sense impressions of the world, and making these ongoing, it also determines things by its own initiative, i.e., by embodying its own nature in the things which it does, in the actions which it carries out. By remembrance the soul preserves yesterday, by its actions it prepares tomorrow."

So far, Steiner is saying that we have the power of memory, and this power in effect preserves some short-term fleeting moment forever, by keeping it in the memory. Furthermore, we can carry out a deed, and this short-term action keeps living on, in so far as it triggers off changes in the world, Steiner continues on by repeating what he just said, but at the same time unveiling the deeper significance of these apparently simple truths;

"My soul would always have to perceive again the redness of the rose, in order to have it in consciousness, if it could not retain it through remembrance, the power of the memory. So, what the soul can retain after an external sense impression has faded, can again

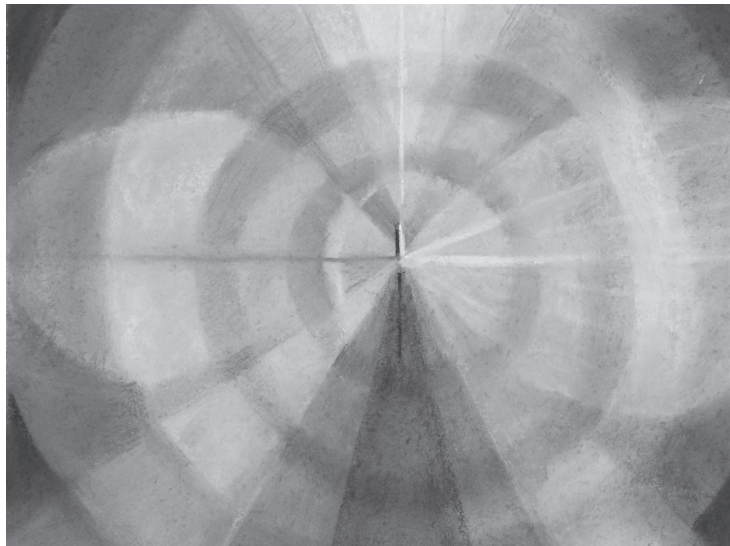
become an image – a memory picture of the object, independent of the original external impression.

Now, one can say that through this power of forming mental images, the soul makes the outer world into its own inner world, so that it can retain the outer world in the memory, and independent of these acquired images, lead a life of its own.

So, the soul-life becomes the ongoing result of a cause, namely, experiencing the temporary sense impression from the external world. But, action also receives permanence, once it is stamped into the outer world. If I cut a branch from a tree, something has taken place through my being, my soul, which completely changes the course of events in the outer world. Something quite different would have happened to that branch, if I had not interfered by my action.

I have called into life a series of effects, which without my existence, would not have been present. What I have done today endures for tomorrow. The decision of yesterday becomes lasting through the deed, just as the impressions which I received yesterday have become permanent for my soul, through memory."

In other words, imagine that we all live in a large pond, and as we row our boats across this pond of life, at some point we throw a stone into the water. What then happens? Well, you can see what happens by getting a bucket of water and gently dropping a little pebble into it. From the point where



"Circles and streams of one's karmic effect" Artist: Iris Sullivan

Pondering the Nature of Karma: Why Do Good and Bad Things Happen?

cont. from pg 3

the pebble enters the water, ripples move out like circular waves. They move out until they reach the edge of the bucket. Now if the dropping of the pebble represents us hurting or really helping someone, in the actual vast pond of life, then these waves will last a long time. Steiner continues,

“We have a definite concept, and therefore a definite name, for the process whereby a sense impression becomes eternal, or ongoing in the soul – namely Memory. But we do not have a definite concept of, or awareness of, the other process, wherein **we become permanent**, where the decision becomes an ongoing, enduring reality in the outer world.

But, will not the self, the ego, of a human being be just as much linked to the alteration which occurs in the world as a result of its deed – as it is to a memory, which results from seeing something?

The soul assesses new impressions differently, according as it has or does not have this or that recollection....But, the self (ego) has entered into a different relationship to the world, according as to whether it has performed this or that deed.”

In other words, here Rudolf Steiner is saying, if I am a different person according to what sense impressions I have experienced, am I not a different person as far as the world is concerned, depending as to what deeds I have done to it? And here we return to our pebble in the bucket example. For, if you watch carefully after dropping a pebble in the bucket, after a brief moment another series of waves arises, starting from the circumference of the bucket. They proceed to move inwards, contracting into a tiny point—at the very place where the pebble was dropped. Steiner continues,

“If one really thinks out what is being presented here, the question must arise as to whether the results of a deed on which the ego has stamped its own nature might not **retain a tendency to return to the ego**...just as a sense impression, preserved in the memory, returns in response to the appropriate inducement.

Could not that which retained the imprint of the ego, in the external world also wait, **so as to approach the human being from without**, just as a memory approaches from within?”

So here he is saying this process, whereby some particular cause creates a result (known as an ‘effect’), has the name in the East of ‘karma’. But the modern western world has never had a feeling for this, and hence never coined a word for this process. What Steiner has done here is to show that intuitive, living thinking can lead one to conclude that karma is a reality. The ancestors of the western peoples, the Celts and Romans and Greeks, did have the term ‘rebirth’ in their vocabulary in the early centuries of Christianity as there were still some people who believed in this. But this died out before the Middle Ages. However, it was only in 1828 that the word reincarnation—and only in 1858 that the associated word, karma—entered the English language. They were taken from the Sanskrit texts of Buddhism and Hinduism.

Repeated Earth-Lives

However Rudolf Steiner’s research into how a person experiences their life-times on the Earth led him to reject some of the beliefs now current in the East about the way in which repeated earth-lives occur. So what did he teach specifically about this? He found that a person’s gender tends to alternate in the successive lives. Thus one can live as a woman in a particular life, then as a man, then a woman, and then as a man, etc. He also found that there are usually two life-times in approximately every 2,000 years, and that this process, which encompasses millennia, is due to a kind of cosmic rhythm affecting humanity’s existence.

This rhythm also harmonizes with the need for life on Earth to have changed enough to make available new life experiences. But Steiner also pointed out that it is true that this pattern can be broken, by the special karmic requirements of a person or of a group of people. Another point he emphasizes in regard to this theme, in contrast to the Oriental teachings, is that a human being never reincarnates as an animal. Since we belong to the human life-wave, there are parts of our higher nature, our higher self, which no animal possesses. These include what is called the Spiritual-Self and the Life-Spirit, although this latter part is only slightly developed so far. The divine-spiritual beings who have created us in response to the will of the great uncreated God, do not allow such a retrograde step in the cosmos to occur, as a human being returning to a new life without their ego-sense.

We have the human capacity of ego-hood or self-awareness, and yes, this is to quite some extent based on illusory values and a vague awareness of separated being-ness, but it is always linked to an eternal higher self. As we discover if we consider Steiner’s teachings on religion, it was a specific outcome of the actions of the cosmic Christ (or Osiris or Apollo or Ahura Mazda) in Palestine long ago, which ensured that this core part of our being is protected from such debasement. This dual ego entity is never exterminated between one life and the other; this is an impossible action which would force a human being to live next time as a monkey or fish, etc, and thus without any sense of the individual self.

The next point that Rudolf Steiner makes here is that we are not caught in a circle of rebirth, but rather, we live in a spiral of development. In other words, we are not in a perpetual cycle of lives, just repeating the same level of being, but rather humanity does very slowly progress over the millennia from life to life, evolving the soul to a higher level. Over the ages, different aspects of our own being, and of the greater world, are experienced.

This leads us to the next aspect of karma; namely to never negatively view a person who is undergoing terrible times, or who suffers from inherent soul disturbances. Because they may well be more ethical than ourselves, or be suffering these things for a serious karmic purpose. For example, they may have invoked a variety of severe situations or ethical blindness, because prior to re-birth they felt the high moral impulse to make themselves into a better person. That is, we may have the same negative soul-quality, but failed to find the courage to invoke the circumstances in our life where we will have to directly confront it, and thereby overcome it. So, it lingers on hidden within. But, since life is not a game, but a very potent, dramatic reality, if our karma has given us a tendency towards some moral imperfection, then we have to expect some difficult situations in life, when we face temptations and sometimes fail the test. But then we are advised to use that experience as encouragement to really do better next time.

The essence of this intention behind our karma and its difficulties, to improve ourselves from life to life, is beautifully expressed by a noted American, Benjamin Franklin. He wrote a humorous epitaph for his own gravestone, in which he uses terms borrowed from the book-binders trade;

“The body of Benjamin Franklin, like the cover of an old book lies here, its contents torn out, and stripped of its gilded lettering, lies here. Food for worms. But the Work shall not be lost, for it shall—as he believed—appear once again, in a new and elegant edition, revised and corrected by the author.”

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REFLECTIONS OF HUMILITY

By Christopher DeRusse

Greetings to all of my sisters and brothers in confinement. My name is Christopher DeRusse, and I am a former convict, who, just as you, has come to this karmic crossroads with anthroposophy. I was convicted and sentenced to seven years on a felony DWI in 2010. Along the way, I had a karmic meeting with another inmate at Beto 2 Unit, in Texas; he felt I needed the anthroposophical information as much as he did. I was never to see him again because he caught chain that very night. I can tell you this was no coincidence. The illusion of coincidence is simply karma. I sent out for the information and knew within myself that I was reconnecting with wisdom of the ages.

Prison walls are the best teacher, in my view, to apply these spiritual exercises and meditations. I utilized and devoted myself to these practices and it works. If one connects with their higher self-awareness, everything else, relatively speaking, is a drop in a bucket. After I was released, almost three years now, I continued my spiritual path with anthroposophy. Rudolf Steiner's writings helped reconnect me to my true calling - Esoteric Christianity. Not only did I complete my parole with ease in 2017, I was invited to join an Anthroposophical conference in October that year, in Arizona. I met Kathy Serafin at the conference and I was given the opportunity to speak twice at this event. Truth be told, I never ever had spoken in front of an audience before. I did it because you all were my confidence. You, my brothers and sisters, were my courage. You helped me speak for you. And I wanna give my heartfelt thanks and gratitude to all of you. At the conference I was able to share my story of how anthroposophy entered my life in prison, and how really anthroposophy had entered my life much earlier yet, I just wasn't aware of it then. I wish to share it with you here as well.

As a child, I grew up in dysfunction and the closest person in my life was Graham Wayne Bailey Jr. He was my nephew, although he was older than me by three years. As children we were inseparable, and he was very protective of me. It was a bond that was pure innocence and reverence for one another. We spoke and discussed paranormal things and occult. One day he came around with a book that told a story of the two Jesus families. I was 7 or 8, and he was 10 or 11 at the time. It was *The Gospel of Luke* by Rudolf Steiner. We read the book all the way through, discussed it, and it felt *absolutely* true to us.

Life moved forward and we saw less and less of one another. I went through substance abuse for 38 years...at that moment in time, my wife gave me an ultimatum to either leave, or quit the alcohol and drugs. I was really leaning on quitting...at that time my nephew Graham Wayne died of complications of pneumonia in 2009. That excuse sent me into a tailspin of nonsense, I had every intention to

drink myself into oblivion, and I landed myself in prison. I lost the single most important person in my life next to my daughter. That's just the Truth.

As I entered upon the processes of catching chain all over the place, I knew within myself that I was predestined for something greater. I accepted the fact that I lost everything close to me. My daughter and my wife moved forward. When we once realize that there is no more footing...you let yourself drop. Karma is sort of like that. I had nothing left to destroy, and I had no more illegal substances to render me incapacitated.



Graham Wayne and Christopher

When I had my chance encounter with the inmate in the prison library at Beto 2 Unit—this I believe was my karmic moment. I did not know him or his name, however I was very grateful for his suggestion to write and learn about these esoteric studies. I mailed off for the packet and soon after received the rules and book lists. I then sent off for two library books: *Cosmic Memory* and *The Gospel of Luke*. I was very excited when I received these books. Immediately I was convinced within myself that this knowledge was absolutely true. *The Gospel of Luke* especially brought confirmation to me.

I had sent off for the very same book that my closest intimate brother, Graham Wayne and I had read and discussed all those years earlier as children. *I hadn't realized this at the time...the memory flashed up only later on.* When I shared my story aloud at the conference, this destined part of my life unfolded even clearer for me. I saw how things are so woven together with karma...divine wisdom is poured on us.

Meditate and pray using these occult formulas. They work on the inner organism; however we must be persistent and ever devoted. I suggest meditation early in the morning time. Personally, I use Esoteric Christian formulas, and meditate using *The Calendar of the Soul*, by Steiner. These formulas really bring one close with the rhythm of the seasons. In prison I would definitely recommend, *The Calendar of the Soul*, because although being locked up, one can cycle in rhythms of season in which an inmate may still be in harmony with weather changes and patterns. Certainly a mood of devotion and equilibrium will also be setting in. I speak from experience, prison is the great advantage. *The Six Basic Exercises* are beneficial as well. They really lead and prepare one for meditation and prayer. Action is better than words brothers and sisters. I encourage you all in lockup – utilize your time to improve your spiritual capacities, for they are limitless. Follow your heart and soul, as I have. Anthroposophy is a truth. It has been my privilege to have this platform to reach you all. Thank you and may the Christ Light shine on you all.

What New Ways of Thinking, Feeling, and Willing are you Applying?

I'm thinking more carefully, no more rushed decisions. I've opened up to my emotions and suppress my anger through meditation. Thanks to ya'll! *George, Woodville, TX*

I feel more profound and I'm not getting angry as much, and I'm thinking more constructively now. *Michael, Milton, FL*

I do not become as angry as I used to over mundane or silly things, and when I do become upset, it does not last as long. I am able to replace that anger with the knowledge that I am the one choosing to experience that feeling, and I have the total power to change my perception of the situation, along with that feeling, at will. *James, Beaumont, TX*

It is my goal to incorporate what I am learning about anthroposophy and other studies into every aspect of my life, including what I think, feel, and do. The most dramatic example thus far is becoming aware/mindful of this and perception thereof. *Chris, Newport, AR*

I have definitely noticed I am more consciously aware of my own thinking process throughout the day. I feel a sense of responsibility

for the things I think about. I have not experienced as much negativity and I have long since learned to love others unconditionally and to be continually grateful. I feel that this is how to cooperate with the universal principles of life. *Jim, Newport, AR*

I'd really love to study more the topic of reincarnation to have a more precise understanding. *The Mysteries, Rosicrucianism*, and the *Gospels* are all favorites. They inspire me in various ways of collectively thinking consciously, harnessing my feelings a lot better, and willing my intention to look at all people and circumstances from a non-biased, prejudiced, or one-sided opinionated view. *Lamar, South Bay, FL*

As far as thinking goes, I'm thinking that I can be what I was created to be if I just do what needs to be done, and not allow my own desires to guide my actions. The feeling I get is content. I'm content when I'm acting according to my thoughts. The things I'm doing differently is that I'm denying myself the recompense of negative karma by taking the time to evaluate and make the best choice of actions in everyday activities. *Edward, Corcoran, CA*

Book Reviews



Becoming Aware of the Logos

Georg Kuhlwind

Becoming Aware of the Logos was a difficult book to read, in the sense of the way it was written. What I got from it was that the logos is a living, breathing thing. The logos are past, present,

and future, are similar to the light of the word, are the light. They illuminate our darkest places. The light will give you truth. You can speak things into being. Words are [the most] powerful thing in or on the world. It talks about the second birth; I would love to experience this second birth to know what it is to be born again. To be in the light. To be with the word, turn of consciousness. What's truth? Reality? Or what we believe in our minds to be truth. Truth changes for us every day, every stage of life, and reality is a perception of others' idea. How can we know truth? Will truth always be independent of cognition? A revelation of what is previously hidden? Or will light show us a way? Would a reflection of consciousness awaken the truths in me? I know this is more question than anything, but this book has let me ask this. *Juan, Plain Dealing, LA*

Life between Death and Rebirth Rudolf Steiner

Steiner's work in the spiritual science studies of *Life between Death and Rebirth* is remarkable. In the world today, death is portrayed as a type of judgment for our errors in life, yet it's also an opportunity for further progress using anthroposophy. Soul science gives individuals the tools to review life now while in the earth sphere in order to propel us into our next evolution. Anthroposophy informs the true student of spirit of what type of life we must have had in former incarnations based upon events in our life now on earth. Much can be learned from our karma. Taking this information as a plausible likelihood, anthroposophy tells me how to change my being now, on earth, before I pass through the gate of death. Also, we can help the dead by reading anthroposophy to them. It could give them the needed feeling and will that could improve their next incarnation. Students who have a love for soul science as I do, according to Steiner, will be spiritual beings from early childhood in our next incarnations. I cannot find words to thank the creator beings for such a wonderful blessing. To improve myself as a young spiritually awake child is the greatest gift. *Wayne, Richmond, TX*

Developing the Self Lisa Romero

Developing the Self is truly amazing. It takes you through each step to develop a higher consciousness within oneself. With the knowledge contained in the book, you have to study thoroughly, because the different aspects of soul consciousness, you cannot read once or twice and say you know it. Identifying with taking away all selfish gains does enhance the speed of a person's capacity to figuring out problems that arise. And I say that because I've been able to experience that once I put away the thought that this or that belongs to me, I have come across more positive things that I wouldn't have expected so as to allow them to manifest into my life. Every day is a given trial, for the simple fact that—when you begin a day, the

work is to end it peacefully! When meditating, one cannot think on what they want, but how they go about getting what they require. Being a self-conscious being, we become frustrated easily, but being aware, we understand processes that might take place. *Developing the Self* opened up a different thought, to be formulated while on this continuous growth that we must endure. *Kenneth, Holdenville, OK*

The Fifth Gospel Rudolf Steiner

I have wanted to know more about the time not written about in the Bible about Christ's life between the ages of twelve and thirty. *The Fifth Gospel* touches on his travels, and talks between the Essenes, Buddha, and his visions while he lay upon a pagan altar. Also the temptation of Christ in the wilderness from Lucifer and Ahriman. *The Fifth Gospel* was an answer to my soul's longing for knowledge about this time. It is an interesting insight into this time in his life and how the Christ spirit descended into his body. I was most fascinated with how he took an ancient prayer from the Bath Kol and turned it into the Lord's Prayer for a form that was right for people of the new era. I highly recommend that all students of anthroposophical and esoteric studies read this book. *Ezequiel, Iowa Park, TX*

Esoteric Physiology Dennis Kloczek

Looking at *Esoteric Physiology*, Mr. Kloczek took me into a different perspective as an observer, brought by using the embryo and the body as a kind of esoteric script. This is most potent at these very deep inner secrets, which science only glimpses in little pieces. Say contemporary science, likening that to a spiritual cosmology involving the human being as another link to the pineal/astral vision gland as a doorway in the brain to the vital force from the god head. From that you start to understand two forms of evolving—one is physical and the other is astral—like an egg—breath and air. Experience and time both evolve, time/space is the esoteric physiology. This is a book that every time you read this, you get new information out of it. *Jason, Tucson, AZ*

Egyptian Myths and Mysteries Rudolf Steiner

Egyptian Myths and Mysteries was a very informative read. Dr. Steiner gave a great illustration of the seven periods or epochs, how they all correspond with each other, and how each period will replay themselves in a later period, according to the degree of initiation and knowledge of that era. Even how the separation of Sun-Earth-Moon and the moon phase relates to humanity and the human body of today. *Colby, Huntsville, TX*

Our Twelve Senses Albert Soesman

I am especially appreciative for the knowledge given in the book *Our Twelve Senses* by Albert Soesman. The description in which he gives to the understanding of our senses allows us to view them as what they are, tools, by going to the basics of their function and how they influence our soul. We see the importance of self-control because each sense is a world in itself, and by viewing these senses as tools, we are able to disassociate them from ourselves and can view this realm from behind our senses. By separating ourselves from this organic machine, we see this vessel as nothing more than a suit we wear to experience this "reality". We see that this suit will wither and we will continue on. But the problem with most of us is overcoming our lower selves to become higher beings. To overcome that which controls us, we must have knowledge of what controls us, and that is exactly what the author, Albert Soesman gives us. A must read for those on the path. *Matthew, Whiteville, TN*

Poison of Lies

As I contemplate the day ahead
And await the morning sun,
Staring out through razor wire
Which seems to restrict my fun.
Those bars on my window
That I know so very well,
My life in living bondage
From the depths of eternal hell.
By opening up my eyes,
To my amazement what I see.

This day is what I make of it,
It's truly up to me.

In gazing at the vastness
Of my great big prison yard,
Perhaps I find a purpose
And a meaning not too hard.

The scene is now upon me
To start a brighter day.
This idle time of prison life
Begins to melt away.
My day's a little brighter
As I watch the morning sky,
to deny my newfound vision,
I'd be telling you a lie.

Perhaps I'm not in prison,
As bad as it did seem.
There are no bars,
There is no fence,
It's nothing but a dream.

I'm breaking out of prison,
This prison in my mind.
I feel that I'm more thankful,
And more loving of Mankind.

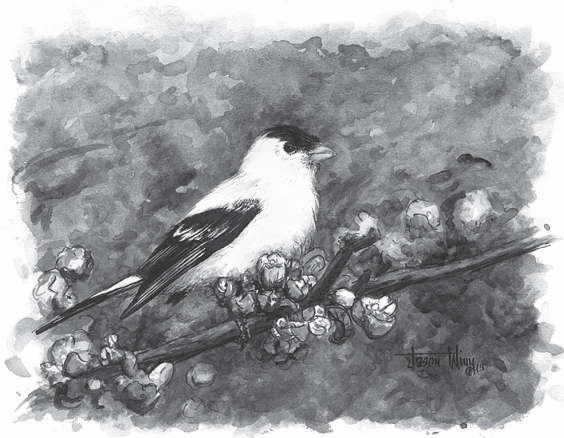
*Ron "The Oz",
Punta Gorda, FL*

Art and Poetry

Beautiful Trauma

I am overburdened by my reptile brain
 So much so that my head droops down upon my chest
 Oh, I've had moments of escaping my prison mind.
 Glimpses, sightings, inklings –
 And like Daedalus, I have tasted the freedom of flight
 Overthrown. despair. ruin.
 Like Icarus, I too have flown too close to the sun.
 The doctor says, "I have just the thing for that!"
 But he is a fan of the walking dead.
 Numb, disengaged, lumbering galoots
 Devoid of understanding in that candy-induced euphoria.
 I am determined and unrelenting to
 Crawl and drag my carcass ass to my Everest

Larry, Pelham, GA



Jason, Holdenville, OK



Daniel, Ionia, MI



William, Ione, CA



Jeremy, Wrightsville, AR

The Light is Bright

The light is bright
 Deep within
 And does not flicker
 Like a candle
 In the wind

In a time of darkness
 Covered in rage
 I shot a man
 In a flash
 Two men died
 He lay prone
 Yet I stand

Death
 Is transition
 To new life

He journeys
 In a far realm
 I stumble here
 On earth below
 The painful memory
 It lingers so

It has been
 Thirty-one years
 And yet today
 I shed new tears

No way can I
 Undo what I've done
 Or take back the pain
 Upon his loved ones

But the sorrow...
 It gives me strength
 I'm awake, paying
 attention
 Cultivating with practice
 Living with intention

Doug,
 Independence, VA

WHAT ARE THE FRUITS OF ANTHROPOSOPHY FOR YOU?

I'M MORE PATIENT, which makes life more peaceful in prison. It has made me more at peace in my surroundings, where we are constantly rushed to wait. Through the teachings of Rudolf Steiner, Rosicrucianism, and the Gospels, I'm getting to know who I truly am. I'm at peace more, and I'm beginning to see the life lessons in everything—Christian mysticism, development of the soul, anything esoteric. The more I understand these things and apply them to my life, the easier life becomes, and the more lessons are perceived around me.

Desmond, Carrabelle, FL

ANTHROPOSOPHY HAS MADE ME more aware of my inner being and my spirit. I am thinking there is more than just the everyday, like I have been doing. It got me feeling now that there is more to me. I'm inspired by just wanting to learn and gain knowledge. I'm meditating more and thinking more about karma, and how I treat others. Yes, by meditating and thinking about what the past day was like, and how I can change, or what I can change about the next day. It's made me more aware of my inner self and to think more before speaking out. I am interacting with others differently. The books I like most are the ones with Christ, and the areas dealing with karma, the spirit, the Gospels and the Mysteries.

William, Reidsville, GA

ANTHROPOSOPHY HAS SORT OF RENEWED my faith in a Christian aspect of my eclectic spiritual matrix. I truly believe in this power of humans and human knowledge. So far, I'm interested in Rosicrucian esotericism and all the occult teachings and insights that Rudolf Steiner left in the wake of such a beautiful philosophy. The rhythm is spiritualized, per se, without dogma. At the moment, *Cosmic Memory*, *Esoteric Christianity*, and *Occult Science* are my favorite books.

Jose Pepper, Teague, TX

IT'S GIVEN ME THE TOOLS necessary to tend my garden daily. It's helped me to cultivate my intuition and other functions of mind and spirit. I found truth! And it's the greatest joy imaginable. I have come to enjoy myself a lot.

Michael, Carrabelle, FL

I'M NOT MAD or angry anymore. People tell me that I am not my old self or I don't act like a prisoner, but as a free spirit! This work has helped me free my mind, heart, spirit, and soul, and got me in touch more with my life. I'm thinking better on my life, my future, feeling better about my decisions, and doing good for my goals more and completing them.

Brenton, Columbus, GA

I ONCE LIVED in darkness—that is, living the life of drugs, alcohol, and not having the love and truth that I need to set myself free of bondage. But anthroposophy has helped me through these dark, sinful times, by way of love, peace, truth, meditation, prayer. I have come out of darkness and into the light.

Illuminations

Thank you for all you do for people like me who are incarcerated. Your outreach program is wonderful and it is truly a help and a blessing. I have had several women here request your program information. I suppose they can tell how much I enjoy the knowledge/books, and those close to me say they can see a change for the better in me. I feel better! My mind is so clear and calm and strong for the first time in my adult life. So thank you for being a part of this inner achievement, you are very appreciated.

Rebecca, Las Vegas, NV

As long as it takes me to read, I am studying constantly. I've been here since I was 16 and I'm 28 now. I see an immense leap in growth and maturity in myself. In the books I searched for answers and other points of view. I was knocked to the floor when I first read a book by Rudolf Steiner. I always read them twice to help retain them.

Angelo, Corcoran, CA

I am moving towards living a better life and living more of a godly life. I'm interested in understanding life and death, ancient myths, evolution, the mysteries, meditation, and prayers. Also I'm interested in reincarnation - mainly because I want to have no fear of death. I hope for a better understanding of what I need to do with my life and how to do it.

Charles, Independence, VA

Coming to study anthroposophy, my life has come to change tremendously while residing in solitary confinement. Overall it has transformed my entire position in existence by redirecting a basic structure of complete negativity and instead shifting to a pure and most positive force of spiritual enlightenment. I am very grateful and deeply obliged to be provided an opportunity in ascension to such a superior study.

Jeremy, Lucasville, OH

Anthroposophy has helped me to have a better understanding of people and spiritual beings. This understanding gives me more self-control and restraint in my interactions with other people. Difficult people sometimes want to test you by seeing how you react. I've learned to hold my tongue when I hear something I want to respond to because I know the response will lead to conflict and not to enlightenment. It's my choice to react or not. In the past, I was a reactive

Anthroposophy has unveiled my eyes to the unseen world, to the abstract things of life, such as spirit beings, life after death and rebirth, and the love of creation. It has initiated me in the sacred truths of life, overcoming guilt, lust, greed, temptation, etc. Overcoming these has helped me become a better man and disciple of God. I died in mortal darkness, but now I'm resurrected to mortal light.

Charles, Dixon, IL

IT HAS GIVEN ME spiritual awareness to understand myself, the journey in life, and knowing God! I like all of the subjects and right now I'm into the mysteries and gospels. They have given me a very different outlook on life! It got me seeking more and when people ask or inquire about it, I can answer it 'cause I've studied. I'm into spiritual awareness and learning about myself through spirituality.

Darrell, San Luis Obispo, CA

ANTHROPOSOPHY HAS SHOWN ME how to love other human beings and love myself. APO shown me love and trust I never knew I could have.

Bobby, Iowa Park, TX

STUDYING ANTHROPOSOPHY has helped me to understand myself and the people who live in this lock-in community! Studying anthroposophy has made me a better person. The knowledge I got from anthroposophy gave me a better understanding of what pain is, and how it's related to karma.

John, Milton, FL

I'VE BEEN PART OF YOUR PROGRAM since 2009. I have been going at my own pace and it's a wonderful journey! All the negative has lost its grip on me. With knowledge, I can say that the path in my life completely changed to the positive side. I can say that I'm more of a free spirit. I live life as an experience and not as a struggle. Occult Science, Rosicrucianism, Rudolf Steiner lectures, and meditation are of the most interest to me because I get the answers. Anthroposophy has given me this, with these answers come freedom.

Joe, Chowchilla, CA

I HAVE BEEN READING and studying anthroposophy now for two years. Reading and studying anthroposophy has affected my life in a very positive way. It has allowed me to see life in a different way with more meaning. I also feel as though I have more to offer the world with my actions, motives, and insight based on the positive light that anthroposophy has shed on my life.

Shane, Lake City, FL

ANTHROPOSOPHY HAS made me look deep within myself. Through positivity, hope, and resurrection of a person who was lost, and now is trying to find the person who he once was. I'm more positive, confident, assured. Yes, others have noticed a difference in me – positivity, trust, faith, assurance, and love. I used to think it was me against them. With positivity I'm looking at the effects/consequences of my speech, thoughts, deeds, and actions.

Steve, LaBelle, PA

person and I had constant conflict. Now I have more self-control and peace.

Jeremy, Wrightsville, AR

I have an interest in comparative studies and notice a “gold thread” running through them entirely along with known religion(s) throughout the world, which stem from the teaching of the ancient mystery traditions. I'm interested in the development of our spirituality. To investigate the hidden mysteries of nature under every aspect possible, and the spiritual powers latent in man.

James, Maury, NC

I do not become as angry as I used to over mundane or silly things, and when I do become upset, it does not last as long. I am able to replace that anger with the knowledge that I am the one choosing to experience that feeling, and I have the total power to change my perception of the situation, along with that feeling, at will.

James, Beaumont, TX

I literally came back to myself one day when I found that I was about to get into an argument with someone about a seat that I was in, which the other person sat in. This would have led to an altercation which I wouldn't have minded at the time, until I realized how trivial the matter was. I was like, “Really, a seat? Nothing in this place belongs to me, nothing in the world.” This would have turned out differently prior to studying anthroposophy. There's a sense of reverence now for me having the courage to do something different. All areas of anthroposophy interest me because they direct man to the origins of self and the obstacles in the way of it.

Prince, Boston, TX

Information that I have received from APO, first and foremost will give me the knowledge which will allow me a more successful transition when I'm released in 2020. I read these words by Steiner, “We do not recognize ourselves within ourselves, but only within our surroundings.” I smiled and I reread those words over and over. I've stated that I know me, but I didn't. I only had the concept of my behavior patterns. It's a difference in knowing self in our surroundings that's not enough in recognizing within ourselves.

James, Whiteville, TN

SELF AWAKENINGS

EduCareDo Correspondence Course Response Summaries

Lesson 1: Introduction

The revelation I received while reading “A Storm in a Teacup” was an awakening experience. I discovered the power of magnanimity and how through it one may alter one’s existence and influence reality. I now understand that my destiny can be fulfilled if I can remain magnanimous. I can apply it in my social activity, so that I may avoid conflict and take the path of least resistance along my spiritual journey. I have revealed it to others and practice what I preach.

Torrance, Defuniak Springs, FL

Lesson 2: First Steps in the Light on the Path

I was interested in learning the ways of the Yoga initiation wisdom focused on developing the three gifts of the Gods—thinking, feeling, and willing—to rekindle our connection with the divine spirit, and that we can bring healing to ourselves and earth. The idea that most resonated with my being was how our consciousness has the ability to shift our perceptions almost seamlessly with some focused effort. Also, how we can use this method of perceptive power of thought to see between polarities. I can use this method to prevent others, especially the media, from influencing me to form ideas or beliefs on matters that I have not objectively rationalized on my own. *Kenneth, St. Clairsville, OH*

Lesson 3: The Twelve Senses, Part 1

I’ve previously read of the twelve senses, although they were never explained to me. After this brief explanation, it is obvious why the other seven were recognized. It is sad that science has refused to utilize the twelve sense concept. Here in prison, we must use all twelve senses each day in our daily life, specifically the ego sense is very important. I will, in the future, remind myself to be aware of what sort of energy I am sending out. *Levi, Defuniak Springs, FL*

Lesson 4: Understanding, Caring, and Developing the Human Senses, Part 2

What was really new to me in this lesson was how the senses can be used in so many ways. Most of all the senses have deeper effect when one really sees the potential of the senses. I will use the exercises to strengthen my senses and to gain control of them all. I’ve realized that I have been strengthening my senses through everyday active movement, such as doing exercises. I will continue to follow the lesson, and do my utmost best to learn them from here on out.

Jamar, Lawton, OK

Lesson 6: The Threefold Constitution

The practice of selecting such a simple object like a spoon for concentration was new to me. Also new were the exercises for the theory that our inner senses can be cultivated and cared for, and the value of concentration. The ancients alleged that the great methods of the mind are discrimination, observation, and concentration. This theory is dear to my heart and backed up by your course. I shall certainly make the concentration exercises a priority in my daily schedule. Writing underlies the nature of the cosmos. Language manifests from our thoughts. Good composition is “organized”. I shall practice organizing composition in the mind. During meditation, I’ve practiced prolonged concentration on the image of my Sufi master. The fruit of that practice is spilled over into mundane activities. *Waldo, Florida City, FL*

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

This lesson taught me how deep an impact environment has on a child. The smallest things are most overlooked by parents, and this can have a serious effect on a child’s health and mental faculties later on in life. After learning this and seeing how it’s affected me, it explains a lot of my own issues. I want to do the very best for my child when I become a parent. This lesson alone gives me deep insight and will help me be a better parent. I can share this information with others. Had it not been for this course, I’d have been left in the dark on a lot of things about myself, life, and society. *Ruben, Milton, FL*

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

The interrelationship of the four kingdoms to the four members of the human being was new for me. Also the power of enthusiasm and the “sleep-death” relationship. The Control of Will exercise has enabled me to realize that I have been a creature of habit for far too long. I plan on continuing to practice the exercises which I receive through this course, and reread the past lessons for review. I have become aware of the examples cited in my lessons as they unfold in a variety of current situations. I look forward to expanding my understanding with future lessons. *Richard, Lone, CA*

Lesson 10: The Human Being, the Four Temperaments, Elements, and Ethers

The choices we make in everyday life about learning and experiencing were taught in this lesson. Do we act, react, or just “pout” and complain our life troubles, circumstances—or do we have courage to change? I found most important that

the child in us comes to maturation within about 7 to 14 years of age. We have four temperaments that can ennoble both our character and our temperament, and understand each other. With this finding, I can learn to understand the ability to grow to demand less from the people, community, ourselves, and learn to give more and develop the unselfishness of our “human nature”. As I continue to meditate and study these courses, I have a better understanding and knowledge daily. *Aaron, Tennessee Colony, TX*

Lesson 11: Elements, Ethers, the Origin, and Evolution on Earth, Part 2

I liked that everything working in conjunction in various parts adds up to the brilliant manifestation of love and life. It takes so many beings working tirelessly to give the spark of light of the word. The amount of love that churns away into this arising of creation and gift of existence overwhelms this heart with joy. If I could touch the Sun, I would reach out, hold it with my love of gratitude. I will keep looking in through the light, and feeling into the depths of my heart to let these thought/form beings appear and teach me the mysteries of the world. *David, El Reno, OK*

Lesson 13: Experiments with Elements, Ethers, and their Effects in Nature and in the Human Being

Really new to me was the section “was light always invisible?” This section explained the evolution of spiritual light through the epochs. Today, we have the physical sun and the divine “dark sun” hidden behind the physical. It is interesting to see the duality progress. What I found most interesting is that “space is actively created by light.” I will use this in my artwork and surroundings. It is especially poignant in prison! I plan to study the color wheel and learn more of color mixing. I will share my findings with others in my graphic design classes. *James, Walla Walla, WA*

Lesson 16: Female and Male Spirituality, Part 2 of 3

I found it interesting that mastering luciferic and ahrimanic influences can only be done through self-knowledge. To learn our weaknesses in our thinking, feeling, and willing, to strive not to yield to illusions, but help the goal of humanity. Wisdom (inner counterpart of light) and love united in Christ, the prototype giving us the possibility for our evolution to freedom. I have learned that Christ brought to humanity the possibility of a new ascent of spirit out of matter—through his resurrection he conquered physical death and made conceivable the rebirth of the spirit. What is in process is me being open minded to all things. *Johnathan, Huntsville, TX*

Lesson 18: The Arts and their Mission

New to me was that art is the manifestation of secret laws of nature. I liked the connection of the sensory and the non-sensory with conscious meaning. I will use my artistic gifts as a channel into what is spiritually allegorical, in this I believe that I will be connected to the knowledge that is mortal and immortal, which will help me acquire the sense to distinguish between what has meaning and what is meaningless, also that which is eternal. *Jimmy, Winnfield, LA*

Lesson 19: Ecological—Social—Economy, Part 1 of 2

In this lesson, the way it was presented to me was refreshing and revitalizing. I was shown a new way to look at our ecological, social, and economy problem in a new way, our threefold manifestations of self with each having a polar opposite was also newly explained. The fact that the lesson not only shows our economic woes, but also emphasizes our inner/outer troubles while offering several viable exercises developed in order to help the practitioner to gain a better understanding of self was important. What I can do (short term) is to allow friends to read this and help them gather a balance within themselves in order to help create a new person who could possibly go on to help save the world. I’m a work in progress; three steps forward, one back, three forward... *Robert, Huntsville, TX*

Lesson 23: Health and Nutrition, Part 1 of 3

A lot was new to me, but primarily the experiment of treating water plant extracts in the rhythms of the sunrise and set. This process clearly shows the earthly connections of our organisms to the cosmos. I found important the unveiling of the E additive code breakers and the connection to a lot of the additives, pesticides, and insecticides being direct contributors to mental health problems in children and some health problems in adults. I’ve always had an idea of this, but could never make a direct connection to what led to what. Also this E code isn’t in our (US) products that I can see on the packaging I’m allowed to purchase. I’m going to be much more aware of my food intake and change a lot of my eating habits so I can maintain my health for as long as possible and teach my family and whoever else I can to be more aware of these dangers. I need to remain conscious of my duty to take care of my body through the caution of what I ingest and to teach my child and others to eat right. *Steve, Menard, IL*

Inspired by your Reading

Well for me, this book *Self Transformation* brings my mind to the edge of existence by relating what's natural to what's spiritual, and has opened my thoughts to a wide range of what was once mystery, but now is natural concepts and perceptions which are being translated by my spirit. So in all, I feel that this book brings me into the soul of things. *Jimmy, Winnfield, LA*

Thank you for trusting me to send the books back to you, no one has trusted me in a long time. *Becoming Aware of the Logos* was very insightful, some parts were hard to understand, it took some time to get a full understanding of the scriptures. I like how the book broke down the scriptures to a science. I enjoyed the book *The Fourfold Path to Healing*. It gave accurate information and guidelines that work, helped me lower my blood pressure, and showed me what and how to do it. The exercises it gives you don't think will work, but it does - my pain in my joints is less. So I know I'm doing some things right, and I like the way my body feels. It's true what the book say - diet, life-style, exercise and the life of the mind must all be addressed for true healing to occur. I want to better myself in all areas, with your help I'm on my way. *Kenneth, Lancaster, CA*

I am currently reading the book *How to Know Higher Worlds* by Rudolf Steiner. I am very interested in spirituality and I am trying to find a connection between Christianity, Buddhism and Mysticism. It seems that Steiner touches on subjects that are similar to all. I'm not exactly sure what esoterism is but I want to understand it better and how it applies to me and my life. I am close to two years into my spiritual journey, and very hungry for knowledge and wisdom. *Matt, London, OH*

How to Know Higher Worlds humbled and scared me so much because of my anger problems. It helps to keep me positive and reminds me of my goals. I'm not as anxious or have as much anxiety. Yes, I'm more approachable and some people disrespect me a little more, but I can handle it better. Remembering my thoughts are things that do work or affect my surroundings, so I try continuously to stay calm or avoid them. Just receiving the newsletter in the mail reminds me of my goals and behaviors, and that I'm not alone. *Shannon, Somerset, PA*

I have been studying for three years, my favorite book is *A Way of Self-Knowledge*. To study anthroposophy, has deeply made an inner change within my spiritual being. The way I am now keen to knowledge, wisdom upon life has changed my worldview on life itself. *Travionte, Pontiac, IL*

Thank you and everyone at the anthroposophical society for the wonderful and inspiring books and newsletter you sent me. I learned and enjoyed reading them. Thank you for the development exercises which I am sharing with my friends. I loved the book *Our Spiritual Companions*. It gave me a better understanding of the spiritual powers and their work. I now feel closer to my Angel. It is good to know that *Michael the Archangel* is guiding us now. *Ana, Tallahassee, FL*

Reading *The Rose Cross Meditation* by Rudolf Steiner was like stepping into a whole new world. Never has Steiner's work made so much sense to me. It was a hard read at first, but near the end it all came together, in a way it felt like coming home. I am now hungry to know more. I'm hungry to go further. I'm hungry to know higher worlds. I want to experience what Steiner talks about. *Keith, Snyder, TX*

Every topic I look at in the light of anthroposophy draws me further into anthroposophy itself. That is why anthroposophy interests me most. But *The Occult Significance of Forgiveness* has held the longest impact on me, working past old grudges will break the dam when my walls come down. *Domenic, Waynesburg, PA*

Reading *The Mysteries* filled in the blanks of life's questions. Once understood and brainstormed, they make sense! All your books have given me a step forward and slowly expanded my thoughts and knowledge. *Richard, Coalinga, CA*

I think my two favorites so far are *How to Know Higher Worlds* and *An Outline of Esoteric Science*. These books have taught me that there

really is a way to comprehend the thing in the supersensible realm and gain understanding. I also find myself really drawn to reincarnation. It is something that has resonated with me as true for a long time. I also feel that there is so much more to learn and experience that can't be done in one lifetime.

James, Newport, AR

How to Know Higher Worlds, *Theosophy*, and *The Mysteries*...every book I have read has its own particular "touch" that helps me in some way on my spiritual path. It has helped me to change my behavior and my inner self, for the better. I face everything around my life with better self-confidence and control of myself.

Eric, Diboll, TX

The books *How to Know Higher Worlds*, *Rosicrucian Wisdom*, and *Core Anthroposophy* inspire me to watch my everyday actions, and to work on my karma. I find that your teachings are unique, helpful, useful, and intriguing for everyday life. I'm trying to advance as a human in moving forward in all things. *Kenneth, Herlong, CA*

I enjoy reading several topics, but the ones I truly find interesting are the forces of evil and reincarnation and the meaning of karma. The reincarnation topic has inspired me to get more in tuned to the spirit world of existence instead of the carnal. *Ron, Arcadia, FL*

How to Know Higher Worlds, *The Seer's Handbook*, have been helping me to understand things about myself that I had knowledge of, but couldn't put it together. This did it for me. I practice the exercises given in *The Seer's Handbook*, the flowing in and out of the inner gazing of an object. It has made me more humble and more receptive to the subtle vibrations of life and the spirit. My ability to penetrate my dreams and recognize patterns has inspired me.

David, Ridgeland, SC

How to Know Higher Worlds and *Occult Science* interest me the most so far. I'm drawn to the mysteries, occult studies, and ancient histories, and I try to keep an open mind. So far it has given me a different perception of the world and I'm still figuring out how to use what I've learned and what I am learning to make adjustments in my life. Basically I have an idea of my destination and where I am at; now I've been given a map, now it's up to me to learn to read the map, to reach my desired destination. So far I love the ability to improve one's awareness and achieve higher consciousness; I have always believed that this was doable and everything I've read has reaffirmed my belief. *William, Lewisburg, PA*

Studying anthroposophy has enlightened me to unseen worlds, and has helped me to think more about the evolution of mankind. I would have to say that I'm most interested in the mysteries, mainly *Egyptian Myths and Mysteries* and Rosicrucianism. I've become more mindful of the world around me, and I try to act accordingly. And, yes, my thinking has totally changed. Now I view all experiences as learning experiences, both positive and negative. *Charles, Graceville, FL*

I have read *Theosophy*, *A Way of Self-Knowledge*, *Sleep and Dreams*, and *How to Know Higher Worlds*. The books have inspired me so far to be comfortable with the spiritual gifts I have. Studying anthroposophy has changed my life in a good way. It has spiritually awakened me to know a new world. I am more peaceful and happy everyday and looking forward to knowing more. *Tyler, Vacaville, CA*

Well I've read *The Karma of Untruthfulness* and *Sleep and Dreams*, and I can say they inspire me, changed the course of my thinking, and showed me a different way to proceed in life. I reread the books to get the message imbedded in my mind, it was exhilarating. I've been gone for 12 ½ years and I'll be going home next year. I am nervous and scared, but told myself that I can't let my subconscious get me down like that, so these books changed that for me. Now that my time is getting closer, I get less nervous. I am more excited to go because I have a big responsibility to my two teenage girls. See our mind works in very mysterious ways; if you feed it negativity you will give out negativity. If you feed your mind positivity you will get positive vibes. I stay to my meditation and work on myself, body, mind and soul. *Esgar, Midway, TX*

Cultivating Your Memory to Enhance Your Future

cont. from pg 1

you choose to do it. In carrying out this activity based solely on your inner directive, you will be consciously creating a habit that is separated from your personal desire and instinct, such as getting a drink of water when you are thirsty. It will allow you to follow and carry out your own directive in freedom while you observe your own will in action in an atmosphere otherwise bound by outer rules, regulations, observation by others, and the prison codes. For instance, untie and tie your shoe laces again, or when climbing up or down stairs, give yourself the directive to always take the first step with your right foot. Establish and practice this new habit for at least a month of daily practice at the same time every day. You could also change an existing habit that was developed unconsciously, for instance how you fold your arms, or your fingers, and which sock you put on first. Take on these conscious exercises one at a time for a month and include them with the others in your daily practice.

Another way that you can cultivate strengthening your memory and etheric forces is to take an object you use in daily life and put it in a different place than what is convenient and easily observable. In your mind's eye, take a picture of it as if you were a camera and blink your eyes as you form an image of its new placement in an act of conscious remembrance. Then next time when you look for your comb and it is not in its usual place, a memory picture may come into your consciousness to remind you of its new placement, just at the right time of your need.

Here is a mental/emotional exercise in self-development that will allow you to enhance memory capacities, free yourself of personal judgments, and prepare your future. This is a difficult exercise and not for the faint of heart. You can unlock your perspective about significant past events by taking the point of view of others who were directly or indirectly affected by your actions. *Imagine* the "other" sitting across from you and take opportunities to sit in their place. Give that person a voice to speak with you from their point of view without judgment, go back and forth in conversation, allow yourself to visualize their facial expressions and body language as they share their perspective. Continue such imaginary conversations until new, enriched meaning comes forth by taking these conversations into your sleep; you may awaken in self-discovery. In this process, you are transforming fixed mental pictures from the past into visualizing a more holistic and meaningful understanding of yourself and others in the present. This exercise requires you to be objective about your own actions and speech and subjective when taking the other person's point of view. Practicing this exercise will require patience and persistence. Personal memory has been given to human beings so that we can learn from our experience to become more fully human in freedom.

~ STEPPING ONTO THE PATH ~

I FOUND A BOOK called *How to Know Higher Worlds* by Rudolf Steiner in the prison library. It was stamped with your organization. The book changed my view on life. I'm very, very thankful to you for providing such a book. I'm interested in reading more. *Vincent, Trenton, NJ*

I'VE SEEN THE POSITIVE EFFECT it had on my friend's life and the methods used to help one become more centered and understanding his life's purpose. Hoping for a better understanding of my purpose in life, and tools to help me become centered, peaceful, and gain control over my anger, fears, desires, and sadness. I am also hoping to determine what anthroposophy means and how it can positively affect my life. *Ezikel, Malone, NY*

WHEN I WAS housed in segregation, my neighbor Jeremy told me about your program. The peaceful, spiritual teachings I believe I will learn from. I like the material about controlling your destiny by controlling your mental direction. When I first held the "Winter 2017, No. 26" issue of the APO newsletter, my eyes absorbed the beauty of the words. I feel this calm, relaxing feeling and sensation, like I found my spiritual path. I hope to gain peace, inner happiness, enlightenment and initiation. *Kyle, Lucasville, OH*

I LIKE THE KNOWLEDGE anthroposophy provides on the study of the spirit in relation to the universe and a higher consciousness, and how it offers to assist prisoners in bettering themselves. I like the teachings of the afterlife, dreams, and reincarnation. I've studied numerous religions, but never found one that really fit. I consider myself a Buddhist mainly. I'm very interested in knowledge and like to explore human nature belief, behavior, philosophy, and physics. *Cory, Marienville, PA*

I AM INTERESTED IN the study of man and his relationship to existence in the universe. I am also interested in knowledge of karma and reincarnation. Hopefully this program can assist me in being a more successful person, and provide me with the tools to broaden my mind so I can help myself, and help my fellow man. To be honest, I would like to read every book from the book list. *John, Zephyrhills, FL*

YOU ARE THE FIRST organization in which I've been exposed to that deals with human development by providing many volumes on the subject. A profound understanding of the power of human development. *Willie, Elmira, NY*

I HAVE SOME FAMILIARITY with Rudolf Steiner (in context- *The Nature Institute*). I don't know yet except to expand my reading very much. I hope to settle down my random thoughts and accept the fact that I'm getting older, and slow down some. Perhaps to get the chip off my shoulder for being here and locked down. *Tom, Gunnison, UT*

MY CELLMATE told me about your program. It sounds/reads like along the same way I think, and I am interested in these same lines of thinking and meditations. Greater insight, mental strength, and continued victories in bettering myself.

Robert, Ashland, KY

I HOPE TO PERSONALLY CONNECT with my inner man, better myself while in prison, find out the meaning of my life, stop having so much worry and fear fill my life, and learn why I am here. There's more reasons, but that's the major points.

Craig, Natchitoches, LA

I WANT TO LEARN MORE about myself and my spiritual being, and to help find inner peace in my chaotic mind.

Michael, Virginia Beach, VA

I HAVE A STRONG BELIEF that maybe we believe in some of the same things of life, and the spiritual understanding of man. Could I learn more about the inner essence of man? Hopefully to become a better being toward myself and an advocate for others who seek enlightenment in dark corners of the world. So we can see, hear, and communicate with the invisible who has always been there to guide us along. *Michael, Wilmington, DE*

I WANT TO LEARN, know and find out about 'who I am', and 'what I am supposed to learn about me'. Learn how to deal with negativity, how to meditate, and to work on my soul and spirit.

Robert, Asheville, NC

I RECENTLY CROSSED PATHS with a good friend who is one of your students. He shared with me things of knowledge and spiritual teachings unlike I have ever experienced. He shared with me who Rudolf Steiner was. After reading just a fraction of his work, I knew instantly that I had heard a deeper truth. I am reaching out with hopes of becoming a student too.

Dwight, Livingston, TX



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Illuminating Anthroposophy
Anthroposophical Prison Outreach Newsletter

Meditative Verse

In thy thinking cosmic thoughts are living;

Lose thyself in cosmic thoughts.

In thy feeling cosmic forces are weaving;

Feel thyself through cosmic forces.

In thy willing cosmic beings are working;

Create thyself through beings of will.

Rudolf Steiner