

Christian Rosenkretz and Gautama Buddha

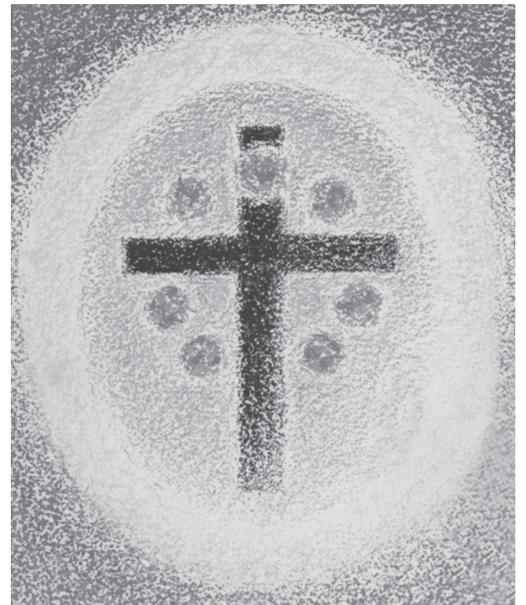
By Eileen Bristol

One of the many aspects valued by students of anthroposophy is the way spiritual scientific research reveals the interweaving work of great leaders of humankind. Rudolf Steiner's advanced capacity to read the Akashic Record brought forth significant moments that deserve to be pondered over and over in the immensity of their significance.

One such revelation is described in a lecture given Dec. 18, 1912 in Neuchâtel. It is published in the volume titled *The Secret Stream*. Here he speaks about a profound mystery that occurred near the end of the 16th Century. An esoteric conference organized by Christian Rosenkretz brought together a group of spiritual leaders, some of them incarnated in a physical body and some as pure spirits. (On page 3 you will find a very informative article by Dwight Ebaugh providing more background on Christian Rosenkretz).

This group included the individual who had incarnated as Gautama Buddha, which was his final physical incarnation as he advanced from Bodhisattva to Buddhahood. Although he no longer incarnated on the Earth, he continued to radiate his influence from the spiritual world. (We can read Steiner's report of his research regarding the connection between Gautama Buddha and the Jesus child in his lectures published as *The Gospel of St. Luke*.) During the 7th and 8th centuries, the Buddha was active teaching (in his spiritual body) in an initiation center in the area of the Black Sea. One of his students incarnated later as St. Francis of Assisi.

By the 16th century, esotericists could see that humanity was separating into 2 classes. One gave all their attention to the "practicalities" of life – food production, machine manufacture, etc. The other class, consisting of people like St. Francis, withdrew completely from practical affairs and sought only the spiritual life. Christian Rosenkretz pointed out that the remedy for this situation did not lie here on Earth, but rather in the planetary spheres which humans traverse between death and rebirth. (You can read more about this arena of human existence in *Theosophy* and *Outline of Esoteric Science*.)



Modern natural science, as brought forth by Copernicus and Giordano Bruno, though it has led to many great achievements, has not contributed to an understanding of the spiritual foundation of the world. Where did this thinking originate? It was inspired by the influence of Mars sphere on individuals between death and rebirth starting in the 15th and 16th centuries when the culture on that planet went through a great crisis. Both Mars and Earth were in need of a fresh and healing impulse.

Gautama Buddha was a close friend and student of Christian Rosenkretz. At the conference mentioned above, Christian Rosenkretz announced that Gautama Buddha would take his activity to Mars, bringing healing and purification to that world which was torn by war and conflict. He thereby transformed the experience of humans who passed through that sphere between death and rebirth. For the Buddha, the prince of peace, to dwell on strife-torn Mars was a kind of crucifixion, just as the Christ being, the essence of divine love suffered here on the Earth in the midst of humanity's fear and hatred.

This sacrifice of the Buddha successfully averted the direction that humanity was taking toward 2 classes – materialistic or spiritual. Because every one of us is exposed to the Buddha forces as well as the being of St. Francis of Assisi during our sojourn on Mars between death and rebirth, we now have the option of developing esoterically even though we are immersed in practical life. We can choose to follow a spiritual path without being torn from our karmic earthly activities.

Seven bright Rose Stars
On a black wooden Cross
Seven powerful soul forces
In the welter of life:
strength, peace,
striving for wisdom,
The power of love,
detachment, attention,
trust/confidence.
With these signs I inscribe
my soul.

Rudolf Steiner

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

Wow! This is the 20th issue of *Illuminating Anthroposophy*. It is you who fill each issue with your experiences, book reviews, and news about your spiritual practices, including meditation. We know that your strivings, each time, sets our newsletter aglow.

We hope we do the same for you with the articles that are both informative and practical in nature. In this issue, our main article by Dwight Ebaugh called: *Who is Christian Rosenkreutz?* introduces a great initiate. Many esoteric teachings refer to those initiates who guide humanity. They can have a profound effect on our planetary evolution, through their own actions as well as through inspiration of other individuals in specific moments. Our second article *Christian Rosenkreutz and Gautama Buddha* written by Eileen Bristol, summarizes a lecture by Rudolf Steiner which describes specific actions of *Christian Rosenkreutz and Gautama Buddha* and the impact that continues to reverberate esoterically on humanity - guiding, nurturing, and protecting our spiritual development and continuing ascendance.

Many of you have written to APO after hearing about anthroposophy through word of mouth, and as a result APO has expanded to help studying prisoners in over 500 facilities across the United States. We are including in this issue, some of your responses to our *Survey* in the *What New Ways of Thinking, Feeling and Willing are You Applying?* and *Fruits of Anthroposophy* sections of this newsletter. If you haven't responded yet, please do. Your comments and feedback to the survey questions will help us better understand your experiences and how we can serve you better.

As you know, the Anthroposophical Society in America is a non-profit organization. As such Prison Outreach is sustained by donations only. Many anthroposophists support your striving by donating each year to this program. Over the years we have also sponsored special fundraising events. This year we are organizing a *Walk-A-Thon* where people pledge donations to volunteers who will walk to support the APO program during the first weekend in November. We are so grateful to these volunteers helping us raise funds in this way! We asked in our last newsletter, if you too, would be willing to help raise funds for this program by creating anthroposophically inspired artwork to be featured on *Greeting Cards* that we will offer for sale. We hope you would be willing to support your program in this way, so please continue to send in your artwork and thank you to everyone who has submitted artwork already.

Your dedication to seek a broader understanding and your desire for a higher spiritual quest is the foundation of our work. Yes, there are sometimes stumbling blocks but these are also stepping stones on the road to inner change. This path is also strewn with flowers, the flowers of higher spiritual awareness; the common goal of our humanity.

Blessings on your inner work, Kathy Serafin

Meditations

Through meditation, I am now able to stay focused; it calms my nerves and quiets my actions. I used to be an outspoken person. Now someone tries to start something and I smile at them without disrespect and walk away. *Melvin, Bonifay, FL*

Mediation is a kind of wisdom for my body. It brings balance to my days and helps me overcome rampant emotions. *Steven, Clallam Bay, WA*

Meditation keeps me relaxed, stress free, and humble in difficult situations. *Edward, Huntingdon, PA*

In meditation I notice rich colors when my eyes are closed and movement that I never noticed before. I feel spiritual presence. It helps my mind to slow down. I feel more space inside. I don't notice the trivial aggravations of prison life as much. I'm much more at peace and my thinking is clearer. *Colleen, Ypsilanti, MI*

I like the meditative exercise from the packet *Spiritual Practices for Inmates* where you stare at an object and really pick it apart and analyze it. Meditation has helped in more ways than this space can express. Physicality, patience, no more meds., focus, etc. *Andre, Westville, IN*

You could take everything I have as long as I have meditation. The practice has held me and continues to help me see a great many truths and has allowed me to become a more peaceful and simpler person with fewer attachments and worries. Meditation is my light and refuge, the way to connect more deeply to the Great

Reality. I have come to see a lot about myself that I would not have seen otherwise, and that has given me the opportunity to work on elements within my psyche which produce suffering in the world. *Joshua, Airway Heights, WA*

I always have a 'feeling' of 'others' gathered around me as I observe silence, etc. *Micky Dawn, Childress, TX*

I have done many of the exercises in *Knowledge of the Higher Worlds, Guidance in Esoteric Science* and *Start Now* from Dr. Steiner's lectures. As a result, I have noticed remarkable progress in the area of control of thoughts and emotions. I am still doing the seed meditation and after about one year I have not yet perceived the 'flame' Dr. Steiner refers to. I am practicing the 'flourishing' and 'withering' exercise as well with some degree of success in perceiving the soul feelings of warmth and coldness. I use a version of his sample meditations on developing the chakras each night, including the breathing exercise and have found this very helpful in bringing about a relaxed and restful state. I also use the backward review exercise each night before retiring. *John, Cresson, PA*

I did meditation while in ad-seg. for months. It greatly improved my focus, concentration, and sense of time. *White, Tennessee Colony, TX*

Meditation helps me in every way! All it takes is for one to actually try these exercises as they quickly "build upon" the foundation; they form a cumulative effect that must be experienced. No other way. *Harold, Lubbock, TX*

WHO IS CHRISTIAN ROSENKREUTZ?

BY DWIGHT EBAUGH

Who is Christian Rosenkruz? The following article presents a short answer to this question by drawing from the lectures of Rudolf Steiner, in particular a lecture given by Rudolf Steiner on September 27, 1911 as part of a lecture cycle with the translated English title of “Esoteric Christianity and the Mission of Christian Rosenkruz.”

Throughout the evolution of humanity on the Earth, there are certain human beings who become aware of the divine spiritual truths that underlie the physical world. Their awareness may be born in them or they may acquire the awareness through instruction from others who possess divine spiritual truths. In any event, these human beings are “initiated,” to a greater or lesser extent, into the mysteries of the universe, and they are identified as “initiates.” Christian Rosenkruz is an initiate. In fact, Christian Rosenkruz is a Great Initiate who is a member of a group of Great Initiates (the Masters of Wisdom and the Harmony of Feelings) that guides the evolution of humanity. In his book *How to Know Higher Worlds*, Rudolf Steiner describes a path to initiation that may be undertaken by any dedicated person. Of course, just as a person who learns to play baseball does not necessarily go on to membership in major league baseball’s hall of fame, a student of *How to Know Higher Worlds* does not necessarily reach initiation, let alone the heights of initiation to which Christian Rosenkruz has risen.

Rudolf Steiner’s account of Christian Rosenkruz and Rosicrucianism begins in the 13th century, in the final stages of the Greco-Roman cultural period in which human beings developed the intellectual soul. In the immediately following centuries, our current cultural period began (the fifth post-Atlantean) along with the development of the consciousness soul (or spirit soul) and the rise of scientific thinking. The cultural periods preceding the Greco-Roman cultural period were known as the Egypto-Chaldean, the Ancient Persian, and the Ancient Indian. Preceding the Ancient Indian cultural period was the time of Atlantis which ended approximately 10,000 years before the present day. Like our current Post Atlantean epoch, the Atlantean epoch included seven Atlantean cultural periods. Thus, in the 13th century, the wisdom of humanity could be seen as the wisdom accumulated from these 12 periods:

Seven Atlantean Cultural Periods

Ancient Indian Period

Ancient Persian Period

Egypto-Chaldean Period

Greco-Roman Period

13th Century - Straddling the Greco-Roman and the
5th Post Atlantean

At a place in Europe, around the middle of the 13th century, a group of 12 remarkable men gathered together to help the progress of humanity. Eleven of these men were initiates. The 12th member of the group was not an initiate, but he was the most intellectual member and he represented the then-current knowledge of the times including budding sci-

entific knowledge. Each of these 12 outstanding individualities brought with him the accumulated knowledge and wisdom of one of the 12 cultural periods of humanity. Therefore, these 12 men brought together the sum total of humanity’s wisdom from the beginning of the Atlantean epoch to the time of the meeting in the 13th century, but each of the 12 possessed a portion of the total wisdom from the point of view of his own cultural stream (Atlantean, Ancient Indian, Ancient Persian, and so on).

In order for these 12 wise persons to unite and synthesize their 12 streams of wisdom into a new and better whole, a 13th person was necessary. This 13th person was Christian Rosenkruz, although the name “Christian Rosenkruz” did not come about until this individuality reincarnated in the 14th century. The 13th individuality who would come to be known as Christian Rosenkruz had been previously incarnated at the time of the Christ. There are indications from Rudolf Steiner that the Christian Rosenkruz individuality is the same individuality known in Christ’s time as Lazarus who, upon being awakened by the Christ from an initiation death-trance, went forward as John the Evangelist. If you imagine a young man who is very pious and who devotes all his time to fervent prayer to God, then you have a picture of Christian Rosenkruz, the 13th member of the group that assembled in Europe in the 13th century to further the progress of humanity. The other 12 members of the original group became the first of the “Rosicrucians,” the students, developers, carriers, and disseminators of the spiritual wisdom of Christian Rosenkruz.



Christian Rosenkruz was young when he came into the company of the 12. He grew up entirely under their care and instruction, and he received as much wisdom as each one could give him. The 12 believed that the whole of spiritual life was contained in their 12 streams, and each one influenced the pupil to the best of his ability. Their aim was to achieve a synthesis of all of humanity’s religions by giving a suitable education to the 13th, Christian Rosenkruz.

Under the instruction of the 12, Christian Rosenkruz’s spiritual forces increased dramatically but his interest in the physical world disappeared, he quit eating, and he wasted away. He lived entirely for the sake of his spiritual development and the wisdom he was receiving from his 12 teachers. What followed is best described by the words of Rudolf Steiner, translated as follows:

Then an event occurred that could only happen once in history. It was the kind of event that can take place when the forces of the macrocosm cooperate for the sake of what they can bring to fruition. After a few days the body of the thirteenth became quite transparent, and for days he lay as though dead. The twelve now gathered round him at certain intervals. At these moments all knowledge and wisdom flowed from their lips. Whilst the thirteenth lay as though dead, they let their wisdom flow towards him in short prayer-like formulae. The best way to imagine them is to picture the twelve in a circle round the thirteenth. This situation ended when the soul

WHO IS CHRISTIAN ROSENKREUTZ?

cont. from pg 3

of the thirteenth awakened like a new soul. He had experienced a great transformation of soul. Within it there now existed something that was like a completely new birth of the twelve streams of wisdom, so that the twelve wise men could also learn something entirely new from the youth. His body, too, came to life now in such a way that this revival of his absolutely transparent body was beyond compare. The youth could now speak of quite new experiences. The twelve could recognize that he had experienced the event of Damascus: it was a repetition of the vision of Paul on the road to Damascus [at a time after the crucifixion, the Christ appeared to Paul (then known as Saul) on the road to Damascus and the experience converted Paul to a follower of the Christ]. In the course of a few weeks the thirteenth reproduced all the wisdom he had received from the twelve, but in a new form. This new form was as though given by Christ Himself. What he now revealed to them, the twelve called true Christianity, the synthesis of all the religions, and they distinguished between this true Christianity and the Christianity of the period in which they lived.

The Christian Rosenkretz of the 13th century died at a young age. The original Rosicrucians (the 12 surviving members of the group of 13) then made a record of what Christian Rosenkretz had revealed to them. The record was made in the form of symbols and pictures which appeared in 1785 as part of a collection of the esoteric revelations of the Rosicrucians under the title, *The Secret Symbols of the Rosicrucians*, by Hinricus Madathanus Theosophus. [This collection is available on the internet in English translation, but the internet references are to Henricus not Hinricus].

After his life and death in the 13th century, Christian Rosenkretz reincarnated in the 14th century. We know from Rudolf Steiner that such a rapid reincarnation is unusual. Although there are many exceptions, the general rule is that a human being incarnates twice (once as a male and once as a female) in periods of 2,160 years. When Christian Rosenkretz reincarnated in the 14th century, he lived for over a hundred years. As in the 13th century, he was raised in a circle of wise persons who were the pupils and successors of the original 12 Rosicrucians, but his life was not as secluded as previously. In fact, at the age of 28 he went to Damascus and again had an encounter with the Christ in the manner of Paul. Steiner describes this second Christ experience as the “fruits of what took place in the previous incarnation. All of the forces of the wonderful etheric body of the individuality of the 13th century had remained intact, none of them dispersed after death into the general world ether. This was a permanent etheric body, remaining intact in the ether spheres thereafter. This same highly spiritual etheric body again radiated from the spiritual world into the new incarnation, the individuality in the 14th century. Therefore he was led to experience the event of Damascus again.” By the “etheric body” of Christian Rosenkretz, Steiner is referring to the “life body” of Christian Rosenkretz, the invisible (to the physical senses) body of the human being that imparts to a human being properties such as life, form, continuity of species, and long term memory. When a human

being dies, typically all but a small essence of the etheric body melts away into the etheric of the universe. However, in the case of Christian Rosenkretz, his entire etheric body remains intact from incarnation to incarnation.

In addition to travelling to Damascus, Christian Rosenkretz travelled and received wisdom throughout the entire known world of the 14th century. His travels spanned a period of 7 years. When he returned to Europe, he took as his pupils the successors of the original Rosicrucians and their most highly developed students. The actual work of the brotherhood of the Rosicrucians then began. Virginia Sease, a long time student of anthroposophy and a member of the Anthroposophical Society's governing body in Dornach, Switzerland, states: “After many years of working in the sense of the brotherhood, Christian Rosenkretz received a third initiation at the age of 81. It was the first ego initiation in humanity. Here the Christ ego entered into the ego organization of Christian Rosenkretz.” Through the following centuries, the etheric body of Christian Rosenkretz became stronger and stronger. This etheric body worked not only through Christian Rosenkretz but through his pupils. From the 14th century onwards Christian Rosenkretz has been incarnated again and again.

As to the significance of the etheric body of Christian Rosenkretz, Rudolf Steiner pays a high compliment. He states: “Everything that is made known in the name of theosophy [anthroposophy] is strengthened by the etheric body of Christian Rosenkretz, and those who make theosophy [anthroposophy] known let themselves be overshadowed by this etheric body, that can work on them, both when Christian Rosenkretz is incarnated, and when he is not in incarnation.” In other words, it is Rudolf Steiner's observation that Christian Rosenkretz's etheric body works on people regardless of whether Christian Rosenkretz is in or out of incarnation; and further, Rudolf Steiner allows Christian Rosenkretz's etheric body to work on him, and Steiner recognizes the positive effects of Christian Rosenkretz's etheric body by allowing this etheric body to overshadow him - to be of higher importance - to be of greater significance. Rudolf Steiner also states that, for those people who follow the training of Christian Rosenkretz correctly, the number of people who will become capable of seeing the Christ in the etheric will grow and grow, and we must, according to Steiner, attribute this capability to the important work of Christian Rosenkretz and the Rosicrucians.

Who, then, is Christian Rosenkretz? He is a Great Initiate who is a member of the Masters of Wisdom and the Harmony of Feelings. His individuality was incarnate at the time of Christ (as Lazarus/John), again in the 13th century, and almost continuously since the 13th century. His remarkable incarnations in the 13th and 14th centuries produced an enduring etheric body, resulted in a third initiation in which the Christ ego entered into the ego organization of Christian Rosenkretz, and gave rise to a group of followers known as Rosicrucians. We may rightly regard Christian Rosenkretz and the Rosicrucians as servants of the Christ and leaders of humanity.

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

I am thinking more methodically and systematically. I am feeling more profoundly as it relates to life in all its forms; realizing life is one. I am loving life more. *Victor, Lovelady, TX*

When I was in solitary confinement I was at peace and not mad because anthroposophy helped me get a better view on things. I'm thinking anthroposophy has given me awareness of "the self" and the ability to find tranquility in my darkest times. Feeling peace, calm, inspiration, increased capacity to recall knowledge, and better judgment. I am doing better than before coming to prison and I refuse to leave prison in the same condition that I was in before. *Edgar, Only, TN*

I am more in the moment on things and have stopped playing the bystander in my mind. I now observe feelings, actions and thoughts. I practice understanding them. *Jacob, Tehachapi, CA*

I don't feel anger anymore toward other people. The meditation has helped with my anger. I am more talkative now. I've opened to people. I used to just sit in the back and mind my own business. Now I'm at the domino table. *Alexander, Huntsville, TX*

I have more humble confidence and focus in all aspects of my life. This is giving me the encouragement to teach others what I have been shown. *Timothy, Westville, IN*

My thoughts are not so self-oriented and shallow. My feelings are developing in areas of love and spirit as opposed to self-defeatism and depression. My actions are in line with my values because of awareness to behavior patterns. *Perry, Richmond, TX*

What I do now is that I try and think about what I am doing and why I am doing it. I try to be a calmer person, and not take things too personally. *Fredic, Delano, CA*

I'm thinking more broadly, feeling less defensive, and I listen to others' outward points of view. *Jerrod, Lamesa, TX*

My thinking and feelings are now more grounded in my divine state of awareness, of existing in the eternal present, in relation to my thoughts, deeds, and actions. *Vincent, Frackville, PA*

I am not so quick to be judgmental towards others. I've come to realize that "we are individuals created as it serves a higher purpose." We are all part of a higher purpose. I treat people much differently, as I see beyond and see who they truly are. *Francisco, Richmond, TX*

I think constantly of the spiritual force working with, for and around us. I feel more connected and work with that connection with not only the spirits, but humanity. *Tony, Vaxcaville, CA*

WHAT ARE THE FRUITS OF ANTHROPOSOPHY FOR YOU?

IT HAS REASSURED my inner feelings (made them concrete, so to speak) that wanting to love others selflessly, was part of human evolution. It has ignited a flame to share the power of love with others and in turn has given me a peace that I can't describe. *Brandon, Sneads, FL*

WOW! I HAVE BECOME more patient since I've been developing a sense of understanding. Even if I don't agree, things I used to take as "important" have become trivial in the greater picture. I'm actually able to see deep into people, actions, and situations instead of only what's present at the time. I also have a greater understanding of karma, so I'm also adapting more moral character. *Robert, Rosharon, TX*

I SEE A LOT OF THINGS in other ways, and it helps me acknowledge death as part of life (I used to ask why). *Jonathan, Maury, NC*

STUDYING HAS affected me because I am more mindful of what I say and how I say it. The fruits have been that I feel better about myself, I look for the love in people, and I feel they do the same with me now! *Ronald, Crawfordville, FL*

IT'S GIVEN ME a better understanding of who I am as a human being and an awareness of the big picture. I couldn't see that before. *Doyle, Huntsville, TX*

THE TEACHINGS ON KARMA and reincarnation help me to restrain myself, knowing I'll pay for my actions in

this life or the next. Plus, I don't feel that God is unjust or doesn't love me because I have to go through so much, and it consoles me that at least I'm working off my bad karma and learning so many needed lessons. *Kevin, Waynesburg, PA*

IT KEEPS ME trying to remember what I have read, and knowing to surrender when I get the help I need. *Imari, Menard, IL*

IT'S BROUGHT ME more love for myself. It has allowed me to figure out who I was, who I am, and what I am becoming. *William, Corcoran, CA*

I HAVE BEEN AWAKENED to a whole new level of thought and introspection. Just reading some of the lectures have caused me to treat others with more compassion and respect for the dangers of how my actions and thoughts could affect them. I have had long sessions of thought on how I can better myself and my environment. *Ronnie, Tillery, NC*

THE REAWAKENING of the self which has always been there. *Froilan, Butner, NC*

I HAVE COME TO understand myself, my life has taken a new direction. Life is more beautiful, and I have peace within. Truly, words cannot describe the change that has taken place. I am now alive! *John, Cross City, FL*

IT HELPS ME to be a lot calmer when I get put in a difficult situation. *Jose Luis, Beaumont, TX*

YOUR DONATIONS WELCOME!

This program relies on gifts, If you can help please send a check to:

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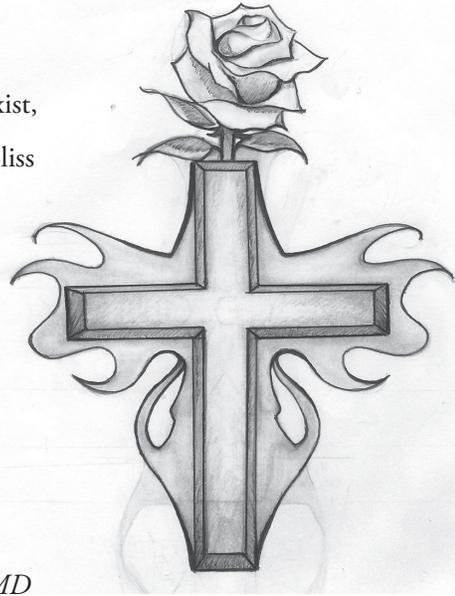
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Art and Poetry

God is the Element of all Life

As life grows within us
We become more Godlike
In the mind of God, all things exist,
God is all knowing and eternal bliss
The book of God is the universe
The stars are constellations
With magnificent purpose
Placed in our universe
To let us know our worth
What is done in Heaven
Will be done on earth

Maurice, Cumberland, MD



God's Light

Can you see the Light
that's in everything?

In water, a rock, a bird
that sings

If you can see everywhere
at the same time

You will see all is light,
even that which seems
like a crime.

Christians, Muslims,
Buddhists, Hindus, Jews,

are all one of the
same kind.

The light sees all is one.

Great love with no
bounds,

Make God's love the
greatest that can be
found.

The great light of
One tells it all.

Light is with us at
all times,

Summer, Spring, Winter,
and Fall.

George, San Diego, CA

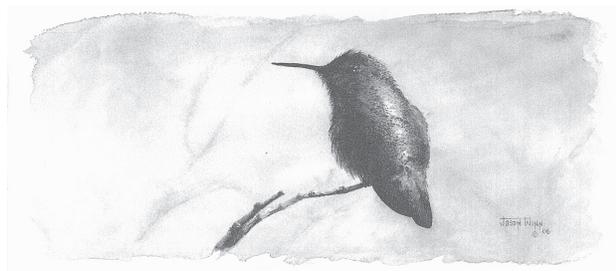


Soleric, Repressa, CA

The Rose Stands Open

The rose stands open to the heavens,
Touched by every moment of air.
The driving wind curls round its leaves, petals,
and ribbon.
Its offsets shake against the sky.
The stem stands guard,
Its mighty form outstretched against the wind.
Its roots are left within the earth,
The stem is calm.
Look!
The silent rose has gathered up the current of
the wind.
It floats in place like driftwood on the waves.

Derrick, Westville, IN



Jason, Holdenville, OK

Illuminations

I've not been in any arguments or confrontations since I started this practice, though there have been plenty of times I know in the past I would have been in one. I've become an open-minded individual and humbled myself tremendously. *Allen, Milton, FL*

I really feel like I have, over time, evolved on my path. Looking back, I never would have felt such a draw from the Christ concept, or even been open to the possibility, before anthroposophy. Self-awareness, gives the mind the dimension needed to discern in a drastically new direction. I keep in mind what he says about not getting lost in the spirituality of the world. I feel I get the most when I place the two next to each other in my mind; the spirit of the world and the world of the world. With that said, I've spent a lot of time in contemplation of Christianity. The Bible, I don't know, seems so spiritually secluded, but I'm sure it's on account of my not having the eyes to see. I hope, and in that hope I want to delve into the book *Christianity as a Mystical Fact*. *B. J., Corcoran, CA*

I have faced both the guardians. Christ has been a part of my life now for some time. Your books have given me a better understanding of my life. I can now get the hounds off my back and I'm doing very well. I no longer need the medication I was taking and I know what alcohol was doing to my spirit. *Jonathan, Graceville, FL*

I am interested in the fact that anthroposophy, in its application in our cultural, social, and economic lives, is integrally tied to the spiritual. I found important the necessity for self-change. As someone who has behaved in a criminal way, I need to resolve to facilitate this change in a restorative and not destructive way. I will refrain from talking negatively of others or in a negative fashion. To communicate to the people I care about, my resolution to conduct myself in a way that positively impacts all things I encounter. I will become more disciplined in meditating, focusing on removing negative self-talk, and developing clarity of thought. *Mark, Airway Heights, WA*

I am incarcerated for a simple parole violation and genuinely believe the APO resources enabled me to create parole by my own opportunity, as well as allowed me to develop the inner wisdom and peace to function in society in an acceptable manner. I credit the fact I kept from committing new crimes to the enlightenment and balance anthroposophy revealed in me. *Kevin, Iowa Park, TX*

Thank you for taking time to correspond and enlighten me on how the world is and how we, as brothers and sisters, should treat each other on a day to day basis. I read the books and honestly I've learned a lot from them, such as love. It's so beautiful. If we only knew how important it is to love one another this world would be so much better, people helping everybody. If we open our eyes up and realize how many people are in worse situations, then maybe our hearts will soften up and realize were not the only ones hurting in this world. *Robert, Smyrna, DE*

I have been in solitary confinement and it is where I met a friend who introduced me to these studies. I'm studying more and I complain less, which is very new to

me and I like it. *Dwayne, Huntsville, TX*

I honestly thank you so much for the package that you sent me, it helped me so much. It gave me a new positive way of thinking and a new outlook on how to deal and overcome my struggles. *Randy, Crawfordville, FL*

If this study can help me help myself to be the being I am created to be, and live the life I am created to live, then I will dedicate my time to it. I am looking for the "higher self". I am into spirituality, I leave my mind open to new (for me) avenues to find and cultivate the higher self. *Edward, Wartburg, TN*

I refuse to be offensively violent. Before I used to just physically attack a cellmate/prisoner over a little bit of nothing. But now I direct that impulsive behavior to more positive acts, thus exercising more self-control. *Mario, McAlester, OK*

Still here in segregation and these studies have helped me not to go crazy locked up 23 hours a day, seven days a week, 365 days a year. *Valentine, Amarillo, TX*

Negative patterns have lessened their intensity. Explosive outbursts have diminished in their uncontrolled durations. An acceptance and patience have taken the place of negative patterns with inmates and guards. I had a year of segregation and because meals, clothes, and mail were brought to the cell, and the cell contained my shower, I didn't leave that 9x15 rectangle. The books helped occupy my mind and time with positive forces. Solitary can be a bad place or a positive experience. I am very thankful for all the resources available when I was in segregation. *Joseph, Rosharon, TX*

Yes, now that I've accomplished anthroposophy's 26 lesson correspondence program, I don't worry so much, or get as angry as I used to so fast about things I cannot control in my environment. *Andrell, Joliet, IL*

I truly believe that things are working for the better. With a twenty year prison sentence, I need this assurance. I'm happier now, and that helps me to connect with others. My arrogance has been replaced by humility. It's been quite a process. *Gary, Crawfordville, FL*

Thank you again for making it possible for us behind bars to grow deeper and stronger in our knowledge and quest of these things spiritual. *Raymond, New Boston, TX*

It is inspiring to learn of Steiner's adherence to a true inner calling to be a light bearer for so many of us in need. I continue to refer to the articles you sent along with the books, especially the *Introduction to Meditation*, and the newsletters which are so 'different' from what one would expect. I look forward to a long, healthy relationship. *Oscar, Tennessee Colony, TX*

I found these books that you sent me to be eye opening works. I'm not a Christian in the traditional sense, but as I read these books, especially *The Disciple Whom Jesus Loved*, I was left with a sense of wonder. As I followed along with the teaching of these great teachers you get a sense of oneness for all of life and how things are inter connected. *Berry, Marian, OH*

LEAVES

*I am green in youth,
Clinging,
Sage in the heavens,
I rustle; whispering air,
One among countless ones.
The wind threatens me,
Hurtful,
I am afraid to go,
Afraid as my green darkens,
Tinge to orange and red,
Fire and beauty.
I grow tired as I age,
Mindless,
I fall into the wind,
As we all must,
Brown and brittle,
Leaves around the tree.*

Richard,
Tennessee Colony, TX

Book Reviews



Art and Human Consciousness Gottfried Richter

In *Art and Human Consciousness*, Gottfried Richter lays out with great clarity how human beings have undergone transformation in soul spiritual development and how that has materialized in the journey through art. I'm particularly fascinated by the ability to connect a relationship to the higher worlds through "periods" where such relationships can be recognized as parallel to the artistic forms of that time. Following his insights one encounters the path of human consciousness as it travels through time and space in artistic form. This book is a must read for anyone looking for clear examples of what is taught in *Spiritual Science* about how consciousness look through ages and cultural epochs. *Alexis, Holdenville, OK*

How to Know Higher Worlds Rudolf Steiner

This book is more in depth than I expected. Having read it through a few times I found a process is revealed with Rudolf Steiner explaining how one can obtain a higher consciousness and awareness of our evolution and connection with one another; by working with and development of three chakras (Larynx, Heart, Solar Plexus). We obtain the ability to see the supra-sensible, meet our guardian, in this way taking on a conscious

role in perfecting ourselves. In doing this we are able to help humanity as a whole and continue to evolve to a higher consciousness and awareness. I would honestly recommend everyone read this book, and better yet, purchase it, so that you would be able to study the process described and obtain the ability to become more conscious of your own and humanity's evolution. *William, Waupun, WI*

Christ Consciousness: A Path of Inner Development Danielle van Dijk

In this superb book we are introduced to the mysteries of Christ Consciousness. A mystery that is many times in opposition to the mainstream teachings of Christian churches; but it's an enlightening opposition. The story of Christ is an inward story to be discovered by going to the inside of every person, it is not to look outside or reading books, or listening to preachers. This is the message of Christ Consciousness. As van Dijk tells us, she wrote the book as a five-pointed star, a pentagram as the symbol of Christ. At the top, the Cosmic Christ; the path to inner development. Part two of the book deals with the coming of Christ to Earth. Part three is about Christ descending to Earth through the baptism of Jesus. Part four is about the actual life of the resurrected Christ on Earth and part five; the path we can take to develop Christ Consciousness. Reading the book I relearned about Jesus Christ and consciousness. I learned a different story, one of truth, one that has started me on a glorious path to become Christ, not a Christian, but Christ, and I invite all to take the path, read, and practice this book because it's a real revelation. *Ruben, White Deer, PA*

The Great Initiates Edouard Schure

The Great Initiates by Edouard Schure is an excellent compilation of information surrounding belief systems and their progenitors. Not just a study in history, but rich in detail and clarifying graphic depictions of temple rites, landscape, architecture, and culture, invoking acute visuals that place you in the moment. This is a journey from Rama and Krishna, through Hermes and Orpheus, indulging Pythagoras and Plato as well as Moses and Jesus. It's also sprinkled with insights from Rudolf Steiner. The most refreshing aspect of the book is that it's written with such wonderful phrasing and prose as in: "There is no word or action that does not have its echo in Eternity." What a refreshing plunge into the metaphysical pool of spiritual science. *Dale, Winnfield, LA*

Turning Points in Spiritual History Rudolf Steiner

Turning Points in Spiritual History is the most difficult book to describe because it is much like a travel itinerary for the Holy Spirit over the last several thousand years. This book demonstrates how each of the most prominent people in spiritual history, Zarathustra (Zoroaster), Hermes, Moses, Elijah, Buddha, and Christ, have influenced our spiritual lives, and how God directed spiritual evolution in preparation of Christ's appearance on earth. There is a lot of information here that lays a beautiful foundation for theological interpretation. *Dennis, Bismarck, ND*

The Bhagavad Gita and the West Rudolf Steiner

Every one of the students to whom you provide spiritual service should utilize the opportunity to digest *The Bhagavad Gita and the West*. Not only does it provide a historical understanding of anthroposophical theosophical roots, but it also explains its present and future relevance within its own context. This series of lectures by Rudolf Steiner pertains to two foundational scriptures of western as well as eastern spirituality. The Gita and the writings of Paul, as well as the genealogical passages in the gospels, have an esoteric significance that involves not just characters in those texts, but all humanity and its drive towards evolutionary growth. *Martin, Rancho Cucamonga, CA*

Studying Together

Where two or more are gathered

I teach a group of my fellow inmates spiritual knowledge at an interfaith dialogue group. I use a lot of the knowledge gained from anthroposophy in my talks. Each exercise is good to not only practice, but share. I found as I share them with my fellow prisoners they become more real and mean more to me. *Nathan, Vacaville, CA*

There was another inmate and I that went through some materials daily for a year and a half. Exercises and discussion. *Sean, Eloy, AZ*

Yes, we have somewhat of a group, we only converse on the yard for about a half hour to an hour. We'll walk around and discuss what we

retained from these lectures. This allows us to establish a dialogue outside of the ordinary penitentiary talk. We do send each other books to read over the galleries while in the cell houses. *Steven, Menard, IL*

The best study group we had was made up of two nondenominational Christians, a Messianic Jew, and myself, a Roman Catholic. A lot of men would be in shock and love envy with us because we could discuss and minister to one another. We would pray together and for each other. Now God is sending us out. We are always together in prayer, spirituality. *Richard, Fort Stockton, TX*

SELF AWAKENINGS

EduCareDo Correspondence Course Response Summaries

Lesson 1: Introduction

As I read *Storm in a Teacup*, it made me realize that I take small things and make them larger because of my negative thinking that everything has to be my way. I found most important that I can't control anybody, I can only control myself and to be more open-minded and to humble myself and to know that if I stay positive, only positive will outcome in any situation. I hope to be more understanding, humble, and to be a service to myself and others. I know these things are hard at first, but if I keep doing it repeatedly then it will all become natural and that's what I want; to be more understanding, caring, humble, and to be positive. I don't like to be negative. *Richard, Huntsville, TX*

Lesson 2: First steps in the Light on the Path

After we are born we are endowed with three divine gifts; speech, thinking, and standing upright/walking. Throughout life, with our parents as our first teachers, we are taught how to develop these gifts. Elevated development helps us to perceive things on a higher level. We will begin to be able to read between the lines and see in a more esoteric way. With that we will constantly have "wow!" moments and make life a much more joyful experience. Looking at things with a "participatory consciousness" will enable us to find the meaning in things, as opposed to the "onlooker consciousness". There are aspects of Goethe's "phenomenological science". *Anthony, Coal Township, PA*

Lesson 3: Understanding, Caring and Developing the Human Senses, Part 1

I learned about our senses of feeling, seeing, tasting, smell, hearing, and how to adapt to our self emotions of these senses, as I did not know any of those until now. The experiments and exercises and how to put them to use in our outer and inner senses, were important. So we are really learning a lot about ourselves. I can do just about all of these, when I do find out about them as I learn different realities of all our bodily senses. I can see different shapes in all sizes, and taste as I smell the flavors of foods. I can hear everything as I listen to what is being said; by friends and family members, then to understand as we develop our caringness. We enjoy life in the world as we live in this world. *David Lee, Florence, AZ*

Lesson 5: Watercolour Painting

This Lesson, and the book *Colours* gives me new interest to experiment with something different. Now I have a new concept about colors and a new way to play with it. This lesson sent me back to my childhood, the school time. When I started to practice art with a \$1.00 set of watercolors and a \$1.00 set of twelve colored pencils (only type available in this unit), my heart was as excited as it was when I started to learn the ABCs. This experience I have after my 58th trip around the sun, with Mother Earth. Never before have I spared the time to draw, even when I enjoy it, but this lesson made me *feel* and *live* a new, nice experience. The *wet on wet* technique of painting was also new to me. I found the vividness I can get when I play with colors, making them a new way of living feeling, thought, and experience. I am more conscious of my speech, and I have more control of my thoughts. I like it. Thank you for the opportunity to enjoy this new experience. *Eric, Palestine, TX*

Lesson 6: The Threefold Human Constitution and Control of Thinking

I found the analogy of the threefold human constitution and the plant to be very interesting. Paying closer attention to various other objects, a similar constitution arises and allows one to see that there exists a more profound connection to the whole. We are also shown how the threefold aspect can be discovered in all of our bodily regions and organs. Not only there, but the threefoldness concept can also be applied and discovered in nature and the world around us. From animals to plants, the threefold constitution exists in similar ways, making an overall connection of the whole. *Santos, Joliet, IL*

Lesson 7: The Human Being in its Relationship to the World

The application of J.W. von Goethe's science of phenomenology represents an active type of *participating consciousness*, as compared to a passive type of *onlooker consciousness*. By observing phenomenon in the Goetheian style, it is evidenced throughout the course that a person can utilize the *perceptive power of thought*. The lesson further goes on to demonstrate how, by analyzing such phenomenon as the manifestation and development of a plant, it is possible to *enter the life of the plant*. The lesson then quotes Goethe's belief that there must be an original archetype plant out of which all other plants derive. To me, the concept of root species is not new, but before now I have not considered the plant in general, so any evidence about the plant is new evidence to me. Me, being a fourth generation farmer, I agree with the three expansion-contraction phases. I personally have a very close and passionate relationship with plants. Mainly, I can take gardening more seriously because Goethe's philosophy of the *perceptive power of thinking* includes the observation of the living world of plants. I will become more experimental in my growing skills once I'm released from prison. *Derrick, Carlisle, IN*

Lesson 8: The Human Being and the four Kingdoms of Nature

I found the term for a feeling so abstract but also made so simple. Warmth, to generate thought to action. I usually bring myself to love as a medium in this sense, but what does love generate? Warmth. Important in the lesson was the emphasis on training the will, I feel my will is strong but lost in day-to-day. It doesn't get honed as much and you get lost. This lesson reminded me to get back to true north. I will transmute impossibilities into possibilities by overcoming the only barrier; my mind. *Domenic, Waynesburg, PA*

Lesson 9: Development and Care of the four members of the Human Being

"Through eurythmy movements, the physical organism can be made into a suitable receiving organ for the supersensible, for the Spiritual as an important awakener on our path of knowledge leading the Spiritual in the human being to the Spiritual in the Universe." This is fascinating to know, that using the body to visibly express verbal and musical vibrations can facilitate higher level perceptual ability. "Outer movements are transformed into inner movements of speech. In helping the child to speak, we must be inwardly true, without the use of 'body-language'. Truthfulness is absorbed by the child's physical organism..." This statement should serve as a powerful reminder as to how we can distort the development of children's thinking and verbal faculties through the use of nonsensical baby talk, which is untruthful to the degree it is conceptually meaningless and, lacking conceptive ability. It forces a child to endure a form of verbal expression that it will not be able to utilize to facilitate strong thinking and conceptual abilities. I am making sure that in my thinking and verbal communications that I express myself lovingly, truthfully and clearly in order to facilitate harmonious interactions with other beings. *Rashad, Trion, GA*

Dream Weaver

As symphonies
play on tapestries

Awakened by
child's delight.

The dreams do weave
realities

Not only while sleeping
at night.

Rashad, Trion, GA

Inspired by your Reading

Here I'm sending back the library books *Form Drawing, Art and Human Consciousness* and *Art*. I really liked these books. I've been doing art for 15 years and studying art on my own through books as well, but these books are different. They teach art with spirit, they made me realize how special and important art has been through the years and still is until this day. They gave me a new sight and inspiration about art. I took notes. *Santiago, Menard, IL*

I really appreciate the choice of books you chose for me. *How to Know Higher Worlds* was very informing for me and *Intuitive Thinking As a Spiritual Path* was confirmation for many facts I've obtained early on my path to spiritual growth. These books have shown me that the more I learn, the more I realize there is for me to learn. I'm up for the work it will take. I will strive to apply the knowledge obtained to the way I live my life. I really appreciate any help you are willing to extend to me along this spiritual path I'm traveling. *Harvey, Rossharon, TX*

Thank you so much for the great reads. I took a particular interest in the *Intuitive Thinking as a Spiritual Path* book. A clear understanding of "free spirit" has come about in me. Thinking is not just a material process that flows in me from without. *Intuitive Thinking* is Life content, reality combined with perceptions. I will continue to work within my moral imagination. *Karvelle, Grady, AZ*

I really enjoyed reading the books. I liked the book *Anthroposophy* and how it explains the beginning of mankind and their development, the stages of our planet and our spirituality. The book *Guidance in Esoteric Training* is also good at how to learn to meditate and the use of mantras. I thank you very much for your ministry. *Juan, Chino, CA*

First Steps in Inner Development was quite an astonishing read. I have always sensed and believed in the spirit world and now view the world quite differently from that point of view. I am currently in the middle of *Intuitive Thinking as a Spiritual Path*. I find this book to be quite revealing as to how my thoughts, concepts and ideas are formed and how I can be more fully aware of their being formed. I must re-read this book. *Antonio, Menard, IL*

The Friend of God is an amazing historical account. Having been acquainted with Tauler's works, I found it incredibly fascinating about his path and encounter with the mysterious Friend of God. I also learned some valuable lessons for my own life's devotion and discipline. I also was blown away by *Becoming Aware of the Logos*, which gave me great insight into the nature of the logos that I was previously unaware of. *Ryan, Grafton, OH*

The book *Transforming the Soul* asserted the importance of

learning about *Spiritual Science*. Before I came to prison, I have to admit that spirituality did not have a place in my life. However, in here, far away from drugs, alcohol, sex, and so called problems, the mind and body slowly heal themselves. Then automatically, out of nowhere, a curiosity, or better said, thirst for something bigger than ourselves came to my life. I was and am hooked on a search of my own inner self. How I wish I knew then what I know now. I feel like an onion which is being peeled, layer after layer, I feel a change of deeper understanding and experience. *Santiago, Represa, CA*

About the book titled *You are Your Child's First Teacher*, it was like a key to unlock my future. As a child I was abused and raised in foster homes and group homes. So now that I have a beautiful little girl, my biggest fear has been that I won't raise her right, or that I will do to her what my parents did to me. You know the psychological repeating pattern a kid who was abused and picked on will grow up to do the same to others? But now since I've studied this book several times, I am reassured that I can be a great father. So thank you eternally. *Osmond, Milton FL*

I liked *One Language* the most. For so long we were always told the story about how all the languages came about. But I say to all who want a deeper insight on the story of languages, grab this book and let your eyes glide over the knowledge of the origin of speech. Also with; the *Mythological Age, the Age of Thinking Egyptian Pharaohs* you will find that you just can't stop there. And if you are anything like me, you will need to take a break after the story of our alphabet. Just so you can sit back and think: can it all be true? You'll find yourself seeking to gain more knowledge. But you'll be speechless from the 17th chapter; *The Last Continent of Atlantis*. *Kendrick, Tennessee Colony, TX*

I did really enjoy the books. They were very easy to understand. They opened my mind to a whole new way of viewing life and the way I handle everyday situations. I'm now able to step back and see the whole picture, then act accordingly. I now meditate every day. It gives me an escape from the many problems I face every day, to a place of quiet and calmness. I also do the exercises in the green pamphlet you sent me. (Stare at an everyday object then think about all its details) It is going well, I'm able to concentrate better, which is why I wanted to practice that particular exercise. *Randall, Pontiac, IL*

Henk van Oort in *Anthroposophy: A Concise Introduction* said something along the lines of "if you allow others to affect your emotions, you're not in control of yourself". If others can trigger my anger, then they are in control. I now keep that thought in the forefront of my mind. *John, Coalinga, CA*

SELF AWAKENINGS cont. from pg 9

Lesson 12: Experiments with Elements, Ethers, and their Effects in Nature and in the Human Body

I learned that the universe was created from vibrations which are the rhythm of the All in All. This shows me that regardless of the speed of vibration, it's in creational mode. Vibrations are what created everything amongst us. I found that rhythm and vibration even exist in the waters that encompass the land masses we inhabit and how important it is to stay in rhythm with nature. Being in tune with nature, you're really in tune with the creator and the pulse of the universe. I appreciate the depth of this lesson. *Tommy, Joliet, IL*

Lesson 23: Health and Nutrition, part 1 of 3

I'm thinking about cause and effect and also patterns we all make for ourselves, which give us some common day-to-day routines. I think after reading this lesson I will try something new to break the cycle I've found myself in. Looking back at my younger years, not just in our communities in society, but taking a look at myself in a prison setting and wondering if there is still time for change, new ideas, and finding new ways to express myself. I'm thinking again of action and reaction, cause and effect, and the laws of the Karma, yeah, that's the word I'm looking for, Karma. I'd really like to know, was this at all a process, or fate and destiny? One thing is for sure; time. Well I believe I mentioned I began studying with APO in the fall of 2007. So since then, a lot has happened in the time transpired, and really every day hasn't been the same. And there are always things to change. Your noble endeavor has reached me today, thank you APO for your nobility! *Jerry, Ione, CA*

Christian Rosenkreutz and Gautama Buddha cont. from pg 1

These renewed Mars forces are also accessible to those students of spiritual science meditating here on Earth. Steiner directs us in this lecture to his book *How to Know Higher Worlds* for instruction on a Rosicrucian, Christian path of development. Instruction can also be found in *An Outline of Esoteric Science* and in numerous lectures.

He closes the lecture with a suggestion that those of us who ask the question, "Can I make myself worthy of becoming a student of Christian Rosenkreutz?": "Try to present your soul with a picture of the great teacher of our modern age, Christian Rosenkreutz, in the midst of the twelve as he sends Gautama Buddha into the cosmos as his emissary at the beginning of the 17th century, thus consummating what came to pass in the 6th century before Christ in the sermon of Benares. We can gain quiet confidence in our aspiration to be students of Christian Rosenkreutz if this image appears vividly before the soul in all of its significance, and, if we can feel something flowing from the picture that invokes words such as these in our soul: you are not merely an earthly being, you are indeed a cosmic being." Dwight Ebaugh's article (pg. 3) will help you build a mood for the "circle of twelve" imaged in this meditation. It is very important that we build meditational pictures with feeling, not as dry abstractions. The mood we create is essential.

If this short summary of the lecture inspires interest in you, I encourage you to further your connection with Christian Rosenkreutz through study of this compilation of lectures, *The Secret Stream*, and through an active inner life of meditation, an esoteric striving that has indeed been made possible in the midst of ordinary life through the wisdom of Christian Rosenkreutz and the sacrifice of the Buddha.

- STEPPING ONTO THE PATH -

I'M INTERESTED IN SURVIVING PRISON, getting out, and not going back in. I will learn to meditate, and control my stress and freedom-envy. *Tim, Machias Port, ME*

LOOKING FOR KNOWLEDGE and understanding a new way of life. *Leonard, Salem, OR*

MY LIFE HAS NECESSARILY BECOME "monastically" devoted to enlightenment and the potential for the most change for the better in this lifetime. A deeper understanding of all things worth knowing. *Mike, Nelsonville, OH*

I WOULD LIKE A BETTER UNDERSTANDING of self, therefore, a better understanding of all things. *David, Oglethorpe, GA*

I WOULD LIKE TO BE a stronger person spiritually, mentally, and emotionally. *Jessica, Ypsilanti, MI*

I HOPE TO GAIN a better understanding of my spirituality. Know more about life and what I am supposed to learn. *Robert, Westville, IN*

I WISH THROUGH YOUR PROGRAM to seek truth, self-confidence, forgiveness and peace. *Jeff, Cenralia, IL*

I HOPE TO HAVE a new focus, attitude, direction and to reach a new destination; I am very unsatisfied in what my life has become. I do not only want to receive things, I also want to give to others. *John, Midway, TX*

MORE INSIGHT INTO SELF INITIATION, cosmic law, and meditation. *Aaron, Caldwell, OH*

I WOULD LIKE TO LEARN MORE about human life and how to get in touch with my holy side. *Jamar, Lawton, OK*

I HOPE TO GAIN the knowledge of myself so that one day I can obtain the highest of human potential. *Alan, Nelsonville, OH*

I HOPE I CAN understand myself, who I am, how to use my life to the fullest extent, to advance my mission to the next stage of my journey. I hope to be able to control my emotions and not be ruled by apprehension and be useful or resourceful to others. *Jose, Florence, AZ*

- So What's Your Experience? -

We welcome your comments on previous newsletter articles

Discover Hidden Geometry Within Us (Issue 19)

I enjoy the newsletter very much and incorporate many of its wisdoms into my daily life. I am currently testing the *Geometry Within* exercise. *Rodger, Jackson, MI*

Artistic Feeling and Meditation Part II (Issue 19)

I find the newsletter articles very helpful and insightful. This most recent one *Artistic Feeling and Meditation part II* using shapes, linking, morphing objective back to subjective into new objectives - was very useful. I can relate this to far more than geometric shapes. *Clay, Crawfordville, FL*

Enter Light - Voices from Prison (Issue 19)

I was touched by *Enter Light - Voices from Prison*, by Robert Black, in how the students could read the different poetry by inmates and bring it to life. I have never heard of anything like this but it says a lot about anthroposophy and how others can empathize through poetry, art, and human nature. In this newsletter, Rudolf Steiner is quoted "the work of art is what the soul experiences when it feels the shape of the form", this is a perfect example of that. *Artic, Grady, AR*

Artistic Feeling and Meditation Part I (Issue 18)

From the *Artistic Feeling and Meditation* article I've noticed the power colors have and various other interesting topics. *Robert, Delano, CA*

New to me is how meditating on colors causes feelings to arise in us. I am excited to see how meditating on colors, something close to me and always present, can invoke feelings in me. This facility doesn't

allow us to have hobbycrafts, yet, so I can't do watercolor painting, but I write short stories and intend to use colorful descriptions in my future stories to help evoke the intended emotions I am trying to portray in a scene. *Carl, McAlester, OK*

I use the Color Meditation to soothe anger and try to help others by projecting soothing colors upon their aura or mentally pictured bodies (for healing/calming during angry or exciting times). *Carl, Calico Rock, AR*

True North: The Compass of the Heart (Issue 17) and The Twelve Virtues (Issue 17)

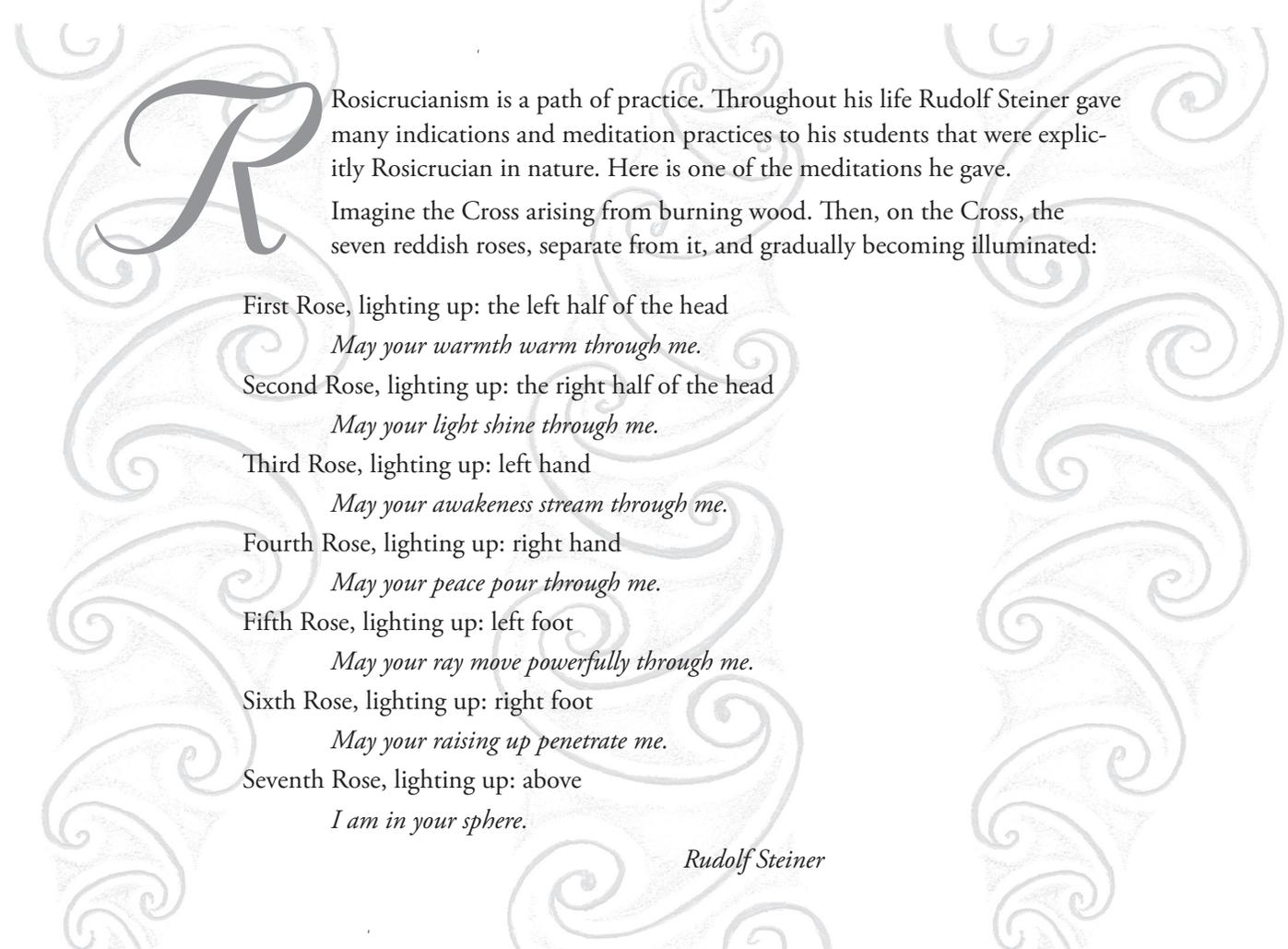
True North: Compass of the Heart and the *Twelve Virtues* are good newsletter articles. I can relate because I know a lot of Egyptian practices and my own Aztec and Maya culture. I used the *Balance becomes Progress* exercise last month and in my culture, our health depended on balance so I saw another side of it. *True North: Compass of the Heart* was good because I liked the part on the age of consciousness. I believe in the western formal education but also it deterred us from spiritualism. I also learned a lot from the *True North* article, I don't judge people's beliefs and I now look at every situation through all angles instead of being totally biased, I am more compassionate. *Jesus, El Dorado, KS*

Sleep and Dreams and How to Develop Them (Issue 16)

After reading the article *Sleep and Dreams and How to Develop Them*, I've had more profound dreams since. I've tried regulating the level of my sleep in order to experience waking dreams. *Johnny, Coalinga, CA*

Illuminating Anthroposophy

Anthroposophical Prison Outreach Newsletter



Rosicrucianism is a path of practice. Throughout his life Rudolf Steiner gave many indications and meditation practices to his students that were explicitly Rosicrucian in nature. Here is one of the meditations he gave.

Imagine the Cross arising from burning wood. Then, on the Cross, the seven reddish roses, separate from it, and gradually becoming illuminated:

First Rose, lighting up: the left half of the head

May your warmth warm through me.

Second Rose, lighting up: the right half of the head

May your light shine through me.

Third Rose, lighting up: left hand

May your awakesness stream through me.

Fourth Rose, lighting up: right hand

May your peace pour through me.

Fifth Rose, lighting up: left foot

May your ray move powerfully through me.

Sixth Rose, lighting up: right foot

May your raising up penetrate me.

Seventh Rose, lighting up: above

I am in your sphere.

Rudolf Steiner