

Fostering a Mood of Inner Quiet

By Eileen Bristol

Meditating in a prison environment brings particular challenges: noise, harsh lighting, cold environment, poor nutrition, bars and a feeling of chaos. Solitary confinement brings other challenges. And, whether we are in prison or not, we all face the challenge of inner chatter and emotions that surface when we sit to meditate. Here are some tools you may find helpful.

Establish a routine for your practice. For many people, placing their practice at the very beginning and the very end of the day works well. If you wake in middle of the night such as 3am this can serve as an excellent opportunity as things are more peaceful at that time. Also, certain practices can help us to recognize the shift away from ordinary everyday existence as we dedicate time to the cultivation of our inner life. Try some of these techniques and see what works for you as you prepare to meditate:

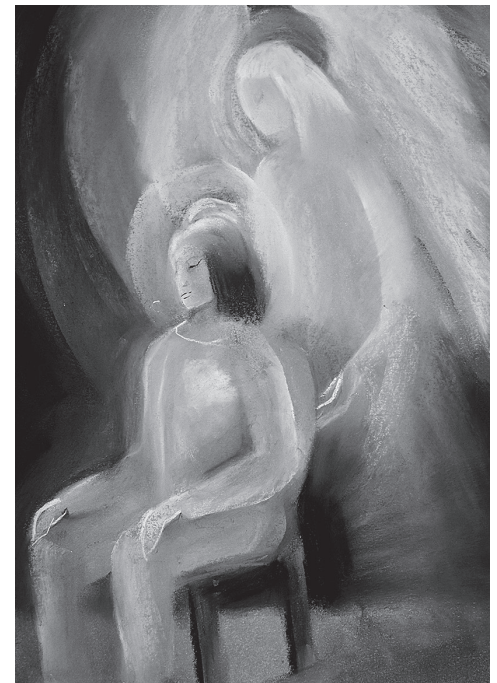
- Begin with a prayer or verse. Establishing a certain place for meditation, with something from nature, such as a seed or stone, or a printed verse from the APO newsletter can help build a mood.
- Sit and systematically relax your body from your feet up, releasing any tension. Remember to relax your eyes and jaw. Creating a small smile can change your mood quickly!
- Observe the flow of air going through your nostrils, noticing the change in temperature.
- Repeat a word such as “amen” or “wisdom” and hold silence between each repetition, letting it resonate.
- Visualize a glowing aura of light surrounding you. Concentrate to hold that for several minutes.

Once you have entered a state of contemplative peacefulness, you can then place your meditative work, whether it is a sense-perception exercise, work with a mantra or symbol, or other spiritual practice, into the openness you have created. The goal is to create a vessel in which to place specific spiritual practices or meditative content.

During your meditation time you may find that stray thoughts or feelings will enter your consciousness. Perhaps an emotion relating to something going on in your life will show up. Notice if you are repeating thoughts that “feed” the negative feeling. If so, turn them off. This takes some practice. You might picture yourself turning off a radio dial. Remember, you are in control and have freedom to choose what you think. Next, give your attention to the place in your body where you are feeling the emotion. Sometimes we feel pain or fear in our stomach, and heartache is, of course, in our heart. Anger often appears in our head, throat, solar plexus area or chest. Let your attention intently observe the feeling without any judgment, in a detached manner, as if you were watching an insect you had never seen before. How does it feel? Is it hot, cold, damp, sharp, dull, nagging or hollow? Name these qualities to yourself. Then, bring your attention back to the place in your body and check again. Has it changed? Often the negative emotion will soften and melt away when you do this practice. If you catch yourself “running tapes” which feed your negative emotion again, repeating the story over and over, stop the thoughts as described above and once again see if you can melt the feeling in your body through this attention exercise.

When you sit and meditate, you have an opportunity to make an important distinction: you are the observer; you are the person “hearing” the chatter in your head. And, you have the power to stop the chatter and create silence. It is like weeding a garden so that you can grow beautiful flowers!

When you have completed your work with the meditation, whether it be work with a mantra, or images or symbols, begin your closing as best as you are able in a peaceful state. If you find you have drifted off into stray thoughts, take a few minutes to re-energize your meditative mood before ending. Then close with a verse, prayer or feelings of gratitude directed to the spiritual world. Center yourself in your body and ground yourself before you get up. Have faith that regular, rhythmic practice of meditation, placed in the vessel of a quiet soul, will indeed bring change and progress on your path.



'Inner Quiet' by Iris Sullivan

Quiet I bear within me.

I bear within myself

Forces to make me strong.

Now will I be imbued

With their glowing warmth.

Now I will fill myself

With my own will's resolve.

And I will feel the quiet

*Pouring through all my
being.*

*When by my steadfast
striving*

I become strong

To find within myself

The source of strength,

The strength of inner quiet.

Rudolf Steiner

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

Dear Readers,

Throughout this very difficult time due to the pandemic we understand many of you have experienced extreme and long isolation periods, and unexpected moves. Yet, what has come forth as well are your letters expressing perseverance on your path. Deeply expressed in this newsletter are your words of gratitude, insight, courage, a growing inner strength and a stronger experience of self.

We also include two articles in support of your inner work. In our first article, *Fostering a Mood of Inner Quiet*, Eileen Bristol offers suggestions to strengthen one’s resolve toward an ‘unshakeable’ meditative state even while inside a prison. In our second article *Survival and Development - the Responsibility of Human Beings*, Dr. Peter Selg brings the efficacy of the mantras given in 1921 and their strengthening, healing, and uniting forces supporting positive steps humanity can take during this time. We hope both articles provide inspiration for you and other incarcerated individuals to continue on your path.

Many of you are working with *How to Know Higher Worlds* and its *Study Guide*. Some of you have chosen to send us your completed study guides and we are grateful to witness the perseverance you show in your spiritual inner work of self-transformation through meditation, prayer, study and soul exercises. We hope you will continue your good work!

Your responses to our survey have also greatly inspired us and we thank you for sharing them. Please remember to send them in if you haven’t already! We published responses in our *What are the fruits of anthroposophy for you?* and our *Meditation* sections in this newsletter issue.

Our yearly Walk-A-Thon is fast approaching! September 24-26, 2021 walkers on the outside (including a few released participants), will support APO and your studies. We hope some of you will join us, even while on the inside. We imagine your participation by you keeping track of your walking or running steps throughout the weekend! Roughly 2,000 steps is a mile (+/- depending on a person’s stride). Track your steps while in the yard, steps walked to a meal, or in your cell as you step or run in place. Please keep a tally of steps, or miles you go, or a time total you ran and let us know how it went for you. We would love to share your efforts with our walkers and donors on the outside. Also, if a family member or friend supports your spiritual studies and meditative work, perhaps they will help too! Please share our walk-a-thon event with them (it’s located ‘where ever you are’), and let them know they can sign up as a walker on our Facebook page. Or send us their name, address, email address etc. and we will provide what’s needed to participate.

As we continue our spiritual studies and meditative work, an inner feeling of strength will grow in our souls. This strength can ray into the world as the force of love.

Blessings on your inner work, *Kathy Serafin*

Meditations

The meditation exercises look hard, but exciting to try. I started the first one and plan to give a month before moving on to each. Meditation has always been hard for me; these bring a simple solution that makes it feel finally I can do it. Thank you for the simple treasures that money could never put a value on. *Jason, La Grange, KY*

I’ve been practicing meditation for a year or so. I’m beginning to realize things about myself – like the randomness of thoughts and the power they possess. I hope to make sense of life, to learn the truth. Also I have been seeing displays of vivid colors when I have my eyes closed and am meditating. For most of my life, I could not see colors or images in my imagination. Now, I am seeing fireworks in my imagination. *Carl, Mansfield, OH*

I found anthroposophy while in solitary confinement. This is where I started my journey. I’ve started practicing mental meditation exercises. I try to do it every morning when I wake up. Meditation has somewhat affected me but it’s still too early. *Darrell, San Luis Obispo, CA*

I have been able to experience the six meditation exercises helping me with my thinking and with control of emotions. I am learning to be willing to make sudden changes without panicking. Applying some of the practices, I will be working on positivity next. I had/have impulse control issues, so rather than seeking guidance from mental health the exercise ‘control of feelings’ has helped. Centering myself between sympathy and antipathy has shown to gain independence of my emotions. *Ivan, Milton, FL*

I am trying very hard to grow spiritually. When I discipline myself to make meditation a part of my everyday routine I reap the benefits. I feel present, calm and more accepting of life on life’s terms. *Silas, Avenal, CA*

I spent some time contemplating a seed extracted from an orange and one from an apple to try and develop clairvoyance. These were the only organic seeds I had access to. I believed myself able to see the very subtle faint, transparent aura surrounding objects. *Matt, Lucasville, OH*

Meditation has provided good support to stress reduction and has made me calmer in this stressful environment. Books on mediation such as the *Rose Cross Meditation* and books on

the *Chakras* have given me practical experience I can do - even in a chaotic prison. The *Six Basic Exercises* and the *Rose Cross Meditation* became grounding focal points during the pandemic and were very helpful in stabilizing my mood during the stressful experience of suddenly being shipped to another prison. The first two exercises; ‘control of thought’ and ‘control of will’ helped me to become more disciplined and focused. ‘Control of emotions’ is also making me less likely to become angry and upset by minor inconveniences like I used to be. *Eric, Joint Base MOLA, NJ*

Meditation has as made me more patient, more in touch with my inner self. I meditate two times a day for ten minutes. The *Self Development* exercises give me a better understanding of self actualization. One day a negative inmate was speaking to me about all his troubles. I guided him through the meditation I do and he now isn’t as negative about life. He still does the clearing of the mind exercise. *Sean, Freeland, MI*

With this study of *How to Know Higher Worlds*, I am freer of confusing outside troubles. I’m now able to meditate and look inwardly. *Donald, Huntsville, TX*

Yes when I meditate and focus on the stars I lose heart from what is bothering me. I meditate and apply my thinking with it. What I have read is that the practice of meditation should help me realize and feel different energy. *Tom, Holdenville, OK*

The exercise from the intro pamphlet about focusing on an object for a couple minutes and noticing all its details has been a helpful addition to my other yoga practice. It helps me to remain mindful during the day and it also helps me to stabilize my lucidity while in the dream state. *Darren, Maury, NC*

By reading and practicing the meditation exercises I’ve opened my eyes and feel my inner self awakening. I see the world very differently now and see how we are connected spiritually. This is what has inspired me, the truth in knowing what life is all about. Meditation has helped me control my thoughts, it’s helped me be aware of what I think and feel. It also helps me free myself into a state of relaxation. I tend to be more positive and just feel more calm and energized. *sChris, Tehachapi, CA*

I meditate everyday as much as possible. I’ve never been so calm and peaceful. *Nicholas, Trion, GA*

Survival and Development

The Responsibility of Human Beings

Rudolf Steiner's 1921 Meditations

By Peter Selg

Translated by Marguerite Miller and Douglas Miller

In many respects, the detrimental effects of the world situation are more difficult than ever before. Pressures, anxiety, suffering and doubts—even among children and young people—weakness and futility are increasing dramatically. Civilization seems far removed from focusing on the “spirit that is active” rather than the “the spirit that is thought”—or, as Rudolf Steiner wrote in his notebook in 1921: “in beholding,” to enliven the spirit that has died away in knowledge, and allow love to arise.

One hundred years later just the opposite seems to be the case: Ahriman continues to gain ground rapidly in his triumphal march through the earthly world and through human souls. Simone Weil poses the question, “At every turn, humanity sinks lower. How far will this go?”

Because of this, spiritual work becomes a higher priority, indeed the highest priority. “Only balance destroys the force of violence and nullifies it.” Despite the earth vanishing beneath our feet, the social isolation, and the alienated earthly world—or precisely because of these things—human beings must try to become aware of their essential nature, try to find their balance, and try to continue their inner and outer work, even though at present the outer aspect appears to be closed off.

Here, mantras written by Rudolf Steiner one hundred years ago in 1921 can be indispensably significant if they are inwardly quickened and experienced. They can become companions for human beings, and set forces free, essential forces. In what seems to be a no man's land they can create relationships, orient us anew. Simone Weil teaches that only the eternal is invulnerable to time.

*The cosmos wakes
The circle of heaven dreams
The world of planets sleeps
The being of Earth rests*

*In resting the human being wakes
In sleeping the human being feels
In dreaming the human being wills
In waking the human being says I*

*I say I – I am
I will – I fade away
I feel – I become
I think – I am not – it is.*

Rudolf Steiner wrote these lines in his notebook during July 1921. In coronavirus times, it is good to experience within the meditation that the superficially-, the ostensibly quite chaotic “being of Earth” is at rest. It is good to know about the “waking cosmos.” The dreaming circle of heaven and the sleeping world of heaven are sheltered within this waking universe. (As Simone Weil noted, “We must have committed transgressions because of which we have become the accursed; thus we have lost all the poetry of the universe.”) In the midst of this “waking cosmos” can the “resting” being of Earth still recover; can it be rescued, provided that humanity sets forth on other paths, remembers itself? As the mantric words emphasize, human beings as well can rest and find themselves in their

individual I, become sure of themselves. The act of “saying I” strengthens human beings—not their thinking, but in being. [Grimm defined *ichen*—the German verb used here, literally “to I”—as “saying I.” – P.S.] But thinking can become a recollection and an acknowledgment, an acknowledgment of cosmic thoughts and of the cosmic spirit light: the “it is.” Human beings die in the act of willing, they sacrifice themselves into the evolving world; they can unite themselves—unite in feeling—with the world's evolving, and change themselves, broaden themselves.

Of course, in the process the human being himself again and again becomes the question. In December 1921 Rudolf Steiner wrote the following mantric verse for a Norwegian anthroposophist:



‘I Am Meditation’ by Iris Sullivan

*There speaks in what is inward
I am
The I speaks to what is outward
It is
The I feels when it meets what is
outward
It acts
I will from what is my own
I act*

*Who wills in what is my own?
What acts on what is outward?
Who speaks to what is outward?
Who speaks in what is inward?*

*Willing, I know myself as existing
Where active outwardness is met.*

These questions remain and live on—today more than ever. The utter lack of answers has to be borne, must be endured. The point is to live the questions, to persevere, to persevere meditatively as well. And, in doing so, never to lose sight of the I that wills and the I that is willed, one's own ground of existence, the ground of existence that wills to be active. “Willing, I know myself as existing / Where active outwardness is met.” In the closed-off world of the lockdown what appears more difficult than ever before is being able to “act,” to be active in meeting the “outward” that threatens to disappear. Or perhaps is active somewhere beyond us, determines us without involving us, has withdrawn from us. But in this, our I also withdraws, threatens to withdraw. This is what Ahriman, the prince of this world, wants, and it is essential that it be prevented from happening.

Mornings:

*Radiant star of the sun
Luminous homeland dwelling
Being that forms worlds,
Open for me
My heart and sense of soul
That I may be strong
In time and eternity.*

Evenings:

*To live in spirit
And spiritually breathe
Is the soul's urging.
This comes to me
While sleeping
When the eye
Protectively closes.*

When earnestly undertaken, this exercise—written by Rudolf Steiner in November 1921—can rescue the human being from Ahriman, redeem the human being in time and eternity. Every morning we can open

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Survival and Development

cont. from pg 3

ourselves to the sun beings and partake of their strength, bring them into activity within ourselves—regardless of how difficult what is “outward” may be. But openings, small cracks in destiny, grace-filled interstices are to be found; they must be widened, widened decisively with the strength of the sun. The night then makes possible spiritual breathing, protected dwelling in what is other, in the complete otherness of the divine-spiritual world.

A hundred years ago—in 1921—people already needed an abundance of support to sustain and develop themselves inwardly, to live spiritually and to survive—beyond what had been, beyond what had become customary but was no longer supportive—despite all the obstacles and dangers. Development must take place actively. In the summer of 1921, Rudolf Steiner gave the following exercise to a woman:

Mornings:

I see before me a white wall

On it I write:

I am.

I step upon a blue surface

Right foot: I press the ground

Left foot: the ground supports me.

I am surrounded by the red-yellow firmament

The firmament encircles me and warms me

I breathe in: I

I hold my breath within me: A

I breathe out: O

Middays:

God's wisdom brings order to the world

It brings me order as well;

I will to live in it.

God's love warms the world—

It warms my heart as well;

I will to breathe in it.

God's strength bears the world—

It bears my body as well.

I will to think in it.

Evenings:

It will be dark

My soul goes into the darkness

It will shine in the darkness,

Shine, because wisdom, strength, and goodness of godhood are in it;

Wisdom, strength, and goodness

Grow within it in the darkness—

Through them my soul, filled with life, wills

To be radiant again

Through head, heart, and limbs.

[In German the vowels I, A, and O are pronounced as E, AH, OH. – Trans.]

In the morning, to write your self on a “white wall,” to affirm your own name—the “I am”—on a blank surface. To be sure of yourself within your limbs on the earth, in the powerful point of contact, in the doing of deeds and in receiving deeply into yourself, in cause and in consequence, action and reaction. To go into the day acting, but to know yourself surrounded by the brightness and warmth of stars—and within what is your own nature, in relationship to the space that surrounds you, to experience yourself as assured and centered: IAO. Towards midday, to pause, to stop. To become aware within yourself of the ordering wisdom, love, and strength of the divine being in the outer and inner world—and permeating your life, breath, and thinking with them. Going into the evening and the night with the certainty that the light of your soul shines, that it grows in the presence of the divine-spiritual, and that it will once again willingly return and enter the body—as the night departs, as the

new day dawns. Fear has no place here; there is no vacuum here, no void. Thus, no counterforces can encroach, no powers of destruction. Certainty about existence in 1921 and 2021—and throughout all centuries to come, come what may, “in time and eternity.”

Of course, this is not only a matter of individual persistence, but of helping others, of full commitment, selflessness, and the “victorious spirit,” the “life stream of humanity.” How do we learn to bring ourselves into “what is outward,” to engage fully for others—as a matter of life and death? How do we really learn to overcome egoism, to travel the Christ-path as His disciple, taking up the cross ourselves and uniting ourselves with the evolving world, giving ourselves over to it? In 1921, Rudolf Steiner wrote the following verse for an esoteric pupil:

Evenings:

Retrospect

Meditate the Rose Cross

This image—place yourself

You, my I, opposite it:

Seek within you power,

Seek within you love,

Seek within you your self.

Vow to be strong

To the image there before you.

Mornings:

Meditate the Rose Cross

To the image there before you

Vow to be strong.

Seek within you your self

Seek within you love

Seek within you power.

Place yourself, you my I,

Opposite this image.

(Quietude of soul)

Prepared in this way, the human being cannot lose sight of the selfless goal along his nightly path and his path in the bright light of day—within himself he has his own inner standard of measure, his true I, his love and power, his counterpart, his Golgotha. “The cross as a scales, as a lever. Descent, the precondition for the ascent. The heaven that descends to the earth, lifts the earth up to heaven.” (Simone Weil) With Him, the human being is able to stride onward, accompanied etherically:

Christ, the Sun's Word of love.

It lives in the ray of light

That penetrates my eye.

And may the Christ live

In my whole being,

And with my whole being

May I live in Christ.

Meditate each line with strong feeling

For Johanna de Boer-Gerlach, May 1921

The human being can thus become a co-worker of the Christ, working on the world of tomorrow; he can “wrest” himself from the death of matter and unite himself with Christ. Unite for work on the future.

The world of tomorrow, the future “New Jerusalem” requires living structures, new forms and designs. It is not a purely spiritual realm because it is also—still—concerned with the future of the earth, which has by no means achieved its evolutionary goal. To create buildings, earthly spaces, interior spaces, is thus significant—not only virtual spaces but physical ones, *on the Earth*, material spaces or rather “substantial” ones. In 1921, Rudolf Steiner wrote the following verse for the laying of the foundation stone of a house called “Auf der Höhe” [On the heights], located in the Swiss village of Arlesheim.

May soul live in this house

May the spirit permeate this soul

May the spirit seek in the foundation

Firm will

So that to it may be given

A sense of piety

In all spaces of the building

And so that from above

There can unite

cont. on pg 5

*The blessing of the spirit
And God's grace
In all who live within.*

The house that was being “consecrated” in this way, the house that received its mantric “foundations stone” in October 1921, belonged to Elisabeth Vreede, an astronomer who was knowledgeable about the spiritual nature of the stars. The “spirit’s” blessing “from above” became active in this house in various ways, as did “God’s grace.” One child who found refuge in this house was the gravely ill Wilfried Immanuel Kunert from the “curative education course.” Later, in 1928, Willem Zeylmans van Emmichoven asked Elisabeth Vreede for permission to use these same words by Rudolf Steiner for the foundation stone of the large Rudolf Steiner Clinic in the Hague—which she agreed to. Hospitals are significant places of the future, sites for a new art of healing, for a development of the human being through illness and therapy.

Schools—schools for children and young people—are also places for the future, buildings for the future, and heralds of the future. Today, they are heavily affected; in many places throughout the world—although not in Switzerland—they are closed or quite changed, their original form and essence, their earlier light-filled warmth and joy are barely detectable. In December 1921, Rudolf Steiner wrote the following verse for the laying of the foundation stone of the Stuttgart Waldorf School’s new building:

*Let hold sway, what spirit power in love
Let work, what spirit light in goodness—
From certainty of heart
From staunchness of soul
To the young human being
For the body's power to work,
For the soul's inner enthusiasm
For the spirit's luminous brightness—
Can provide.*

*To these, let this place be dedicated:
May the sense of youth find in it
Power-endowed, light-devoted
Nurturers of human beings.*

*In their hearts, they recall the spirit
That should hold sway here—those who
Lower the stone into the earth as emblem so that
It assures the foundation,
Upon which should live, hold sway, be active:*

*Liberating wisdom
Strengthening spirit might
Manifesting spiritual life.*

*May they affirm this:
In the name of Christ
With pure intentions
With good will.*

During these very difficult days for children and young people, it can be particularly important to immerse ourselves ever anew in these words, to renew this foundation stone in our hearts and carry it further. Much “spirit power in love” and much “spirit light in goodness” is needed to sustain and uphold instruction and the pedagogical relationship, and “in the name of Christ” to be able to guide it further into the future. How, in the midst of the global crisis, can spiritual life “manifest” again? How can “spirit might”—and “liberating wisdom”—emerge anew?

School communities need help and today—more than ever—children and young people need “certainty of heart” and “staunchness of soul” in order to form the earth’s future.

In 1921, Rudolf Steiner wrote the following verse for a child, Brenda Binnie:

Brenda:

*From head to toe
I am a child of God;
And God do I love
In all things:
In stone and plant,
In animal and human being;
In stars and clouds,
In sun and moon.
In my heart
Lives God as well,
I want to follow him
In all I do.*

The 12-year-old Felicitas Stückgold also received a personal meditative verse from Rudolf Steiner in 1921. She entered the world in 1909, paralyzed on the right side, and later she suffered from debilitating epileptic seizures. Rudolf Steiner and Ita Wegman—along with Elisabeth Stückgold and Albert Steffen—provided intensive therapeutic care for her. Felicitas was a very sensitive, spiritually gifted child:

*In my heart I find strength
In my head I find sense,
If I reflect on this
I can firmly secure myself
In all my limbs.
I do it.
Do it with all my might.*

These lines are a curative meditation for a child, one of Rudolf Steiner’s specific “patient meditations.” At the same time, they constitute a verse for what is needed today by countless children and young people on the earth, children who are without the salvation and re-creation of instruction and daily rhythm, without meaningful context and courage for the future, in the life-deprived existence during the age of the coronavirus. They are equipped with “power to work,” “inner enthusiasm” of soul, and “luminous brightness” of spirit—but in many countries on the earth they stand before a closed world. “*Willing, I know myself as existing/ Where active outwardness is met...*”? Children and young people stand before a wall, a “white” or sometimes a “black” wall as well, and have difficulty writing their name on it, their “I am.” Much help and support is required for them, much creative involvement—outwardly as well as inwardly, in the forming of life, in the salvation or re-creation of schools—and in the “firm securing” of the individual in life. The “Whitsun Path” (Paul Celan) must be discovered creatively; there remains no other choice.

Humanity must act in this emergency, act creatively and in the moment, outwardly as well as inwardly. We need ideas and formative courage—and spiritual activity. We must cast our “anchor” into the supersensible. (Rudolf Frieling) The human being can be with another, step in on his behalf, meditatively as well, “With pure intentions / With good will.” In the words of Simone Weil, “Supernatural love is free.” This spiritual activity seems more necessary than ever for the continued existence of the human being on the earth. According to Rudolf Steiner, as a result of doing esoteric exercises the human being grows spiritually into the future. He experiences “future situations of humanity,” anticipates them to a certain extent, calls to them and calls them into becoming, if only in the seed’s mysterious state, in the seclusion of something small or in the smallest thing. “Within any order, a loftier, infinitely superior order cannot be represented by anything other than by something infinitely small. The mustard seed, the moment as metaphor for eternity...” wrote Simone Weil in hard-pressed times. “In resting the human being wakes.”

Dr. Peter Selg serves as co-leader of the General Anthroposophical Section of the School for Spiritual Science at the Goetheanum in Dornach, Switzerland. He also heads the Ita Wegman Institute for Basic Research into Anthroposophy (Arlesheim, Switzerland), and holds positions in the Faculty for Health (Witten-Herdecke University, Germany), and the Art Therapy Department, Alanus Hochschule (Alfter, Germany).

Art and Poetry

My Walk

As I progress on my spiritual walk
 I have got to adjust my physical talk
 The power of positive words I am revealing
 To bring myself and others love, joy and healing
 It's an upward journey like a mountain
 And at the top is a plentiful fountain
 One day I will drink of peace, joy and love
 And gaze on this place from worlds above

David, Pine Bluff, AR



Luis, Childress, TX

REST

Even as the body rests the
 brain never sleeps

If you want to give your
 brain a break allow painful
 thoughts to cease

Playing arguments over in
 your mind wanting people
 to understand your belief

So much so you think of
 arguments before they take
 place

Thinking of how you would
 be feeling, there's no time
 for peace

Prepare for these situations
 because you don't know
 peace

It's because of what hap-
 pened in the past, right?

Hurtful moments and lonely
 nights

Times you weren't chosen,
 times you lost a fight

Let the pain go, I swear it
 will be alright

You may have lost a friend
 no longer on physical earth

The times they laughed and
 labeled your worth

You couldn't afford that shirt

Let the pain go, I under-
 stand you are hurt

cont. on pg 7



Lou, Ontario, OR

If Walls Could Talk

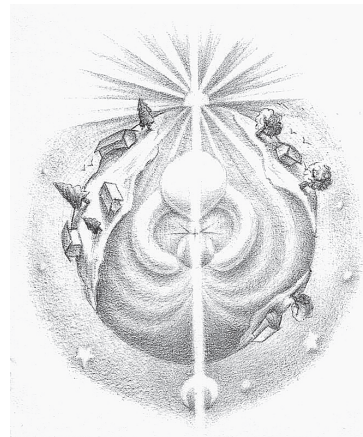
The untold secrets are unspoken
 The strength of my elements stay unbroken
 The pain from my secrets leave a mother to cry
 But the restraints can't dry my eye
 I stand aside while many men die
 Some look up and pray I ask myself why
 If I was that guy I'll look at myself and reach for the sky
 He questions my patience for a silent reply
 I know of your horrors and watched you tortured
 Alone in the terrors bleeding the poison
 So, I am your witness, your mentor, your friend
 But within this cell your spirit may end
 Imagination will take you out of this lion's den
 When you find life's true purpose you'll be destined to win
 Trusting your soul and stay true to your heart
 I'll tell you I love you every day, if walls could talk

Anthony, Butner, NC

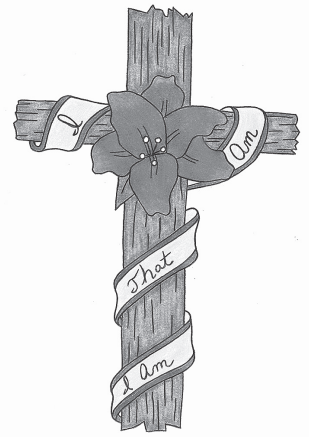


The Gates of Heaven flow open and
 Our souls dwell in the house of today.
 What shall tomorrow bring with its light?
 It shall bring life and light on the path,
 For I am in the Heart of God.

Valentine, Carson City, NV



Mark, Anthony, NM



Daniel, Ionia, MI

Book Reviews



The Secret Stream
Rudolf Steiner
The Secret Stream is a profound book which provides an intellectual dive into modern Rosicrucianism. It has answers to many questions one may have who are just curious about the fratern-

ity, drawn to the Rosicrucian Path, or immersing themselves deeper into the stream. A wonderful section on Goethe's poem: *The Mysteries* provides fuel to inspire thoughtful imaginations with reflections of one's own experience along their spiritual path. In the last section, it has many meditations for one to delve into the Rose Cross. *The Secret Stream* acquaints one with the knowledge needed to transform from one nature to another, transmute mental states and rise to a plane above the ordinary plane of cause and effect. It has many ways for one to serve on the higher and to rule the lower. May it inspire the reader to live up to the best in them and strive to move higher along the path. *ex Deo nascimur (from God we are born), in Christo morimur (in Christ we die), per Spiritum Sanctum reviviscimus (through the Holy Spirit we live again).* Steve, Venus, TX

Guidance in Esoteric Training Rudolf Steiner
Before there is any type of true break-through spiritually one must first put in the 'requisite' hours and work in building-up one's 'spiritual body' (or else the forces will become a hindrance). A body capable of handling safely the forces one encounters in one's spiritual journeys is essential. That is where this book *Guidance in Esoteric Training* by Rudolf Steiner comes in. It teaches some of the best and safest ways to reach into the spiritual world for the beginner as well as the intermediate student. This book is necessary in that it starts the student out with the right 'mindset' and 'respect' of the forces one wishes to contact while at the same time maintaining a positive effect with those in everyday life. It teaches that the most important aspect to beginning is one's mind-set. Definitely a good read.
Richard Lee, Tennessee Colony, TX

The Origin and Development of Language Roy Wilkinson
The Origin and Development of Language by Roy Wilkinson is a quick and easy read. He begins by explaining how certain words have derived from others. He then goes on to illustrate the denegation of language and the way it has lost its meaning. Through his illustrations the reader is able to see how our languages have become abstract while they originated as something more spiritual and meaningful of the individual and their culture. He is able to take the reader back to a time when the world shared a more universal language that was based in reverence or awe of a physical or spiritual enlightenment. He is ultimately explaining how language has been transformed from something of a more spiritual nature from which it originated, into something of a much less meaningful abstract or physical nature.
Jared, Woodville, TX

Esoteric Christianity and the Mission of Christian Rosenkreutz Rudolf Steiner
This book is a must-read for all anthroposophists whether seasoned or a nymph like me. It is also a treasure trove of anthroposophical gems. You will learn things concerning the evolution of Christ, Earth, and humanity all through the epochs past, present, and future. The Mystery of Golgotha,

the mission of Christian Rosenkreutz, and even the luciferic beings play into all of this. It teaches us about our soul, and our cosmic and human ego; about Faith, Love, and Hope. We learn about macrocosm and microcosm, about the Christ impulse, about things pertaining to Buddhism and Christianity and the long-awaited union of both. This book is definitely one of the most important books in your study of anthroposophy and deserves a prominent place in your library. *Louis, Homer, LA*

An Introduction to Eurythmy Rudolf Steiner
As a trained classical musician and a studier of experimental theater I found *An Introduction to Eurythmy* to be quite intriguing. Rudolf Steiner explains that eurythmy is neither dance nor theater, but visible speech. And since it is no performance in the strictest sense of the term, it should not be confused as poetic or abstract art. Eurythmy is communication as expressed purely and solely through the movements of the human body. In the same way the speech organs of the larynx, tongue, and mouth must move in the same exact ways in order to produce an exact and repeatable message, Dr. Steiner postulates that the precise movements of the exterior body, primarily the arms and legs, do in fact combine to create and express a clear message that can be both understood and recreated to express the same message every time. Personally, I see eurythmy as an incredible tool for artists to further express themselves in modern theater and dance as well as with avant-garde music.
Ricardo, Colorado City, TX

The Occult Significance of Forgiveness
Sergi O. Prokofieff
In our lives the wall of Maya exists that allows each soul to experience what is needed in order to spiritually progress. A vital occurrence on this journey is forgiveness. Can you forgive a person that trespasses, even if the trespass is horrific? Everyone in life will have an encounter placing your soul and Christ, to many unknowingly, in a circumstance where you may forgive. The author deeply explains the significance of your choice to forgive. If you choose to forgive, no matter the trespass, your astral body begins a wonderful transformation of purification. In sum, the soul is being prepared for the journey ahead. If you choose not to forgive, you will harbor the error of your ego retarding the wonderful spiritual growth you could have had. For many, the choice not to forgive turns to guilt or bitterness in one's life. Knowing that Christ takes mankind's karma upon himself, allows us to forgive, to free ourselves of harboring such guilt. Forgiving ourselves, likewise, is ever so critical on the narrow path of Christ. As Rudolf Steiner points out, 'Change the disposition of your souls, for the kingdom of heaven is at hand.' This is deep wisdom for our time after the dark period of Kali Yuga. *Wayne, Richmond, TX*

Cosmic Memory Rudolf Steiner
The book reconstructs the civilization of the Atlanteans and Lemurians. They were advanced in the stages of development. I thought 'what if we had never lost our way of life, where would we be?' As I read the division into the sexes, I was taken aback by how Rudolf Steiner explained how when 'matter became denser' the soul had to submit to the laws impressed upon this matter by external terrestrial nature'. Explaining that as long as the soul could control matter, it could form it's body as either male or female. It carries the two natures, one being will (male) and the other being imagination (female). This book explained the root races and their lost history. The legal systems we know today was laid by these people who nurtured the processes of male and female, which was one the highest form of existence many centuries ago. *Peter, Joliet, IL*



cont. from pg 6

But the theatrical thoughts
leave you cursed

Being a slave to your passion

A slave to trying to prove a point

A slave to what happened

Don't be a slave to the desire
to shine or make people care

Don't be a slave it's a crime
to live in fear

O anxious soul leave it all
here

The past, what you did

What you shouldn't have
said

What you should have did

You can't change the past, it
is what it is

We grow every day, make a
new bed

Let your light show

Positive vibes flow

Through you.

Show Love, Tabor City, NC

Inspired by your Reading

Thank you for the *I AM The Soul's Heartbeat* books, they are really helpful, especially to an individual like me who is seeking to start a different way of life; a life of spirituality. I want to understand more and learn how to be more peaceful. I want to learn more on meditation techniques and in general how to live a peaceful life. I think and believe the *I AM The Soul's Heartbeat* books by Kristina Kaine are really helpful. I really had no idea about the *I AM* and its meaning, *Gustavo, Corcoran, CA*

The Templar Spirit evoked in my heart a deep feeling of respect and admiration for all order of society, past and present who were, or are devoted to the preservation of the ancient truth, no matter if death be the cost. I love to learn this and aspire to be one of them. I appreciate deeply your nice attention for us, even in the middle of the worldwide pandemic you do not forget us, thank you for granting me this privilege. *Eric, Diboll, TX*

Thank you for these latest books as they are all wonderful and educational. I truly enjoyed *Life between Death and Rebirth*. The chapters about occult investigations and communication with the dead really spoke to me. In the book: *The Inner Nature of Man* was also very good and I actually read most of it twice. I found it a very spiritual and moving experience. *Richard, Wrightsville, GA*

The Tree of Life and the Holy Grail and *David's Question* changed my thinking significantly. They have unveiled my sight, and I feel I have progressed spiritually after reading them. I feel so blessed to have found you all. *Timothy, Minden, LA*

The book *How to Know Higher Worlds* by Rudolf Steiner has spoken to me in many ways. It has given me hope that maybe there is a way of being that feels natural to me. My time consists of looking at four walls and being reminded that I'll never get my old life back. The fact that there is a path I can walk down and use anywhere is much needed. I don't really mean to sound grim but this form of teaching is really my last hope. If you could help me with lessons and books I would be so grateful. *Brandon, New Castle, IN*

Reading *The Rose Cross Meditation* by Rudolf Steiner was like stepping into a whole new world. It was a hard read at first, but near the end it all came together in a way that felt like coming home. I am now hungry to know more and go further and to know higher worlds. I want to experience what Mr. Steiner talks about. *Keith, Snyder, TX*

I've just read *Nature Spirits* and *Staying Connected* by Rudolf Steiner. He speaks to the awareness 'I Am'. I've never felt more seen or more confirmed that 'I' exist the way I imagined, the way other life forms experience life and carry out their purpose like the plant kingdom. Flowers are portals through the circle of petals down into the roots where the gnomes (root spirits) receive ancient wisdom and cosmic mysteries. Anthroposophy is the best thing to ever come into my life or for my life to come into it. Well I've been alone in here since I was 16. I am 31 now and I was only free for 5 months since I was 14! But I must say I am confident and advanced for my age. I am a modern monk forced to receive and see my true being. *Angelo, Corcoran CA*

The book titled *How to Know Higher Worlds* is exactly what I needed in relation to where I'm at along the way. I am now starting to better understand this great phenomenon called Life, and its purpose. I understand this is my destiny which was put in motion some lifetimes ago. I'm so humbled and proud that my only child, my daughter who's an amazing soul is interested in the path I follow, especially the science of reincarnation. This too is meant for her. *Jermaine, Moberly, MO*

The Outline of Occult Science is great and refreshing that Steiner had the realization that we can evolve ourselves. I don't have any illusions about myself 'being perfect', but I know that just realizing it is possible to develop instead of adhering to the original sin concept opens the door to the process of offering it. Steiner outlines the process, this is groundbreaking for me. *Dustin, Teague, TX*

The Tree of Life and the Holy Grail really opened up my mind to the etheric realm we live in. I am starting to understand the tree of life. It represents the spiritual point of balance - the secret of immortality and the tree of knowledge represents mortality. We are in a time where the concept of Consciousness Soul has to do a lot of work because we think only in the physical realm. We don't know that through the body we belong to the physical world but with our spirit we live in a higher world. Just as the Rosicrucians taught by means of pictures and symbols things that are appealing to the imagination, because if you can give people of today intellect in the form of imaginative fairy tales, legends, and songs, the human being can now start to put a picture with what is being told to him, and so become more conscious of the world around him. *Thomas, Memphis, TN*

Thank you for sharing these books with me, *Esoteric Development* as well as *Living Inner Development*. I appreciate you guys dearly and all that you do. I feel my spirituality strengthening, and getting more connected to my inner 'I'. *Kenneth, Carson City, NV*

When I began reading the book *How to Know Higher Worlds* I could feel a new dimension or aspect of myself, the 'I' opening up to develop reverence for all things. I am also growing conscious of moments when I tend to be critical and I check myself. I feel as though my inner self has always longed for guidance that is in line with the occult. My spirit is eager and almost childlike to a degree yet I am mindful to be patient with myself along this journey. I look forward to the day when I can linger in utter stillness. *Wesley, Ione, CA*

I enjoyed *The Secret Stream* so much I read it three times. It definitely helped in understanding our destiny and purpose in this life. The inner connectedness of all really resonated in it. The book *Life beyond Death* is one of my favorite topics along with karma and reincarnation. The circling of the cosmos between death and rebirth is really more our home than this incarnation. Hopefully one day the spark of Rudolf Steiner's illumination will bring a more 'brotherly' time back to our world. *Robert, Delano, CA*

Rudolf Steiner's book *The Mysteries of the Holy Grail* was a true blessing to read. I have been reading the different stories of Parzival and the Holy Grail, but this particular book shows the true impact this story has on one's life from an institutional point of view. Steiner brings this story to life and makes it personal for each and every one who is seeking that true spiritual path. Please keep up this work for prisoners for each seed dropped is planted in some form or another. *Richard, Beeville, TX*

Books like *Transforming the Soul*, *How to Know Higher Worlds* and *An Outline of Esoteric Science* have been my favorites to study so far. Knowing self, the I, my inner being has helped me make better choices in life. I feel like I have known about this all my life but I never had a name for it, until now! I have to learn how to think more before doing more. I have to learn how to see things around me in many ways, not just one way. Some of it's been good but most not so good, because I use to be in a gang, now everyone looks at me differently (like he is not for real). *Joshua, Trenton, FL*

~So What's Your Experience?~

We welcome your comments on previous newsletter articles

Breathing the Air (Issue 32)

To be wholly truthful, I have imprisoned my whole being, my 'self' in limited ways of thinking, feeling and in the very actions that define me. I have been entrapped for many years. I have been seeking wisdom and the path of ascension so that my very soul would transcend to newer, higher realms. We are infinite. The God and bond I sought to fill the emptiness within the void... the abyss (as I think of it) was never apart from us. It is us and we are it. We are an aspect of the infinite mind. In the Newsletter 32, the article titled: *Breathing the Air* reminded me of Rudolf Steiner's words in *Ancient Myths and the New Isis Mystery*, lecture 4, "The relationship between human beings that underlay the original Indian culture was such that if one human being encountered another, each felt the other's name, as it were, through the sensitivity of the thorax. The other person was

felt to be sympathetic, or more or less antipathetic. Just by breathing the air in a person's surroundings, one would learn to know that person..." The veil that has been dropped over my eyes is lifted and I'm beginning to understand that anthroposophy is to know thyself. We are beings of infinite potential, infinite light. We are a mystery waiting to be solved between birth and death in the physical world. The eternal being of the soul is immortal. *Glen, Lancaster, CA 1/29/21*

Our After Death Experience (Issue 34)

I am very grateful and blessed as I connect with everybody throughout our universe. It's on a whole new level and I feel free in spirit. I really liked the article *Our After Death Experience* by Phillip Martyn. It was really amazing how our lives come to an awakening, it was very interesting. I loved it. Thank you so much for such enlightenment. *Christopher, Tehachapi, CA*

WHAT ARE THE FRUITS OF ANTHROPOSOPHY FOR YOU?

ANTHROPOSOPHY HAS ALLOWED ME to become more patient and definitely more spiritual. I do think I'm at a spiritual crisis but I'm persistent. I'm starting to perceive things more. I'm also starting to understand how my life envelops the lives of others. I think I look more for synchronicity in my life, and I sit back sometimes to see what spirit is doing in certain situations. People have always seen me as spiritual; they've always respected me on that. I get feedback telling me I'm looking more at peace but I know me better than anyone. All my life, anger has been my thorn. I still have moments but I believe my destiny this lifetime is to get it under control. I'm doing better. *William, Beeville, TX*

STUDYING ANTHROPOSOPHY has inspired me to be more focused and aware. I am practicing being a better being and I stopped being so judgmental, not falling victim to physical facades. Almost everyone that claims to know the old me, hardly recognizes me anymore. *Keenan, Kershaw, SC*

THE TEACHINGS OF RUDOLF STEINER have regenerated my life with the enlightenment of Christ within me. Anthroposophy is not a religion, it is way of life. If you allow the spirit of light, truth, life and resurrection guide you, you will not be misled by the Christ within you. Knowing this has helped me to enlighten others as well. *Charles, Dixon, IL*

I AM THINKING MORE about my inner self. I feel as though a weight has lifted off of my shoulders. What I do differently is focus on the mysteries I have read about in anthroposophy, and to seek out deeper meaning to what I've learned so far. Reading and studying anthroposophy has expanded my awareness. The fruit of my study has yielded who I have always been, and always will be. I have taken the time to search other writings, of Rudolf Steiner. What I am learning will be a part of my studies for years to come. Anthroposophy has broadened my awareness on society. It has given me a will to succeed by being self motivated that I attribute to the study. I can accomplish anything with the principles of Rudolf Steiner's insights and determination to achieve the highest that a human being can achieve. *Alan, Lancaster, OH*

SPECIFICALLY ITS MAIN AFFECT would be how much of a deeper understanding I've gained from Rudolf Steiner, and others' teachings. Meaning, I get a better grasp as to what messages things really are trying to say or express in subtle and esoteric ways. Not all light is to be given at once or you just might go blind. *Luke, Coalinga, CA*

ANTHROPOSOPHY HAS OPENED ME UP to more systems of study. It raised my consciousness to a level that I can focus on what needs to be changed. I take more time to think things out. I am thinking more positively and feeling better because I can do all I want to do! I believe through the study of all knowl-

edge one is truly able to understand the connection between the world and spirit. *Kevin, Malone, FL*

WHEN GIVING CONSIDERATION to anthroposophy, my main interest lies within the spiritual science of it. I very much appreciate the fact that we are not simply asked to believe. Rather, we are often given spiritual exercises so that we may learn to extend our own levels of clairvoyance and come to experiences for ourselves. There is a beautiful blend of physical science with the spiritual aspects of the world as well. This beautiful blend ties to the Rosicrucian stream and I am thoroughly convinced this is truly Christianity in the manner it was meant to be taught. With each book and study that I have completed, I have taken another small step of conscious awakening. *Jared, Midway, TX*

I THINK LIFE IS TRULY A GIFT not to be taken for granted. I'm feeling at peace with myself and the world. I really changed my way of thinking, in every aspect of my life. I'm more humble now. *Chris, Crescent City, CA*

LEARNING AND UNDERSTANDING through study and meditation is what interests me about anthroposophy. My thinking and decision making have helped me to be in service and not always in need of it. I'm seeing the bigger picture and feeling more connected, and not being divided by illusion. Negative thinking, and un-loving ways, have been replaced with love and understanding. I try to always be at peace, and I respect people for their personal views and ideas rather than if I agree or not. Yes I have realized to love everyone for who they are, and not let differences get in the way. *Shambe, Fairfield, CA*

STUDYING ANTHROPOSOPHY has allowed varying areas of growth and maturity to be identified constructively, awakened, and spiritually understood through the meditative practices as well as initiation and guidance toward intuitive insight. The fruits of anthroposophy have been clearer intuition, purer thinking, and a developing awareness of supersensible soul activity. I'm thinking less negatively and with more desire to communicate. Feelings of compassion towards others on the whole and more joyful outlooks in all situations are more common now. I'm applying the more positive aspects of my thoughts and feelings in how I treat others in all interpersonal relationships. *Eric, Lubbock, TX*

ANTHROPOSOPHY HAS AFFECTED MY LIFE by giving me a unique sensible approach to spiritual concepts which help guide me through my spiritual journey. It has helped me produce fruits such as peace of mind, understanding, insight, love, comfort, patience, strength and perseverance. I think more positive and spiritually. I feel without as many prejudices and with more compassion. I do not chase drugs or alcohol anymore and I focus on doing positive activities such as trying to educate myself as much as possible. *Jay, Railford, FL*

- STEPPING ONTO THE PATH -

I'M INTERESTED IN LEARNING who I am as a person. I'm new to spiritual study but when I read it brings me comfort and a sense that it's what I've been missing in my life. I hope to gain a peace of mind from this program and educate myself in any way possible. *Angel, Indian Springs, NV*

I HOPE TO GAIN enlightenment, higher consciousness learning and the esoteric knowledge that can be gained. I read a lot and I'm good at focusing my mind on one thing then developing one thought to a big thing. It's hard to describe. *Kai, Licking, MO*

I'VE ALWAYS HAD an interest in Rosicrucian teachings and Esoteric Christianity. I was raised in a very rigid fundamental church, but since in prison I've started reading books on Buddhism, Hinduism, Gnostic Christianity. I've been incarcerated for 26 years. I would like to find a clearer spiritual path. I want to learn how to incorporate the esoteric/occult spiritual path and to help other inmates suffering from bad religious experiences. *Brent, Cheshire, CT*

I BELIEVE IF people took the time to search for truth of self and true meaning of life the world would eventually endure a lot less suffering. I hope to learn these things and then be able to help a few people do the same and start a chain reaction. My interest is to learn who I truly am, the true meaning of life. *Reyer, Robert Meridian, MS*

I AM INTERESTED in learning as much as possible and evolving into something better. I read a lot and try to educate myself. I have been meditating off and on for a big part of my life but never a sustained practice. I hope to discover some help in becoming a better human. *Charles Ray, Brook, NY*

I WOULD LIKE to be more in tune with life's meaning. There are things I don't know and want to learn. I just want a different outlook on life. I'm due to go home. Meaning I cannot live the way I came in. *Eric, Homer, LA*

ABOUT A YEAR AGO I downloaded an old German ebook by Rudolf Steiner- I see now its English title is *Christianity as Mystical Fact*. It changed my life. The more I understand about life the more I expand. I feel your society may have answers, more truth for me. I love reading and it opens doors to new levels of awareness. I can't wait to see where this leads. *Christine, Quincy, FL*

EVER SINCE I got locked up back in 2003, my quest for life's meaning, purpose and deep seated desire to know what is truth really got re-ignited. To know deep in my heart that I've found truth! Life becomes a lot more real to me. Life's meaning and purpose become clearer. I have been searching, studying, and researching ever since. *Pablo, Centralia, IL*

I HOPE TO GAIN a deeper understanding of existence, how it all interconnects. I also hope to learn how to decrease the influence of my ego, to think and act more from a place of selflessness, love and compassion for the greater good. Initially the word 'anthroposophy' caught my attention. In here I am a counselor in a prison program based on a Christian curriculum. I study with people of all traditions and cultures as each helps me deeply understand how to relate to the world and others in a more sensible loving way. *Meredith, Pine Bluff, AR*

I AM LOOKING FOR spiritual strength, growing and knowledge. I would like to know more about the spiritual world and know more about myths and legends. I would like to understand a little about supernatural things that happened to me in the past. *Luis, Westover, MD*

I HOPE TO GAIN knowledge, insight, understanding and peace of mind. I am interested in ancient history, healing, esoteric subjects, the origins of religion, and knowledge of the past. I am grateful for the incredible books offered, and to learn about Rudolf Steiner. The older I get, the more complicated and hard life gets, and then more bad things happen to me, the harder it has gotten to meditate. *Anthony, Bellefonte, PA*

Illuminations

Once enlightenment occurs in our lives we realize how short a time we have to develop and utilize these gifts that are within us. Even though deprived of my physical freedom, my psychological advancement and growth soak up most of my time. Thanks for having opened my mind and to understand that in each of us resides a 'great' person. But only if we want to fight against ignorance, greed, envy, stupidity, pride, selfishness and not become enamored with worldly traits or possession that cloud our minds and numb our senses from reality and greatness! *Felipe, San Diego, CA*

The breadth and depth of the subjects covered in the library book list are what attracts me to this program. Not only are there books on many topics I am unfamiliar with, but also the topics I am familiar with seem to be approached with a unique angle that I haven't seen before. *Eric, Lisbon, OH*

Esoteric knowledge, alchemy and self transformation have become my main focus. Anthroposophy has affected my life by revealing to me the higher planes of existence. It has yielded for me an illuminated mind. Rosicrucianism has been a great study, it inspires me to stay on the path and never go back. I have been contemplating with myself much more. A friend tells me I behave like a monk. *Dnarius, Pickneyville, IL*

The universe is full of such intricate mysteries. We as seekers of the truth, we should aspire to reach new heights and elevate our true selves; our inner 'I Am'. The world will evolve through the power of love. We are meant to become enlightened beings and spiritual followers. Through meditation and self discipline we will attain these heights. I am very confident that through your help I shall become what I am destined to be; a true seeker of the light. *Jose, Lake City, FL*

As my time in prison unfolds I am searching inwardly for purpose, reason, and direction. This has led me to explore various aspects of my belief systems, my own spirituality, and the deep meaning of life. Generally where I fit into the whole of humanity, and the spirit of the cosmos; know thy self. In here people tend to degenerate, regress and give up on themselves, humanity and the future. I have always been a very positive person so I have been using this time to learn and grow, review myself, and my bad habits. I hope to embrace this path of the spirit in man to the spirit in the universe. *Lee, Colorado City, TX*

I am like a plant in the desert, growing slowly, but growing. With art the blessings fall and the blossoms appear. I am so grateful for this Love I had overlooked for so long. It is strange I do not know you, but I have missed your guidance and presence on my travels. You all have a great impact on the spirits you assist. I know I am not the only one holding your kindness in their hearts. Thank you for helping me in the past I can assure you it is with me forever. *David, Lampor, CA*

Eye opening concepts have helped me begin to discover my true self. I am a 'free-spirit, free-thinker' at heart always in search of new knowledge (especially religions and their origins) that will ultimately bring me back to my center and give back to those in search of truth. I have really been trying to sync up with my soul, and its true purpose but still have a lot of work to do. *Jesse, Jackson, MI*

People like me have gone through stages of darkness where ignorance has control of our whole being. Our closed minds refuse to absorb new wisdom because of lack of understanding. Now I am willing to take that risk for discovery. I am learning to take a leap of trust for something that can change my life for the better and stop the suffering I cause myself. For example when we get fed it is typically 3pm so if they don't feed us until 3:30pm being patient for 30 more minutes will not hurt me or make a difference. The meal will be brought to us regardless. For people who get impatient, frustrated and mad they make themselves suffer for no reason. They bring the suffering to themselves mentally believing they are upset. Purifying the mind of negativity takes time and practice. As you

master yourself you conquer the challenges and obstacles that appear in front of you. *Arturo, Perez, Marion, NC*

I'm on my journey to enlightenment. I was first fascinated with astrology and that brought me deeper into the studies. Since I've been introduced to Rosicrucianism, I'm looking to the higher effects of my actions toward others, and the karmic footprint I might be leaving. So I can impress upon my soul the things that are important to the creating force. *Starr, Vinita, OK*

I've been going through a lot of changes. I just got out of the hole once again. I still want to continue with the program. I take notes of my studies and am a well accomplished anthroposophist (compared to what I used to be) thanks to your help and God. Dr Rudolf Steiner, far as I'm concerned, was the latest prophet of our time. Can you please help me continue my journey in here? I have Life without parole, I might never get out. And the words of Dr. Steiner make me not violent. I love you guys with all my body, soul and spirit. *Zachariah, Soledad, CA*

I pray that Yahweh continues to bless this organization, to continue furnishing esoteric knowledge to inquiring open minds across the universe. Because knowledge is power! Thank you for the self help therapeutic book, which was very enlightening. *Mr. Major, Wrightsville, GA*

I send my best vibes for you all to be well, at peace, and surrounded by loving-kindness. I'm content and ready to put one foot in front of the other towards this walk of enlightenment. Thank you once again for the books to read, I look forward to what's next. I am now eating radishes since Rudolf Steiner said they stimulate thinking. Today I ate my first one and I am looking forward to my sleep tonight so I can see what types of dreams I have. Since reading the books, my dreams have been more powerful. *Mario, Ione, CA*

Receiving spiritual and metaphysical literature in order to develop, grow, and apply enhanced knowledge is a way of personal rehabilitation towards my reintegration into society and life. *Jose, Richmond, TX*

Your prison outreach has opened my eyes and soul to a whole new outlook on life. This experience has really helped me grow and evolve into a more peaceful person. I'm turning 54 years old and even though I'm in college, I feel like I'm finally learning something that's gonna help me in the long run. I've been down for 20 years, I see parole in 2022. I feel like I really have something to bring to the table this time around. Thank you for having faith in a dying man, and yes, your outreach helped me become a better person. I finished *How to Know Higher Worlds* and its *Study Guide*. I'm inspired by this book. Rudolf Steiner says.. 'We will not find the inner strength to evolve to a higher level if we do not inwardly develop this profound feeling that there is something higher than ourselves.' This new knowledge of myself is the best high I have ever had, and I don't plan on coming down no time soon, cause this is the new me. *Joseph, Lovelady, TX*

I accept the teaching in the book *How to Know Higher Worlds* by Rudolf Steiner. As our teacher, he guides us into our innermost selves. I'm inspired to re-read the book for a second reading and to actually practice the exercises. *Anthony, Memphis, TN*

Thank you for sending the books *An Outline of Occult Science* and *The Fifth Gospel*. They have been extremely illuminating and provided interesting conversations amongst the few other spiritual practitioners here. We are all in the process of becoming. How truly wonderful it is that you offer such valuable subject matter for inquiring hearts and minds. Things like this can do wonders at dispelling the illusion that one exists in a vacuum here and it's irrelevant. I hope you will continue to bring new life to the souls in this place. It is sorely needed. *Joshua, New Boston, TX*

YOUR DONATIONS WELCOME!

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

Anthroposophical Prison Outreach
1923 Geddes,
Ann Arbor,
MI 48104

All Donations are tax Deductible

SELF AWAKENINGS

EduCareDo Correspondence Course Response Summaries

Lesson 1: Introduction

To understand polarities was new for me. When faced with a problem I have never considered what would be the polar opposite of my dilemma. This concept is an eye opener for me. Concerning knowledge and how knowledge relates to the past, I love to learn but I've never realized that the knowledge I've gathered over the years is dead, a thing of the past. Polarities I will put into practice when faced with a problem. I am going to ask questions concerning the knowledge I've gained, and will strive to keep an open mind to new ideas and possibilities.

Carl, Mansfield, OH

Lesson 2: First Steps in the Light on the Path

This sense-free thinking in meditation was new for me. As I ponder further into this method or observation (the perceptive power of thought) I begin to fathom new realities. I understand the concept of 'responsibility of paternity'. The fact that I have a child is not the only reason for the importance of this knowledge, but knowing that it is critical for any institution of parenthood to convey this very message to society. I can strive to remain in the state of consciousness that impresses upon my memory, the importance of moderating my child's engagement with falsity, ugliness, and evil. But this aim begins with me (the facilitator of truth, beauty, and goodness) and I must rise into a perpetual and consistent involvement with an awareness of truth, beauty, and goodness.

Torrance, Sneads, FL

Lesson 3: Understanding, Caring and Developing the Human Senses

I learned how we see each other in so many different ways and with senses we don't even know we have or notice. How I see myself now was closest to my heart. I will pay more attention to everyday things, how they feel, taste and smell. Experiment, take moments throughout my day to stop and just look around, noticing things I normally would not. I've become more awake to what is. We must become more aware of what and who we are, and how to use this knowledge.

Jeffery, Union Spring, AL

Lesson 4: The Twelve Senses, part 2

When you are a child you can become affected by over use of video games, television, computer games, etc. Overuse of technology harms a child's abilities to use proper concentration. For example during school and listening to teachers. I would truly like to know more about Rudolf Steiner's education of children for when I have children when I'm released from prison. I learned that our lower senses must be 'on point'. This allows our upper cognitive senses to work to their greatest potential. I am dedicated towards working with my upper senses so they are at their best potential. Being conscious of your human twelve senses is serious. The twelve senses truly separate humans from animals. It should be within every human beings life quest to secure the knowledge of what we hold within our hands that the majority of the world



does not realize. This knowledge is esoteric truths that each one of us must seek ourselves, but it's also to be decided by the provider if this knowledge is being given into the correct hands. You must have your lower and middle senses in order. Most importantly what's the huge difference between humans and animals is our cognitive senses. Everyone should study and understand our twelve senses, at least to better know ourselves. *Keith, Michigan City, IN*

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

We are so caught up by materialistic desires we have drifted from the most majestic beauties of our world. Material things have become dominant in the lives of many as we slowly ruin our habitat. As a civilization, we have completely strayed from what is pure and natural and have entered a parallel dimension of materialistic sickness.

Jeremy, Lucasville, OH

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

New for me was the simultaneous effect of the elements and other ever present in all loving organisms as well as the characteristics of light and air. The recognition and identification of how light operates things and how air unites things was important to learn. I guess I just never paid attention to these details and now it is making my perception a little deeper than what I usually had. I can now become a little more observant and attentive to details all around me. *Chimeniem, Childress, TX*

Lesson 18: The Arts, Sixth Exercise, Living Words and Speech

As our earthy thoughts become more materialistic, abstract, and less alive this keeps man in bondage to the materialistic. The more one surrenders to purely abstract thoughts the more one becomes a stranger to art thus a stranger to the spiritual world. I will continue to practice the exercises, and will observe things on a deeper level to achieve equilibrium of the soul. I know that through art we find our way to our origins, but we can take it so much deeper to thinking, feeling, willing. As I go through my days I do catch my mind wandering away. I must practice these exercises more to stay focused. While observing I will feel how the architecture speaks to my soul. I will take all I have learned and embrace it and apply myself to the fullest of my capacity. I'm a part of the 10th hierarchy and even though this is a distant future, my soul is beginning to prepare in a myriad of ways for this distant future. My days must be utilized to the fullest and I know my actions will never go unchecked or unnoticed in the spiritual world.

James, Crawfordville, FL

Lesson 20: Ecological, Social Economy, Part 2

I learned all the ways and programs Rudolf Steiner is doing for the people and the world to understand ecology and social economy. Also the CO2 experiment and demonstration, and its 100% results was new for me to learn. Closest to my heart was realizing the caring of all you people of anthroposophy are doing to bring about a better tomorrow and life. I will be more conscious and aware of things I buy, and ask myself if maybe I could do without it.

James, Hutchinson, KS

Illuminations

cont. from pg 10

I cannot express enough how much of a blessing your organization has been. Everything I have received so far has opened doors I never knew existed. I read each of the last books at least three times. It is my strong desire to contribute in some way. I would want for others to receive the blessings I was so grateful to have gained with your help. Peace, love and light in all that you do.

Jamall, Taylor, Portsmouth, VA

A personal strength and challenge for me is the realization that it's time to act as a catalyst for change for others and myself to awaken. I am an ex-gang member. This was a big challenge. Along with that

I am no longer judgmental. I don't give up. There is truth in all religions. I hope to gain knowledge and peace. *Jason, Tucson, AZ*

I need to be aware of becoming self-absorbed and instead be mindful of the sufferings of others. That is the whole purpose of esoteric studies. It's for the help and betterment of mankind. Having a reverence for all life and devotion to truth and service. Every sound spiritual development and practice begins with moral development. We have to develop ourselves before we understand that this development affects the whole. *James, Carrabelle, FL*

Illuminating Anthroposophy
Anthroposophical Prison Outreach Newsletter

Meditative Verse

*Into cosmic distances I will carry
My feeling heart, so that it grows warm
In the fire of the holy forces' working;*

*Into cosmic thoughts I will weave
My own thinking, so that it grows clear
In the light of eternal life-becoming;*

*Into depths of soul I will sink
Devoted contemplation, so that it grows strong
For the true goals of human activity.*

*In the peace of God I strive thus
Amidst life's battles and cares
To prepare myself for the higher Self;*

*Aspiring to work in joy-filled peace,
Sensing cosmic being in my own being,
I seek to fulfill my human duty;*

*May I live then in anticipation,
Oriented toward my soul's star
Which gives me my place in spirit realms.*

Rudolf Steiner

From the "Address at the Cremation of Lina
Grosheintz-Rohrer," January 10, 1915