

### Where does my help come from?

By Bastiaan Baan

#### LOOKING UP

There are times in life when everything is dark around us. Wherever we look, nothing seems to help us – on the contrary. It is as if we are surrounded by demons. Even the ground under our feet seems to fall away. In these times, the only help that will carry us comes from above. There is a classic expression for this experience in one of the Psalms that begins with the words:

*I lift up my eyes to the mountains.  
Where does my help come from?  
My help comes from the Lord,  
The maker of heaven and earth...  
(Psalm 121)*

Of course the expression of looking up is not meant literally, as if you just have to keep your eyes on a high mountain. When nothing and nobody around us helps us in our struggle for life, the spiritual world can be experienced as our true 'ground of existence.'

To put it bluntly and profane: life is sometimes like being shaken in a rattling train, where you lose ground under the feet. Luckily you can usually grab a rod above your head so that you can keep upright.

This principle of looking up works on all levels – not only in the world of human beings.

We think usually of angels as mighty beings, who live quietly in a world far above all evil. No: they can only fulfill their task by looking up to the world above them.

Even the *Archangel Michael* needs help from above when he has to fight with the dragon. At the time that the Russian artist Assja Turgenieff worked on a giant red window designed by Rudolf Steiner, she had to carve a picture of this battle in glass. At the bottom of the red window (which can be seen also nowadays at the Goetheanum in Dornach, Switzerland) one sees a giant dragon head and next to it *Michael*, a tiny figure. 'Why does *Michael* not look at the dragon?' asked Assja Turgenieff. Rudolf Steiner's answer was: 'If *Michael* would look at the dragon, he would have to say yes to him.'

In other words: on all levels, even in the realms of high angels, one has to look up to a higher world in order to overcome the struggle for life, the confrontation with death and the battle with evil.

#### FEAR TO LIVE - FEAR TO DIE

Nowadays, fear is booming business. At the time that I write this article, the book *The Anxious Generation* by Jonathan Haidt is since weeks on top of the bestseller list of New York Times. In a new Disney film 'Inside Out 2', we look inside the head of a teenager called Riley. Her head is like a cockpit full of puppets. The main role is played by a puppet called 'Anxiety...' Especially 'Generation Z' is well known for all kinds of fear and anxiety.

Behind the business of fear stands a mighty influencer, called Emotion Science. Fear is everywhere, in all forms: in the fear to live, the fear to die and - still more puzzling - the fear for fear.

Much of this disturbing development has its origins in our materialistic culture. It is focused on preservation of comfortable life and weak in dealing with powerlessness, loss and death. There is an abundance of secret routes to deny the truth. It reminds me of a cartoon, years ago, that showed how people were given a choice. They could visit the film of Al Gore: *An Inconvenient Truth* - or another film with the title: *A Reassuring Lie*. As you can imagine, only a handful of people were waiting for the inconvenient message, whereas hundreds of people were lining up for the film: *A Reassuring Lie*.



'The Red Window' Design: Rudolf Steiner Carving: Assja Turgenieff

*I heard that many of you  
are waiting for a miracle,*

*The miracle that I, your  
God, would save the world.*

*How can I save without  
your help?*

*How can I speak without  
your voice?*

*How can I love without  
your hearts?*

*From the seventh day  
I have given everything out  
of my hands,*

*My whole creation,  
all my power.*

*Not you, but I am now  
waiting for a miracle.*

(Author unknown)

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If you would like to submit an article for publication please submit by:  
February 28  
for our next issue

## Dear Readers,

First some good news... A number of years ago some of you will recall, a generous donor made it possible to send out the book *How to Know Higher Worlds* books along with an accompanying 'Study Guide' to 800 active APO students. In 2019 we were able to repeat that gift to a new group. Now we are very excited to announce that through a generous donation we were recently able to provide this gift to hundreds of our newer students! These books and study guides are to be kept as personal reference material, not returned like the library books. If you have not received one and wish to, please let us know.

Once again, we are happy to bring you *Illuminating Anthroposophy*, already our 40th newsletter! Every issue is filled with the inner work that each of you, our participants around the country, are doing. Included are your reflections on book study, meditative work and personal insights. We also present two articles exploring the profound connection between our inner selves and the outer world.

We begin with Bastiaan Baan's article on page one titled: *Where does my help come from?* His words take us into some deep perspectives, exploring how even higher beings like *Archangel Michael* seek guidance from loftier realms when confronting evil. Baan also offers insights on living with fear and anxiety. He encourages us to embrace life's challenges, including the process of death, with understanding and acceptance.

Following this (pages three and four), Henriette Dekkers presents *From Self-Doubt toward Self-Understanding*, examining the ways our interactions with the world shape our self-perception and identity. The author also delves into the journey from childhood to adulthood. She shows how our true identity awaits opportunities to break through the ice-crust of our heart, emerging through the veils of self-doubt and confusion.

We hope both articles inspire you to deepen your self-reflection and interest in the world around you, leading to greater self-understanding and a more profound connection with the world!

Through the years, many of you are released and return to your lives as free and independent individuals, enriched with the fruits of your studies and meditative work while in prison. Some of you stay in touch and in this issue we are featuring a new section on page 5 *Reaching Back After Release - Former Inmate Responds*. Here you will find an article by Chris DeRusse who tells us about his continuing journey of his study and self-work on the outside. Please stay in touch after your release. Let us know how you are doing, and the ways in which anthroposophy continues to strengthen your life.

We are in awe of your perseverance and steadfast studies. Please take time to read the thoughts, inspirations, inner and outer changes shared by your fellow students. We are here for you!

Blessings on your path,  
*Kathy Serafin*

## Meditations

**When I got to prison** I was in the SHU for 10 days by myself. I soon learned that laying on my bunk and thinking a lot about the 'if only's' were all rabbit trails, I also learned fantasizing about the future was dead-end rabbit trails. Now when meditating I ask myself two times 'who am I', then make a positive statement about myself. Then I am open to the spirit ministering to me, usually at night before sleep. I also meditate about 20 minutes each morning. I am free from the monkey brain and am learning to be quiet in the natural. I want to continue to grow spiritually. I believe anthroposophical study and meditation will help me with my growth.

*Richard Lee, Big Spring, TX*

**Meditation helps keep my heart** in the right place, it lowers my blood pressure. I do my best to enlighten all whom I have meaningful contact with. I use a positive attitude to try and influence better communication. For anthroposophy deeply affects my world religious view.

*Charlton, Tuberville, SC*

**Meditation is like prayer.** I need that time to reflect and express. It adds a layer to my 'self-powers', that is, to my control. I use this method to gain a moment in my day that is just mine, to briefly pause, and relieve myself of the burden of stressors. *Russell, Repressa, CA*

**I found *Meditations & Guidance of the Inner Life* very interesting** in regard to meditation, prayer and spiritual exercises. It spoke volumes. I come to understand everything I've kinda always felt is true. My quest for truth has brought me to you! This means to live in the spirit of *Michael*! It's given me reinforcement of thoughts in my head as to the spirit within me. To my understanding I am *Michael*! It's good to read a book that matches the thoughts in my head. It is verification, edification, and simply it is the truth all lining up with the research I'm doing. I seek wisdom and truth. To me it has solidified

my beliefs and I've been working on everything within.  
*Andrew, Tennessee Colony, TX*

**I practice meditation every day.** I presently strive for morning and night. Meditation centers me, I am more focused. There's more space between thinking and reacting to intense situations. I've been practicing finding silence and space to be still. *Dominic, Bellefonte, PA*

**Meditation, prayer, and invocation** to the spirits are the areas of anthroposophy that interest me most. I've learned that when I'm dealing with difficult people I tell them there are beings that will help us in our struggles on the other side. I had an encounter with a spirit while meditating and praying, that's why I like both of them. Positivity in every way! *Cedric, Cossachie, NY*

**I learned from *Meditation*** that I have to make a regular, regulated practice of meditation if I am to achieve a desired result, and to do everything systematically if I truly want the growth. On page 112 it reads "...if one perseveres, it gradually becomes clear that the few essential corner stones on which everything rests reappear constantly and are always being described from new perspectives and in varying contexts." This is broadening my path, where most other spiritual practice has narrowed it, causing it to feel more like walking a tight-rope. With anthroposophic meditation, my spirit glides, my handwriting ability, not so much. LOL. This book has actually started the real process within me, which I'll continue. I will share with my Christian brethren that there is more to the inner life than what they've been nibbling on for spiritual food.  
*Allen, St. Petersburg, FL*

**I practice meditation** as much as I can, often through activities such as writing and drawing. Meditation helps me be more at peace, and has helped my blood pressure too. I separate my emotions from thought and action.  
*George, Avenal, CA*

# From Self-Doubt toward Self-Understanding

By Henriette Dekkers

How often does Rudolf Steiner tell us: look into yourself, and you discover the world; look into the world, and you discover yourself. And how often do we not do the exact opposite: we look into ourselves to hopefully find out something about ourselves.

Take as an example the long road from childhood to adulthood.

Our world is made by our town, village, neighborhood, parents, friends, family, or school. And all these impressions, all these images that people entrust to us about who they suppose we are, how much they care about us, what they think of us - all together *co-create* our inner world. And when we look inside ourselves, we discover this *co-created* world, echoing in our souls.

*"Learning to know this outer world, we try to enter into the spirit of it and researching what has crystallized in ourselves as a result, we will recognize a mirror image of our Ego or 'I'."* Rudolf Steiner, *A Way is Self-Knowledge*

We really can come to the question simply: are we really this person, this individuality in essence? Does my upbringing really coincide with, and unveil in the end my true being? Or has this outer-world upbringing brought me confusion, self-doubt, and an inadequate toolbox to get equipped for life?

*Blessed are the children who were not deprived of early childhood experiences of:*

- *being in the mind and the heart of the mother or caretaker*
- *being understood in their moods, gestures and expressiveness*
- *being understood in the full sense of being a human being as the root of understanding others.*

Consider the *outer* factors of this *co-created* World - adults bringing up children, unveiling step by step their true nature, developing step by step their capacities and qualities, with innate propensities or inadequacies rising to the surface over time. This in turn prompted the fundamentals for an *inner* sense of trust, for the outer world, and an inner drive to create future and meaning in life. Lending to the development of a clear-sighted view upon the outside world and upon the complexities in social life.

*Confused and self-doubting are the kids, who were deprived of childhood experiences of:*

- *being in the mind and the heart of the mother or caretaker*
- *being understood in their moods, gestures and expressiveness*
- *being understood in the full sense of being a human being as the root of understanding others.*

How often have these kids been deprived of meaningful attention from the adults? With the unfortunate result that no proper sense of identity could be unveiled through them! As an echo of the outer-world-experiences, their inner world carries false self-images, self-doubt and self-inconsistencies.

*Consequently they possess an incomplete set of tools to orient their lives, for:*

- *in their minds and hearts has arisen a confused sense of identity*
- *which has as its consequence a set of confused lenses to perceive the world*

- *and subsequently a lifestyle, often driven and propelled hap-hazard, by trial and error.*

*"Everything which the ego is able to unfold within itself must give birth to love. The all-embracing archetype of love is set forth in the revelation of... the Christ Mystery. Through Him the germ of love is planted in the innermost core of the human being; and from this starting-point it must flow through the whole of evolution."* Rudolf Steiner, *An Outline of Esoteric Science*

But lo and behold, as Rudolf Steiner again and again admonishes: Your true identity is always present, is always waiting for opportunities to enter your being through the blurred windows of self-doubt, to knock upon the closed doors of self-confusion, to shatter the obstructions your soul has created for survival and self-protection.

Your True Identity is always surrounding you, waiting for that moment to bounce in, wiping the blinds from your eyes and melting the ice-crust from your heart - in order to become a Perception.

Imagine you are about 21 years old, walking along the beach. Strongly splashing waves from the breakers up, the wind chasing the foam heads on land, and in the distance you see the ships - fishing boats, cargo ships, ferry boats and screeching seagulls. Countless times you have been here, and all seasons of the year the sea changed, the winds became storms, the light changed from earth-dark to radiant sky colors. But today you suddenly know for sure: you want to go to sea, you want to work on those mighty ships - you don't know yet what, but a powerful urge rises in you: I am going to try that!

This is the enigma of man: 1) that he can see the world with all the senses that creation has instilled in him, 2) that he sees something, perceives something, sometimes for the umpteenth time, and 3) that a feeling can awaken in him, a feeling that can lead to an urge, an energy to do something and to take action: "I want to do that."

This *triad of Perceiving* - being inwardly touched - and experiencing from what we are identifying as a deeper layer than *our feeling*, an impulse: *"I really want to do that!"*

This is an entry point to the mystery of your very identity. This triad can be found in each individual human being, and in each individual human being the triad is *colored* differently.

Travelling back in our minds to that same beach, with those same waves, those same colors and seasons, we can imagine that the experience may evoke in one person a feeling of devotion and wanting to pray, in another an impulse to sign up with the environmental movement to get the plastic soup out of the sea, in a third the enthusiasm to become a surf teacher.

This is the mystery of self-identity, this *"most individual call for action."* You cannot explain to anyone where these impulses come from.

But in Rudolf Steiner's sense, we may suppose that this is a decision taken in us way back in the past.



Artist: Henriette Dekkers

# From Self-Doubt toward Self-Understanding

cont. from pg 3

*"To truly know the world, look deeply within your own being; to truly know yourself, take real interest in the world."* Rudolf Steiner, *Verses and Meditations*

A decision awakened by being able to observe the world with real interest and with all the senses, being able to be open to the other people, to the situation in which we live.

The triad of being able to *perceive* with all one's senses with interest - being touched by this inwardly - then moving inwardly - in order to finally act and act from an inner urge, this triad of *perception* can only arise if you have confidence in life, confidence in people, in each other, in yourself. Love. This trust, this basis, we as human beings develop in the first 21 years of our lives - yes indeed: 21 years of life! And the extraordinary thing is: for this we need others, parents, caregivers, teachers, family, and friends - they teach us this three-step process, they prompt us, they help our development. Bestowed is the human being, in whom this actually works out completely well indeed!

In *The Philosophy of Freedom* we can then discern Rudolf Steiner's guidance: *"We must therefore distinguish (1) the possible subjective dispositions which are capable of turning certain mental pictures and concepts into motives, and (2) the possible mental pictures and concepts which are in a position to influence my characterological disposition so that an act of will results. For our moral life the former represent the driving force, and the latter, its aims."*

Let me speak to one last factor here, because it seems that all of us are familiar with a number of the self-protective shields which have been placed around the Soul in the course of a life that started as the *co-creation* consequence of earlier years.

We can see that a self-protective shield may be a boosting attitude; it could be a look-alike hero; it could be an underdog shield, keeping oneself under the radar - yet over-alert and prone to assault whenever *feeling* humbled; it could be assuming the role of the protector of the weak, yet often transgressing this role into an overprotective and possessive attitude that becomes suffocating for the ones being protected.

It could take the form of the shrewd and clever negotiator *outwardly*, who nonetheless is suspicious and paranoid *inwardly* out of built up existential survival fears.

All of that: it is so familiar to most of us and our fellow men.

Your True Identity is always surrounding you, waiting for that moment. The tools, by which it has its availability to enter, to knock or to shatter, bear different faces. It can be an unexpected shock, an overwhelming sense of shame, an event that shakes our foundations. Such available tools may be man-made, they may be nature-made, they may be self-made.

However, I do want to share a scenario that highlights the dynamic experiential opportunities that rely also on a deeply sensed Perception. We can see an opening to the True Self through the collective attention of a group of fellow prisoners.

We call her Dolly. Her life was a moral *Drama* from babyhood onward. Abandoned by the father, she was a source of income for the mother, and was used and abused at whim and will, as well as for her mother's financial gains. This outer world of abuse and immoral violence became her inner world you see, her orientation towards right and wrong. The distortion to her sense identity or to a True Identity

for that matter, crystallized, and had fled to unreachable hidden places, to the heavens of origin.

She developed a survival shield of moral blindness, of indifference, of striving for higher social rankings, money and outward display. Her last partner in a series of several partners, was of high standing. She was proud that her survival had brought her this. One can imagine, she did everything to please him in order to secure him as a perpetual social status - for her so valuable. The flipside of this partner turned out to be a deeply immoral need for young girls for his urges and cravings. He gave her the inescapable command to organize them for him - which she did in a complete blindness of her heart to the suffering she was causing.

When after years the case went to trial, both were sentenced, he to life in prison, she to five years. A deep sense of shame and remorse pervaded Dolly's heart and soul, a deep feeling to make up for what seemed impossible to make up.

In prison, she encountered a group of women who cared about her fate. "We will think of something for you," they said, 'we will ask your angel what we can find to relieve your desperate pain.'

And lo and behold, the women devised a plan: 'After you are released from prison, as long as you are still on probation, go to 1 or 2 of your victims - look for and find their addresses, and go to them, and say, 'sorry for what I did to you. I can't change it, but sorry, tell me what I can do for you.' And the women said, "this requires courage, and humility - but if you are going to succeed, then you will see that you are a different person!"

During the period of probation, Dolly, acting from out of the *triad of Perceiving*, "I want to do that!," did indeed go out with the probation officer. And the miracle happened: she was taken into the victims' arms with tears. It was like a birth to her True Self. And the girls from the prison had

made a farewell poem for her.  
The poem read like this:

*I meet you on the path where the sufferers dwell  
I greet you at the altar of the innocents  
Where love turned into lust - by those lost in life,  
Whose hearts turned to ice  
And whose eyes turned out blind*

KYRIE ELEISON (Lord have Mercy)

*I meet you on the path where the wounded dwell -;  
I greet you, where outrageous fires burn the world,  
turning truth into treason - and love into lies -;  
Where echoing terrors of warfare and doom  
Shatter sacred temples into abyss-deep gloom*

KYRIE ELEISON (Lord have Mercy)

*I meet you on the path of Forgiveness -;  
I greet you at the fires of Transformation,  
Where Remorse is molded into the Warmth of Compassion,  
And the wounds of Suffering transformed into Sacrifice -  
..... That Golden grace may dwell in your life  
..... on all sunsets to come.*

CHRISTI ELEISON (Christ have Mercy)



Artist: Henriette Dekkers

# Reaching Back after Release

## - Former Inmate Responds

*Greetings brothers and sisters in confinement,*

My name is Chris DeRusse, and like you, I spent time in prison. I served three years on a seven year DWI conviction, in various Texas units. Through many years of drug abuse, and alcoholism, I finally was granted a blessing in the form of confinement. I was absolutely tired and relieved when I was arrested.....I lost everything, wife, daughter, job, house: however, I gained my Soul through this karmic awakening.

At a prison unit named *Beto2, in Palestine, TX*, at the prison library, I ran into another inmate, who passed along information on the *Anthroposophical Prison Outreach* program. At first it didn't seem consequential, however, I went back to the library the next day, to speak to this librarian inmate, turns out, he caught chain that very evening after that info was given to me.....karma, or coincidence? Needless to say, I was intrigued and mailed out for the *Anthroposophical Outreach* information soon I received a welcome package from Kathy. Instantly I was hit with this *deja vu*, as related to Rudolf Steiner, especially after I received some particular book! Keep in mind that I am omitting a lot of Spiritual events that preceded this validation from Anthroposophy. It would astound most people in general, All I will say in that respect, is that Rudolf Steiner's book titled, *The Gospel According To John*..... well, let's just say that you who believe in CHRIST, and need or want that validation....study this work, and utilize the particular meditations concerned with Christian Initiation...that's all I will say about that.

Life is worth living, and what matters most in my experiences through all of this, is that we apply what we have learned from self harm, and harm to others. To be a better form of self that which expresses our better aspects, our creative expressions. To give and find purpose that is a most useful form to our world. I have been a member of The Anthroposophical Community for some years now, and this task that we have been given is of monumental significance.

This is No accident that you find yourselves reading *'Illuminating Anthroposophy'*, the *Anthroposophical Prison Outreach* newsletter. Go back and rewind every decision and choice you have made in your wonderful lives, and ask....what has led you to this moment? What is it about this particular knowledge that stimulates you? Like me so many years ago...it is because we were already a part of this particular Western stream in past lives...we have inherited what we began in former lives! It's so familiar you can't deny it!!! The universe has given you life, and not death! We are all One in this journey! We don't do this alone. You have the tools now at your disposal, so utilize this gift, like I did! Prison is the perfect Initiation center!!! The New Mystery Centers are the prison units, a space to study, read, meditate, and contemplate these Anthroposophical techniques! You are not encumbered by the distractions and annoyances of everyday struggling... bills, work, family...etc. Think about it! I absolutely took advantage, and have been given a resurrection of life. Apply the six basic exercises, and work with the other exercises consistently, and you will awaken from your bonds of deception. Blessings good brothers and sisters, *Chris DeRusse*

## Illuminations

**I am willing to learn** about all religious beliefs so that I can better understand others and their beliefs. Seeing in *Illuminating Anthroposophy* the positivity and efforts from others, and reading how these things have helped them, this gives me hope. *Robert, Plain Dealing, LA*

**Anthroposophy has helped me** to focus on my inner peace and provided tools to expand my mind and soul. I've been studying two years on and off. Reading the book *The Spiritual Guidance of the Individual and Humanity* helped me to view my inner being, and develop a path to harmony through inner development, science and nature. I am a naturalist and desire an Eden like existence. *Andra Philip, Tucson, AZ*

**Anthroposophy interests me**, period. My stepfather was a walking anthroposophical erudite. I was raised with this spiritual enlightenment which took me to come to prison to literally read nearly all Rudolf Steiner books. Why? For that 'a-ha' moment. *David, Tennessee Colony, TX*

**Spiritual growth interests me** the most because I believe a human being isn't complete and whole without that growth. I am practicing to give freely just as others have freely given to me to keep the circuit flowing. *Carl, Lebanon, OH*

**I'm mostly interested in** the material in spiritual science dealing with our 'true spiritual reality'. Especially on the topic of reincarnation which is the most powerful confirmation that we are energetically (spiritual) entities coming to life again and a pin in new bodies. *Antonio, Perry, FL*

**Because of reading with APO** I've learned to handle myself through difficult and stressful situations. Anthroposophy has yielded me through, and helped me deal with everyday living and preparedness. *Ulysses, Grovetown, GA*

**I feel that the initiation step** is often over looked because everyone, or mostly everyone, wants to skip meditation and breathing and opening their sympathetic energies for high magic, it is not so in these studies. I'm interested in anthroposophy for that reason. *Janette, Lone, CA*

**I apply what I've learned** in anthroposophy by staying open minded. I'm considerate and respectful in other's opinion, I understand that time affects

everyone differently. At the end of the day, I find myself thinking about everything I went through that day, and try to put it behind me before I fall asleep. I always think about how I could have made the day better, for me or someone else. *Tyrone, Huntsville, TX*

**Anthroposophy brings** a power shift in one's ability to expand the lunar self, allowing recognition of present, past, and mission we all attain with positive consequences - then to self. *Levy, San Quentin, CA*

**I am just getting started** with anthroposophy and I don't know much about it other than it's the study of the science realm of Christianity. I like to learn new things though and know God is real. I hope you can help me get to know what exactly Anthroposophy is please. I look forward to learning about it. I can only be me at the end of the day, though I do count on God and know he will carry me through all the storms of life. *Timothy, Beeville, TX*

**Ever since 2014** when I was introduced and first experienced anthroposophy and who Rudolf Steiner was it has played a crucial role in keeping me grounded in what I believe to be true. I am following the true and right path for my life. The fruit is all of the intuitive insight, knowledge, and development of man's inner-self. I am practicing patience, kindness, and forgiveness. I have been told that I am being more patient and proactive in my life, and that I seem to be a lot happier. It is a mellow Luke that we like. I have given more time, patience, and kindness to others when I explain what I've learned about anthroposophy, and the meditations while practicing discipline as a go to for the full understanding of its teachings. *Luke, Avenal, CA*

**It is very difficult** to put into words, but I feel like I have been shown so many truths and how intricately they are woven into my life, especially in analyzing my past and the steps I have taken, both good and bad. My studies have only helped me understand these truths in a much clearer way. My approach is one of kindness, compassion and humility and my studies have not only confirmed these virtues but added to their importance. I have been learning the reasons why this is the best approach through the example in my studies. *Harold, Bristol, FL*

# Art and Poetry

## *A Sacred Space*

Inside my head  
Inside my heart,  
There's a war  
I did not start.

Inside my mind  
Inside my chest,  
There's a r.a.t.  
That's made a nest.

Aside from that  
Aside from this,  
There's a maze  
And it's all his.

Aside from time  
Aside from space,  
There's a sacred  
A darker place.

Outside of light  
Outside of phase,  
There's a web  
The spiders made.

Outside of you  
Outside of me,  
There's a time  
When it was free.

Under the earth  
Under the skin,  
Builders build  
The world again.

Under the gaze  
Under the skies,  
Grows grow  
And catch the lies.

Above my wants  
Above my needs,  
There's a history  
Of my deeds.

Above my looks  
Above my likes,  
There's a story  
Of my fights.

Through the ether  
Through the mist,  
There's a way  
That others miss.

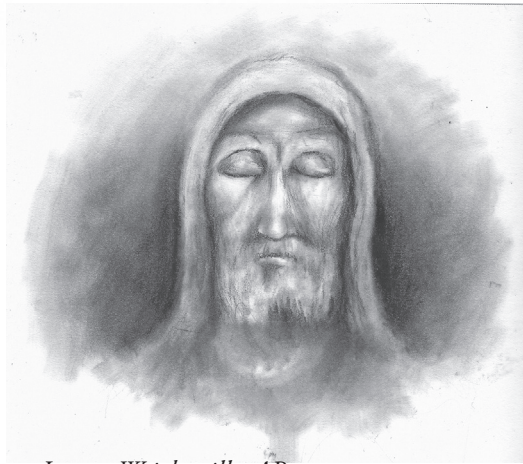
Through the void  
Through the brain,  
There's an answer  
And it's called pain.

*Ashley, Taft, OK*

## *Hope*

When concerned with a trying problem  
With which you cannot cope,  
It is strange how you live and wish  
By the one faint ray of hope.  
Even though you know your desire  
Cannot and will not come true,  
It seems that to reason by hope  
Is all that you can do.  
The facts presented are cold  
And often times lead you astray,  
So all you can do is to seek the silence  
And earnestly pray.  
For this will bring a solace  
And faith on a broader scope,  
And there will come consolation  
As you look ahead with hope.

*Ronald, Punta Gorda, FL*



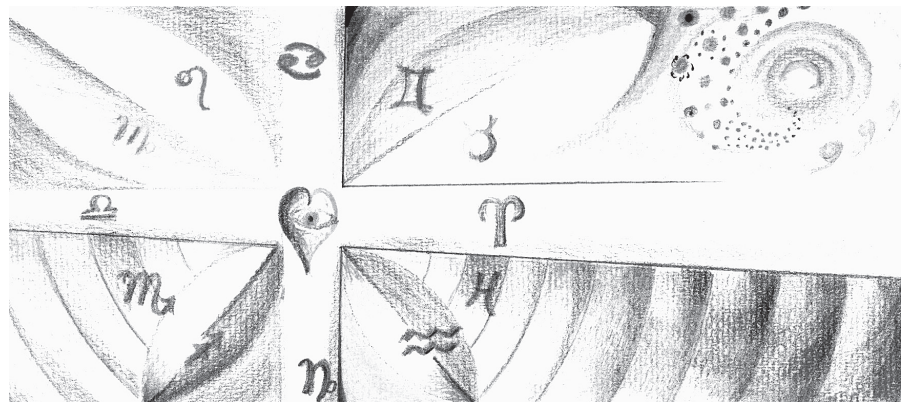
*Jeremy, Wrightsville, AR*



*Dwayne, Oakland, CA*



*Oscar, Huntsville, TX*



My picture came when reading *Working with Anthroposophy*. It is an image from my heart. When a heart opens, its eyes can 'see' many things that is concealed from a 'blind' heart. We start to see (understand) everything in a positive way. We start to move freely in the spiritual realms with confidence, we walk with guidance.

*Eric, Dibell, TX*

# WHAT ARE THE FRUITS OF ANTHROPOSOPHY FOR YOU?

ANTHROPOSOPHY HAS AFFECTED my life. I've realized when I don't agree with a person I used to avoid them and label them ignorant. Now I approach them to have a discussion about our disagreement. Instead of complaining I look for solutions, I embrace being uncomfortable and try to diminish negative energy. Before I started studying I tried to isolate myself from people and situations that caused my frustration. Now I go into the storm and figure out how to remain positive. *David, Trenton, NJ*

I USED TO BE DISTRUSTFUL and self-isolating. Now, I socialize and share my experiences more readily. I am incorporating the ideas, advice or direction of others within my spirituality. I am growing and expanding socially. I am conversing with others about my knowledge and experience. I am able to share my world with more than just myself. I am acting with confidence and purposeful pursuits. Anthroposophy has normalized my experiences that caused isolation and given me support discussing my unpopular thoughts and beliefs. I'm currently uniting two that wouldn't be written if not for the foundation stabilized by Mr. Steiner's work. I've spent nearly a lifetime without meaningful relationships beyond the familial. Since I've began my studies, I have realized relationships extend beyond dimension and time. I've found solace in peers from different times and locations beyond my own. *D.T., Sacramento, CA*

MY ENTIRE LIFE is lived through the lens of anthroposophy, it has molded my perspective. I have found peace, purpose, and a oneness that brings out my love and divine connection. People see my peace and love, I'm always at peace and people say that I am consistently calm, even in times of stress. They sometimes disbelieve my transformation. Until they are around me for an extended period of time and they see that my peace and love are true. There is no more conflict. It has opened opportunities for me to become a program leader and help others to find peace and love. Some understand this transformation, and we usually connect with each other and sharpen each other to expand our studies, practice and growth. I don't judge the person, now instead I see the obstacle and ask myself how I can respond in love. I ask myself, why is this obstacle in my way? How can I overcome it? How will it better me or others? *Robert, Grafton, OH*

I HAVE GAINED INTEREST in anthroposophy because it's spiritual and pure as well. Anthroposophy has helped with my imprisonment and stress. I think and feel the spiritual vibe, energy; I now do things through the relationship of my guardian angel & lord. Universe. 'I just go with the flow.' I see my life in general, through other lenses now. Walking more spiritually and understanding also what is my duty to do in this difficult world we live in. *Arturo, San Luis Obispo, CA*

THE FOCUS OF INNER DEVELOPMENT is crucial yet largely ignored in our culture. The mysteries, reincarnation have inspired me by showing that there is a lot of helpful things that exist and that I can discover and utilize. Anthroposophy has helped me to remain mindful of the fact that there is always more to any given situation than what is naturally perceived. It keeps me open to the possibilities. I was able to reach out to people I have hurt in my past, and who have hurt me. I am able to forgive people now and maintain relationships. I am patient. I give my perception of their point of view to show that I am truly listening and that I understand. I remind them repeatedly that I come in peace and love. *Dushaan, Livingston, TX*

IT HAS BEEN ALMOST two years now that I have been studying. I look at everything as a potential meditation and acts of gratitude. I spend a lot more time doing artwork every day and focusing and meditating while I do it. I am staying out of trouble and making changes to better myself and have something to walk out of prison with for the better. I have

been working on developing my unconditional compassion for all things. I've had so many judgements, likes, dislikes about people, this is a lot of work. I feel I am behind on this learning. I wish I was taught this as a young man instead of starting at 42 years old. This is a real challenge, but the greater the challenge the greater the reward, right? I persevere and my life becomes more filled with life and joy. If we were to incorporate anthroposophy into an existing program, such as mindfulness, this would be easiest. I encourage the study of anthroposophy whenever someone is receptive. When I meet others at a gathering such as Zen meditation, I share anthroposophy. Also, during recreation time I have some opportunity to share thoughts and experiences. *Jedidiah, Pendleton, OR*

STUDYING BOOKS from the APO library has been so helpful as I continue to learn more ways to be patient with others and open minded about other people's cultures. I try to be objective when dealing with fellow inmates and give them the benefit of a doubt. I look at my fellow inmates perspective and viewpoints even when we disagree with each other. I have stopped blaming other inmates when I've gotten into conflicts, and I now look at the role I played in conflicts. *Emmanuel, Fairton, NJ*

ANTHROPOSOPHY IS A DEEP and profound source of spiritual wisdom. In my personal humble opinion my favorite subjects are *Esoteric Christianity* and *Esoteric Studies*. APO has inspired me to walk the path of a peaceful warrior. Life, existence, is all mystical and fun to be a part of. I control nothing except my thoughts. The purpose of life is to use free-will/choice to make life grand. To know what is above me I have to know what's within me. Words are energetic and powerful. Life is a beautiful journey, think positive and life will be good. I get the feeling of awe and a small sense of self when I study anthroposophy. For me, it's unparalleled - this through the beauty of APO. The esoteric insight and knowledge I gained because of anthroposophy, my friends notice a difference in me. The most important concept in working with people is deeper understanding. *Jesse, San Bernadino, CA*

THE WAY I THINK NOW is so different than how I thought years ago. Reading more, understanding karma, and universal law, I try to watch my words because I'm now conscious of how powerful words are! I'm calmer, feel more at peace. I think about my future and what I can control now. Differently, I'm not so in a rush as the younger me was. I like best to learn about the mysteries and reincarnation. Both subjects have taught me decisions we make now, always affect our future. My past, and listening to someone else's experiences inspire me in so many moments I face now. *Albert, Huntsville, TX*

I RUN TO PEOPLE to hear them out and ask questions. I like to meet people when doing so and will not ignore. I like to meet people from all walks of life no matter. I break all barriers. I no longer get angry. A smile takes its place. I no longer engage people in ignorant stances. I no longer harbor bad feeling in my heart. I can really feel love for the first time. I look at the person speaking to me, listening to the words they say. I try and say something that will help them. Yes, those that let their hearts flow come to me and speak to me, and are glad to see me. *Winston, Only, TN*

NEGATIVE PATTERNS in conversations with people I disagreed with to their face have lessened. My thinking has altered its warrior spirit and the necessity to have the upper-hand in all things. I have been trying to take a less construed approach. Normally I plot and plan out my interactions, which is fine and has served me well. But an open approach with spiritual understanding (in peace) works for me now. Most people tell me I have great energy, or a spiritual presence, or a peaceful countenance now. *Eric, Iowa Park, TX*

## *Immortality of the Soul*

Sweet memories flash across my mind  
Like dreams of long ago  
Of friendly faces true and kind  
That once I used to know;  
But when or where I saw them last  
I cannot always tell,  
I know that somewhere in the past  
I knew and loved them well!  
For in my dreams I wander far  
Beyond this mortal sphere  
Perhaps on some far distant star  
Their spirits hovered near;  
And in my sleep my soul returns  
To scenes it knew of yore  
And step by step my spirit learns  
Of lives I've lived before.  
My soul has lived since time began,  
And must live on always,  
Nor can the puny hand of man  
Its' onward progress stay.  
Though now I walk the pains of earth  
My father's feet have trod  
Through dreams my soul will find rebirth  
In closer touch with god.

*Glenn, San Clarita, CA*

# Book Reviews



## *An Outline of Occult Science* Rudolf Steiner

Rudolf Steiner presents in *An Outline of Occult Science* that it is through the path of spiritual science that one can access or develop supersensible perception. "Such instances of self-initiation do occur," then the statement follows, "The wise guidance of spiritual powers has given me certain faculties. It has not bestowed these faculties on me for me to leave them unemployed, but rather that I may put them to use." This can open one's eyes to recognize the need to keep our minds sharp and also to use all the tools available that will help one progress on this journey through one's present incarnation. It is eye opening to realize the need to build up mental faculties along with the spiritual to increase both. I would encourage others to read this book because it gives a fresh perspective of looking at the spiritual. It provides exercises like The Rose Cross meditation, plant/seed meditation, growth and withering meditation, as well as reconstructing your day by remembering in reverse order the events of the day. *Matthew, Ina, IL*

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## *Turning Points in Spiritual History* Rudolf Steiner

In *Turning Points in Spiritual History* one can be incredibly intrigued with the concept of an evolving spiritual individuality that reincarnates and inhabits a specially chosen human vessel in order to further along the evolution of mankind in total. What this means to me particularly is that God is ever-working, ever-creating, ever-becoming. Even if man is currently in a 'fallen' state, it must be part of the grand cosmic scheme in order that through the alchemy of Christ, all of Creation becomes more perfect. In the way that fire added to iron creates steel, or that fire added to sand makes glass, when man comes into direct contact with fire, that is to say divine knowledge or gnosis, he elevates to become the supreme attainment, the God-Man. (ch.5: 'Elijah', pg.152) "...But when on every side there is also a feeling of infinite pity for those who suffer, the conditions are especially favorable for the entry of latent soul forces into one already prepared through destiny or karma. It is alone through these hidden powers of the soul that human beings may raise themselves to the level of such a mission as we have outlined." This excerpt contains a true paradox, namely that one must strive to achieve spiritual greatness through personal discipline in order to fulfill his predetermined destiny. The only way to reconcile these conflicting streams of thought as a spiritual sojourn is to receive, by the grace of God, either a glimpse or an overwhelming impulse into one's own mission while here on this Earth. This is the testimony of the prophets. To learn about the lines of the masters, especially with the understanding that the varying personalities were truly one spiritual individuality, we are provided a template for one's own spiritual awakening. *Ricardo, Colorado City, TX*

## *The Evolution of Consciousness* Rudolf Steiner

In *The Evolution of Consciousness* we find that the first steps in imaginative knowledge, human knowledge, and inner connection summon up in ourselves forces of knowledge that are bound to our senses or our perception of space, present, and future. In initiation knowledge we discover how much can be acquired, by observation, will, physical and moral insights. In experiences of inspiration and intuition, we no longer see in the same way as we do in the physical world we experience. Spiritually we feel that a new world is opening out and we are touching it, experiencing the etheric forces influence upon the inner self. It lets one know

how all the 'happening' has come to happen. For example, initiation knowledge today recalls what lives in people's soul before earthly existence. The human beings life passes rhythmically between three states of being: waking, dreaming, and sleeping. Sleep is a course in unconsciousness during which we are still alive, we do not die and are born again when we wake up. I used to awaken from sleep to draw/sketch my dreams, this evolved to 'full' day visions from childhood, images of and at random from all life's points of view and on all items around. In meditation one can strive to see the full spectrum. *Ricky, Chicago, IL*

## *A Way of Self Knowledge* Rudolf Steiner

*A Way of Self Knowledge* expresses how words and sentences invite us to transform our perception of the world. And yet it is these same words that built the existing gaze. The best part is - to use the normal to transform, one must become aware of what is at each moment because movement requires some momentum and this power is never stagnant. It's different from 1.2 seconds to 1.3 seconds, so much more has transpired. On page 22, this writing: "descriptive expressions that speak" highlights an expression that is limited to those of us who can see - versus the restricted vision of the blind. This peaked my interest because even though we may see the same 'flashing color phenomena' our sensational expression of what we as individuals experience vary greatly. I was reminded of the scene when the blind cellist experienced music in vivid colors. Or Shakespeare's "Eye have not heard no ears seen" The dimension of imagination is awe inspiring to tap into. Later we recognize the teacher dealt wisely with us on the path. This is where I often take a step back and ask: what am I missing, what am I supposed to get out of this experience? By asking these questions peace usually follows, kind of like a switch turning on saying relax so you can focus. *Clayton, Rosharon, TX*

## *Ancient Myths and the New Isis Mysteries* Rudolf Steiner

Meaningful in *Ancient Myths and the New Isis Mysteries* was the understanding of the evolution of consciousness throughout history. It's interesting to learn how ancient civilizations such as Egypt and the Israelites came to the perspectives we have now. Also to see how our beliefs circle between these cultures and how our consciousness is evolving even today. Rudolf Steiner breaks everything down and gives explanations about what he is saying. It was mind blowing to read that as we get older our souls get younger. It's like a reversed life that we live. This stood out: "spiritual events are taking place around us in the air all the time." This, I believe to be the most truthful statement in life. For one to live is to understand we are not just this material body. We must know that our spiritual bodies are always at work evolving our consciousness, the fact is always there. Honestly this read leaves one's mind open to new beliefs. It helps one to understand about the life that's ahead of us in the spirit realms, and to see life in a different perspective. Helping us learn more about spirituality. It suggests we each look into things and see for ourselves. Every day we can meditate on spiritual things helping us to see life as a whole. *Christopher, Tehachapi, CA*

## *The Templar Spirit* Margaret Jones

*The Templar Spirit* is an excellent glimpse into the inspiration of the Templars, along with possible explanations of beliefs and rituals. It touches on rituals which, with much speculation, have been imputed with quite a bit of embellishment. The known records which exist are derived from the torture the Templars experienced. One of the most interesting sections was over, 'The Head and Baphomet,' in which one can gain a lot of insight and understanding of the rituals of head worship. *The Templar Spirit* is an insightful, well informed book, and sheds light on one of the greatest warrior monk orders that ever existed, whose very blood belonged to Christ Jesus. They were fearless, and never allowed to flee, even if it meant death. The end of the book provides information on Middle Eastern beliefs which will benefit a student of Spiritual Science. *Skipper, Venus, TX*

## - STEPPING ON THE PATH -

I WOULD LIKE TO GAIN a deeper understanding of myself, to be a better help to others. Experience the world as well as myself, intuitive thinking. Find new ways of thinking, self-discovery, and life experiences. *Matt, Seattle, WA*

I HOPE TO DEVELOP the ability to calm the inner chaos, to lessen my fury, and to better understand as well as come to terms with my fate. I also want to learn meditative work, have a better understanding of myself, and my surroundings. *Christopher, Sneads, FL*

ANTHROPOSOPHY HAS an introspective yet outwardly focused quality that honors the self through phenomenal observation. Anthroposophy is more esoteric and my speed, and I am happy the program exists. I want to practice and incorporate anthroposophy into my overall journey to understand and share truth. *Enrico, State Farm, VA*

I'M STRIVING to find peace within myself so I can be a better person and learn a better way of life. I love to read and write. I like to talk to people and encourage them, I like to listen. I want to gain knowledge that I can apply to myself to one day pass on to my children and others. Also gain knowledge of self and the freeing of my mind from this propaganda that has consumed me. *Jasmond, Windsor, NC*

I FOUND YOUR ADDRESS and info about your program in a book of resources for prisoners. My interests are pretty eclectic: Spiritual, music, psychology, self-help. As far as skills: I'm a quick learner. I would like to find a deeper understanding of myself and synchronicity of life, events and experiences. *Aaron, Norlina, NC*

# Inspired by your Reading

**From reading** *A Western Approach to Reincarnation and Karma*, I can relate to having a sincere belief in reincarnation and karma, and how important it is in unveiling our intuition on the topic. Not only the study of reincarnation and karma, but the actual belief in it has led me to many answers in this life. It's been fascinating, profound, and exciting to see my intuition manifest before my eyes over the years. As I previously mentioned, reincarnation and karma has been the core of my beliefs and interests for over a decade. Everything else in spiritual science, that also greatly interests me, seems to revolve around it. I have also been seeing cycles in everything, and that is very interesting as well. *Robert, Santa Clarita, CA*

**The book** *Start Now* is all pretty much in line with my current beliefs. I am ready to follow the light path. The six exercises from the point of view of rhythm I found interesting. There is a universal cosmic rule. The part that really got me is on page 112, it starts "Everything in the system of nature is rhythmic". "Only human beings lead a chaotic life with no rhythm; nature has deserted it." We absolutely need this rhythm. Why have we allowed nature to desert us, and what are we doing to recover this? It has positively reinforced my beliefs and current course heading forward. *James, Marion, IL*

**To summarize**, the most meaningful part of *Founding a Science of the Spirit*, would be the breakdown of the Six Exercises. The next was, the explanation of how truth evolves, as does all else in the world. Truth is evolving. I believe that anthroposophy teaches how a person is really capable of the love of Christ. I am overjoyed to have found this outreach! It has given me many eureka moments. I have searched for decades, a way to explain why I have found truth on my many bi-polar spectrums. I finally am able to get it, and I look forward to reading every book available. I've searched in the extreme views of Christianity and the Eastern traditions of Yogi and Taoism. Finally these teachings give me clarity! It is clarified because I see the parallels amongst the Christian, Eastern and scientific way. So I am able to see why all are true when viewed correctly. I was inspired to share the Six Exercises as well as why truth is evolving. Also, I am able to explain how faith without work is dead because you must do all the meditative exercises and not just have faith! I have been practicing and now I have been doing more thoroughly. After reading this book I was filled with bliss. *Justin, Henning, TN*

**Reading** *Cosmic Memory* helped me understand the fact that if we put our full focus on an object or subject we can obtain power over it and grasp a full understanding of it, page 212. And when one looks at the same thing from the most diverse aspects... These words help me to focus more on whatever my purpose is throughout the day. Also to understand, I cannot just look at the physical plane but also from an ether/astral perception, which allows oneself to become more elevated with any obstacle that we face on a daily basis. If the Atlantean had powers over these words, how much of a difference would that make for us? And how could we elevate back to this plane of existence? This new idea that 'evolution' can be seen in the evidence of the human being's capacity for higher stages is so far from the concepts we have been taught concerning human development. This study gave me suggestions for a deeper meditation and I have been working them out. *Kenneth, Holdenville, OK*

**It was meaningful** to learn from the book *Fruits of Anthroposophy*, that spiritual exercises are necessary to develop soul forces that are hidden in ordinary life, leading to perception of the spiritual. At the time when spiritual vision was of the instinctive type, it was not possible to clothe it in concepts. I am more aware of my 'sleeping state'. I see how sleep affects and helps me in my everyday life. Yes, my belief in religion and my life have changed, I am now more aware in sleep. In my life, I try to see through the smoke that blinds me to what could be the real reality. *Jose, San Louis Obispo, CA*

**The book** *How to Know Higher Worlds* has allowed me to take the first steps to becoming an initiated pupil of esoteric studies! Page 49 speaks of 'Illumination'. This section excited me by revealing what can be perceived by the spirit should I undergo the process of initiation. Yes, formerly, I believed that the 'spirit' and the 'soul' were one, now upon reading; I have discovered that they are separate, but work with one another. I take five minutes or so to center myself, still my thoughts, and to let my spirit reveal things to me. *Nico, Iowa Park, TX*

**The book titled** *The Power of Soul* showed me what virtue is today. Through each of the virtues, it told how our love for each other can heal the world, which is the power of virtue. It makes me want to love with these virtues. If living a life like this can heal the world then why should I not want to live this way? The in-depth understanding of virtue in this book has been inspirational for my life. It has not changed my belief, but given me more of a perspective on doing good in my life, and how that can change the lives of others on a larger scale. I have shared and discussed this book with another inmate and it seemed to inspire him to look at life a little differently, as we both reflect on our lives. *Kevin, Pekin, IL*

**In the book** *Stages of Consciousness* by Georg Kulewind there is a contrast presented on the topic of observing one's own thoughts. The only thought or thinking that can be made through observation is past thought. As stated, ego-consciousness, the everyday I, lives in the realms of finished thoughts. Prior to past thought, I, my true spirit-self must acquire control of thoughts or thinking. Because, if not, ego-consciousness has taken control and spirit-self becomes a victim. "The great spectrum of the world... I stand in this world as a thinking contemplative being on the one hand, and as a being of action, a doer, on the other. Everything that gives me the consciousness of my mankind (identity) is connected with the fact that I can inwardly picture the world around me; live in this world and contemplate it. So the more I accompany my actions with my thoughts, the more my actions reflect the true being which I am. To be fully cognizant of the thoughts I desire to think." To control my thought world, this is just further clarification and understanding. A few fellow prisoners found the subject interesting. I shared with them that we must engage and develop our intuitive channels in order to gain the power to control/manage our thoughts. *Taurus, Monticello, FL*

**What stood out for me** in the book *The New Mysteries* was the words of Jehovah: I AM. To me, this is man's 'Ego', the 'I', the consciousness of man. This is the soul and spirit of a human being. 'I AM' this allows the 'Christ' or 'Osiris' in me, to penetrate and permeate throughout life, the gift to share the aura or presence of the Holy Spirit with everyone. It has affected my growth and development as an individual and to the atonement with self, i.e., the 'Ego'. To feel the Holy Spirit, overcome you and be changed to a Christ-like being. Overcoming darkness with light, to know good from evil. I routinely meditate, along with prayers and exercises. *Charles, Dixon, IL*

**The** *Spiritual Hierarchies and the Physical World* The most true-ringing of concepts that were shared by Rudolf Steiner, for me, was this remarkable description of the formation, purpose, activity, and nature of each of the Spiritual Hierarchies. It blew my mind more than once. It's as if he took me to those realities. It has enhanced, and enriched my understanding and perspective of the world, opening views to vistas spirit never known to me in this life. The Seraphim are so close to the Godhead that it cannot help but bow and carry out the divine will of Godhead. The reverence, the devotion! I can imagine! The practice of knowing that 'material' things are beings and each has a spiritual counterpart. That each of those beings are a particular expression of a state of consciousness. It is another addition to the list of the most profound books that I have read from Steiner yet! He has shared his light to illuminate and accentuate life and the spiritual world. Yes, coming to a higher perspective involving the 'problem of evil'. Opposition is not evil. It's allowed for the infinite expansion and growth of the evolution of consciousness. All is God, therefore, all is good, no matter what perspective one has been conditioned to have. I shared this book with my friend Eric, he was astounded by the wealth of wisdom and love that flows from Steiner's heart as he shares his essential insights into the formation, function, and experience of these Spiritual Beings. *Brandon, Punta Gorda, FL*

**I like that** *The Essential Steiner* book goes into different ideas and cultures. I like how it talks about Plato. On page 181 it speaks of the child who will become Budda, since today is Buddha day, which is the day the Buddha Siddhartha was born. Siddhartha's mother had a dream of a white elephant and she realized she was pregnant. I can learn more about other faith groups besides Buddhism. I now have a better perspective and understanding of the spiritual world and the writings and ideas. I share the idea of rebirth and karma a lot. I believe everyone regardless of their faith or belief needs to read this book. *Josh, Texarkana, TX*

# New Ways of Thinking, Feeling, and Willing

**How I think** - this is where it begins. Thinking positivity, refusing to focus and hold negative thoughts have obviously led to feeling different. Through this process, my actions have also changed all because my thoughts remain on higher things.

*L.B., Launenburg, NC*

**I'm thinking about** loving everyone. I'm putting my thoughts into action. I'm setting myself up to be successful. I was transferred to a new location, because of this I had to deal with a new cellmate. He was sick and needed help to deal with his situation. Using my mind and my love for everybody, I found my feeling inside to help him instead of moving out. *Demar, Delano, CA*

**I try to examine** the why and where my thoughts and feelings come from. Then my doing conforms to the reality for the best possible outcome for me and the other. I try to remember the words and actions of others are their responsibility, that I do not have to pick them up onto myself. I've realized I was only talking to people that make me feel safe, now I speak to everyone. *Tracy, Dallas, TX*

**Studying anthroposophy** has helped me compartmentalize my emotions; I try to understand where they emanate from and not react without foreseeing the repercussions. Instead of complaining, I look for solutions. I embrace being uncomfortable and try to diminish negative energy. *David, Trenton, NJ*

**All writings by Rudolf Steiner** interest me because they allow me to look into myself and live life with a purpose. I've begun to think of the guards as spiritual beings to feel the same way; so I'm treating them with love and respect. Studying anthroposophy has allowed me to set time for myself to do yoga and meditation and the fruits are peace and joy. *Charley, Hutchinson, KS*

**I am always conscious** about everything I see, feel, do and think. My thought world is vivid. Taming the mind is a challenge in my environment. My feeling is sensitive. I am sensitive to negative

energy. I feel it, I hate it, but I am learning ways to do and see things differently every day. I still practice the thinking, feeling and willing exercises, the rose cross meditation and reverse review of the day. I do see aura energy around people at times, still learning about what I see. I did know a man who was going to die, I talked to him. I was glad to have that honor. I try to evaluate what is missing in the life of the difficult person. I learn to speak to the soul itself. It helps to remove barriers. I had a guy tell me once that he felt gravitated towards me. In prison, that can be taken differently, but I know what he meant.

*Wayne, Richmond, TX*

**I don't make consequential** decisions like I used to! All my actions, at least the majority of them, are based on what my spirit tells me to do. In other words, I've been receiving that guidance God knows I need. I also see an equivalent amount of light in everybody instead of being judgmental. I have been practicing concentration and controlling my chakra and directing my energy light towards other people and specific goals. I've also been trying to discipline myself more to have a better control over worldly things. I don't deal with frustration or aggravation or depression like I used to. And my thought pattern is a lot different. Even the way I respond to negative energy is different. *Jabkim, Malone, NY*

**My thinking has become** more universal and less self-centered, as to how my actions fit into the universe rather than just my personal life. It has helped me to feel a deeper sense of belonging to the grand scheme of things and less isolated. I am living more consciously and doing more for the greater good of us all.

*Stanley, Grady, AR*

**I find myself** especially examining my actions. But more satisfying - examining my thoughts so I'm no longer walking in the counsel of the unrighteous. I give far more to my thoughts and consideration in all things than I did prior.

*Donald, Huntsville, TX*

## SELF AWAKENINGS

*EduCareDo Correspondence Course Response Summaries*

### **Lesson 1: Introduction**

It was a new experience for me to be asked about my knowledge of others. I am seeing that everyone is different and yet very essential to growth, both individually and as a species. I will listen more closely to attune myself to others' needs. I will also listen to myself more closely to realize my true needs and intentions.

I meditate daily, and I have changed. *Carol, Ypsilanti, MI*

### **Lesson 3: The 12 Senses, Part 1**

I learned that there are more than five senses. Though it appears obvious now, my definition of the 'senses' has been corrected. The idea of the objective experience and the separation between them becoming effective and 'mental activity', was all so practical. The concept of a 'starting point' was important. At first the references to a child's upbringing threw me, but upon reflection it struck me that 'this is how I know to organize my own efforts'. It's a thing I am desperately yearning for: A starting point, a work (I can do). This, along with a 'sense of balance' is important. I can work into my daily routine experiments and practices concerning the development of my senses. *Ben, Walla Walla, WA*

### **Lesson 7: The Human Being in Relationship to the World**

I found to be important that the human rhythm of eighteen breaths/minute grows to 1,080 breaths/hour, which results to 25,920 breaths/day. This number of breaths equals the number of years in a platonian, or a Great year: the precession of the equinoxes. The exercise focuses on the interconnectedness with nature, human beings, and inanimate objects; this connection makes me feel one with the universe. I concentrate while meditating on my breath and remember the union I share with the

planets. It changed my whole conception on how I see the galaxies and other worlds. I'm learning to implement the exercises and knowledge into my daily life. *Matthew Raiford, FL*

### **Lesson 8: The Human Being and the Four Kingdoms of Nature**

The structure and development or evolution from universal life plant to animal world or substances to comprise the human senses and constitution was new for me to learn. I also learned the relation of farm elements and stage of consciousness. The evolution and growth is an upward striving and it relates to an individual's striving towards self-actualization, and the movement from baser instincts towards higher, more refined impulses. I hope to speak more positively to others and share more of these teachings.

*Travis, Venus, TX*

### **Lesson 10: The Temperaments, Elements, and Ethers**

I have to overcome my shortcomings and faults. I have been mastering inner self-control of emotions. I attend the present moment here and now! Complete laser beam focus! My awareness and understanding is expanding. I study and focus my attention in the eternal here and now present moment! My will is becoming honed to a razor-fine edge with focused determination. I am becoming more aware of my being and the inner/outer influences. I am expanding my awareness in thinking, willing, and feeling. Understanding the subconscious patterns and reprogramming myself! Simply remarkable! Conscious energy - light! In my youth I was molded by outer influences! In my experienced knowledge, understanding, and wisdom, now I control the impressions! *Dale, Oswego, KS*

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## Where does my help come from?

cont. from pg 1

In mainstream culture we think usually of life as something that we can shape according to our wishes - at least if we have enough money. Medical doctors suggest all kinds of surgeries and remedies to live longer - although 'living longer' often means 'dying longer.' On the other hand: as soon as these doctors tell us that they can't do anything more, many patients jump from fanaticism to fatalism: I don't want to live any more. How can I get rid of everything? Please let me go!

There is a classical apocalyptic text that describes all kinds of widespread fear, in which everyone will be included. It shows in several imaginations how fear will sweep in giant waves through the world and even through the cosmos. In the so-called Apocalypse on the Mount of Olives, Christ predicts a future in which everything will be shaken to the ground:

'There will be signs in sun, moon and stars, and there will be distress among the peoples of the earth and helplessness in the face of the surging sea and its mighty waves. And human beings will lose their heads for fear and expectation of what is breaking in upon the whole earth. Even the forces of the heavens will be shaken' (Luke 21, 25-26). Here, Christ used different Greek words for fear: *synochē*, which is translated as oppression, *aporia*, which literally means: without openings (a skin without pores), and *phobia* (the same word as is used in English).

However, these are all signs that will accompany his Second Coming on earth: 'Then the Son of Man will appear in the clouds with power and great revelation.' According to Rudolf Steiner, these imaginations have a relation with the times in which we live nowadays.

Apart from the powerful image of Christ himself who appears as the principal figure of this drama, we could ask ourselves how we can live with all kinds of fear and anxiety in such a way that we can overcome them or even work with them in a productive way.

### THE ART OF LIVING - THE ART OF DYING

Searching for methods how to handle fear, I am impressed by the way in which the Roman philosopher Seneca and several of his contemporaries worked with methods to integrate life and death. In the words of Seneca: 'A whole life long one has to learn how to die.' 'The person who is not able to die well is living in the wrong way.' This stoic way of looking at life and death may at first sight sound as an abstract philosophy, far away from our everyday experience, however: it was practiced daily by these philosophers as *Ars Moriendi* (the Art of Dying) and *Ars Vivendi* (the Art of Living).

When a friend of Seneca laid on his deathbed, Seneca described this art in a beautiful image language: 'I met Bassus Aufidius, a wonderful man. He is broken and struggles with his age. His body is like a ship that makes water. Nevertheless Bassus has a cheerful spirit. That is the result of his philosophy: to be cheerful facing death; brave and fearless in all circumstances, although he loses the battle. A capable helmsman will also navigate when his sails are teared. Even when he has lost his complete rigging, he tries to keep his boat on course. Our friend accompanies himself on his way to the grave; he tries to live like someone who will survive himself and bears the loss of his own person...' (Seneca, from the letters to Lucilius, 30th letter).

Some years ago a young grandmother on her deathbed asked me to tell her grandchildren about coming events. I used the language of Seneca to tell them how their brave grandmother prepared for her death. After coming home, one of the grandchildren went to the garage and disappeared for a long time - until he came back with a tiny boat carved in wood, with a mast, a paper sail and a captain made of beeswax. When his grandmother died, he left the boat as a present in her coffin. The ten year old boy had understood the image language of 'Ars Moriendi'!

In the miniature of everyday life there are several ways to handle fear and anxiety as a 'finger exercise' for the final challenge of dying.

One of the founders of The Christian Community, Friedrich Rittelmeyer, struggled as a student during months with fear, especially during the night when he woke up with heavy palpitation of the heart and short of breath. He could only help himself at these moments by remembering and imagining step by step certain days in his life in which there was complete harmony and balance: 'Minute by minute I let the events pass by, image after image like clinging to a rope above the abyss. Now I get up, now I sit at the table, now I walk into the garden...'

I too know by own experience what fear is. Often I could help myself to overcome fear by confronting myself with small portions of this experience. In this way I overcame my fear for darkness by stepping into a forest at night - first of all just with a few steps, later deeper and deeper into the darkness, until I could walk through a forest during the whole night until sunrise.

However, the best way to overcome fear is to look up to the One who can say, even when we seem to be lost in the storm at night: 'I am, fear not!' (John 6: 20)

## Inspired by your Reading

cont. from pg 9

*The Effects of Esoteric Development* talks about one having to be critical of wrongful worldly actions. "The sorrow of being required to find fault may serve as a barometer of esoteric development. The more we can feel pleasure when obliged to find fault or when we find the world ridiculous, the less we are really prepared to progress." This also leads into one having to learn temperament, habitude and the complexities thereof in *thinking, feeling, and will*. Page 96: "This transition in the life of the human soul may be characterized by saying that, the human being stops being cultivated inwardly through judgements and acumen, which is an early inheritance, disappears. We develop an inner frame of mind that places little value on such qualities, since we gradually begin to experience within ourselves a wisdom enkindled by the gods." This is something I'm currently experiencing and learning. The fact is learning to let go of meaningless things, and grab the science of death as a transition in a higher form. This has been very helpful and necessary as I travel through the illusive storm of stress and anxiety. *Andrell, Galesburg, IL*

In *Anthroposophy and the Inner Life* man has multiple bodies - physical, etheric, astral etc., that most humans are totally unaware of, and could benefit greatly from esoteric education. It explains that the average person only looks at the surface of the world around him instead of developing a way of thinking that allows them to read into phenomena in the outer world and into man. It has opened my eyes to look more deeply into my experience on earth. There is now a deeper relationship between man and nature that I have become aware of. It's made me more aware of my surrounding. *Joshua, Grovetown, GA*

The book *Rosicrucian Wisdom* helped explain for me humanities need to unite, to help further evolution. I found some very useful words on page 73: 'We are the slaves of the past, but masters of the future'. I now have a better understanding of Rosicrucianism. Yes, a better understanding of the future. I would encourage everyone to study and read this type of spiritual wisdom. This was a very good read. *Ryan, Kaukaee, IL*



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## Illuminating Anthroposophy

Anthroposophical Prison Outreach Newsletter

*We must eradicate from the soul all fear and terror of what comes to man out of the future.*

*We must acquire serenity in all feelings and sensations about the future.*

*We must look forward with absolute equanimity to all that may come,*

*And we must think only that whatever comes*

*Is given to us by a world direction full of wisdom.*

*It is part of what we must learn in this age, namely to live out of pure trust,*

*Without any security in existence,*

*Trust in the ever-present help of the spiritual world.*

*Truly, nothing else will do.*

*Let us discipline our will, let us seek the awakening from within ourselves*

*Every morning and every evening.*

Fragment from a lecture of Rudolf Steiner  
given in Bremen on November 27, 1910