

Awakening Reverence through Eurythmy

BY RUTH TSCHANNEN

Veneration - A small child is still full of wonder and veneration towards the world. Like a butterfly visiting the flowers in a meadow, it explores everything around him in full trust and with shining eyes. Little sounds of delight are accompanying every new discovery. Later on as the child grows this veneration for the outer world can turn towards a human being. The heart is pounding, the words cannot be found, the voice is shaking as the growing child meets a person it reveres. This soul quality of veneration later on in life is the first condition on the path towards spiritual science (*How to Know Higher Worlds* by Rudolf Steiner). There the capacity for veneration is guided towards veneration for the truth and knowledge.

Veneration: A Healing Tool - In lectures given to people interested in the healing aspect of eurythmy Rudolf Steiner gave 12 exercises known as the soul exercises. The exercises start out with: *Yes – No* and *Sympathy – Antipathy* and end with *HA* (eurythmical laughter) and *AH* (known as A- veneration). Rudolf Steiner describes the last exercise as following: "...The effect on the human organism of the feeling of veneration, when it is habitual, is to make the organism more durable, more sturdy. It becomes capable of greater resistance..." This statement given in the beginning of the last century rings ever more true in our time where the attacks on our immune systems are increasing daily as we know from our health professionals, teachers and parents.



Hallelujah: A Heavenly Gift - It was on a beautiful Sunday morning in the fall of 1912 when Rudolf Steiner asked Lory Maier-Smits to do certain movements in eurythmy. Little did she know at the time that this would be the very first work ever done in eurythmy. After she finished the movement she was told that she made visible the word Hallelujah. The word itself calls forth deep reverence and awe whenever sung or spoken. Rudolf Steiner then added the meaning of this mighty word: "I purify myself of everything which hinders me from beholding the Highest". Ever since that Sunday in the last century the word Hallelujah has been done in eurythmy all over the world wherever people come together to practice eurythmy. It is a wonderful way to end the day or to think of somebody in need of help, during illness or towards crossing of the threshold. It is a gift one can offer to each other as well as toward the healing of the world.

Hallelujah: The movements in Eurythmy - The word Hallelujah starts and ends with the sound H, breath or 'magic breath' as we learn when the sound was introduced for the first time. The first H in Hallelujah is exhaling, the last inhaling. This process we know at the end and the beginning of earthly life: the gates of death (exhaling) and birth (inhaling).

cont. on pg 11

Eurythmy is speech and music made visible. It is harmonious, well formed movement with its origin in the starry heavens.

There the constellations and planets are moving, and through their movement resounds the creative, cosmic word. This word in our time has become silent. This silence can be painful for us dwellers on earth. The task nowadays is to learn to speak to the stars.

Through the movements in eurythmy we can make our speech and music visible again, and therefore reunite with the forces of the stars.

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Poems, Artwork and Letters Welcome.

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

Dear APO Readers,
Rudolf Steiner said that if we aspire to know higher worlds, it is essential to cultivate an inner attitude of reverence, as a necessary first step. In this 10th issue of *Illuminating Anthroposophy* you will find this ‘golden path of reverence’ woven into our articles.

In *Requirements for Esoteric Training*, Eileen Bristol shows us how through practical application we help focus our awareness and awaken the path of reverence within. In a further article, *Moral Growth as an Aspect of the Anthroposophical Path*, Bruce Kirchoff illustrates the importance of nurturing ‘qualities of the heart’ in order to develop feelings of reverence and inner peace. Similarly, but in a different way, Ruth Tschannen in her article *Awakening Reverence through Eurythmy* illustrates our theme through movements filled with the soul mood of devotion. Steiner said that through focused attention we will become spiritually aware. As you focus your efforts, we hope you will feel the experience of reverence on your path. This newsletter is for you and we value receiving your many letters with experiences from all along your spirit journeys. By sharing your letters you are participating in the efforts of others who, like you, move along the path of self-knowledge and spirit-awareness. We hope you will try the eurythmy *Hallelujah* exercise and the *Circle Point Meditation* exercise and let us know your experiences with them. We also continue to receive many lesson responses from the *EduCareDo Self Awakening Correspondence Course*. If this creates a spark of interest, set it ablaze by requesting Lesson 1 from us.

Blessings on your inner work, Kathy Serafin

Meditations

Meditation means to warm a thought in the heart Rudolf Steiner

I'M ENJOYING THE MEDITATIVE EXERCISES. I've been opened up to self awareness on a new level and I very much appreciate your help with my inner work on a new me. *Jeffery, Menard, IL*

THE BOOKS ON INNER DEVELOPMENT I READ AND RE-READ. The lectures of Rudolf Steiner are important to me. They seemed to make better sense as I became better acquainted with them. I'm all for spiritual refinement and development. The book *Start Now* was an eye-opener for me more so. This was definitely a good foundational book to help familiarize me with the instructions and exercises to do. I tried the exercise of the backward review/retrospect and this became a doorway to my understanding. I've been observing my day backward each night when I realized something significant began to happen. My observations were becoming sharper. I will continue to do this particular exercise as I find it helpful as I seek out my personal soul's inner core. *Benjamin, Ione, CA*

THE ROSE CROSS MEDITATION, as well as the introductory instructions has already brought about a resolve for relieving stress and having a brighter outlook for the future, thank you. *Randy, Casper, WY*

THE SIX EXERCISES IN SELF DEVELOPMENT in the Penitentiary are so on point. They really touched base on what I was trying to incorporate in my daily activities. *Chris, Jefferson City, MO*

I WISH TO EXPRESS MY GRATITUDE AT YOUR CONTACTING ME and reconnecting me with the soul enlivening force known as Anthroposophical Prison Outreach (APO). Reading how others are also struggling with the practice of meditation. I can't begin to describe how encouraged I am to read that my own seemingly failures are commonly shared by all who practice meditation. I've just begun the Rose Cross Meditation and I am almost overwhelmed by the feeling of reverence that washes over my soul as I picture the profound symbol of man's higher aspirations. Thanks APO for providing a medium of soul expression to many unique individuals aspiring to higher knowledge. *Jamal, Graceville, FL*

I HAVE BEEN PRACTICING THE MEDITATION EXERCISES suggested and have found them very helpful in this chaotic environment. *Dustin, Lebanon, OH*

I TOOK A LITTLE TIME TO TRY TO LEARN SOME of the meditation exercises and so far it has not been easy. However, just being able to attempt these exercises gives me an opportunity to “escape” the frustrations of prison for as long as I am able to concentrate. I have also attempted the exercise, Fostering a Mood of Inner Quiet, and I have had some success! So far it seems, as soon as I start becoming unaware of the many background noises of prison, my own thoughts intrude! But I will keep trying and am sure I will improve. *Major, New Boston, TX*

REQUIREMENTS FOR ESOTERIC TRAINING

BY EILEEN BRISTOL

Many people have a vague wish for higher knowledge and enjoy reading some spiritual books now and then, but a decision to take up the path asks for a willingness on our part to make some changes. Rudolf Steiner's book How to Know Higher Worlds can serve as an ever renewing source of inspiration for the esoteric student.

In this article I would like to share a brief summary of Chapter 5 “Requirements for Esoteric Training”, along with some of my own reflections. Steiner remarks that none of these “requirements” demands perfection, only that we are working toward that goal. And here they are:

1. Physical and mental health – leading a healthy life. No matter what our present circumstance, we can make choices in a healthier direction. Examples are: consuming less sugar and caffeine, drinking juice instead of pop, eating more fruits and vegetables, reducing or eliminating tobacco, alcohol and other drugs, increasing our water consumption, practicing better posture and more open breathing, increasing our daily exercise, cultivating positive attitudes. Utilize holistic healthcare as much as possible. If you are in a situation where you have little choice in this regard, there are still things you can do for yourself such as foot reflexology and stretches.
2. Feeling ourselves as part of the whole of life – avoiding blame and developing a sense of joint responsibility. In every situation that didn't go as we liked, we can always ask what we might have done differently instead of looking for someone else to blame. Rather than criticizing someone for their shortcomings or difficult behaviors we can consider how they might have had a more difficult childhood than us, or they might have physical or emotional problems (or an overdose of caffeine or sugar!) Also, broadening our feeling of responsibility as a human being to include everything that occurs on the earth, including pollution and human rights infringements creates a subtle difference of attitude that can radiate healing energy. When we resist and blame and point fingers and don't accept our role in all that happens we generate negativity instead. And this brings us to the third one:
3. Recognize that thoughts and feelings are as important as words and actions. Care for our inner soul life as carefully as we do our outer life. Face it, the energy we direct into hating someone is real and does create an effect in the astral world. We are responsible for that. We probably remember to brush our teeth every night and generally attend to our



physical appearance, how about remembering to call up feelings of gratitude for all the individuals who contributed to the meal which is set before us? Positive and loving thoughts and feelings help the whole world just as much as good deeds.

4. Our true nature does not lie without, but within. A sincere and deeply felt acknowledgment that we are soul-spiritual beings is basic to the esoteric path. There is no immediate connection between outer success and inner sense of duty. The esotericist strives to balance the demands of the world and “doing the right thing”. Being free of the urge to gain approval for its own sake and yet doing what we can to be helpful to the environment in which we are, we attempt to make choices out of freedom and respect for others.
5. Develop steadfastness in carrying out resolutions. When we make a resolve and keep it, we are strengthened. When we break a resolve we are weakened, (unless we have come to see that our original intention was in error and we decide to take a different course of action). Love is the only valid motivation for carrying out an action. If love is our reason for doing something, rather than desire, we never tire of trying again and again, even when we fail. When love of a deed is the basis, then we find satisfaction in the deed regardless of how it is received in the outer world.
6. Cultivate feelings of gratitude for all we receive. This includes not only the pleasant aspects of life, but also for the hard knocks which have brought us valuable lessons or even for a headache which is letting us know we are dehydrated! All-embracing love supports the development of higher knowledge.

These 6 requirements can be woven into your life in a way that they become second nature for you. In the beginning you might quite often “catch yourself” generating negative judgmental thoughts and have to do an attitude adjustment ... or noticing that you are feeling “jumpy” after that candy bar and caffeinated drink and consider that you might make a healthier choice next time. After a while you will find that you are more and more often responding to life in a way that is positive and love based rather than fear based. The positive attributes become part of who you are. And your path will continue to unfold before you.

Blessings on your path, Eileen Bristol

Insuinations

In Place of the Self opened my understanding of the depth in which drugs damage the human body, the ethereal body and the astral body. Not to mention the higher self. Because of my past experiences, I've come to get a glimpse of where and how those paths I've chosen have led me. Because of that glimpse I can now suit myself up in armor to give me the fighting chance I need against those demons which have caused me to lose many of life's battles. In effect, I see a way of winning a war in which I was once with and now against (In other words I started this war on the wrong side and it has cost me a lot). I have really enjoyed reading these books and they opened up a new gift granted to me. I'm appreciative for such a gift. I have read *Start Now*, reread and wrote notes on it. On *An Outline to Esoteric Science* I have read slowly and carefully absorbing all. Yes, I did find inspiration but even more so, through reading with and through love I found inner understanding. Blessed be. *Steven, Beeville, TX*

So much has been going on with my situation I try so hard to stay focused and your help and outreach program keeps me focused. Please continue to reach out. *Earl, Represa, CA*

You wrote to my friend Anna, and she showed me your packet with the book list and rules. I'd like to try to know myself but frankly, I'm scared. Avoidance, rationalization, and sarcasm seem to be my most initial mainstay of response to the world. "Fostering" even a modicum of "inner quiet" may be emotionally impossible. I know it's not this prison or the people or the ever illusive "them", it's me. With that said I will try. I'll tell you what comes of my travails. I do know that I, above all, seek truth. *Sarah, Pearl, MS*

I really enjoyed *The Great Initiates*; it is a very good book. The meaning of the book is clear and simple: "Prepare the soul and spirit for the next life" and the work must be done while we still are in the body. In order to discover the secrets of the other worlds, we must communicate with the invisible world and once we learn how to do this, we become immortals. There are certain things that cannot be taught; they can only be learned and it is up to us to learn those things. I also found out that some things said in this book are very similar to what the Kabala teaches. *Jose Luis, Kennedy, TX*

They wouldn't allow the postage, but no biggie. I can't say I wasn't a little disappointed, but I had a span of time to make a choice, and I didn't get angry or upset. I remembered my "inner work." *Keith, Oshkosh, WI*

How does someone review a powerful book like *Rosicrucian Wisdom*? The images that Mr. Steiner's lectures brought to mind of planetary and human evolution, past and future filled the voids left by church and school. It reinforces what I have always felt things are. I personally am not a seer, but I have read about others that are and all point the same direction, inwardly, even though my mind still clamors when I meditate the voices are getting better. At least now I feel the peace that I know is there. *Tommy, Avenal, CA*

Thank you for your continued patience and perseverance in all that you do. It is a wonderful and priceless service to all humanity that your prison outreach gives to those of us behind these walls, and we are very grateful. After reading *How to Know Higher Worlds* and *A Way of Self Knowledge* I have gained incredible insights into what my soul has been drawn to and "known" all my life! It is difficult to explain. The

magnetism that can be felt when the truth is given and your soul identifies it as being true! There is an instant connection. I look forward to gaining much enlightenment from the guidance of the Anthroposophical Society. *Vernon, New Boston, TX*

I was glad to have read both *What is Anthroposophy* and *With my Heart in my Mouth*. It is amazing that with each book I read on anthroposophy, my understanding of things becomes more profound. Sometimes I have some difficulty comprehending some of Mr. Steiner's abstract writing but I remain steadfast in hopes that I may attain true inner enlightenment. Blessings to everyone at APO devoted to making the world just this much better. *Bryce, Arcadia, FL*

This is my second prison term. Since the year 2000 I have been soul searching. It is essential that I make it through this term without any problems because of my beautiful 12 year old son. A month prior to surrendering to be responsible for my wrong doings, I married a great guy. I love my son and my family dearly and want to be a better person for myself and them. *Tara, Long Beach, CA*

I received a letter from a friend that told me about you. I am currently doing 8 years at the Goodman Unit and very interested in changing my ways because it is clear this way is not the right way. Thank you. *William, Jasper, TX*

I am very thankful for the opportunity that you all provide for us inmates. I've recommended you to a few of my fellow truth seekers and with a little dedication and sound belief in one's inner being, we should be able to transform ourselves. I seek to find serenity of heart and mind on my path. I can sense a little something changing on the inside already, and am comfortable at the pace in which I'm striving to learn about myself and the universe around me. I pray that I may be a beacon for even one individual to return something of success in my change towards spiritual freedom. Continue to help others and our world shall be a better place for us all. *Desmond, Columbia, SC*

This book *The Great Initiates* has taught me that all the ancient teachings are truly universal. There are those that are chosen to become light bearers when descending into this plane and there are those that were seeking and found the light within. Each enlightening the world with compassion and wisdom. Thank you for this great program that you all have, it has made me into a light bearer with that which I have been privileged to receive. *Carlos, Menard, IL*

I just finished reading *Rosicrucian Wisdom*. It sure has a lot of powerful concepts and teachings. I'm trying to train my mind to dwell on the high spiritual truths instead of always being bogged down with mundane thoughts. *Richard, Frackville, PA*

Thank you for the time and dedication put forth at APO. I assure you I've learned so much insight on different situations in my life and that of others. And I thought I was the only one with these problems. APO has made a tremendous impact on my life. *Christopher, Huntsville, TX*

I specially liked the *Spiritual Practices for Inmates* article. I hope that with your help and the help of the books you provide I will get a better understanding of how I can be in touch with my mind and soul. *Fredic, Delarok, CA*

Illuminations

Hope you were able to have a Merry Christmas. I've no complaints of mine. A bunch of us combined our resources and cooked up a nice jail house feast. We broke bread and celebrated the occasion in peace and harmony. We made sure everyone who lives in our 35 man section of the cell block was able to partake in the feast as well. This actually changed the atmosphere of the place. We are all less strangers to one another and realize we have to share the same space. Wish these folks would understand this is the way to live everyday of the year. I guess if we just light one little candle, each and every one of us – this would really be a bright world. *Gus, Wala Wala, WA*

The books are great mental and spiritual food. They taught me why and how to look deep within. I also love the *Illuminating Anthroposophy* Newsletter. Spiritual Science represents uncountable roads to a deeper understanding and beyond. I express these emotions whole heartily. *Blessed be. William, Railford, FL*

I am working on the concept of Fostering an Inner Quiet. The ability to find a few minutes to myself is trying – to say the least. But, I'm going to keep on trying for every little bit possible. Once again thank you for your help and concern. Sorry for not writing to you sooner, my uncertain living conditions and bouts of depression take their toll at times. *Randy, Casper, WY*

I really want and have to change my behavior and my actions. The little I've read so far sounded real good. But to tell you the truth, it is going to take a lot of work. Working on myself will hopefully change me into the person I have always been. Fighting self esteem issues has been my hardest struggle. To love and except myself is a continuous struggle. *Leonard, Miami, FL*

I really enjoyed my reading. And I've begun to take action in my quest. The exercises are a little difficult when its hard to settle the mind in the environment I am momentarily living in, just want to thank you for your help. *Bryan, Houtedale, PA*

First of all I would like to give thanks for all the wonderful programs and support you have invested in me. I have been trying all the different kinds of exercises. Sometimes I feel like giving up but I keep trying to get better. Mind, Body, Spirit. These little pamphlets have given me a new life experience and helped me see things differently. *Alonso, Leavenworth, KS*

With all love and respect, our illnesses are messages from the psyche, the inner self which can be interpreted and understood. Our illnesses are not the problem. They are only the symptoms, or symbols of the real problem. The real problem is spiritual, an imbalance or distortion in our thinking, attitudes, and feelings. Helplessness and frustration can accompany even minor illnesses. The success of a life is not determined by how many years an individual lives but by the quality of the life lived and by how much love that life contained. We must learn that illnesses also have a healing intent because they point out inner dis-eases and we can have the opportunity to make healing changes. If you are involved in toxic relationships, under stress at work, or if you say "I can't stand it" or "that makes me sick". Thoughts are things! We should listen to the psyche; it manifests itself in our body. *Juvenal, Blythe, CA*

Wishing to send my deepest gratitude. To find organizations and institutes that are willing to open up to prisoners is indeed a seeming rarity. Therefore, I cannot even begin to express the profundity of my appreciation for your kindness and understanding for those of us that a larger part of society considers the "dregs of society". I would like to note that the 6 techniques you have supplied can and will be very helpful in my meditation practice. *Karl, Kinder, LA*

I see myself as a person that needs to balance my inner being by performing more creative activities such as rhythm, speech and geometry and the like. *I over visualize because of setbacks when I was a child. Carie, Lincoln, IL*

Thank you for sending the books. I especially enjoyed *First Steps in Inner Development*. The fourth chapter on ways to Inner Development I found very helpful. I'm trying to do what Mr. Steiner showed in the *Gospel of St. John*. I've been meditating on John 1:1 for a couple weeks now. I can't seem to get beyond external knowledge however he says in chapter one "Even when a week has gone by with no sign of success, you must persevere and spend a month, a year, or even a decade on the effort." I am resolved and determined to keep trying. Peace be upon you, *Shawn, Colorado City, TX*

I am presently metamorphosing from the new information concerning how we relate to all living beings in our surrounding; I am the message of how this works through my actions, words and deeds. *Michael, Westover, MD*

Circle Point Meditation

(adapted from Rudolf Steiner's *Education for Special Needs*, lectures 10,11)

Every evening bring to life the consciousness: "In me is God" - (or the Spirit of God, or whatever expression you prefer to use). Then in the morning let the knowledge: "I am in God" shine out over the whole day. Work with this until it becomes very alive for you and impacts your entire existence. Then add visualization as follows: in the evening when you think "In me is God" picture a yellow circle with a blue dot inside. In the morning, when you think the thought "I am in God", picture a blue circle with a yellow dot inside. Once these steps are strong and solid for you, take a further step: let the point expand to become a circle and the circle shrink to become a point. Do this over and over in meditation, letting the circle and dot breathe in and out. It will awaken a sense of metamorphosis in you.

Eileen Bristol

Art and Poetry

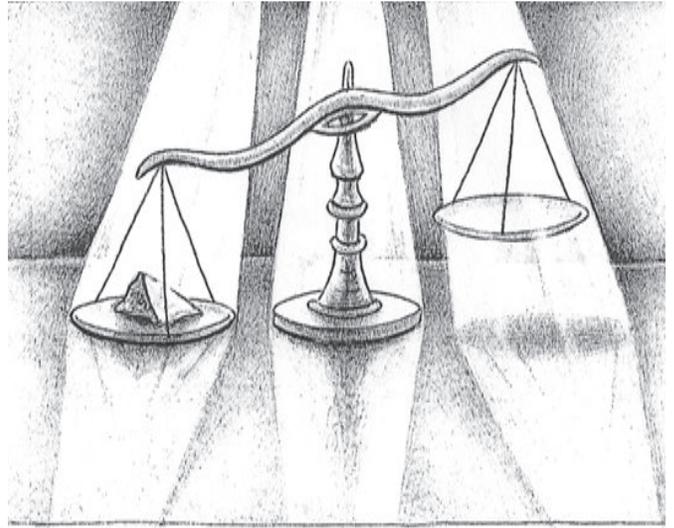
To All the Little Boys' Fathers

There are little eyes upon you,
They're watching night and day,
There are little ears that quickly take in everything you say,
There are little hands all eager,
To do everything you do,
A little boy who's dreaming of the day he'll be like you,
You're the little fellow's idol,
You're the wisest of the wise,
In his mind no suspicions ever rise,
He believes in you devoutly,
Holds all that you say and do,
He will say and do in your way,
When he grows up – just like you,
There's a wide-eyed sweet little fellow,
Who believes you're always right,
His eyes are always open as he watches day and night
You're setting an example,
Everyday in all you do,
For the little boy is waiting to grow up and be like you.

Anthony, Corcoran, CA



Dale, Winnfield, LA



Mark, Anthony, NM

A Waking Dream

*This day have I risen from sleep
Awakened to life by the northstars' call
The Solar King trumpets a song in my heart;
The majesty and glory of being.
Deep within my spirit a light
Triumphs its ascent over dark
And my soul's path of obscurity is revealed
In golden luminescent freedom;
United with all and none I become...*

D.H, Iowa Park, TX

*I strive to find where I belong to be,
What I am to be,
I walk, run when I can,
Crawl if I must,
Wellness and wholeness are my best friends,
And my strongest ally,
Is the goodness within.*

Dwayne, Ione, CA

Mighty Oak

*Sturdy and strong,
Destined for heights,
Alone or apart,
Living by the light,
Nurturing the land,
With its every breath,
Giving us shelter,
Even in death,
Too often we fail to see,
The bravery of even a tree,
So stop a second,
Look and see,
For just a moment,
How we all should be.*

Terry, Lewisburg, PA

Book Reviews



PATHS OF THE CHRISTIAN MYSTERIES

The book *Path of the Christian Mysteries* takes you through a journey of the old world and tells how the mysteries are moving and evolving. It tells how they worked on the people centuries past and how they work today. It also talks of the forces oppressing the mysteries, talks of the pilgrimage that the people made and how they experienced it. It sheds more light on my understanding of the mysteries. I don't know if in any past life I was part of the mysteries, but every time I read a holy book or spiritual book it awakens something in me that has been asleep. It's like I experienced it here before. Like Benjamin Franklin put it. "First the work shall not be lost for it will appear once more in anew and more elegant edition revised and corrected by the author." Read the book twice. *Juan, Soledad, CA*

LUCIFER AND AHRIMAN

Lucifer and Ahriman: Man's Responsibility for the Earth, by Rudolf Steiner is an excellent book to help anyone understand these forces, and their effect on mankind. It shows how the ancient Pagan traditions and mysteries originated with the Luciferic beings, and their effects on human evolution. Also, it describes the dangers of Luciferic forces (generalizing things and shrinking of the path of evolution on material Earth), as well as the things to be gained with careful use, for example wisdom, and discernment. The forces of Ahriman, on the other hand, represent the other extreme we want to avoid. Materialism in all its forms that exclude spiritual reality in the balance is the moral impulse and the following of the proper karmic path brought by the Christ, which is the correcting force needed to combat the possible extremes of Lucifer and Ahriman. In my opinion, the Fifth lecture ties it all together. It puts forth man's true effect on the Earth, from both humanity's collective will and on the other hand, its total intelligence. Not pollution, as bad as just that is, but the whole health of earth - minerals, plants, animals, and so on. Man's connection to the maya (illusion) is illuminated by understanding man is part of the earth, and therefore as a totality greatly effects it. Not by just physical action, but by the literal destructive force of will as well as the creative building up brought about by intelligence. The key to it all however, is the moral Christ impulse. So I recommend this book to anyone interested in man's effect on the world, and trying to understand the forces of good and evil: Once again, Mr. Steiner has shown his amazing grasp of humanity's past, present, and what is needed for a good future. *Mitchell, New Boston, TX*

RUDOLF STEINER'S VISION OF LOVE

Rudolf Steiner's Vision of Love by Bernard Nesfield-Cookson, is a masterful labor of love in organizing and elaborating on twenty-four spiritual science topics ending with a very helpful appendix on Ahriman and Lucifer. The author dispels the erroneous belief that Steiner's anthroposophy is only suitable for the intellectual. Through the diverse topics and their relationship to love, the author clearly demonstrates that Steiner worked and spoke out of his whole being with feeling and especially love. Steiner has stated that the "cosmos of wisdom" is developing into a "cosmos of love." It is through clear positive thinking enlivened by love that a transformation from simply logical thinking to "logic" will occur. In Chapter 11, *Love as a Cognitive Power*, Steiner says "the reason for the lack of recognition of the force of love as an organ of knowledge is that we first become aware that this is a means of knowledge when we enter supersensible realms - and modern philosophies, and theories of knowledge, do not concern themselves with such realms". One exercise he suggests to help unfold this organ of higher love, is the recollection in reverse, of the happenings of the day - an exercise to be carried out during a quiet period before going to sleep at night. I have encountered this exercise previously and have found it to be a helpful and a very interesting reverse visualization technique. Through such exercises and soul experience it is suggested we become more and more "self directing", inwardly and, paradoxically at the same time learn to pay attention to the life of our fellow-men, to nature, in more complete consciousness. The book contains a lot more on Steiner's vision and power of love. I highly recommend it. *Charles, Coalinga, CA*

ROSICRUCIAN WISDOM

Rosicrucian Wisdom is packed with information (consisting of fourteen lectures given by Rudolf Steiner in the year 1907). It lays out the relationship between the microcosm (us) and the macrocosm (outside us). I read it twice to really understand it. Just as physical reality is experienced using our basic senses, so we need to develop our spiritual senses to experience the higher worlds. The book covers the fourfold human being; physical man, etheric man, astral man, and the ego, or "I". Our lower bodies are worked upon from the higher spiritual worlds. Steiner describes and explains the nine members of our nature. The lecture gives insight on our, waking, dreaming, and sleeping stages of being. He then moves on to cover the period immediately following death. This seems reminiscent of *The Egyptian Book of the Dead*. The importance of diminishing our material pleasures and impulses is covered in detail. Moving right on in the Devachan or "world of reason" a seer may perceive the Akashic Record. There are living pictures that record and store whatever comes to pass on our earthly sojourn. There are two paths to progress. These paths, which are particularly suited for the West, are the Christian and the Rosicrucian paths. The Christian way is accomplished through awakening of the feelings, and there are seven stages of feeling covered in the book. The states of humility and deep devotion represent the nature of the Christian initiation. The Rosicrucian path on the other hand is followed by immersing oneself in the content of thought not taken from physical reality but from higher worlds. Remembering that it is one thing to understand something, as we all are capable of, and discovering or experiencing something. *Rosicrucian Wisdom* does not try to arouse the feelings, but through the stupendous facts of the spiritual worlds to let the feelings themselves begin to resonate. *Rosicrucian Wisdom* is very important if one wants to understand himself and their relationship to the universe and higher worlds. I send my love and compassion from my heart to every sister and brother, may we all be permeated with the Christ consciousness. *Andrej, Comstock, NY*

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Moral Growth as an Aspect of

By Bruce Kirchoff

Rudolf Steiner defined anthroposophy as “a path of knowledge to guide the spiritual in the human being to the spiritual in the universe.” In more colloquial terms we might say that the aim of anthroposophy is to reunite man with God. The extended act of creation that Steiner describes in *Esoteric Science* (and elsewhere) has brought us to the point where we are able to take responsibility for our own spiritual development in order to continue our ascent. If we are successful, we will bring to this reunification our ability to work and live out of love. We were born out of the spiritual worlds through the creative acts of divine spiritual beings. We came to an awareness of ourselves as human beings through the process of error, and its redemption. We will return to our home in the spirit, and carry with us the fruits of the love that we have brought alive in us in the physical world. This is the grand vision that Steiner sets before us. The tool that will help us in our return to God is called the anthroposophical path of schooling.

There are three aspects to the anthroposophical path of schooling: study, moral growth, and practice (or meditation). Each of these elements plays a vital role in our growth toward God. We cannot dispense with any of them. Study orients us to the geography of the spiritual world. Moral growth directs us toward the Truth. Practice opens our spiritual eyes and ears. By understanding these elements we can make sense of the many different exercises Steiner gave. Each of these three aspects is associated with a soul function. Study is a thinking activity. Moral growth purifies our feelings. Practice engages our will. Viewed in this way, the anthroposophical path of schooling can be seen as a method of using thinking to purify our feelings for the purpose of freeing our will. The separation of thinking, feeling and willing frees these soul functions to be used for spiritual perception. This article is focused on the second of these aspects, moral growth.



Much of the content of the book *How to Know Higher Worlds* is devoted to the description of moral qualities that the student should cultivate when treading the anthroposophical path of schooling. In fact, the first exercise that Steiner gives is not a meditation, but the cultivation of the moral quality of reverence. He stresses the importance of this quality again and again in the first pages of *How to Know Higher Worlds*. Of the 25 pages in the first chapter, eight deal explicitly with reverence. If we extend our count to include those pages on which he gives practical rules to help us follow this path, almost the whole of chapter one is devoted to this subject. His first admonition is given in the following words: “We begin with a fundamental mood of soul. Spiritual researchers call this basic attitude the *path of reverence*, of devotion to truth and knowledge. Only those who have acquired this fundamental mood or attitude can become pupils in an esoteric school.” Then again on the next page: “Initiates found the strength to lift themselves to the heights of knowledge only because they first guided their hearts into the depths of veneration and devotion. Only a person who has passed through the gate of humility can ascend to the heights of spirit.”

Steiner places a great deal of importance on the path of reverence. In essence, he says that if the student undertakes only one exercise it should be to tread this path, for it will ultimately lead him to knowledge. “Similarly, if one knows the fundamentals of esoteric science, one knows that every feeling of true devotion unfolded in the soul produces an inner strength or force that sooner or later leads to knowledge.” He also makes it clear that the cultivation of reverence and, by implication of other moral qualities, is not the same thing as study. “Anyone seeking higher knowledge must create these feelings [reverence, awe, adoration, wonder] inwardly, instilling them in the soul. This cannot be done by studying. It can only be done by living.”

In chapters four and five of *How to Know Higher Worlds* Steiner introduces a number of other qualities that the student is advised to cultivate, for “anyone who follows these additional suggestions will advance quite far in esoteric science.” The qualities discussed in chapter four are patience, inner truthfulness, absence of curiosity-for-curiosity’s sake, education of our desires, letting go of prejudice, tact, gentleness, quietness, and maintaining a healthy environment around oneself. Just reading the list can cause us to doubt our capacity to live up to Steiner’s expectations, at least until we remember his admonition about gentleness. “Such gentleness is one of the main methods of esoteric schooling. Gentleness removes obstacles, opening our soul and spirit organs.” This includes gentleness toward ourselves. Practicing gentleness with ourselves removes the feelings of inadequacy that so easily arise when working with Steiner’s books and lectures.

How to Know Higher Worlds has given me a lot of understanding with respect to initiation. It’s a beautiful book I can relate to. There’s so much I want to say about its contents that is incredible, but I will summarize it as follows:

*Revere in awe, creations all
In truth plight and gain insight
Thru you (all) let flow
Instill within your soul
Know preparation,
Will illumination,
Dare initiation
Humble and in veneration
Steve, Beeville, TX*

the Anthroposophical Path

If we wish to cultivate these qualities of the heart, we must overcome our inner reluctance to undertake these tasks. The desire to master ourselves that grows out of this work makes the cultivation of these conditions a part of moral growth. Steiner makes this clear when, after reciting the conditions he says "And this will prepare us for the calm, inner peace we must develop during the first steps in esoteric training." The experience of inner peace is the attainment of a moral perfection.

Silent meditation on the Prayer of St. Francis (reproduced below) is one way to begin the path of reverence. The death spoken of at the end of the prayer need not be our physical death, but the death of our narrow, damaged selves as we are born into a new life in Christ. In this sense, we can begin to live Christ's assurance that the Kingdom of God is in our midst (Luke 17: 20-21). His kingdom comes alive in us on the path of reverence.

Prayer of Saint Francis of Assisi

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| <i>Lord, make me an instrument of your peace.</i> | <i>O Divine Master,</i> |
| <i>Where there is hatred, let me sow love;</i> | <i>grant that I may not so much seek</i> |
| <i>where there is injury, pardon;</i> | <i>to be consoled as to console;</i> |
| <i>where there is doubt, faith;</i> | <i>to be understood as to understand;</i> |
| <i>where there is despair, hope;</i> | <i>to be loved as to love.</i> |
| <i>where there is darkness, light;</i> | <i>For it is in giving that we receive;</i> |
| <i>and where there is sadness, joy.</i> | <i>it is in pardoning that we are pardoned;</i> |



Book Reviews cont. from pg. 7

FACING THE WORLD WITH SOUL

Straightaway, *Facing the World with Soul* takes the reader inside themselves to see and embrace their own soul (self). This book causes the reader to pause, to reflect, and to contemplate themselves and the world in a new way. It shines light on a subject few can adequately articulate: the Great Mystery, Sophia Wisdom. Robert Sardello does a wonderful job of gently nudging the reader into this realm. His own words are pertinent: "We do not have to be social activist to feel that some sort of balance must be brought into a world... We can develop the soul capacities that encourage the world to move in harmony with its spiritual destiny...." *Facing the World with Soul* encourages us to "really" look at ourselves, at life and the world. - to change our consciousness, our awareness, so as to deepen it. Mr. Sardello guides the reader into avenues which one can take to start this growth: We must become silent, move into the silence: "When we are able to dwell for a time in silence, we perceive something of the soul of the world. The world is experienced in wonder," The insight will add depth to the soul seeker. Mr. Sardello touches upon many subjects and delivers a delicious dish of knowledge. He writes about learning, writing and reading in a fantastic new way, and the part on 'Hermeneutics' is terrific. *Facing the World with Soul* has excellent chapters on disease such as cancer, economics and technology, as well as other topics that connect with the theme of "Soul", our true selves, and the world. The insights will encourage the reader to look deep within and at this world we live in. In order to face the world with soul, we must first look at ourselves and see our own soul (self), embrace it, and then "really" look at life and all its wonders. *Malachi, Florence, AZ*

EGYPTIAN MYTHS AND MYSTERIES

In these twelve lectures by Rudolf Steiner, his message is well presented, and I quote him from the first lecture. "Spiritual science should be for us a path to the higher development of our humanity, of all that is human in us." Mr. Steiner advances, that material science has left behind spiritual science in mankind's evolution, and that spiritual science has more to offer mankind than material science. To support this, Mr. Steiner interrelates the positive spiritual (soul) evolution of mankind, to the negative material (matter) evolution of mankind, and the results of varying degree of the two, on mankind's past environments and civilizations. He goes on to point out, that the past civilizations that prospered most in mankind's evolution, were the ones whose spiritual (soul) science, and material (matter) science developed in lock-step with each other, and as a result there was cultural and artistic advancement on a grand scale as the byproduct. In closing, Mr. Steiner further advocates the advancement of spiritual (soul) science, and I quote him from page 190, "Let us hope that those who today wish to make themselves the bearers of a spiritual worldview may preserve the confidence of the first Christians. The representatives of the science of the spirit may be despised by contemporary academic learning, but they know that they are working for what will bloom and thrive in the future." This book is a well detailed account of mankind's spiritual evolution, and mankind at his best when he acknowledges his spiritual beginnings, and mankind at his worst when he acknowledges his material beginnings. But most importantly, this book is an account of mankind surpassing his own limits of genius and artistic expression, when mankind finds his balance of the two. *James, Dalhart, TX*

Lesson 4: Understanding, Caring and Developing the Human Senses

The polarities between the upper and lower senses must be balanced so in order to create a more total being. Eurhythmy serves as a balancing tool, as well as lightening our conscious awareness in our moment to moment activities. It seems that there is so much one needs to know before we embark on child raising. For there to be a true spiritual culture we would have to begin a modern universal system under one directing principle so that the beginning generation can evolve and carry with them into the next generations the seeds of knowledge with spiritual inclinations. Unless this happens, only small groups will be able to evolve at higher frequencies and even though this is fortuitous for them it is a shame that there can be no way to alight the entire race to spiritual knowledge. The abundance of insight into the significance of childhood and of how much was missing in my childhood was especially that of a creative nature. The proper wisdom and development must start at kindergarten age and evolve through young adulthood. I will make great efforts at sharing all I can with as many people (adults) as possible to remind them of their responsibility to all children and not just to their own children; they must create an atmosphere of balanced compassionate instructions and true guardianship in all beings to the fullest extent of their personal ability. *Edgar, Crescent City, CA*

The outer life, to which the will-senses are exposed, actually radiates up into the life of feeling. If the will-senses are schooled at the proper moments, the benefit for the developing feeling and thinking senses is great. However, if they are overwhelmingly exposed to motorization, mechanical toys, radio, television, and computer games, then a certain disability to concentrate and to listen develops in the child. *David, Abilene, TX*

The polarities between the lower and upper senses, especially the relative points about touch, life, self movement, balance, ego, thought, word, and hearing senses was new to me. On page three, the elaboration on just how our senses are bombarded brought great clarity to how this weakens our lower senses. Our technical civilization attacks our sense organism the most and can cause disorder and harm in the lower senses but to a certain extent in the upper senses, too. The point is very clear in this statement: a healthy development of the upper senses is only possible on the basis of healthy lower senses. Rudolf Steiner's eurhythmy not only affects the lower senses but lays a direct hold of the upper senses, too, by harmonizing the upper and lower body. *Troas, Delano, CA*

Lesson 5: Watercolor Painting

As I stared into the picture of yellow and blue I observed the two coming together. My mind drifted away from the colors. I experienced my spirit swimming among other spirits. It is a place full of energy. It was like love at first sight. I would love to stay there forever... Out of all the times, I have meditated; I never have seen bright colors like I did then. I truly believe this exercise will increase my visualization. I can not wait to get a hold of some water colors. *Chancey, Cross City, FL*

Lesson: 6: The Threefold Human Constitution

The three fold human constitution: gave new meanings to my concept of thinking, feeling, and willing and broke it down clearly into the nerve –sense system, rhythmic system, and metabolic-limb system. The six basic exercises were also what I needed to know concerning my concentration on conscious thinking. Here in this place, this kind of thinking is important to keep sane in prison. I thank you again for these valuable truths. I will continue to read and study to show myself worthy of this life-giving knowledge for self, and others. *Floyd, Granite, OK*

The exercises and examples in Lesson 6 regarding structured concentration and independent focus was interesting as they relate in some ways with forms of awareness developed through meditation. Within the context of anthroposophy, this relates to our different colors of essence and spiritual energy. This knowledge allows me to improve my understanding of myself thoroughly helping me to develop more compassion in general. This is not something which is, or can be placed within a time frame, but is a life long growing experience. *Esca, Delano, CA*

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

Every human breath relates to the great cosmic year by representing an earth year, while a human life is like a day in this great cosmic, platonic year. Further, there is a far reaching connection between the rhythmic center of our threefold being and the universe. I have also worked with the plant's process of expansion and contraction as it goes through its metamorphosis. I've made drawings of leaves taken of a plant and wrote observations from this. I went through all these experiments and exercises with an active participating consciousness, not only during this lesson but also going back over earlier ones to compare results. *Mark, Anthony, NM*

The beauty of the world around us can also beautify our souls by the experience of looking at and contemplating nature. It is amazing how my breath relates to the cosmic year. *Juvenal, Avenal, CA.*

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

Lesson eight of the EduCAreDo course was about the human being and his relation to the four Kingdoms of Nature, namely the mineral, plant, animal, and human kingdoms. It begins by showing the connection between the mineral and human kingdom. The mineral kingdom has a physical body, like man, but has no higher vehicles (etheric, astral, ego). Moving up to the plant kingdom, we notice that the plants have an added correspondence to the human kingdom, i.e., the etheric body. The plant not only has a physical body, but with the addition of the etheric body it allows the plant to grow and reproduce. However, of the four ethers, only two are dynamically active in the plant (the physical and the etheric). Advancing to the animal kingdom, we find that the animal has a physical body (correspond to the mineral), and etheric body (corresponding to the plant kingdom and water element), plus one more is added: the astral body. In the human kingdom, we find not only the physical body (mineral kingdom), etheric body (plant kingdom – water), astral body (animal kingdom – air), but also the “ego.” This gives the human a “waking consciousness,” and the ability to think and remember (because all four ethers are dynamically active in the man). The ego corresponds to the fire element allowing it to produce heat. All three lower kingdoms are not individualized, because they lack the ego: the I AM. They are all under the guidance of a “group spirit/ego.” Man, however, is individualized. He is a species unto himself (each individual). The physical body is proper to the mineral kingdom; the etheric body brings “life”; the astral body brings consciousness, and the ego brings thought and memory. *Richard, Palestine, TX*

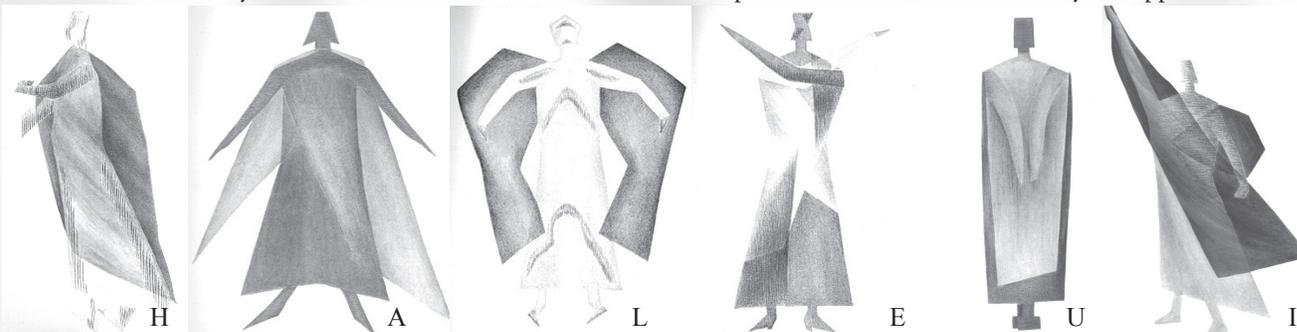


Awakening Reverence through Eurythmy cont. from pg 1

H: (sounds like ha): We start with our hands gently closed, the two fists side by side, in front of our heart. We take a moment to establish peacefulness within ourselves. Now we are ready to open our heart to something greater than ourselves. With a slight jerk we thrust our shoulder blades back, and by doing so our arms move naturally away from the heart in an opening gesture. We are riding on the magic breath of the exhaling H. The sound we are led into is the A.

A: (sounds like ah): Wonder, astonishment, the human being in its highest fulfillment. Rudolf Steiner takes great care in explaining in different ways this special sound of the A (ah). Here is a short rendering of it: "The arms reach out to two different points in the universe, and out of the universe streams in through the stretched arms strength which flows together in the region of the heart". In the eurythmy figure we see the arms pointing downwards. When we do the Hallelujah we bring the arms high above our head, stretched out to two different directions of the heavens.

L: (7 x) (sounds like el): The sound L has creative powers within itself. It transforms matter into spirit. It is life giving, refreshing, even nourishing when spoken repeatedly L-L-L. The genius of the English language knows about that power within the sound in words such as: Life - Love - Light. To describe the movement of this life-giving sound can be a challenge. Imagine you stand at a clear mountain stream. You are thirsty and bend down to scoop up a handful of water. You need both hands to do so. You lift the water up within your cupped hands towards your face. But as you bring it up, by turning the wrists, the hands and fingers turn outward. The water now becomes air and light filled, resembling the spray in an uprising fountain. The fingers open up gently, and in a circular movement are brought back down to the stream below where we can repeat the gathering of the next handful (the movement is a circular movement where the right and the left hand follow over the outside down in order to join at the bottom to start the movement anew). This is an imagination which hopefully helps in trying to understand the movement behind this rejuvenating sound of the L. The 7 L's are slowly increasing in size. The first L is small and only with our hands. Then the lower arms become part of the movement followed by the upper arms until



the movement has its full capacity like wings of angels. The image of transformation is ever present as we lower our arms, now imagining in picking up oceans of water, bringing it up in front of us towards the head where it is transformed into light as the hands open up. The millions of light filled droplets ripple down our back as our arms descend for the next movement. This moment is depicted in the figure (see diagram). It is not by accident that there are 7 L's within the Hallelujah. Each of the growing L's can be designated towards a special region of the human body. The first L is for the feet, then the knees, the region of the hips, the heart, the larynx, the head and the 7th L is for the whole human being. We have brought light, life and warm filled love to those special places within the human being. And now we come to the threshold, the gate with the sound E.

E: (sounds like eh or long a) Out of the widths of the last L we bring our arms in a cross together in front of our heart. (right arm over left). We pause for a moment.

L: The gate opens: 3 more L's follow. This time the L's are mighty movements representing the three-foldness of body, soul and spirit. We can think of the hierarchies as they are mentioned in the foundation stone meditation, or simply have joy to be able to express such mightiness within our limbs. Out of this fullness of movement we draw in and together through the vowel U.

U: The U (sounds like oo) is a sound which can evoke fear or even shuddering at the prospect of walking 'through the valley of shadow of death'. The arms are parallel to each other pointing downwards. This parallel motion of the arms lifts everything earthly towards the spirit in an offering gesture towards the heights. The arms remain in a parallel position throughout the movement. We are uniting ourselves with the spirit.

I: The J is pronounced as I and sounds like (ee). The movement is done by lowering the right arm to the side, the left arm freely pointing upwards. We stand in freedom. Why is it done with the left arm up? It is the side of the heart, connecting us to the Christ being.

A: The right arm is brought up to culminate into the last vowel the A (ah): Wonder and reverence to the highest. (the Father supporting all of existence).

H: The H is the inhaling gesture as the shoulders make a backward movement which releases the firm gesture of the A. It is A-veneration in its deepest sense. With the H, the breath ripples down the back and entering the body through the special place between our shoulder blades where it is to be gathered in the region of the heart. In the end we have our hands resting in the region of the heart taking a few moments of silence to let the word resound in our soul.

Eurythmy was given to the world as a gift. Those are the words Rudolf Steiner used. We can only have deep veneration towards the many indications given to us to bring meaning to every aspect of life.

Illuminating Anthroposophy
Anthroposophical Prison Outreach Newsletter

Meditative Verse

Morning

Steadfast, I place myself in existence (left foot)

Certain, I step into life's way (right foot)

Loving, I maintain in being's core (left hand)

Hoping, I engage all doing (right hand)

Peace leads me to the goal (heart)

Peace leads me into existence (heart)

Wisdom, I seek in all thinking (head)

Evening

Wisdom, I seek in all thinking (head)

Peace leads me into existence (heart)

Peace leads me to the goal (heart)

Hoping, I engage all doing (right hand)

Loving, I maintain in being's core (left hand)

Certain, I step into life's way (right foot)

Steadfast, I place myself in existence (left foot)

Rudolf Steiner