

From Longing, Suffering and Self-Involvement to Wisdom, Compassion, Forgiveness and Love

By Brian Gray

*To us it is given
at no stage ever to rest.*

*We live and we strive,
as active human beings,*

*From life to life
as plants grow aloft*

*From springtime
to springtime
– Ever raising ourselves*

*Through error
upward to truth,*

*Through fetters
upward to freedom,*

*Through sickness
and death
upwards to beauty,
to health, and to life.*

Rudolf Steiner

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We live with deep human suffering. Wounding and suffering occur in our daily lives - wounding directed towards us, and some wounding directed by us toward others. Much of this wounding is not really intentional, but rather stems from our not understanding one another. How can we develop true understanding for others, stop the wounding, and diminish human suffering? Let us examine some experiences in our human soul – where our sense of self experiences thinking, feeling and willing and carries our memories.

Each human being experiences deep *inner longing* – longing for something, someone, or someplace other than where we are. We experience longing as though it were severe homesickness. Rudolf Steiner tells us that longing is not just a *feeling*, but is actually our will – our will that has been thwarted and can't be fulfilled. For example, we may long to love another person, but for some reason our love can't be given or received – it is thwarted. What happens to our longing to love thus thwarted? Our *longing* to give love is then turned back upon our self, where it turns into *suffering* – a *feeling* of frustration and regret we have to deal with in our soul. This *suffering* can grow into a festering pain we constantly think over and over, until we are entirely consumed in thinking about the situation that led to our suffering - our *suffering* can turn into *self-involvement* - that is, egoism.

We can trace a path from *longing* (will) to *suffering* (feeling) to *self-involvement* (thinking). Self-involvement (egoism) becomes a real problem, as it creates blind spots in our ability to sense others, to take an interest in them and understand them. As we become the sole hero or victim in our inner drama, we lose sensitivity to others. Suffering and self-involvement can easily lead to our trespassing upon and wounding others, because we're not attentive or concerned about them, nor do we understand their needs. Trespassing against others, we create more suffering and bitterness. Hence our egoism can negatively affect our relationships with other human beings. We don't notice that others are suffering, because we are so preoccupied with our own personal drama.

Since we live in community with other human beings, our attitudes and behaviors affect the whole of life around us. Rudolf Steiner gives us insights into the realities of reincarnation and karma. We have all lived on planet Earth many times in previous ages, and we each bring the fruits of our previous life-experiences forward into this life. Deeds we earlier performed are transformed into our present talents and capacities. Those with whom we were closely involved from previous lives will tend to reincarnate roughly in the same period we are born into, and they may appear as members of our family or as close friends (or foes, depending upon how we related to them in earlier lives). Since we are constantly surrounded by members of our karmic community, we need to understand them, rather than become so self-involved that we lose interest in them. By not recognizing the needs of others, we trespass against and wound them, diminishing the quality of our own spiritual being as well as theirs. Gradually we may feel guilt about our treatment of others, which can awaken remorse and change our behavior towards them (unless guilt becomes just another opportunity for self-involvement).



'Light in Life' Artist Iris Sullivan

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

Dear Readers,

We are grateful once again to receive and include here many of your book study commentaries. Each of them provides a gateway toward knowing and deepening ourselves.

We also include two articles offering new contemplations. The title of our first article 'From Longing, Suffering and Self-Involvement to Wisdom, Compassion, Forgiveness and Love' tells us just what the article will bring. Written by Brian Gray, it traces one's pathway in our soul life that leads from longing to suffering and self-involvement - often resulting in wounding others and ourselves - in contrast to a second pathway that leads to awakening wisdom, compassion, forgiveness and love, resulting in healing and redemption of self and others. He suggests practical ways to achieve the second path and change our lives.

Our next article, by Andrew Linnell, titled *Cain, Crime and Forgiveness*, explores the karmic consequences of Cain's killing of his half-brother Abel. Andrew explores the changing conditions of earth and human evolution where the soul streams of both Cain and Abel exist today within all of humanity. The initial stage for the redemption of Cain's karma comes with the two birth stories of Jesus. Andrew shows how Leonardo da Vinci learned about this and expressed this mystery in his *Virgin of the Rocks* painting. We would love to hear your thoughts on these articles and hope to publish some of your responses in our next Newsletter issue.

As you may be new to the APO program, you may have not heard of our ongoing poetry and art events we have titled: *Enter Light - Voices from Prison*. With each of our art and poetry events a request is made for you to send in your poetry and artwork. This year our event will take place at the Anthroposophical Society's Annual General Meeting in late fall. We are making a request for you to send in your poetry and artwork! Your poetry will be recited by youth poets and artwork will be on display. This brings to life your creative work for the greater anthroposophical community.

A deep study of anthroposophy can awaken many contemplative moments. Thoughtful and reflective experiences can then be expressed through creative poetry and art. One suggestion to deepen your poems is to choose and write down twenty single words that inspire you - (perhaps found in a book you are reading). Then include some of the words in the creation of your poetry!

Artistic creation can be a step toward our becoming aware of ourselves as a spiritual being, within the spiritual world. We look forward to receiving your art and poetry and to share your work and inspiration with others.

Blessings on your path, *Kathy Serafin*

Meditations

Meditation has helped me slow down and concentrate on a pencil for example and this brings my anxiety down. Your books have given me a go-to meditation when all else fails. It's given me a tool belt for life situations. I like to practice meditation at least three sessions throughout the day. I feel way better, especially in my body. I also have more focus and awareness on a daily basis. *Edwin, Repressa, CA*

I pray that we continue to be blessed in these studies and in the enrichment of lives that want to begin their search for the truth. Sometimes I find myself being anxious but then enter into meditation to calm my spirit. It's just this I loved when putting my positive input into the world. When you meditate and learn something new you must allow time to work and apply knowledge you learn. *Kenneth, Stringtown, OK*

So far the meditations have helped to calm my mind, and to improve my sleep habits so that I am getting adequate rest at night. I am applying the knowledge to my life and doing the exercises and making them a daily practice. I believe the knowledge they impart will transform my understanding and my life, making me more aware of the person I am inside. *Allen, St. Petersburg, FL*

I cannot be without meditation; it keeps me focused on the direction of positive values. I meditate daily. It's a ritual rather than a practice. Anthroposophy has given me a certain knowledge that satisfies the inner spirit. *Levy, Corcoran, CA*

I meditate and pray every day. I have had different experiences, visions, and dreams. Meditation has affected my life. I am more aware, conscious, and mindful of everything. It is giving me more insights into other people's spiritual walk. *Michael, Rosharon, TX*

I learned how important meditation is to open one's mind up to another level of thinking. It shows the other hidden world or other parallel worlds that is right before our eyes. In this book we went through eight levels of meditating, to open the 'I' being world or us up stronger. There are great benefits to meditating. It has helped me in many ways, but I still have a lot of work to do on this. *Brandon, Oglethorpe, GA*

I try to meditate daily, to better myself and help others.

Meditation has made me more aware of the spiritual aspect of day to day living. It helps me to become more aware and open minded and more willing to contribute to society and humanity. *Shawn, Wasco, CA*

Currently I'm still in 23 hour confinement. Meditation has affected my life a lot. Maybe it has affected my inner work because of moments of stillness. It has shown me control of self when applicable. I work a lot with the thought exercise found in the *Six Basic Exercises* and also *The Rose Cross Meditation*. I am a Gemini and have trouble with focus. Cathartic is what comes to mind in how it helped. *Robert, Livingston, TX*

Yes, I have tried a few of Steiner's meditations. I enjoy his morning and evening meditations I received years back in the initial packet when just starting my anthroposophical experience. I also like to try out any new meditations (new to me), that I come across in books I read from the APO library. I like to meditate at least two sessions a day - morning and night. My best is right when I wake up, and about 20-30 min. before falling asleep. Meditation has affected my life by producing calm, relaxing ways to see the day ahead in a clear and concise aura that is pure awareness. I am able to sense the development of my inner self within visions. *Luke, Avenal, CA*

Rufus Goodwin's Give Us This Day gave me an understanding to the differences between meditations and prayer. I learned to concentrate, focus and be relaxed in meditation, with faith and belief being an experience of prayer. A great book that gives a history of not just prayer, but what religion was like in certain time periods. *Tyrone, Huntsville, TX*

I meditate daily. It has calmed me down a lot, and brought my anxiety down a whole bunch. I am in solitary confinement now and it has helped me with my awakening and meditation. *Phillip, Hardwick, GA*

I meditate early in the morning, and before sleep every day. It has healed me, taught me to pause, to be still and to be one with all. Nothing truly matters but living each moment as it is a gift. Every minute is a miracle here now in this moment and to accept myself and others. I find that I am full of light and love. I love meditation. *Glenn, Lancaster, CA*

Cain, Crime, and Forgiveness

By Andrew Linnell

Rudolf Steiner's research makes clear how human beings are organized into physical body, form-giving life forces (etheric), sensations and feelings (astral or soul), and the ego or self. This understanding allows us to get closer to the being of Jesus, who needed the greatest wisdom and complete innocence in order to become the bearer of the Christ. Here we will see how that secret, of two Jesus children who would become one, was still known to great artists fifteen centuries later. And while none of us are so innocent, and none of us so wise, we are still in process of becoming ...

Rudolf Steiner's lectures on the Temple Legend picture for us a time of major transition, that is, from Eden to the physical Earth. Although a physical world was forming down below, humanity was, at this time, destined for an evolution that stayed mostly above the physical. At least that was the intention of Yahweh and the Elohim working with him. But another spiritual being whom we call Lucifer, also wanted to participate in this evolution. Through the Temptation, humanity received from Lucifer the impulse to develop freedom. The Divine Beings were able to turn this crime of humanity into something good.

Yet, by consuming the fruits of the Tree of Knowledge of Good and Evil, humanity still had to resolve this deed. The fruit of this acquired godly knowledge would become freedom. But how could real freedom come about when each human was surrounded by the spiritual world, where the spiritual was working into each human? The Divine had to cause humanity to Fall into a world where there would be separation. Into matter we fell and into physical bodies where no two bodies could occupy the same space. But, at the time of the Fall, the physical world needed more time to develop and to harden so that we could stand upright upon it. Into what was then a fiery world we descended.

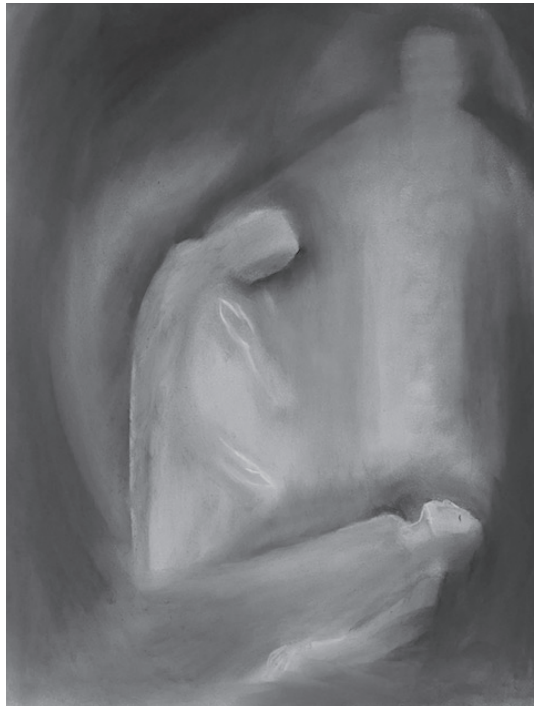
The beings working with the Divine brought into human evolution other beings who knew about the physical. It would be their task to cool down the physical earth, to harden it, to bring death into the teeming life state of the early earth so that rock could form, rock for us to stand upon and rock to take into our physical body. These beings of

the lifeless physical are called Ahrimanic beings in Anthroposophy. Just as each of us has a guardian angel, each of us also has an Ahrimanic double. Through this double, our body was outfitted with nerves that transmit electricity and can react to a hot surface without us first having to think "ouch, that's very hot" before we move our hand away. Our double joins us just before birth and stays with us all through our life, leaving only just before death.

When one who is very old and near death has suddenly become lucid, it may be because their double has fled. Such a person will typically die within a day. The double flees from impending death. When one has a near-death experience (NDE), the double has separated from the physical body as well.

Thus, the double has served our evolution. It was brought into human evolution to help us deal with our new home, the physical earth. It is of the Ahrimanic-double's nature to desire to make our body more and more mechanical. It delights in robots and prosthetic limbs for amputees. One day, in another two thousand years, human bodies will have succumbed to climate change, to poor nutrition, to poor water, to poor air, to poor light, so that our limbs will wither. Teens and young adults of this future time will opt for prosthetic limbs that will give

them super-human strength rather than to continue with their paltry arms or legs. Our double will rejoice. Within the next five thousand years, we'll separate from our double who will, by then, have its desired earthly body prepared for itself. While we will ascend to a life similar to that when we descended from Eden, that is a life where our lowest member is our etheric body, then our double will move on to an independent existence, one with high intelligence but one without a life body or soul warmth.



Artist Iris Sullivan

Hopefully, we will be able, by then, to ascend: to leave behind the physical so that our lowest member will be our etheric body. But for that to happen, we'll need to cleanup our karma. Karma can only be resolved here in the physical while we are incarnated on the earth.

But how many more lifetimes might I have to fix my karma? If we assume the modern sequence of about 700 years per incarnation, then one has about six or seven incarnations left to seek this forgiveness. The task to cleanup all of one's karma with so few incarnations left may seem overwhelming!

One of the crimes during this transition from Eden to Earth was the fratricide of Cain. Both Cain and Abel were born of Eve. We learn in the *Temple Legend* that Abel was born of a union of Adam with Eve while Cain was born of a union of Eve with another, an unnamed Elohim. Adam here means mankind. Thus, Abel arose through Adam while Cain arose through the act of a god, a member of the Elohim. Humans at this time were androgynous. Union did not mean sexual intercourse but a spiritual intercourse and thus

the expression "he knew her, and she conceived." Steiner points out that the sexes do not separate until after the moon had separated from the earth. This separation of the moon occurs during this transition phase from Eden to Earth that Steiner calls the Lemurian Epoch. The first human born out of sexual procreation will not occur until the Atlantean Epoch. This will be Seth who becomes the replacement for Abel who was killed by his half-brother Cain.

The Temple Legend describes how both the Cain and the Abel androgynous lines continued into the next Epoch called the Atlantean Epoch when new humans began to emerge from sexual procreation as a mix of their parents. Eventually, even the Cain and the Abel lineages would separate in male and female as sexual procreation overtook all of humanity. The bloodline, that had already been important, now determined one's profession. Although one of the Cainites had killed one of those of the Abel lineage, the karma fell on the whole lineage since they each shared the blood of their ancestors – they were essentially clones!

Then, during the Atlantean Epoch, the Abel lineage, according to the Bible, looked upon the daughters of Cain and found them fair and

Cain, Crime, and Forgiveness

cont. from pg 3

took for them wives. Again, a decree from Yahweh was violated; the Cain and Abel bloodlines were not to have been mixed. The result of the sexual union of the Sons of God with the Daughters of Men were the Nifhilim, the giant men. This led to black magic and eventually to the destruction of Atlantis.

Yet evolution continued. Post-Atlantean culture arose in a much different world. The rainbow was the sign of the change to the earth, its waters, and its atmosphere. Now nations arise with ethnic groupings. Cultural ages succeed cultural ages. At some point, the great wisdom concerning the past and the future of the human being is grasped by King Solomon who could envision how to express this in the form of a Temple. Solomon received the “blueprint” but had no experience, no knowledge on how to build such a temple. Nearby was a master builder of mythical proportions, Hiram Abiff. Solomon sent for Hiram and Hiram came with his master builders. While the temple was being built, Balkis, the Queen of Sheba came to witness this construction. The Ethiopians traditionally have claimed Balkis as one of their own. She marveled at the temple and at the beauty of King Solomon. She agreed to marry him.

Balkis then asked to meet the builder of the temple. When her eyes met those of Hiram, a fire was lit in their blood. Their mutual sexual desire was interwoven with a beholding of greatness, of stature in regard to earthliness. We may see in Balkis the human soul symbolically portrayed as the six pointed star of David with one upward-pointing triangle devoted to the wisdom of Solomon and of the spirit while the other downward-pointing triangle indicating the fiery passion of the human will for working upon the earth. The latter represented by Hiram’s masonic knowledge. One night, when Solomon got drunk, Balkis slipped off her wedding ring and ran to meet Hiram. They spent the night together. She returned just before dawn. The next day, Hiram was killed by three of his apprentices who Hiram had found lacking and had not promoted. Earlier these three had maliciously added substances to what would be a mix of metals to form the Molten Sea. As this became a ruinous fire, Hiram was called to step into the fire where he was taken to the center of the earth by Tubal Cain. There Hiram met Cain. He was told that he would have a son and this son would be a leader for future humanity. Hiram was given tools with which he would repair the damage to the Molten Sea. But we are not told about who his son would be if it would be a son of sexual procreation or a lineage tied once again to androgyny.

Now we come to the Christmas stories of Matthew and Luke that each describe a birth of a boy named Jesus. Traditional Christianity has long thought these were different tellings of the same story. But on closer examination, one finds that the families are quite different, even from different towns. In Matthew, all children two and younger are slaughtered per order of King Herod while in Luke there is no mention of this tragedy. The story in Luke is traced back through David’s son Nathan who was a priest. It is shepherds who come to welcome the child. In Matthew, the lineage is traced through David’s son Solomon and his son Rehoboam who, as we’ve seen, were kings. In Matthew, it is the three magi who come to welcome this child. Matthew’s lineage is traced back to Abraham while Luke’s goes back through Seth to Adam who was a Son of God – and, as we’ve seen, this was the Abel lineage! The Matthew story gave us the Cain lineage!

Before Christ could become a human for all of humanity, the karma of the fratricide of Cain had to be resolved. This required a human act. When the Luke Jesus was twelve, he was accidentally left behind in Jerusalem. There, in the Holy of the Holies, behind its curtain, the two Jesus boys met and merged. The spiritual members of the Matthew

Jesus joined with the Abel lineage’s physical body of the Luke Jesus. That is why, when his parents found him, they were so amazed at his knowledge that he was speaking to the doctors of the temple. This was a profound example of forgiveness. The Luke Jesus ‘died’ again but now the Cain spirit of the Matthew Jesus took on the destiny of this Jesus to become Jesus of Nazareth. Later, at age thirty, the Christ would be born into this body at the baptism.

This was known to Early Christians but was lost by the fourth century. The Essenes expected two messiahs, one priestly and one kingly. The Gnostic texts of Nag Hammadi also spoke of two messiahs. This knowledge came to Leonardo da Vinci through the texts and teaching of one of the most remarkable people of the early Renaissance, George Gemistus Plethon. The pagan Plethon came to Florence in 1438 as an envoy to a council that was asking for military help for Constantinople. The military assistance was not secured but Plethon offered a trunk of texts and a series of lectures that led to the forming of the Platonic Academy in Florence. Here Leonardo, when he was 29 and busily painting his *Adoration of the Magi*, likely received knowledge of the two Jesus boys as well as Cain and Abel. Perhaps Leonardo received an initiation there. As a result of understanding the profound wisdom of the two Jesus boys, the Temple Legend, and the understanding of Cain and Abel, Leonardo had to abandon his painting and went on to develop his masterpiece, the *Virgin of the Rocks*. In this next painting, Leonardo revealed this mystery. But because this was an age where the Inquisition was still putting heretics to death, Leonardo had to be crafty to reveal this secret. He not only includes it in his painting, but he also worked it through the paintings of his students!

Now you too know the human mystery that enabled the Christ being to enter human evolution for *all* of humanity. Human freedom was not trampled in the resolution of Cain’s karma. Human freedom becomes the basis for the resolution of karma. Christ is now the Lord of Karma through whom the wisdom needed for each karmic situation is given. Through Him, the Truth shall make you Free. In our age, your physical body is your temple. Your Holy of the Holies is hidden within. Your soul is Balkis and the two triangles make the six-pointed star, the symbol of the holy grail. May, at Christmas, be born in you, both the Luke and the Matthew Jesus boys so that through strength, wisdom, and love your karma and the karma of those you love may come to be resolved.



The pictures that now follow tell this story via paintings. Now you can read this story told in art.

The original *Virgin of the Rocks* by Leonardo da Vinci now hangs at the Louvre in Paris. Modern art historians as well as Leonardo’s contemporaries, lacking the knowledge you now possess, determined that the child on the right was the Christ child (even though Christ would not be ‘born’ until the Baptism) while the boy on the left must be John the Baptist as an infant.



The next painting is by Leonardo's student Bernardino de Conti. Clearly he was quite aware of the first painting as he copied the background. But here, the children are embracing! Look closely at their haloes. The child on the left is the same child who is on the right in *Virgin of the Rocks*. This is confirmed by the hand just above his head; the gesture of this hand is identical to that of the central figure of *Virgin of the Rocks*. With more space we can find that many of Leonardo's students painted this embracing scene of two boys. Where did this scene come from? Nothing in the New Testament has such a scene. But in the Gnostic text *Pistis Sophia* we find a scene of two boys, both with mothers named Mary, who embrace and kiss but in this text the boys are twelve.



Our next image compares the *Virgin of the Rocks* with a Madonna painting by Bernardino Luini, another one of Leonardo's students. Here we again see similar hand gestures of the central feminine figure. We see her head has the exact same tilt. But, instead of the two boys on separate sides of the Madonna, they are in the exact embrace of the above paintings.

These students of Leonardo knew of his masterpiece, *Virgin of the Rocks*. They also knew the secret of who was depicted in the painting and they conspired to reveal it without being caught by the Inquisition.

This becomes obvious in the next painting again by Bernardino de Conti called the *Three Children*. Here we see the two children from *Virgin of the Rocks* with the boy in the middle claiming, by virtue of his staff, to be John the Baptist. The boy on our left has royal robes behind him as he kneels. The boy on the right has the two long nails through his head as his halo. This clearly



claims that it will be this child who is nailed to the cross. By placing John the Baptist in this painting Conti is telling us that the boy on our left cannot be John.

The next painting by Leonardo's student Bernardino di Betto, who was known as Pinturicchio, shows the scene after the merging of the two boys. We see Joseph and Mary weeping for their child entering from our right. The doctors of the Temple have thrown their books of knowledge on the ground as the child in the middle surpasses their wisdom. On the left, we see the other child, with socks on his feet, being led away. The child in the middle stands directly on the earth, full of the earthly wisdom attained through Cain coupled now with that from Abel. We also see the hierophant in purple and standing with him are four each symbolic of the four members of the human being who just participated in this merging.



Our last image is not a painting but a mosaic from the 5th century done by a branch of Christianity that followed the teachings of Arius. Their belief was that Christ entered the body of Jesus of Nazareth at the baptism in the form of a dove. With Jesus are John the Baptist and the God of the river Jordan.



A renewal of Christianity has begun. Evolution marches on. Our crimes are many, our karma runs deep. But Christ's love for each of us, offering us wisdom and strength, is present in our age. Christ, more than any being, respects our freedom, but if you open the door and invite him, he will enter your life.

- STEPPING ON THE PATH -

I HOPE TO GAIN the keys to understanding myself better in this material existence utilizing the teachings of Rudolf Steiner in its entire form. I am grateful to be learning the mysteries of the occult and esoteric work of the ancients. *Nicholas, Tyrion, GA*

I'VE BEEN STUDYING Buddhism for the 2 ½ years I've been down and it seems anthroposophy incorporates a bunch of the same philosophies. I've been making a point to delve as deep into myself as I can, and I find it interesting to take in and read about these philosophies. I hope to get to know myself even more than I do now. I want to get better at living in the present, and not being so hard on myself when I fall off the right path. I want to connect more with the universal energy that makes up everything. Finally, I would like to find serenity through meditation. I meditate everyday but I don't feel much of a change yet. *Quinten, Suffield, CT*

SPIRITUALITY and true religion (living divinely in the flesh) is what I am interested in. I hope to gain more knowledge about myself. Also, gain support from a positive community and attain wisdom. *Bryan, Lovelock, NV*

I'VE BEEN SEARCHING for the truth for years. I was caught in Christian

mainstream teachings for my early years, but studies lead me to deeper teachings found outside of religion and I feel this place will allow me to better learn myself. *Justin, Henning, TN*

I REALLY WANT to go on a journey of self-searching and development. I enjoy looking deeper into life and my experiences in daily life. I hope to find some understanding of myself and better ways to meditate and handle situations in life. *Jennifer, Troy, VA*

THROUGH YOUR PROGRAM I hope to gain knowledge and spiritual enlightenment. *Andrew, Decatur, AL*

LEARNING AND GAINING wisdom to become a better person is what I would like to learn. To change my life for the better and try to not hurt another human being like I did in the past. *Shawn, Bellefonte, PA*

A FEW MONTHS AGO I received your packet in the mail, I've been reading it and have decided to make a book request. I am trying to understand the powers of meditation, focus and will. I meditate before I go to work five or six days a week at 2:30 AM. I would also like to understand and learn about planetary influence in my life in relation to spirit. *Bobby, Florida City, FL*

WHAT ARE THE FRUITS OF ANTHROPOSOPHY FOR YOU?

I'VE BEEN SHOWN THINGS I never knew existed and have benefited in a myriad of ways, giving me a strong purpose in life, and being given a new 'life'. I have become a much better person, much more thoughtful, and this includes my inner life. My consciousness has been raised up a notch, although I have a long way to go, I look forward to the journey. I am trying in every way to emulate the thought 'being perfect as your Father is perfect'. Recently I have noticed significant changes in my ability to 'do wrong' or harm another person in word or deed. It has become impossible to do so, I find myself 'unable to consciously sin' and I'm excited and thrilled that I have reached an early milestone in my study and practice. *Harold, Bristol, FL*

ANTHROPOSOPHY HAS been for me, the place where the light has penetrated the darkness. Finding inner peace is the simple, most straight forward answer. Honestly, until I found Anthroposophy, I had never experienced an inner peace in my life. Nothing else ever worked for me. *L.B., Launburg, NC*

I NO LONGER LOOK AT the world through a glass darkly. I see the great work of many higher beings, through man, urging growth, to know thy God, to understand his work. I know all knowledge is a gift from above to be respected. Where to begin? In sum, anthroposophy has saved my soul. I work on myself for my next incarnation. Consciously, without anthroposophy, and the Society, I never would have known anything other than what others say. I feel Rudolf Steiner's words, like he is teaching me. *Wayne, Richmond, TX*

ANTHROPOSOPHY HAS CHECKED and improved my mental wellbeing. Its fruits include hope, faith and most of all love for my fellow and the world. I think differently in that God is one, present in all. I feel differently about the situation I've created for myself through karma, living. Reincarnation is a means of redemption. *Charlton, Tuberville, SC*

Things do not happen overnight, so it's been one step at a time. Negativity is losing its presence in my life. I am acting more positive towards people and myself. Good positive response in dealing with others. Anthroposophy has brought me a lot closer to my higher self and higher power. I have been doing more introspection dealing with my higher self. And yes, I am inspired by the positive spiritual help from angels and other spiritual beings. *Cedric, Cossachie, NY*

READING AND STUDYING anthroposophy has brought me a sense of interconnectedness. Deeper thought, and an 'extra gear' for endurance has been the fruits of my studies. My pattern of seeking drugs immediately upon waking has changed. Instead, I center my breathing, my spirit. Then I eat before starting activity to bring in nourishment instead of illusion and destruction. Spiritually, breaking the old, this is 'solve et coagula'. *Chris, Las Vegas, NV*

In the book *Guided Self Study Rudolph Steiner's Path of Spirit* opened my eyes to the multiple dimensions of thinking, feeling, doing, and how to realize they all go together to form my reality. Thinking and feeling correspond to the dual nature of our being, on which we have already reflected. This has helped me to accept myself and my place in this existence. I have incorporated it into my overall thoughts on a daily basis. *Jeffrey, Ina, IL*

I'm thinking more selflessly and in a grateful disposition. I'm feeling an openness that comes from an empathetic connection to the spiritual world. I have a kinder, more peaceful disposition, and sure gratitude as an attitude. I've always been opinionated and even combative in conversations and interestingly enough I was still a really good listener. Now, I've been more tolerant to my own choices and not putting myself into other's lives or spheres of influence without sacrificing who I am and without needing to be a force in encounters. *Eric, Iowa Park, TX*

For a long time I have been irritable with others, feeling angry and frustrated a lot. I now check myself when I start to feel this

THIS BOOK *How to Know Higher Worlds*, inspired me to stop doing drugs and to get more serious and in tune with my spiritual path. It has affected my life in only positive ways. I have inspired new views from standpoints never considered until learning of anthroposophy. It has yielded a deeper understanding of life as I've come to understand it. *Stanley, Grady, AR*

I'VE GROWN TO the point where I literally here the voice of my spirit, as I strive to obey it more and more. I've become fully aware of the light within, its capacities, and how to utilize the power of it. There is no negativity in my life unless I create it, and any unwanted things that are out of my control motivate me more to pray, meditate and stay positive. *Jahkim, Malone, NY*

APO HAS REVEALED a new spirituality to me, yes Anthroposophy has given me a different road to follow. I am practicing spiritual principles through Rosicrucian studies because it reveals the truth, and the Gospels because it gives the 'how to' to grow. Selfishness is being replaced with a give freely attitude. The 'burn in hell' philosophy I had been taught in my youth has changed to karmic consequences. *Carl, Lebanon, OH*

THINKING ON WAYS I can be of service to my community. Feeling empathy when interacting with others. Willing, love, harmony, and peace into my being so that I can give it freely, openly, and in abundance to those in dire need of it. My favorite subject matter is chakras, astrology and exercises of thinking, feeling, willing. I have applied to knowledge and created a routine. These areas have become a part of my lifestyle and bring, yes! I have not got into a fight in years. I am no longer a drug addict. I am a mentor, teacher, yoga and spend my time helping others. *Matthew, Daytona Beach, FL*

I NOW HAVE a more positive outlook on my future, considering I now see the light at the end of the tunnel after a 16 year prison journey. Anthroposophy has given me something to live for. It's brought me clarity, patience, compassion and joy. I meditate twice a day for thirty minutes every day. I'm peaceful in my approaches due to my daily meditative practices. I counter attack hatred with my divine love. *Keith, Michigan City, IN*

SINCE YOU RESPONDED to my letter in 2019 anthroposophy has opened a new reality for me. It transformed me. It has made me aware to what is real. It helped me understand spiritual evolution. It showed me the value of each soul. It taught me the meaning of loving each other. I found peace and true love. It has freed my mind and enriched my relationships. I see people as souls on a journey. I feel love toward everyone and everything even in times of conflict. I now experience my journey and strive to fulfill my purpose and capacity to the highest extent. *Robert, Grafton, OH*

New Ways of Thinking, Feeling, and Willing

way because I now observe my feelings. I change my thoughts and relax because I feel a peace inside. I am not trying to change anyone else or change what is, but instead change my perceptions and my reactions to the outside world. I have started taking my time by not feeling the need to rush in everything I do. I am looking for the spirit in everything, in all matter, and in my relationship to others. I am very grateful for you making this knowledge available to me and humanity in general. My path in spiritual development feels less confused now. Thanks to anthroposophy I have hope that I won't be lost in this life and that I will matter. *Jedediah, Pendelton, OR*

Anthroposophy has helped me mitigate emotions and how they affect me, as well as being mindful of thoughts, and helped me with meditation and given me confirmation spiritually. I am thinking less and less negatively, feeling divine and blessed. I am doing more to be moral and compassionate while accomplishing mundane goals and striving toward apotheosis. Think first, feel second, and react if needed. *George, Avenal, CA*

As One

Living beings, and

Living things

Gathered

In pursuit of one dream,

Unique minds

Joined with individual hearts

United as one team,

Male and female

All ages

Every culture

Innumerable ideas, and

Unlimited potential,

A balance of

Physical

Mental

Spiritual,

A shared belief in

One another

Different DNA

But still sisters and brothers,

COMMUNITY!

Common unity

Consideration of each

For the good of all,

Hand in hand

Facing every challenge

Standing tall,

Imperfectly whole

Patiently preparing

For the greater future

Planned and purposed

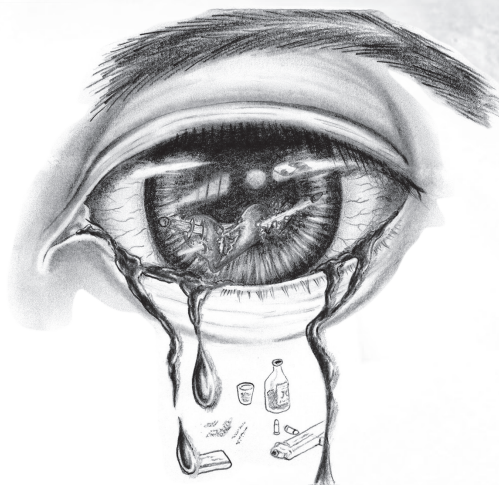
By God

Dushaan, Livingston, TX

Art and Poetry



Angelo, Delano, CA



Robert, Norco, CA

The Seeker

Here in my shell
I gaze through the veil
With high hopes it entails
An awakening view
And although it askew,
Far away from the norm,
The thought that was formed
Gave birth to the Truth.

Sam, Grady, AR



Jeremy, Wrightsville, AR



James, Walla Walla, WA

Gods Light

I close my eyes
And I see light
Like a million Suns
Shining extremely bright
I hear a small voice
Saying everything's
Going to be alright

George, San Diego, CA

Where I'm From

I came from the darkness
Knowing nothing of pain
It wasn't until the light
That I learned what was shame.

Living in shadows
Learning the ways
Keeping to peace
This isn't a game.

Nurturing and searching
Passing the days
Working with time
And learning new names.

The fields – they flooded
The wind – a cyclone
Fire on the range
And ice in the cold.

Planes in the air
Signals from the ground
Ships on the water
And bunkers under-
ground.

Sirens from the radar
And towers powered down
Houses in the neighbor-
hood
Became shelters to be
found.

Parks became a battlefield
And graves were left un-
marked
Kids in the neighborhood
Could no longer play after
dark.

The faces in the static
Disembodied from their
words
The voices on the receiver
Echoed and rang off the
chords.

Running and chasing
Bouncing signals galore
Ducking and hiding
They never mentioned a
war.

I came from a home
Both mended and torn
Politics consisted of money
Drugs, weapons, and porn.

Ashley, Taft, OK

Inspired by your Reading

The Spiritual Guidance of Man tells us that our highest wisdom comes from beneath our ego. So basically the more we die to 'self' or ego the closer we can get to the highest wisdom. "The man feels himself protected by a good power, which rules in the depths of his own being; He begins to have more and more confidence in the fact that really, in the highest sense of the word, he is not alone in the world..." Reflection: I went back and re-read this and it stuck out because that's where I am now, and where I have only found myself a couple times before. It has affected me by helping me reflect on myself, and allows me to have wisdom to share with others and the groups I speak in. I've shared the idea of the readings of this program and how I am sure it will make a huge impact on a person learning who they are. *Justin, Henning, TN*

Meaningful to learn in *The Temple Legend* is that we have fallen asleep and have surrounded ourselves in darkness. Also that wisdom is essentially contained in what Rudolf Steiner calls Spiritual Science. It has changed my perspective of how I see others around me as true potential yet to be discovered. I know now that it is not about religious beliefs but about believing in one self as the true light that can shine and cannot be hindered. I am starting to understand the bigger picture that I must seek within myself and find what is hidden in me, the true essence of God, and what I am meant to be. I now see these walls different, not as a barrier that bars me from the rest of the world, but as an opening to that true light that comes from within me. Reading on pg. 117: "The real heart of the secret lies in his deeds and the overcoming of the ego through action. The ego must remain concealed within the deed." This inspired me in such a way that I must learn to think differently about the ego. Rudolf Steiner states: "As man develops, however, he raises his own astral body up; it becomes more differentiated, more specific." I meditate on these words every night, as I see myself become more and more differentiated, I become more specific, and not lost. *Joseph Anthony, Huntsville, TX*

The book *Learning to Experience the Etheric World: Empathy, the After-Image, and a New Social Ethic* gives a very good and clear definition of empathy. For anyone who has had to go through a prison program after prison program, or anyone who is just feeling numb or apathetic in this day and age. I highly suggest you take the time and read this book. It will open your eyes. *Cory, St. Petersburg, FL*

The Bridge between Universal Spiritual and the Physical Constitution of Man is the first spiritual scientific book I have read by Rudolf Steiner, as I finish the book I am in a state of awe. I have the deja-vu feeling of touching truth. Something that sticks out to me is the sun and planets being spiritual beings living and not just physical structures. I love the truth of the Sun being a spiritual reflection. Then it states that if there were only a dozen men filled with moral enthusiasm, the earth would still ray out a spiritual, sun-like force! This force rays out only to a certain distance. At this point it mirrors back so that here arises a reflection of what radiates from men. This affected me greatly and I am still mediating on it. Wow! This reading has affected my journey by guiding me and fueling fire for wisdom. There are few times in life I have read or heard things that I know deep down in the depths of me to be truth. This is one of the most powerful realizations of truth I have experienced. I've just awoken and fed my already strong hunger for self-realization, truth, and spiritual wisdom. *Margaret, Polkton, NC*

After reading *The Search for the new ISIS*, Sophia stands out to me, and she has found me or either I found her. I have been searching for her for a long time, now we are united. She came to me. Also the way humans have dumbed down our connection with the heavens and the earth. On page 48: "It was not the gods who created man, but man who, out of his life of soul created the gods." You can see how the luciferic spirits have always been at work. It has affected my understanding of what happens when we die, which led to changing my karma in this physical life by changing my actions. It allows me to see the big picture. It is a wonderful journey, and I am thankful and excited for what is next. *Victor, California City, CA*

I found interesting in *The Universal Human* there were a lot of references to Christ, Lucifer and Ahriman (I don't know or ever heard of Ahriman).

This book has me inclined to read the Bible more and take my time with it. Also, it made me feel that I'm moving in my best direction. With the various names mentioned, 'Zarathustra,' 'Ahriman,' etc., has let me know that I need to learn more in depth about history. I need to learn, comprehend and apply more of this knowledge. I felt this book had me reference the Bible more, and it showed how what Christ and others did is related. In lecture four I also liked the idea of the unification of humanity through the Christ Impulse. *David, Auburn, NY*

I learned in the book *Christianity as Mystical Fact* that religions are pretty much connected with each other. Like the birth of Buddha and birth of Christ. It opened my eyes to the understanding of the crucifixion of Christ - that it was everybody's soul that died on the cross. At first a little confusing, but it actually has made me want to dig deeper into this journey. Prior to this reading I got into Christianity, Hinduism and Buddhism. Now as I read this book, I can interact with some of the practices. One of the things I had to go compare for myself, from the limited literature I have, were the stories behind the births of Buddha and Christ. Now I can honestly say there is one God but many religions. *Jimmy, Lucedale, MS*

According to Matthew was amazing. I'll say the whole book was very inspiring to me. I always thought there was something more going on there. The two Jesus children - it adds up. The possibilities are truly endless. So to me, it's about seeking the truth and understanding it when you find it. This book has opened up my understanding to many questions I've always thought and wondered. The truth will set us free. It has lit me up entirely inside and out. The realizations I've come to terms with are unbelievable, but the way I see it, everything is believable! I am on a journey to discover self. I've completed the journey with the understanding that I am. My meditations for the evening: I am peace, morning: I am love, midday: I am the world. *Andrew, Tennessee Colony, TX*

This reading has enhanced my perspective, it's easy to set destinations or goals, and it's something else to focus on the experience of the path to a goal or destination. I have not been in the moment. I've been in the result. So, I have missed most of the real experience. It's like eating something with no substance, you can't maintain it. Also I need to relearn how to think, and how to school one's thoughts in sensory free thinking. The first step is to reference *Knowledge of Higher Worlds*. This clicked a memory of reading it the first time back in 2017. I need to focus more on the concentration and soul exercises. I remember so many ah-ha moments. I need to consider, reflect and ask more questions to ensure I completely understand and absorb everything. This is a new approach toward learning for me. The two ways it suggests are that there are two paths to higher consciousness, one going through the *Philosophy of Freedom* (as an exercise book), and the other *Knowledge of Higher Worlds*. Essentially the book has provided me a direction of study. I can summarize that my ability with meditations is only going to require more practice and patience. I shall expect less and do more. *William, Florence, CO*

In *Letters to Friends, Life Guidance through Anthroposophy* I learned about the 'I' concept, the Ego concept, the Etheric and Astral concepts, and the Spirit in relation to all in accordance with the cosmos. Then you still have to analyze what role the higher beings play in the interactions and whole, while you conduct an internal war to not succumb to the animal or lower desires. Does it help to argue and to put opinion against opinion? It is of little value. Listen to the other with compassion and to hear in the depths of his speech, and in between his words his real problem and his personal point. That is what matters. Because Christianity was forced upon us during slavery, I believed it was a form of brainwashing. Now I can spiritually read and understand to a degree, the true meaning of the Christ event, the resurrection, and the mystery of the Madonna. I'm still making intellectual adjustments, but I definitely have a clear vision. My spiritual exercise is that in my contact with everyone, I no longer judge their character or personality. I am looking at their spirit, understanding they probably do not realize the lack of control they exercise over their actions. *David, Trenton, NJ*

Illuminations

I reach out to prison programs to understand the visionary experiences I sometimes have. I used to not believe in God, but a few years ago I started going through some kind of spiritual awakening. I began to have dreams and out of body experiences. I've been reaching out best as I can to try to understand stuff. After reading *At the Gates of Spiritual Science*, the main concept I found most useful was the idea of an etheric body, as well as an astral body. I found that the addition of a denser etheric body helps to explain some of my experiences better, particularly the difference between out of body experiences (at least what I perceive to be an out of body experiences), and lucid dreams. *Darren, Maury, NC*

I haven't learned too much yet as I've been studying for just three months. But seeing the positive from others and reading how others have been helped give me hope. I have just started studying the books dealing with ancient myths, astrology, and the occult.

Robert, Plain Dealing, LA

My current peer group is not interested in broadening their horizons. No one is interested in anything outside the negative lifestyle that has them trapped. I try to spread positivity as often as I can. One day I hope it catches on so they can find a new path. I'm thinking there is more to us than we really know, I'm feeling inspired, and I'm doing all I can to learn more. I have increased my objectivity. Reading and studying anthroposophy has opened my eyes, fueled my desire for knowledge and humbled me. *Philip Andrea, Tucson, AZ*

My favorite subject is Rosicrucianism, it makes me want to learn more and more. My mind finally wants some real food. I go to the same place every day and I sit and read, book after book, after book. I feel every word as if written to me. *Winston, Only, TN*

Well, the books arrived right on time during a period in my life when I really needed to find explanation about very profound topics. I have received three books from your program and they are extremely enlightening: *The Inner Nature of Music and the Experience of Tone, The Temple Legend, and Colour*. Since my outlook on life has matured much recently, I handle all situations in a more appropriate manner now, regardless of the technicalities included therein. *Leonard, Wewahitchka, FL*

In all of my 25 years of living in prison, I have never seen the social fabric so foul, low and corrupt as it is now. There is no understanding between different groups of people and violence has become a major problem. I have tried to open the hearts and minds of some of these men and have been met only with contempt. We need to focus a lot more attention and energy on our higher self and develop the attributes of the higher self. By developing empathy and altruism, we will be able to stop violence and bring peace and compassion into our lives and into the lives of others.

So yes a part of me changed

In reading *The Occult Significance of Forgiveness* I am conscious of getting a remarkable work of art, and also a highly deep force of tolerance and hence enable one to enter upon the path. To develop a 'real interest in the other person' it is possible only if ones attention is constantly directed toward the positive qualities of good that live within him. I have never thought that I would have to have tolerance as a power. I adapt to my surroundings but conscious of forgiveness.

What stood out the most for me was the aspect of man's life after death - forces of the lower ego and higher ego. Page 92 reads: '...the fundamental pedagogical law referred to above, there emerges the possibility of a direct influence of the higher ego (spirit self) of the one person upon the lower ego of the other, extending even to the latter's karmic roots.' It struck me that in all processes of remembering or forgetting the etheric body plays a decisive part. Thus at the moment of forgiving, when under the influence of the higher ego, we consciously blot out from our memory all the consequences of the wrong that has been perpetrated against one. We thereby liberate our etheric body from the wrong's destructive and darkening elements within the etheric body;

I now have a better sense of self. I used to self-sabotage myself by thinking wrongly and holding to my destructive and dark elements of self.

Our motivations will be aimed at mutual harmony and benefit. If we focus on healing and helping others, we will generate natural peace and love in our lives and in the lives of others. We need love, light, peace, enlightenment and higher wisdom. *Dallas, Michigan City, IN*

So far the little I've read has made me look at things differently. I'm finding answers for some of the whys in my life. I am learning from life's lessons. I have noticed that when you put out positive patterns, you get positive, and it breaks, or weakens, all the negative patterns in my life. *Nicholas, Pine Bluff, AZ*

I use positive thinking to connect with my higher spirit. On the way to my hearing I saw a rainbow. I really wanted a level decrease in custody, and felt I deserved it. Despite my high number of points, my custody level was lowered, from level 4 to level 3. When I read and practice anthroposophy I notice positive things are taking place of the negative. When I have disagreements, I handle things differently by staying positive. *Tammie, Stockton, CA*

Self-control and awareness has taken the place of negativity. It helps the situation so I don't make impulse base decisions that have no substance. Others tell me I'm different and more humble. *Arturo, Tabor City, NC*

I am currently in segregation for six months in a maximum security facility. I was placed in here despite my positive growth. Now here I sit in a 5x10 cell, and have not left my cell in weeks. The people back here and the situations are unlike anything I ever seen. I am in a complete concrete room alone with a matt and very little hygiene. Most back here will never leave yet I feel blessed and strong in my faith. Through sacrifice and meditation I hope to be better. I set positive goals, take steps and achieve them. When I meditate it is a reflection from within to draw upon energy that will guide and humble me upon life's journeys. My words match my heart and actions. Things are easy to believe when you know they are true. I am taking the steps. *Chris, Pontiac, IL*

Anthroposophy has helped with my depression and anxiety knowing I have control of my life, and the comfort I receive by reconnecting to my spirituality. The area of karma and reincarnation interest me because it gives me a sense that someone is trying to teach me something through the experiences and struggles I go through. I have been applying the laws of karma, knowing I will reap what I sow. *Edwin, Repressa, CA*

I like the fact that the APO is geared toward providing inmates with helpful knowledge to better ourselves. Also tools to teach me a better level of consciousness and self-development. I hope to gain a higher understanding of myself and to gain an ability to control my impulsiveness and to become a practicing meditator. *Thomas, St. Petersburg, FL*

Now I feel that I have to rework my moral compass. I need to look for life rather than death, for what I formerly thought was what is not. Or death brings life. Or what is up is down, so thank you for the book. I had a battle with both sun and moon while reading and I need to relook at myself. I understand what I was going through, I get it, but due to my inner perspective and the outer forces, I was fighting anger. I feel I was being cheated due to my lack of understanding at that time. If I knew what I know now, then I would not have done myself wrong, I would not have heard the 'self of the other' in the way I did. So yes a part of me changed.

If one truly wants to know oneself, one would view forgiveness as the intuitive knowledge of Christ's role in karma. The spiritual development of the Christ - the Sun consciousness within him which arises - follows the path onwards through qualities of gentleness, tolerance, readiness sacrifice, and the capacity of forgiveness. Further thoughts are of my breathing process. I look for life, I need oxygen, but all I give back is carbon dioxide, the bearer of death forces, which kill everything that lives. With inner development one can inwardly transform evil thoughts into good thoughts within my moral being. I am waging war against myself, can I destroy the evil inside my moral being. I am ordinary. Life, grace. Do I have God? I hope for forgiveness. *Joquin, Stockton, CA*

Book Reviews



Astronomy & Spiritual Science

Elisabeth Vreede

In *Astronomy & Spiritual Science*, it was one thing to learn all the details that go into a solar eclipse and how the movement of the apsides were related to the procession of the equinoxes. It was another thing entirely, to learn that these cosmic rhythms were governed by celestial-spiritual hierarchies and that our

manifestation and purpose on this Earth is directly tied to these seemingly physical phenomena. Elisabeth Vreede expertly weaves traditional science and spiritual insight into thirty-six lessons ranging from shooting stars and nebulae, to the nature of Isis-Sophia, and the life between death and rebirth. This book is perfect for those who are seeking to learn more about the spiritual wisdom written in the stars. In the book forward, it reads: "The magical relationships in the heavens existed only up to the appearance of Christ. Through Christ the human being was raised from servant of the stars to master of the stars." Tertullian (c.160 - c.230). Before reading this book I was a staunch believer that everything in our lives, including every word and every action, was predetermined, and not in our control. This particular excerpt set up the main take away for the entire text, namely that through the knowledge of the workings of the cosmos and through the power of the indwelling Christos, we can transcend the dominating principalities of the stars and ascend to the grace of Christ where there is freedom and rest, especially during this Age of Light. The more that I come to learn about the Creation, the more I come to learn about the Creator. And the more that I come to learn about the Creator, the more I come to learn about myself. *Ricardo, Colorado City, TX*

At Home in the Universe Rudolf Steiner

When it comes to the relationship between humans and the cosmos, one can wonder if we are just an insignificant accident in this universe. In *At Home in the Universe*, Mr. Steiner tells us we are "intimately enmeshed with the whole cosmos, right down to the physical structure of our bodies." He puts in perspective how our character and actions here on earth, affect us after we pass into the spiritual world, as well as how our experiences from here on earth shape our future physical lives. It was very revealing and meaningful to learn how earth isn't our home but a school we come to learn useful experiences, and that will later help us advance in the spiritual world. On the topic: Interweaving our Destinies (page 39), It states that we as humans seem to be too concerned about the physical body that hosts the spiritual being. Seen from a spiritual perspective, Mr. Steiner states that a body is only seen as a vehicle that once hosted the spiritual being, and that after death it really has no other purpose. It just decays and goes back into the elements of nature. It appears that us humans worry, or give more importance to the physical body than the true living entity that animates the physical body. I have come to realize that everything and everyone is intimately interconnected in this universe. Looking or observing things, people, planets, etc., in an ordinary way, it would seem that everything is separated from each other. Now that I understand everything in this universe is interconnected, I have come to realize how Gods creation is manifesting in everyone and in everything in different ways. The teaching and concepts of this book are for people who are honestly looking to further their spiritual understanding. Mr.

Steiner provides imagination exercises that may aid humans in exploring their supersensory, human nature. It was especially impactful to learn how our character and actions on earth affect us after we die, and how they will influence and shape our next incarnation. *Pedro, Mendota, CA*

Genesis Creation and the Patriarchs Emil Bock

Man has always been searching for the answers to life's most basic questions: Who am I? What is the purpose of my life? In *Genesis Creation and the Patriarchs* Emil Bock's aim was to penetrate through the layer of imagery, particularly regarding the style of the first three gospels, to the actual historical foundation of the event of salvation. History can no longer be taken as a sum of individual facts, but as a constant mystery drama, a revelation of higher powers. This book, answers these very questions, and in doing so, guides us toward complete and lasting satisfaction. Emil Bock teaches us how to access the essential fueling of the spiritual realm - the sixth sense - and thus improve our lives in this world. With it, we can perceive the upper world of the Creator and assume control over our lives. Every person can turn away from evil and do good by evoking the souls innate desire to unite with the higher power through its three garments of thought, speech, and deed. In other words, choosing good over bad, right over wrong, creation over destruction. It's a journey of the spirit. *Jesse, Imperial, CA*

The Mystery of the Holy Grail: A Modern Path of Initiation Rene Querido

In *The Mystery of the Holy Grail* the idea that we are the Holy Grail, stood out. We are the vessel waiting, through our own conscious effort, to channel: God/Love/Spirit, and express it outwardly and freely on the physical plane. Important to learn was: "Initiation is a process of inner training which expands our consciousness to the extent that the knowledge and reality of the spiritual world can be integrated into every aspect of our conscious waking life." It reinforces that all we endure and experience are necessary for our growth. Though difficult, all the seemingly bad things we go through are a necessary stepping stone to becoming stronger souls. The book suggests meditating on the fact that the Earth is a living organism, filled with spiritual beings, instead of the view that it is only dead matter. After reading this book one can begin to revere how we are spiritually graced. *Brandon, Punta Gorda, FL*

Esoteric Christianity and the Mission of Christian Rosenkreutz Rudolf Steiner

Esoteric Christianity by Rudolf Steiner is a wonderful collection of lectures providing invaluable spiritual impulses in each chapter. The lectures on Faith, Love, and Hope, were favorites, with a prophetic section at the end, that truth rings forward in today's reality. Steiner tells us on page 286: "People will say... We have high tech equipment undreamt of by our ancestors, to transmit our thoughts all over the Earth, yet what good does it do us? The most trivial, unproductive thoughts are sent hither and thither. But in our heads there is nothing worth sending from place to place, for our thoughts are cheerless." This is an important book for all students of spiritual science and Steiner utilizes simple to follow language, with well-organized thoughts, to explain ideas which are difficult to convey in words. It answers many questions one may have on who Christ is, the power and extent of what happened during and after the Crucifixion on a cosmic scale, and what is occurring now and in the future. If one feels they have been called, this book helps one come to an understanding of how this has occurred. My hope is, if you feel drawn to this book, you will engage in reading Steiner's works with an unbiased and open heart toward the 'truth' found within. *Walter, Venus, TX*

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From Longing, Suffering and Self-Involvement to Wisdom, Compassion, Forgiveness and Love

cont. from pg 1

Rudolf Steiner reveals that “karma” is not a law of rewards and punishments meted out by the spiritual world upon us for our previous life’s deeds. Rather we should understand “karma” as an opportunity we each chose before birth to continue performing good deeds and to repair earlier misdeeds in our interactions with others. We each – as our “higher self”, assisted by Angels and other spiritual beings - establish our own karma before we are born, to provide us a chance to “do-over” and to improve upon our previous deeds and misdeeds.

Contemplating such lofty ideas as reincarnation and karma, we gain wisdom about the opportunities and challenges of our present life. We realize that we are constantly surrounded by unseen spiritual beings who are helping us improve our individual capacities and learn to love and care for others and the world. These spirits are “unseen” by us because they wish to provide us with the experience of freedom and self-determination. We human beings are members of the spiritual hierarchy who will gradually become known as “Spirits of Freedom and Love.” On Earth, we are basking in the love bestowed upon us by the spiritual world (yes, even those lessons we may call “tough-love” situations), and we are meant to absorb that divine love and gradually return it to the world as creative human love. Knowing this, we can change our understanding into *wisdom*, and grow in *compassion* towards others and the world we inhabit.

Feelings of sympathy (moving with) and antipathy (moving away from or against) characterize the drama of our inner lives. Those feelings can only be controlled through understanding others – taking an interest in them, desiring to know what struggles they are dealing with in their current life-situations, reflecting on their lives. Sharing our biographies with others can lead to such true understanding. We then move out of the polarities of sympathy and antipathy into the neutral space of

empathy, where we gain control of the extremes of our feeling life – through *empathy* we overcome hatred, then translate *empathy* into *understanding*, then into *compassion* for others. Thus *wisdom* can lead us into *compassion* – compassion that urges us to do something, to perform deeds out of our own will to help others with their struggles. Such behavior improves the lives of others, and enhances our own sense of creativity and ability to give love – not only to ourselves, but to others as well. *Compassion* requires that we creatively employ our will and insights.

When we awaken *compassion* for another person through the *wisdom* of understanding them, we can then grow in our ability for *forgiveness* – by understanding their struggles, we can easily forgive them their faults and flaws. Every human being is imperfect – each of us is deeply flawed. But we can improve ourselves and assist others to improve, so that their imperfections become transformed into new capacities and talents. In this way, we can assist others to grow more truly into their higher self – our *compassion* manifests then as *forgiveness* and *love*. Through *love* we all progress toward our goal, becoming “Spirits of Freedom and Love.” Our human creativity will bring about a new world where our longings can indeed be fulfilled, not thwarted. We can overcome suffering, outgrow self-involvement, and become a contributing member of a new spiritual hierarchy – the hierarchy of the true Human Being.

Through forgiveness, we free Angels and higher spiritual beings from having to keep track of our deeds and misdeeds to shape our karma for future lives. These higher spiritual beings are then liberated from nursing our karmic connections, and can provide deeper opportunities for us to become co-creators of our future worlds. They can help us become creative Spirits of Freedom and Love – a worthwhile goal for each of us!

SELF AWAKENINGS

EduCareDo Correspondence Course Response Summaries

Lesson 1: Introduction

To understand ‘the storm in a tea cup’ one version is the tea cup is you and the storm is your inner thoughts. Inner thoughts create outward disturbances, so the inner storm is outward actions ‘law of attraction’ if you’re a storm you’re going to attract other storms (drama). It is important to understand the idea of judgment. I used to be real bad, but now I’m in the present moment. I’m on agreement, and use this thought: At the end of this life, we all have a table of consequences to deal with. I had a 360 degree change of consciousness 6 years ago. Now I help! I want to use this knowledge and show people this concept of the storm in a tea cup. That’s the best way I’ve read- haha! It’s so real it’s funny how simple it is. I continue to make small steps in ascension! *Jason Tuscon, AZ*

Lesson 3: The 12 Senses, Part 1

I learned the fact that it is common for modern men to perceive another human through the middle senses. It seems this is humanity’s inherent animal instincts, and without the upper senses to synthesize the percepts recognized in the middle and upper senses, one can only perceive the animal nature of mankind. This lesson gave me a newfound hope in humanity’s social affairs. I now understand that the average human has not developed their upper senses, which compels them to only perceive and express their lower nature. But it is possible to educate and cultivate the upper senses in men, and communities can develop and compliment better social activity. If I wish to see a development in the social affairs in man’s communities, I believe I must first become the change I wish to see in my fellow human being. Not only will I begin to synthesize my middle and upper senses, but I will practice cultivating the upper

senses to be more dominate and to develop a more whole human nature. *Torrence, Defuniak Springs, FL*

Lesson 19: Ecological, Social, Economy, Part 1

Nothing is lost which is done spiritually. It extends the concepts of sending love to producing tangible results on as an important level as any I can think to measure. It may smooth the way to realizing reconciliations I may have previously been unable to imagine. The practice of seeing my ten year old self objectively from me now really hit home, not just because I happen to be 30, but there are consequences I am living with being augmented by preconceived notions I have outgrown yet not shed. I hope to immerse myself more with people, and find new depths the more I can get past myself. If I can bite my tongue, I must bridle my thoughts as well. *Domenic Waynesburg, PA*

Lesson 21: Introduction to Biography Work

Biography is something alive and in movement. To perceive oneself as an individual is the first step to being on a path of self-knowing and taking charge of one’s inner life. Then we need to increase the capacity for self-reflection. Freedom cannot lie in living unconsciously through events, allowing them to bring negative attitudes into the soul. Rather, a higher awareness of the meaning written within whatever comes to meet us can activate the will to transform the blockages and obstacles we meet with. This awakening to meaning helps us to begin to take responsibility. This is the basis for biography workshops. A small group commits to exploring each other’s life stories by remembering past events in life and placing them on a timeline of 7 year periods. *Mario, Lawton, OK*

Illuminating Anthroposophy
Anthroposophical Prison Outreach Newsletter

Meditative Verse

M Morning:

*In the pure rays of the light
Gleams out the godhood of the world
In pure love for every being
Shines out the godliness of my soul
I rest in the god hood of the world
I will find myself
In the godhood of the world.*

Stillness and Inner Tranquility

Evening:

*In the godhood of the world
I will find myself
Therein I rest
The godliness of my soul shines out
In pure love for every being
The godhood of the world gleams out
In the pure rays of the light.*

Review of the Day in reverse

Rudolf Steiner