

Imaginative Thinking An Experience of the Soul

By Claudia Fontana

Rudolf Steiner tells us that the spiritual world reveals itself to us not in concepts but in visions, pictures – imaginative thinking. The imaginative world is the etheric world where all is movement. In that world we live in experience.

Experience – How does it come about? How do we let it happen? Where does it come from? And who gives it to us? Once we have had an experience an ‘awakening’ an ‘A ha’ moment, we remember it. Can we hold on to it and call it forth as an EXPERIENCE or do we have to enter into a process again till we have a new experience? Of course, we can have a memory of the experience, but the actual experience is always new. It is innocent, fresh, surprising, and blissful. It is a gift, it is divine!

I am not talking about an experience pertaining to the sense world, although that can be wonderful as well, like a super delicious meal. It could be like a painful experience such as burning your hand because, without thinking, you accidentally grabbed a very hot pot handle from the stove. (I did that as an adult, too much in a hurry!) The child learns not to grab for the beautiful candle flame; that lovely flickering thing hurts!

I wish to include in this article experiences of the soul, experiences one can have when practicing an art, such as painting, singing, drawing, and for the purpose of this article – the art of Eurythmy. Eurythmy is an art of movement given by Rudolf Steiner for speech and music. We will specifically practice the gesture for the sound of ‘Ah’. In Eurythmy each sound has a personality, each sound is an individuality with very specific characteristics. It behooves us to **experience** what in concepts has been given us about each sound. The sounds of the language are not there merely to communicate information, they are there for us to become acquainted with their biography, their life!!

A: (sounds like ah): Wonder, astonishment, opening yourself to the world without critique, no judgement, full of sympathy, all I encounter I accept and I receive what comes toward me. The arms reaching out to two points in the universe. The arms when reaching above the head make the form of a chalice. This chalice can be high above the head or reaching out from the level of the heart or pointing down to the earth. The ‘Ah’ can also be done small just with the hands. Bring your lower arms together from the elbows up to the wrists. Then the hands make a small chalice, an ‘Ah’.

As I am reading what I just wrote it seems I am just enumerating many concepts trying to demonstrate what to do with the arms and what I should feel. How do I enter into such feelings? Through my many years of teaching I have discovered my students need to be immersed into such feelings as the ‘Ah’ embodies. It just is not enough to say: experience wonder, astonishment etc. How can the ‘Ah’ be practiced? I have looked for a poem where the entire mood of the poem depicts the life of one specific sound. In this example, wonder, divine joy – ‘Ah’. It does not matter that the actual sound is not necessarily very dominant. We are trying to immerse ourselves into an experience of the ‘Ah’. We are practicing ‘Ah’.



Artist: Iris Sullivan

I seek within

*The working of creative
forces,*

The life of creative powers.

Earth's gravity is telling me

*Through the word of
my feet,*

*Air's wafting forms are
telling me*

*Through the singing of
my hands,*

*And Heaven's light is
telling me*

*Through the thinking of my
head,*

*How the great world in
Man*

Speaks, sings and thinks.

Rudolf Steiner

July 11, 1924

*How like an Angel I came down!
How bright are all things here!
When first among your works I did appear
Oh, how their glory did me crown!
The world resembled his eternity,*

*In which my soul did walk.
And everything that I did see
Did with me talk.*

by Thomas Traherne
a 17th century clergyman

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

Dear Readers,

We welcome each of you to our summer issue of *Illuminating Anthroposophy* beginning with an article titled *Imaginative Thinking - An Experience of the Soul*, by Claudia Fontana. She offers a way to experience wonder and astonishment through the simple eurythmy gesture 'Ah'.

In our second article: *What is Freedom? An Introduction to Rudolf Steiner's Ethical Individualism*, John-Scott Legg explores the meaning of a 'free deed'. Impulses, instincts, and drives are not the way to 'free deeds'. Actions born out of love are expressions of true human freedom.

Our third article *Freedom - A Continuous Lamp on a Hill* by Bobby Irelan shares the change he experienced in his life story from Prisoner, to Fool, to Seeker. Bobby discovered anthroposophy through APO and is no longer incarcerated. We hope that his description of his spiritual journey will inspire you!

Once more, *Enter Light - Voices from Prison* (our live poetry and art event) took place late July in Detroit, MI. Eighteen youth poets stood in front of a listening audience, one by one - representing you - reciting your poetry. The poets absorbed and memorized your poems, while also applying your suggested gestures and feelings during reciting your poems. *Heartfelt loneliness, pain, reverence, humbleness, struggle and gratitude* came forth in their recitations. A gallery of your artwork was also displayed. The evening's intent was to recognize *all* who strive to gain higher knowledge and inner development while in prison.

These live events will continue around the country. As your poetry and art are received, we keep them, and when opportunity arises for another live event, we add new poem selections. We will contact you before an event with a copy of your poem typed out so that you can edit and make corrections if you choose. In the *Art and Poetry* section of this newsletter issue, you will find some of the poems and artwork that were part of our event in Detroit.

Please continue sending us your poetry and artwork, expressing new insights coming forth for you while studying spiritual science and practicing soul exercises and meditation.

We look forward to your letters and to support your journey we now include with your book requests a sheet titled: *Spiritual Study Self Reflection Questions*. We look forward to your shared insights.

Thank you for sharing your written words, artwork and poems, inspiring the awakening of others.

Blessings on your path,
Kathy Serafin

New Ways of Thinking, Feeling, and Willing

I am thinking more carefully, realizing the tremendous power that thought possesses. I am paying more attention to my feelings, learning how important they are in perceiving spiritual worlds. I am trying to live a life using spiritual principles. Staying connected with God, as I understand Him. I have begun a spiritual life outside of mainstream religion and have grown much. My favorite book is *How to Know Higher Worlds* and my favorite subject is the spiritual world. I have been inspired by learning that perceiving the spiritual world is nothing like I would have thought it to be. *Carl, Mansfield, OH*

I think before I act so I am now non-violent because of my anthroposophical library studies. I apply what I have learned by being patient and long suffering, with forgiveness I hope! *Mario, Lawton, OK*

Almost everything has changed. I always had a strong moral sense. Now it is almost normal for me to control what I think also. Acts of kindness is me all day it's not limited to just what I want, I follow the spirit and in doing this me and my family receive blessings. *Don, Crawfordville, FL*

My anger has now only taken a back seat. After 13 years flat in prison I allowed myself to become so bitter, so angry, so many years angry. It's all a blur and in that blur I lost control and couldn't control my anger. It came out whenever, with whomever, but now I have some control back. By using your methods in *Self-Development in the Penitentiary*, I'm slowly becoming less angry inside. I'm giving people more understanding towards their feelings, emotions, and just trying to love without judgment, 'free love' with no hidden reasons behind it. I want to gain wisdom, learn a better way for communication, becoming less angry, and more compassionate towards myself and towards others. *Jason, LA Grange, KY*

I have deep thoughts on how everything has an effect on us in different ways. Feelings of illumination and walking in ancient wisdom. I am projecting more positive thoughts and energy into the atmosphere that will not only benefit me but others in this life. *El Roderick, Oglethorpe, GA*

I'm thinking less critically about other people who I interact

with, which leads to feeling and acting more friendly towards them. This, in turn, leads them to respond in kind and I have been able to experience a level of 'oneness' that I never even knew about before. Anger and anxiety have definitely been fading into the background. I've put a lot of thought and effort into overcoming these and replacing them with peace and patience. From my perspective, I'm able to look at prison staff and think less negative thoughts and look at things from their perspective. I've been getting better at interacting with them and showing them that I am a human being and not an animal. I haven't run into anyone I knew before I started seriously applying myself to self-betterment, but I have noticed a difference between how easily I'm able to connect to new people, compared to before. *Adam, Railford, FL*

I've been here in this KY prison for more than 30 years now. I will continue to study and practice helping others. My feeling is that I am a good person who made the wrong choices in my life. And I pray all the time I do not hang around negative people here. I used to be like them, but I have changed. I am more focused and try to avoid negative and hateful people. *Michael, Sandy Hook, KY*

I have been very intolerant of ignorance, incompetence, and foolishness. Now I'm learning to think more positively about people and their stages in this life. I'm thinking more about my overall presentation to others; word and deed. And making (doing) adjustments after evaluation of these actions. I'm feeling more empathetic to the various ways in which others present and express themselves. *Kevin, Kenedy, TX*

I am more diligent with my thoughts, words, and actions, trying not to judge others and myself, while realizing that what I think say or do to another person I do to myself and is a reflection of myself. I've been opened/awakened to the many possibilities of life, how we are all connected together, and that our actions, words and thoughts have long lasting consequences. *Melvin, Sumner, IL*

Becoming self-aware and unlocking the hidden potential we all have forced me to think about the way I perceive things. This has helped me to think more and react less. My interaction with people is less standoffish. *Samuel, Jasper, FL*

What is Freedom? An Introduction to Rudolf Steiner's Ethical Individualism

By John-Scott Legg

The great ideals of the human race are not, it turns out, so straightforward as they may have once seemed. That's the way it looks today anyway, and it's been looking that way for quite some time, long before any of us were born. Ideals like Truth, Beauty, Goodness, and *freedom* seem uncomplicated, but in the age of the *consciousness soul* that we've been born into—in other words, the modern or “postmodern” era—everything, every idea, is up for debate, argument, or outright denial. This is not necessarily a bad thing though, because if we persist in the pursuit of knowing, through the sometimes maze-like trials of life and the big-picture destiny of our times, we can reach a deeper foundation, a place of profound insight born of personal experience, more solid than belief, where doubt, confusion, and uncertainty are resolved.

Perhaps surprisingly, this resolution of doubt, confusion, and uncertainty, this recognition of our own capacity to know, comes not through faith (though faith certainly has its place in a healthy soul life) and not through dogma or a rigid belief system, but through openness, independent thinking, and love. This is, in a few of my own words, the core lesson of Rudolf Steiner's *Philosophy of Freedom*.*

Background of the Book

Written in the early 1890s, when Steiner was a young man in his early thirties, the contents of the book are a kind of autobiographical depiction of the author's own path towards knowledge up to that point. It is also a way of understanding the epistemological† foundation, and justification, for the revelatory spiritual research Steiner began writing and lecturing about after the turn into the twentieth century. The original subtitle and “motto” of the book, meant in all seriousness, and in fact accomplished, reveals his purpose and ambition: “*The Basis for a Modern Conception of the World*” and “*Some results of introspection [carried out] according to the methods of natural science.*”

The radical *success* of his accomplishment—the victory of human self-recognition that this work both represents and *is*—has up to now still not been fully, much less widely, grasped. Nevertheless, the work has born fruit in many ways, most directly in the subsequent accomplishments of Rudolf Steiner—as well as those of his coworkers, colleagues and spiritual relations and heirs—by way of the anthroposophical movement he was enabled to give voice and direction to as a result of having lived through and written down his *Philosophy of Freedom*.

* Rudolf Steiner's *Philosophy of Freedom* is available in English in several different translations. Besides *The Philosophy of Freedom*, it's also published as *The Philosophy of Spiritual Activity* and *Intuitive Thinking as a Spiritual Path*.

† Meaning: the study of what knowledge is as opposed to opinion or belief.

True self-empowerment lies in the unbiased recognition of reality, which includes the recognition of one's own, usually more or less hidden, capacities and potential. What is the essential question that can provoke the soul to begin to seek for a satisfying answer to the hard riddles of human existence? It may well be different, or differently phrased, for each of us, but for Rudolf Steiner the essential question has to do with human freedom. One could also say that this essential question has to do with what it means to be a human being, which is certainly true, but the human being, properly understood, never merely *is* this or that, is never finished or complete, but is always becoming—maturing, growing (first, in youth, physically, then soul-spiritually), unfolding. But in order for this to happen and keep happening, a grown person has to achieve freedom, which in Steiner's view means having the experience of performing a free action, doing a free deed.

Freedom as an Idea and as an Ideal

I wrote in the first paragraph about what I called great *ideals* of the human race—truth, beauty, goodness, *freedom*, and how in our day and age, which can be referred to as the age of the *consciousness soul*, these ideals are, necessarily, no longer taken for granted—neither the meaning of the terms themselves, nor their inherent validity. What even is an ideal? Is such a thing, can such a thing, be considered truly real?

According to the predominant worldview of our time, which is not the one that Steiner sought to establish, the answer must be a resounding No. In this worldview, beauty and goodness may have some validity but what that means cannot be known because truth itself is

unknowable or at best entirely subjective—that is, dependent on the “point of view” of the individual person. This way of looking at the world has been gaining ground since the fifteenth century.

Rudolf Steiner asked the world to take a closer look at this modern worldview, to appreciate what is good about it, but to also notice and question its assumptions, prejudices, and errors. He sought to establish a different way of looking at the world, one built on the very same foundation—the modern *consciousness* which is thoroughly influenced by scientific thinking whether or not one is an actual scientist—but placing the individual human being and his capacity to *know* at its center. The *ideas* of goodness, truth, beauty, as ideas require *belief*—in the modern age they can be accepted or rejected, believed in or not—but as ideals they can be *known*. The recognition of the reality—the real possibility—of the free human being is the key Steiner used to unlock the door separating belief—which, if it is “required” leaves us unfree, slaves to the material idea—and *knowing*.



'Freedom' Artist: Iris Sullivan

The Road to Freedom

Steiner's *Philosophy of Freedom* is often deemed a "difficult" book to read, which is true in a way, but it needn't be, and the reasons most usually given miss the mark because they misapprehend his intentions and thus the reason for his sometimes enigmatic style. It's obvious that the book was written at an earlier time and at that time he expected that the first ones to read it would be somewhat conversant with the philosophy of the day, but this is not the reason for the perception of difficulty. In fact, the book could be considered a work of philosophy for the "everyman"—a philosophy for non-philosophers—a philosophy, moreover, that overcomes the (modern/post-modern/consciousness soul era) need for an increasingly complicated, removed-from-reality field of philosophy altogether.

Steiner's two prefaces for the book—one written in 1894, one for the second edition of 1918—give valuable hints and directives. He compares, in the first preface, the work of the philosopher to that of an artist—the philosopher's medium, however, is not charcoal or paint but *thoughts*. His book is thus an attempt to render the self-searching quest to know something of the world in an artistic way, using thoughts as his artistic medium. In doing so, at every step along the way, and unlike many if not most authors of any genre of writing, Rudolf Steiner leaves the reader *free*. In working through the book, the reader is left to follow the thoughts, *and to think them* as they follow one from the other in each chapter. We can either do this or not.

Frequently, especially in the first half of the book, Steiner presents the thoughts of other philosophers. Because the thoughts and ideas are, to begin with, merely set out on the page as more or less long quotations, one might be left asking, why? What is Steiner saying here? What does *he* think? Most writers wish to persuade their reader over to their opinion, Steiner wishes, ultimately, to teach his reader to think for himself. Therein lies the perception of difficulty. Between the lines, Steiner is asking for a different sort of participation in his book. This is, of course, entirely consistent with his thesis and the picture of his book as a work of art: the road he takes does not tell us to think for ourselves, but demonstrates how it is done and asks us to follow along.

A Few Basic Observations

The individual human being has access to the world through his perceptions and the concepts needed to order and make sense of the world of his perceptions. Recognizing the reality of our thinking activity as, really, the most real thing we can know, simultaneously confirms this thinking as a spiritual activity. This insight is within anyone's grasp who's willing to make the effort. The widespread belief that the activity of thinking is a material product of the brain completely falls apart when it is thought through. (Read chapter four, slowly, in its entirety, to gain this experience. The reasoning and conclusion is as valid as it was 128 years ago, but don't take my word for it.)

~ STEPPING ONTO THE PATH ~

I AM SEEKING enlightenment and understanding on how to live a healthy positive productive life for the benefit of not just self but for those around me. I want to learn about the 'unknown' such as is there life after death, are we alone in the universe, do spirits, demons and other entities exist. I hope to gain a better insight into life and how to live a more peaceful productive fulfilling and happy life. *Jack, Michigan City, IN*

THE APO PROGRAM attracts me because of the depth and precision in which Dr. Steiner reveals knowledge of the mysteries. I am interested in meditation as a way to self-knowledge. I would also like to learn about the forces at work in this world. I think the arts have helped to prepare me for anthroposo-

phizing, that is, spiritual activity, resolves the supposed duality of the world (mind/matter; concept/percept). It's true that the world *is*, in a way, to begin with, divided in two: myself and the world, which is everything else I behold that is not me. By awakening to the true nature of thinking, however, we can come to see that this thinking is the doorway to recognizing the unity of the world, the interconnectedness of all things: the world is one. Human thinking then, my own thinking, is at least as much a part of the world as anything else.

Through this spiritual activity of thinking we can not only know things about the world, but can know this activity itself—as human beings we are able to think about thinking, in other words. Knowing this, and that the world is one, and that everything is connected, we can set out on a path of knowledge with what is closest to hand—which is our own capacity to recognize truth, through thinking, absent of pre-judgements and independent of received ideas. Starting there, we can reach further and further into the world. There are, in fact, no real "limits" to what we can know.

Insight, Action, and Love

This path of knowing, or call it this recognition and experience of knowing, is universal, is closed to no one, and is identical to a path toward freedom. In the same way that knowledge of the world is achieved through the spiritual activity of thinking, which must be activated, so is freedom not a given but a potentiality. The human being *is* free, but only by doing "it," only by acting in freedom, by performing a free deed. This is not, however, to be understood as meaning "do whatever thou wilt," for the will to do something, if it be free, cannot be determined by something other than our own individual recognition of what is to be done, the "right" thing in a given situation.

To *know* truth we must recognize it out of ourselves, not be told it. In much the same way, to act in freedom is to recognize what is to be done, out of ourselves. This emerges from our ability to know (think) as an individual spiritual (thinking) being. Certain traits that we may have inherited or impulses, instincts, and drives that we all have and are a part of our generic human nature, when acted upon, whatever they may be, good or bad, do not constitute "free deeds." Our ability to think and to know opens up a world of ethical consideration for our fellow man. Our instincts and drives are part of our nature as well, but they are what is given to us, common to all. Just as our ability to think is given, but we must awaken to it in order to stand on firm ground and know the world, so is the possibility of freedom given but as a potentiality that must be taken up. A free deed transcends what is merely given, transcends what is generic in us, and arises out of an intuitive recognition of what is right in that moment, not because of law or moral code or emulation of what another has done in a similar situation, but out of human freedom, which is out of love. It's the same thing. The human being can do nothing greater than this. This is ethical individualism.

phy. I hope to gain insight into the truth and knowledge of self. I would like to be able to follow a path of initiation to higher knowledge from prison. I have fourteen years left on my sentence and I want to use my time wisely. *Jedediah, Pendleton, OR*

I WAS GIVEN a copy of your outreach newsletter from a friend. I am very interested in the principles and techniques described within the pages. I read every single word, front to back, and got a lot from reading it. I would love to receive more on anthroposophy as well as literature by Rudolf Steiner. I am doing a 35-year sentence in prison and have a lot of hate in my heart that I'm

Freedom ~ A Continuous Lamp on a Hill

By Bobby Irelan

Sitting down to share some of my experiences with others tied to Anthroposophy, it really taps into so many years of stored up feelings and transformations that took place as a genuine Seeker, as a Fool, as a Prisoner. For context, I did 14 years in the California system, ages 21 to 35, released last year. Obviously such a relief! I've certainly reflected on my biography, and somehow those years got split into two 7 year periods. The first was wrapped up in adaptation, naturally, and because I felt myself the warrior type, I used my time to become the strongest, healthiest, toughest I could be, with regular bouts of depression that was coped with by using drugs. Of course, I didn't know just how regular those bouts were until much later. Ultimately I became the adaptive warrior I imagined myself to be, and had worked my way into one of the highest secured facilities in CA. Should say, I fought my way.



Artist: Bobby Irelan

It was then the second period began. With no cellmates to bother me, and no other inmates to deal with, all of my energy and efforts shifted inward, and fate took me through the next stage of my Initiation. Anthroposophical Prison Outreach has been a continuous lamp on a hill in my journey. My view of my Self was shifted from Warrior type, to what I can only term Priest type. I didn't have even one fighting incident for the remainder of my term. I stepped back from that world, and entered into the developing world of my Perception as I got to read the periodic Collected Works of Rudolf Steiner, trying as I could to see what was being shown. This is all a condensing of course, and I cannot pretend that those bouts loomed on. I wasn't instantly trans-

formed into the Priest any more than I was instantly transformed into the Warrior, in capitals. I can admit though, in the end, biographically speaking, the transformation was as thorough as was the first period. I was led seven years into a further and further imprisonment, and seven more and more towards Freedom. Seven months before I got out, during the year of covid lockdown, I had two experiences that, now as a semi-seasoned anthroposophist, that let me know that I was conscious of the shift into the next period. Oh, how a Fool I must appear to everyone as I struggle to learn how to live everyday life doing everyday things like a late bloomer! If they only knew that Destiny had prepared me to be a King in the world.

As an Anthroposophist, if I may use all that I have a spiritual understanding of, and if the Grace that I experienced in those last days of imprisonment was within my training to Know, then by all means

I have entered into the King period of my biography. Somehow, my friends, in this New World that I was finally spit out into from those seemingly lost depths, in nearly every social environment I enter into there is no doubt that people see something in me. Trust me, I struggle with every day things, making ends meet, and so on. But with people, there has been something in me that has been intrinsically tied to them, and they see it in me. It is Love. Given to me in that second experience at the very end of that second period. I am often asked about my demeanor and joyfulness and helpfulness, which I always can't help myself "It is not I, but Christ who lives in Me."

WHAT ARE THE FRUITS OF ANTHROPOSOPHY FOR YOU?

FOR YEARS I LIVED in a world of chaos - most of it caused by my own doing. Anthroposophy fueled the fire to seek spiritual knowledge and perception. I cannot explain the fruits it has healed in me; but things I desire have gravitated towards me; the gospels makes sense; I am now drug and alcohol free; I am a service to my fellow brothers and sisters of mankind. My mind still tries to make sense of the chaos around me and in the world yet my spirit is at peace and instructs me. My family and recently my wife, informed me that she has been journaling my transformation. She journals about the conversations we have and the selfless actions I display. *Paul, Soledad, CA*

ANTHROPOSOPHY HAS LED ME to an understanding of the eternal now. Answered my lifelong question of: What can I do to help or make a difference in the world? Not to seek fruits or rewards, but to strive for soul consciousness - immortality in selfless service to others. Thirteen years ago, I was told I'd never leave segregation. This past May, I was released from segregation. *Daniel, Ionia, MI*

WELL I'VE BEEN STUDYING a lot about spirituality and anthroposophy and it has been a wonderful experience. I love to be aware of spiritual things and anthroposophy has helped me to be open-minded and aware of our spiritual consciousness. It has helped me to see the world differently and to love everybody, to make good relationships and not to break them. I had a bad habit of doing drugs and now for two years I have been sober. I can say that learning about spiritual things I find it more of a way to feel happy and joyful. I used to use drugs to do this, but now I study anthroposophy. My celly is also into spiritual knowledge and we always have conversations about it. A lot of people say they can see my peace. *Saul, Tehachapi, CA*

WOW! SO MUCH HAS HAPPENED for me. I see things a whole lot different and much more clearer and anthroposophy has made me a better person.

I'm less afraid, more asserted, not as angry, accepting and so much more. Relating to people on a much more understanding level not assuming that people already know how I feel and let things unfold with ease. And knowing that it is okay either way. *Raymond, New Boston, TX*

I'M LEARNING how to accept responsibility for my actions and accept my future, because it is up to me to construct my own life, body, mind, and soul. I look at prison differently, the reasons I'm here, and also the reasons that led to those choices that shaped my current situation. I'm not looking to place blame anymore, nor do I complain about life being unfair anymore. I used to struggle with anxiety and depression horribly because I didn't believe my life was worth anything and the world would be better off without me. Now I realize that it takes all of us to shape one another and the events of my life were necessary due to an intrinsic need of my soul. *Matthew, Ina, IL*

TRULY, IT'S NOT the reading or studying that has affected our lives but it's the practice. True first steps for anthroposophy is the studying and reading for your mind, heart, and body. Within, we hold together in many aspects a super universe. There are social relations happening always within your body between organs and cells and even to the more finer particles. Even they all have a culture, the best fruits yielded is first and foremost love. The first is the love of freedom, then the love of joy, then the love of peace. This is our hope, faith and love. *Samuel, Midway, TX*

ENLIGHTENED is what I have become, no longer seeing the world through the eyes of a victim of circumstance, but of a spiritual warrior who has found that the best gift I can give to my brothers, sisters, all humanity is that of my own self-transformation. *Glenn, Lancaster, CA*

Art and Poetry

WORK

Do you know what your work is,

first and foremost?

Is it not true that work is up to the self—is the self?

To begin, to not to be proud of one's mere and meager opinion, Self-righteous in judgment or pleased with your narrow perspective.

Banish any belief you cannot make a great act of intelligence Erase any mark of finding fault, of superior understanding.

Is this not sufficient work, to emancipate oneself of any faith that hurts our moral integrity?

The effort expended to criticize and condemn others robs you of the tools needed. Remove the rough edges from your own cornerstone.

Recognize this day, the work upon self, it grants a freedom like no other.

What good is casting an anchor overboard That isn't moored to your very own ship?

Freeing you of disappointment, granting an ever-blissful state, removing error from the self. At times, a tedious, arduous undertaking. But a good sailor knows smooth seas don't make us.

Come now. From without, turn within, this is tending to your Work.

Kevin, Menard, IL



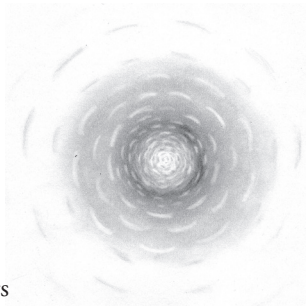
Matthew, Ina, IL

THE SEED

Believed in my purpose
Somehow I knew I'd last,
Knowing, I would grow outta
the dark-dark ground at last

And though I was just a
Seed without mouth or ears,
I had a heart that saw
Me through the cold-cold years

Oscar, Kenedy, TX



Jeremy, Wrightsville, AR

HIGHER SELF

I am lost and cannot see,
There are bars where a door should be.
Locked in with animals who will not change,
Hurt, frightened and filled with rage,

Sorrow and despair soon set in,
filling a void where love should have been.
What do I do, continue my way
will I ever see the light of day?

Little by little, I work with my mind,
And behold one day I find
there's a man with a plan in the back of the room,
his presence not of doom and gloom.

I cut his bonds to let him free.
His task is in rescuing me.
It doesn't take long, though the road is hard,
This man is good, I give Him his card.

His name, his face, this place is clear to me.
I am no longer lost and carefully see,
There's a door right here where the bars should be.

Robert, Huntsville, TX



Keith, Michigan City, IN

Illuminations

Anthroposophy has encouraged me 24/7 to look deeper into my circumstances and the random events of life to detect and embrace higher principles and understanding which bear the fruit of more patience, more tolerance, increased self-control, a sense of purpose, and a personal challenge. All of these work together to become a sorta higher self. Unfortunately my mom died shortly after I began studying Steiner and APO's various literature, so she never saw the big difference in me. My dad died just last week but I'm so thankful he noticed and genuinely complimented me. My dad, born in 1933, was raised in a completely different era (one taught men to not ever talk about feelings). For me to now be able to tell you that 'my change' he said made him cry, I can't even think of a better gift.

John, Gatesville, TX

After reading *How to Know Higher Worlds* I stopped doing drugs. I've been completely sober for almost three months now with no desire to get high anymore and intentions of staying clean forever. I face each day with an open heart and mind. I try to assess each day's adversities objectively and treat them as obstacles divinely placed in a strategic manner with intentions aiming at my soul's evolution.

Stanley, Grady, AR

Everything you do is a blessing to me. I've been struggling for years and now I'm on the right path to enlightenment. To be honest with you, I still struggle with that storm in my head, some days are better than others but most of the time it is painful. Your books and program are helping me a lot because it helps me to recognize my problems. So please anything to help think clearly or to have inner peace with myself would be much appreciated. You are all a blessing from heaven. *Jason, Tennessee Colony, TX*

I would like to first express my gratitude by saying thank you, immensely, for your continuous aid on my inner growth and spiritual development. It appears that I've become fond of Mr. Steiner's teachings. He is remarkably insightful as well as helpful in providing such truths on the inner path and journey of the soul. I'm beyond impressed and am truly grateful for making such material available for prisoners such as myself who are in need. With this said, I've been on the path for quite some time now and have reached the critical point of my own personal experience of the 'Guardian of the Threshold'. Which turned out to be very discouraging at first, but I am now beginning to catch a glimpse of light at the end of the dark vacant tunnel. I must admit an encounter truly not for the faint of heart. On the other hand I never knew that I possessed such courage and inner strength. Then again to come and think of it these weren't really an option as I struggled for six long years for the survival of my soul. *Javier, Tehacapi, CA*

I am serving a life sentence here in Malvern, AR. I joined your reading society 18-24 months ago. I love the teachings of Rudolf Steiner and your other various authors. I am in long term restrictive housing known as solitary confinement. 24 hours a day, 7 days a week, no leaving my one man cell for any reason for the next two to three years foreseeably. I really need and desire to be a member in good standing. Please pray for me and may God richly bless us all. *William, Malvern, AR*

About five weeks ago, I began reading the *Secret Teachings of All Ages* by Manly Hall. The book reawakened the curiosity and spiritual essence in me. In particular I am interested in Rosicrucian doctrine. Today, I received your newsletter! I had not remembered that Rosicrucianism was a component of Anthroposophy until I read this newsletter. I don't believe that was coincidental. I would love to read and study all you have on Rosicrucianism. *Silas, Avenal, CA*

In 2018, I was at a crossroad where I had to choose to keep living the way I was living or believe what anthroposophy was teaching. I endured my wounds and been living a much more peaceful life because of it. I notice when someone wants to tear you down to feel better, or want to argue their opinion to prove you are wrong. It's hard to tell them that we see and are both right, different paths, same temple. Others find a great difference in me. Some can't even believe it's me talking. I do my best to have understanding and listen most of all. When it's time to give advice I take a deep breath and let go. I allow God to speak through me.

Dora, Crawfordville, FL

On a positive note, I wish to express my gratitude for your offering of a very special opportunity to assist me in self-help. I feel so privileged of your resourceful material. Just reading *Self-Development in the Penitentiary* is a huge game changer for me. I'm looking forward to an amazing journey of growing with Anthroposophical Outreach. I'll be in your debt that I take advantage of an awakening to put my life into perspective. *Carlos, Calipatria, CA*

Someone gave me one of your newsletters they found on another unit. I know without a doubt it was meant for me the moment I received it. The inmates name had been torn off, however, a piece remained, showing a 'number' that is symbolic to me. The universe is full of amazing mysteries, and if we seek, we shall find. I was raised Baptist Christian, but as I've gotten older, I've come to realize, there's so much more I've been missing. I had a very powerful awakening, a few years back and ever since those very powerful experiences, I have been shown so much knowledge by our amazingly mysterious creator. I've grown away from a lot of mainstream Christianity and more into the esoteric like alchemy, occult science, consciousness and evolution. I've never run across a foundation like yours. Keep up the great work. Love you guys! *Colt, Huntsville, TX*

Thank you so much for believing in me, I am overwhelmed right now. I was arrested fifteen years ago for a crime I did not do. I was sentenced to twenty five years after going to trial to prove my innocence. I was found guilty. I've been fighting my case for many years now but to no avail. Five years ago I was introduced to the Anthroposophical prison outreach program through a friend at Pollock prison and that is when my life changed. So I am a student of the anthroposophy teaching. Three years ago during my meditation the thought came to me to fight my case. I need to overturn this wrongful conviction. I know the universe will bless my case to go 'viral' so I can prove my innocence. *David, Mendota, CA*

I write to share the positive experience Anthroposophical Prison Outreach has given me. I was a victim of domestic violence and I am working to be a thriver. I have struggled with giving those who hurt me too much power and control. The resources you have sent has given me the hope that I will be okay and the strength inside of me is all I need. *Phylcia, Ft. Worth, TX*

I like these questions to help right my mind on knowing, and that someone may care. I'm not saying you don't but I don't know if you really do. *Andrew, Carlisle, IN*

I came to the realization that I am of God and anthroposophy helps me bring balance in my life and offers me peace of mind. My ways and actions are more calculated and sincere. I started practicing the way I deal with difficult personalities and am more open minded to others ideas. *Raymond, Windsor, CA*

IF WALLS COULD TALK

The Untold secrets,
unspoken—
You must be one of the 3
omegas.

The strength of the wall's
elements remain unbroken.

The pain from my secrets
leave a mother to cry.
Restraints can't dry these
eyes.

The wall stands aside while
many men die.
Some look up and pray.

The wall asks why—if I were
that guy, I'd look at myself
And reach towards the sky.
He questions my patience
for a silent reply.

I know your horrors and
watched you tortured
alone in the terrors, bleeding
this poison.

I am your witness, your
mentor, your friend.
While within this cell your
spirit may end,
imagination will take you
from this lion's den.

Find life's true purpose,
you'll be destined to win.
If these walls could talk—
Trust in your soul and stay
true to your heart -
I'd tell you I love you
everyday
If walls could talk.

Anthony, Butner, NC

Book Reviews



Enlivening the Chakra of the Heart Florin Lowndes

This book helped to further teach and explain the *Self Development in the Penitentiary* pamphlet. If anyone is in want or need of furthering their understanding and perfecting themselves - this is the book to read. It explains in detail six exercises to develop one's own self, and to bring you into harmony with the physical, etheric, and astral. They are further explained in the why and how it is they work.

Also it collaborates the movement of energy you experience and the feelings of sensations to help you know when you have really been successful. It helps you to graph out and map a realistic approach so that you can be successful in the practice and training and not leave yourself open to harmful energy thus resulting in failure or diminished results. If you tried the exercises in the pamphlet and only briefly scraped the surface of them, this book will open your eyes and allow you to get even further in the practice and study. *Ashley, Taft, OK*

The Mystery of John the Baptist and John the Evangelist at the Turning Point in Time Sergei Prokofieff

Sergei Prokofieff dedicated his life to the study of Anthroposophy. His brilliant prose answers many questions scripture fails to reveal. Indeed, John the Evangelist, and Apostle of Jesus Christ, came into higher, deeper knowledge of esoteric truths. How? In a lecture in May 1908, Rudolf Steiner explains that through his spiritual research, Lazarus became John the Evangelist as seen in scripture (John II) (Prokofieff, 2). Lazarus never experiences death as the people believed. In fact, as Rudolf Steiner explains, Lazarus completes initiation. The clue? A subtle scripture confirms Mr. Steiner's research. In John 11:42, Christ Jesus says to Lazarus, "And I knew that thou hearest me always; but because of the people which stand by I said it, that they may believe that thou hast sent me." Lazarus, now John, is immortal for the first time in human history. The highest Sun God, came to the Earth, Christ, who now stands with John who retained all learned knowledge upon returning to the physical body. John, as Pro-

kofieff observes, experiences his own mystery of Golgotha: death and resurrection. John reveals in John, Chapter 14, how we too may experience our own Golgotha. In my opinion, John 14 is the most esoteric chapter in John. Every 31 verses expound John's incredible wisdom. John the Baptist did not know it but in a former time he was Elijah. A great awakening begins. This is how John the Baptist recognizes Christ, a former preparatory 'faculty of Conscience' as Prokofieff describes. We too are in a preparatory stage for higher purpose. Both Johns represent a 'turning point in time'. John the Baptist is a witness of Christ's existence on Earth. Lazarus-John a witness of Christ's death. Prokofieff is excellent, revealing the entire epoch. Such importance is relevant in our day. A must read for the serious student. *Wayne, Richmond, TX*

The Tree of Life and the Holy Grail

Sylvia Francke

The book *The Tree of Life and the Holy Grail* by Sylvia Francke deals once and for all with the myths and fictions that have surrounded the blood of Christ, that has popped up over the last several years. She takes the reader on a journey step by step to what is usually behind the mysteries of the Tree of Life and the Holy Grail. She breaks down the 'esoteric significance of man', and how all this connects to the spiritual impulse that connects us with the divine. She shows in her book how this knowledge was known only to a select few, but is now making its return to the consciousness of 'man'. For those who seriously read and study this book a whole new way of looking at life one's connection to the will open up.

Richard Lee, Tennessee Colony, TX

The Beginnings of Christianity

Andrew Welburn

The Beginnings of Christianity has been nothing short of a revelation! Author Andrew Welburn masterfully untangles the various, yet intertwined, streams of philosophical and religious traditions of Eastern esoteric culture that form the true source of early Christian thought. But perhaps the main take away for the reader is the newfound understanding that the Gospels depict, in esoteric language, a process of spiritual initiation undertaken not only by the Disciples of Christ, but by Jesus himself into the higher, cosmic calling, for which he was destined. If you plan on being a true Christian scholar, this book will provide the hidden history - as well as the necessary shock - that will quicken your growth in the knowledge of the mysteries of the Christian faith. Personally this book changed my life. So many new connections were made in my understanding of the Christians and Eastern traditions. *Ricardo, Colorado City, TX*

Meditations

Meditation has opened me up to the universe. The power of god is awesome. I am on the path to those higher realms which I long after. I am open to His will, His purpose, and His guidance. From my meditation comes the very real opening of my heart to the pain I caused in my life up to this point. A cascading flood of overwhelming emotion and visuals of such intensity, I had wracking sobs...almost ten years ago and I've never hurt anyone physically out of anger or hate since. In my empathy grows my compassion and I do not let difficult people make me choose to take it personally like an attack. They are just creating a persona to deal with their stress/anxiety. *Richard, Corcoran, CA*

I have read the pamphlet *Self Development in the Penitentiary* and practiced some of the meditation techniques; I do notice a calmer approach to some difficulties in life. I have an increased inner calm and mindfulness. Better awareness of stray thoughts and how to minimize them. *Steven, Tehachapi, CA*

Early in the morning I meditate. And before the sun shows its brilliance, I am at peace. With clarity and thoughtfulness an answer to a question that is presented daily reveals itself. I am a man who has realized the true nature of his being, despite being incarcerated. *Derrick, Snead, FL*

I am practicing meditation. I meditate almost every morning for at least 5-10 minutes. Meditation has made me more able to command and call upon peace of mind under any circumstances. It is not always easy to do, but I am more able every day. Yes, I took on meditating upon the inner peace within when it's quiet in the early morning and keeping that with me all day. It's difficult at times to say the least especially in solitary confinement where it has its benefits, like the silence, but it is difficult to grow and have no way to share or test what you've learned when you're alone. *Kevin, Menard, IL*

Defining our authentic selves, with the aid of the meditations and lessons have truly awakened me to a place of peace. These studies have helped me through a variety of challenges and help me see a path forward. *Tasha, Chowchilla, CA*

When I meditate I go to a place in my heart called God's Valley. In a way it's like the Garden of Eden. It is quiet there and peaceful. No violence. It's such a peaceful place. After I'm there for a while in my heart I feel at peace and calm. *Richard, Ionia, MI*

I really love the meditative exercises I learned. They seem simple but tend to be a little difficult. I'm going to keep practicing them so I can free my mind and be peaceful and happy. I also like the pamphlet: *Compassionate Communication and Empathy's Awakening*. It's so informative in how to communicate and show empathy. I learned a lot with so little and it just showed me how to be a better person. There's so much that we have to learn about the spiritual realm and our self-knowledge. Meditation also helps me to relax and stay positive, in the middle of sympathy and antipathy is equanimity. There's so much I learned and I am just very grateful to have come across your study. My neighbor (cell next to me) had noticed I was always by myself and quiet. He gave me the PARC resource directory and told me to read it for help. I'm glad I wrote you because it has really helped me turn my life around. I've learned so much about my feelings and emotions from studying anthroposophy. *Christopher, Tehachapi, CA*

Meditation has lowered my blood pressure, and stress levels. My outer disposition has gotten better towards people and life in general. It also really helps me with my major depression. It makes things okay in life. Always. I meditate at least once a day, hopefully to increase to three times, and my night meditation leads to beautiful sleep. They range from a solid 20 to 30 minutes, give or take 10 minutes. *Luke, Coalinga, CA*

Inspired by your Reading

The book *Christ Consciousness* has greatly increased my resolve to become more and more like Christ. It has been my mission for many years. Now through this reading, I know how to do it. It's a good thing to gain spiritual knowledge, but we just can't sit around waiting for Christ to change us. No, we must put this knowledge into action. And this book teaches us how to be like Christ and why we need to do it. This has given me the extra strength I need to keep pushing towards my goal, knowing of the many things I will suffer to reach it. Oh, but the joy of it all! Not only of me becoming Christ like, but helping others to do the same by sharing his love and light to the world. Nothing makes me happier than this! *Louis, Homer, LA*

Thank you for another beautiful experience in learning. The book *A Bright White Light* really gave me the strength I needed. Now coming to me again I am starting to see some light. *Winston, Only, TN*

Some of my favorite books are *Theosophy* and *Philosophy of Freedom*, Mutually interactive qualities of thinking and freedom, philosophy around materialism/spirituality. Higher worlds! I'm deep learning through experiential knowledge and expanding consciousness. To force a fresh, new, wider range of perception leading to greater understanding! A fuller reality of life and living! Beyond the veils of material realms. Anthroposophy has affected my life - a seed awakening, stretching upward through the dirt into the outer as I push down my roots deeper into the dirt of the inner. I am demonstrating the ability to care for others, work together, learn from the experience, and engage in creative, collective problem solving. Attain love, knowledge and freedom from fear. *Dale, Oswego, KS*

Thank you for the library books *A Way of Self Knowledge* and *How to Know Higher Worlds*. They are both brilliant. I see many similarities with the APO materials and my Vaishnava studies. Rudolf Steiner's perspective has enhanced my own. His points on reducing egocentrism, increasing devotional service, and 'seeing' things for what they are, seem to encapsulate Godly consciousness. *Daniel, Tennessee Colony, TX*

The Seer's Handbook has opened my mind back up to when I was a kid and to the things that happened to me. It made me realize that I was using spiritual gifts from God. I am new to your program and now I am trying not to be so introverted and I've started reaching out to others like me out there. I have read three books about Rosicrucianism, the Mysteries and the Gospels. I enjoyed all of them. Rosicrucianism has opened me up to a new dimension to look at things. When y'all talk about the inner being, the soul, why? Because it is the true man, not the flesh. *Bradley, Oglethorpe, GA*

I very much enjoyed the book *Meditation: Guidance of the Inner Life* by Friedrich Rittelmeyer. It's an in-depth, thought provoking study of self-awareness based on Christ's teachings. His descriptions give clear images of what we should visualize as we look into ourselves and seek a richer enlightenment. *Brent, Wrightsville, AR*

I am reading *Seeking Spirit Vision*. It takes me a second to process each page in my mind. To see, digest and process and concentrate positive truths. I will continue to stay positive in my mind and body and make the best positive choices I can, and stay away from negative energy. *Marcus, San Diego, CA*

The book *How to Know Higher Worlds* helped me forgive and be less judgmental with those around me. Yes, it was very hard for me to live amongst certain people once I heard of their crimes. *How to Know Higher Worlds* helped me realize their journey is theirs, not mine. I try to speak to people's higher selves and give them some trust. *T.D., Wilsonville, OR*

I wanted to thank you for sending me these books *Six Steps in Inner Development*. You have no idea how much it has meant to me. This prison has no programs. I've been here for three years and have never been assigned a job so books are my only way to rehabilitation. I'm working with the six steps in self-development meditation exercises. I appreciate it more than words can say. *David, Huntsville, TX*

I thoroughly enjoyed *The Human Soul* by Karl Konig. I approached the book with a critical eye and ended it surprised and wanting more. It begins by differentiating the word 'soul' from the word 'mind'. *Manuel, Indian Springs, NV*

With great clarity I announce that these books evoke the divine consciousness inside my mind to expand thoughts, mentally. The first two books taught me a whole lot about the divine spirit of God who shines his glorious light into mankind. Peace and love. *Michael, Live Oak, FL*

Everyday has become a journey. I want you to know in 14 years Rudolf Steiner's books have made a difference for me. In what ways you might ask. Reading in the books *Angels* and *How to Know Higher Worlds* about the 'Guardians of the Threshold' made me rethink about my guardian angel. Now to some degree I have a new found outlook about angels on a path with me. The good book talks about angels but where there are angels there must also be demons—when you walk in this world today you should be aware of the spiritual world and the roles the spiritual world plans in your life. Truly studying with APO has been a real change for me. I've a new found freedom of sorts while reading Rudolf Steiner books. It has proven to be a support from the goings on of prison life. *Jerry, San Diego, CA*

I just wanted to thank you for providing these books. I really enjoyed *The Rose Cross Meditation* book. It provided a real insight on symbolism and how to interpret and comprehend symbols. I'm really growing and learning, thank you. *Courtney, Homer, LA*

Your books *An Outline in Esoteric Science* and *Light beyond the Darkness* have invigorated and inspired my soul in ineffable ways! *Stephen, Newport, AR*

Thank you for sending me *Theosophy* and *How to Know Higher Worlds* and for your patience, as I've had these for some time. I wanted to devote the proper time to studying them and they have been really helpful in my understanding of my spiritual practices and experience. *How to Know Higher Worlds* seemed to correspond to a process I've been going through on a profound spiritual journey. I don't believe that this is coincidental that many things happening to me on a higher level are elaborated in this book, and while mystifying, it brings me some great comfort to know I am not alone. *Andrew, Coalinga, CA*

How to Know Higher Worlds

Your Study Guide Sharing

I'm thankful for the introduction/instruction you helped provide for me of Rudolf Steiner's teaching. I read and reread the book *How to Know Higher Worlds* and learned new enlightening methods to reach new realms just by meditation I now use all of my idle valuable time to concentrate and focus my thoughts to the positive things in life. With that alone I'm becoming a better human being. By being in prison I'm usually surrounded by lost souls who constantly complain and bicker about the most trivial things. Before my 'enlightening' I would bite into all the negativity and encourage more adverse thoughts to create chaos. I have a different attitude now and I avoid harmful situations and I even try to share my newfound knowledge to those who really appreciate my friendship. Thank you, I will continue my studies as long as you allow me. *Alfredo, Blythe, CA*

How to Know Higher Worlds is my favorite book because of the detailed instructions/explanations on how to develop my inner self and raise my consciousness. I am learning to develop and utilize my super-sense organs and strengthen my awareness of my 'I'. I hope to do this in order to be an inspiration for others and to know true happiness beyond that of the physical world. *Russell, Indiantown, FL*

The areas of anthroposophy that interest me the most are the topics covered in *How to Know Higher Worlds*, i.e., the development of the supersensible soul perception, the chakras, meditation techniques, helpful attitudes towards others, and history of all sorts. This quest for the wisdom of man has brought me calmer, more patient perspectives in dealing with fellow people, and I believe it has at-

tracted some other seekers to cross paths and cross pollinate wisdom and share ideas with me. *Chris, Smyrna, DL*

I always find inspiration in Rudolf Steiner's books and wisdom, knowledge, and understanding. When I read *How to Know Higher Worlds*, I had so many important questions answered and the knowledge in these books are priceless. Thanks so much for all that you do. The thank you is from both of us. The left and right hemispheres of my brain are separate and independent of one another. It is our pleasure to serve. *Howard, Raiford, FL*

Thank you for the book *How to Know Higher Worlds*. It has accomplished what it states on the cover, putting the reader on the correct modern path of initiation. Also thank you first and foremost for the opportunity you presented me with the study guide you sent. Everyday time in this guide takes me to a height I wouldn't have attained on my own accord. My mind (slowly, cautiously but surely) is now opening up on how to distinguish higher worlds that ordinarily play a big part in my everyday life. Just reading the material and overviews are now awakening something within that I now notice has always been there. This book and study guide did serve as a catalyst for my spiritual development but it was just the beginning; the reaction one of a very positive transitions to a higher self. I hope to continue to grow and develop spiritually with you and look forward to the awakening of the better self. *Joseph, Lamesa, TX*

SELF AWAKENINGS

EduCareDo Correspondence Course Response Summaries

Lesson 1: Introduction

Questions must lead to new questions. The idea that 'answers have a life', and when they stop producing questions, they have died. This is beautiful, yet it only makes sense to me because of the explanation of spirit given in theosophy and it helps me understand why 'good answers behave the way they do'. Polarities are a part of this work and I use them often. The way they are presented in this lesson, the exercises are new, subtle, and workable. I enjoy that. Also, the statement, 'consciousness arises between polarities' sort of put a spotlight on the definition of 'being awake'. In the act of judging others, balance the condemnation or praise with its opposite, then apply the statement to myself. Seek you the truth in awe, may you know whence it springs. *Ben, Walla Walla, WA*

Lesson 2: First Steps in the Light on the Path

It was new to learn about Goethean science and phenomenology. I have had and read this course several times. I've struggled with it, but I am grateful to have just received and started reading *Our Twelve Senses*, and it is helping to open my mind and understand this thing a little more. One of the most difficult, important, and closest to my heart is the responsibility that we have to our babies, because I am not proud to say that I have been very irresponsible and neglected my role as a parent, being there to teach them, and now they're suffering from it too. I will, I am doing my best to educate myself. I want to learn more about me to become the best person I can be, and that I might be a good, positive example for others, my kids and grandkids. I hope by working to help myself, I will make a positive impact and help others as well. *John, Columbus, GA*

Lesson 4: The 12 Senses, Part 2

What was really new to me in this lesson was Eurythmy, which brings to visible expression the spoken word or the music through the 'instrument' of the moving human body. The 'mindfulness' exercise on page 10 was very much like the spiritual exercises I currently do. I will tell those who are hyperactive, fidgety, and always on the go, try eurythmy! *Gary, Bowling Green, FL*

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

The spirit life within the plan is truly the spirit of the universe as the spirit within ourselves, as the conscious idea – aware to only those spirited beings who pay close attention to realities. The world and us section. The equinoxes, and the two solstices – and the circle of truth reality of ourselves within the universe. I just got done reading the Eleusinian mysteries, rites, and the history of initiation, and the secret teachings of all ages and realized the 'certain times' that are preferable for an esoteric initiation. I will be more conscious of the times when I share with an individual the spiritual sciences of anthroposophy. And I will be more aware of myself within this very large universe. I want to take my practical teachings to the next level, as I plan to become a more active anthroposophist. I plan on having an anthroposophical study group when I get out of prison in a couple of years so please prepare me, as a student of Rudolf Steiner. *Keith, Michigan City, IN*

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

In lesson thirteen I learned about how colors will appear on the border of objects where light meets darkness, and darkness meets light. I did the exercises where I stared at the colors and

then stared at the X. It was fascinating to see what happens is real. I've seen things like that before by everyday life but didn't realize what was happening. Now I can focus on colors more closely than I have before. *Colleen, Ypsilanti, MI*

Lesson 16: Female and Male Spirituality, Part 2

Newly learned was the comparison of the masculine and feminine with Oedipus who kills his father and marries his mother in Greek literature. I have read this story before and have always been fascinated by it. I never knew the esoteric implications behind it. The ability to accept the Christ Impulse as the future nears for our evolution to unite once again with our higher ego and shed our physical body in order to interact once again with the spiritual world. I can be at peace, and stress less knowing that no matter what occurs here on the physical world, we are still evolving. Earth and all in it will reach all seven stages of evolution in the end. I have become centered with myself and life. I look at the world and situation through different eyes, knowing it's all a learning process and part of our evolution. Anthroposophy has caused a great effect in our evolution during this stage and epoch. *Ruben, Milton, FL*

Lesson 19: Ecological, Social, Economy, Part 1

'Trust must be right in interpersonal relationships.' The example of the women being allowed into the group struck home. I have a desire to be trusted and to become a part of something and to prove my worth and reliability. '...this realization of the presence of a higher entity can be felt within the group.' 'This revitalizing of the flow of spiritual forces between human beings is the higher spiritual principle of human associations.' I believe very much in the 'Holy Spirit' and 'where two or three are gathered' and the power we have to kindle spirituality in our midst, and these sections were confirmation attesting to this. When consciousness lapses; imbalance occurs. The 'I' wars of being put to sleep and waking. I want to be mindful of being conscious. *Nathaniel, Corcoran, CA*

Lesson 23: Health and Nutrition, Part 1

What was truly new to me was how the zodiac determines the archetype of the plant. It was amazing to learn how the astral forces stream into the physical-etheric body of a plant, and how the plant, in turn, helps the human body (physical and spiritual) upon digestion. What was especially close to my heart was the fact that Demeter is the personage used by Biodynamics to show the world of the type of quality products grown. Biodynamic farming is the way to go. I want to have a solid foundation on which to build for the future of myself and my family. I will put into effect my thoughts and ideas for a healthier life that generate all positive aspects of self-development which it was initially designed for. *Robert, Rosharon, TX*

Lesson 26: Review, Exercises, Future

I can see a little how these healing currents work and what they work through. I am studying planetary magic. I would like to learn more of an Egypto-Chaldean star wisdom. However, the section on healing is very powerful to me from the above, and even to Greco-Roman time, they did a lot of healing practices. I did not have a source or system that presented this information like that, so it was very refreshing to have at my fingertips now to help me on my spiritual path. Even though I study astrology and mysticism, I am very grateful to receive these lessons from your course. *Bernard, Bowling Green, FL*

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Imaginative Thinking An Experience of the Soul

cont. from pg 1

Another 'Ah' Poem of wonder:

*How does the rose open her heart
And give to the world its beauty?*

*It feels the encouragement of the light
Against its being.*

Hafiz

Persian poet 14th century

How is this an 'Ah' poem? How can the rose open? These are the questions. She is at the moment still only a bud or even just a seed. She has something to give. How can she open herself to give? She has the courage to open herself; she has the trust and wonder for that which is beyond her - the light! She opens herself to the light and her beauty is revealed through the encounter. To open yourself is a divine act. All this is the life of 'Ah'.

It seems to me the words in these two examples are not very challenging. In other words, they are easily understood. However, can we gain an experience by letting our hearts experience the pictures in these two poems? Can we find movement in these simple pictures? If we can enter into the **movement**, we are releasing the concepts out of their frozen, crystalline state and we have **experience!!**

Recently I came across some words Marie Steiner (Rudolf Steiner's wife) wrote.

I would like to share them with you because they touched me deeply, profoundly!

"It belongs to the turning points and milestones of my life, that hour in which he (meaning Rudolf Steiner) gifted me at Christmas with his first Truth-Wrought verse (that became an entire book of verses, called *Truth-Wrought Verses*) and I had to find the power, the strength, the depth of experience to transpose the

weight of these words as if hewn into boulders of granite, that I had to transpose them into the sounds of language."

Behold the Sun
At the midnight hour!
In the lifeless ground
Build thy rocky bower!

So, when in depths thou mourn,
find thou in Death's dark night
Creations pulse newborn
With living morning light.

The powers on high make known
The eternal Word Divine;
the Deep's must guard their own
Peace, in their sacred shrine.

In gloom thou livest
Creates anew a Sun!
In matter weavest
Know Spirit-bliss begun!

You may ask yourselves why I was so moved by her words. Rudolf Steiner had given her these words to recite at a Christmas festival. She knew that without EXPERIENCING these words her recitation would be nothing, empty. The words in this verse go to the foundation of esoteric experience since time immemorial. Before she could recite these words an experience of them had to become an event in her soul.

It would be interesting if you yourselves could peruse poetry and find 'Ah'-poems. Or better yet, make 'Ah' poems yourself! Try to make your own experience to be an artistic event in your soul. This is an experience of imaginative thinking as a first step toward encountering the spiritual world.

~ STEPPING ONTO THE PATH ~

cont. from pg 4

trying to harness and turn into positive. Love, if you will. It has been a long journey. I have lost most of my family, and have no one helping me anymore. Thank you for opening my eyes and giving me a way to cope with everyday situations that occur in a place like this. *Ronald, Calico Rock, AR*

A PERSON I am incarcerated with showed me this newsletter and explained to me what anthroposophy is supposed to be about. I would very much like to be involved in this walk. I'm 31 years old, a former white supremacist, locked up all my life, and have experienced many hardships. I find myself lost and broken, spiritually bound in chains, losing myself mentally. I am so very enthusiastic about this walk and want what anthroposophy has to offer. I don't know what else to do. *David, Gatesville, TX*

I WOULD LIKE to become spiritually enlightened and aware within one self. Learn how to be happy and comfortable within. Take meditation seriously. Find my true self and way without the negatives, such as dependencies and addictions. I hope to acquire insight and new knowledge, possibly meditative ones, which could help me release my addictions to chemical substances. I have been in prison for eight straight years and I am just now attempting to live without substance abuse. So far, I've been clean since February 7th, which a few days before, I overdosed on fentanyl and decided that I wanted a different life. *Cae, Henning, TN*

I HAVE 22 more years in my sentence and I am trying to find meaning in my life. It is a long time to be locked up the first time ever being in trouble and I need to find a way to cope. I hope this program helps me to get through my prison sentence and helps me not to become a product of my environment after nearly three decades in prison and

most of my family will have died when I am released. I strive to do my best with whatever is put before me. *Kevin, Pekin, IL*

MY CELL MATE handed me some literature from APO when covid hit, and it spoke to me and eased some of my stress. The book *How to Know Higher Worlds* had insights worded so well that I was drawn into it and had to make myself put it down to sleep, eat, and do daily regular tasks. Meditation aids with my mental problems, and using techniques I've read in your teachings work well for me. *William, Holdenville, OK*

I AM INCARCERATED in the Indiana Depart. of Corrections. I have 7 more years before I can join society again. I have been on a journey of enlightenment and a more spiritual purpose. I have been deep into meditation looking for more possibilities, I would love to your receive literature and meditation exercises. *Tiago, Westville, IN*

I'M WRITING because something truly remarkable just happened. I've been a seeker, one to inherently know that there is more going on than what the five senses tell me. I've read and studied many esoteric paths. Not an expert in anything, just a cosmic wanderer so to speak. I'm sitting by the unit ironing board, waiting my turn to iron my t-shirts, when I find a blue booklet sitting on top of my unit's bookshelf. It was *A Study Guide to Rudolf Steiner's How to Know Higher Worlds* by Eileen Bristol. I thumbed through the pages and noticed your address to prison outreach, so here I am writing you folks! I most humbly ask, send me more information. *Christopher, Ordway, CO*

I HOPE TO HAVE the ability to come to a better spiritual and understanding self. More than anything I wish to gain a peace of mind and to better grasp how to fully apply all that I come to learn to enable myself to become a healthy person. *Aaron, Lancaster, OH*



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Illuminating Anthroposophy
Anthroposophical Prison Outreach Newsletter

Meditative Verse

*In the free being of Man
The Universe is gathered up.
Then in the free resolve of your heart
Take your own life in hand,
And you will find the World.
The Spirit of the World will find itself in you.*

Rudolf Steiner

Inscribed to Edith Maryon in
The Philosophy of Freedom, October 1918