

The Inner Life of Poetry

BY YATES HAFNER

Adam was the first poet.

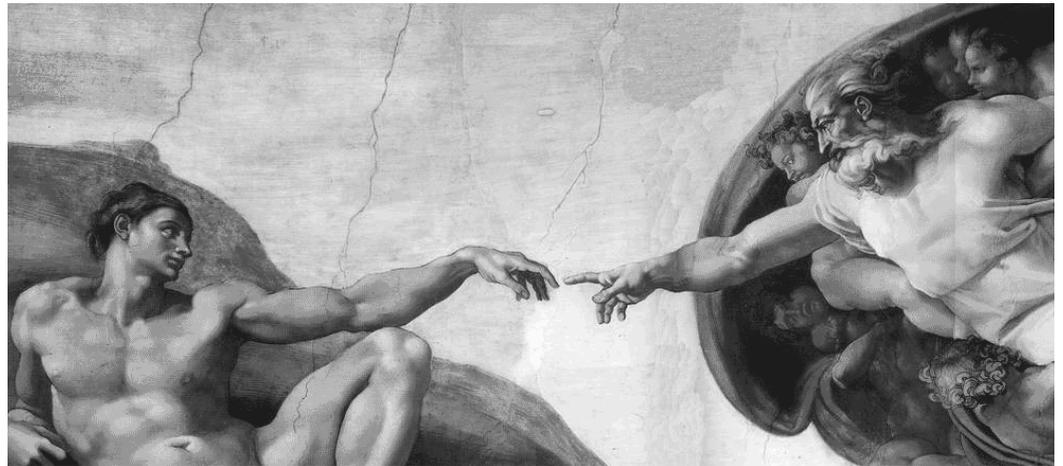
He looked at a thing until it spoke back its name, and that was what he called it (see Gen. 2:19).

Not content with the surfaces of things, the poet keeps on looking and listening until things reveal their secrets, what lurks beneath appearances and forms them from within.

Or rather, the poet is first attracted by some special feature of a thing or experience that reaches out to him and says, "Look here!" Then he can't get his mind off it. So he contemplates that thing until it speaks its own name within.

That sudden moment of discovery is an emotional moment, and the emotion give rise to rhythm, to movement. Hence, a poem is born.

Where does it come from?



Adam the poet does not directly see how the things he is contemplating spring from the mouth of God. But that is what they do. That is how they come to be what they are. God speaks. And what God says comes into existence. Existence is God's language.

All of nature, the entire created world, including you and me, reveals the divine creative Word by which all things are formed in existence through and through.

On December 8, 1881, another poet, made in Adam's image, Gerard Manley Hopkins, wrote: "All things therefore are charged with love, are charged with God and if we know how to touch them, give off sparks and take fire, yield drops and flow, ring and tell of him." (Compare his poem "God's Grandeur.")

This brings us to a profound truth spoken by Rudolf Steiner on November 9, 1919: The true poet, he says, gives us images from the sensory world which, even without the poet fully realizing it, give utterance to what lies beyond the pale of the visible world. In order to be attuned to what authentic poetry makes manifest, these thoughts "must not remain theories but pass over into our feelings. We must feel ourselves members of the whole earth. . . . man has no true reality apart from the earth, nor has the earth without humanity." It is the poet who fuses man and nature together into a vibrant consciousness—as did Adam.

So, when you've got a subject that turns you on, be silent; look and listen to that subject until it speaks to you in the words and rhythms it stirs within you in order to be seen, felt, and understood.

Spring and Fall:

to a young child

*Márgarét, are you grieving
Over Goldengrove unleaving?
Leáves, like the things of man, you
With your fresh thoughts care for,
can you?*

*Áh! ás the heart grows older
It will come to such sights colder
By and by, nor spare a sigh
Though worlds of wanwood
leafmeal lie;
And yet you will weep and
know why.*

*Now no matter, child, the name:
Sórrrows's springs áre the same.
Nor mouth had, no nor mind,
expressed*

*What heart heard of,
ghost guessed:*

*It is the blight man was born for,
It is Margaret you mourn for.*

*Gerard Manley Hopkins
(1844-89)*

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*Poems, Artwork
and Letters Welcome.*

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

In this issue of *Illuminating Anthroposophy*, we focus on how communication makes us feel and our inner response to it. For instance, our first article titled *The Inner Life of Poetry* by Yates Hafner reveals to us how poetry affects us by connecting the inner feelings that arise when words and rhythm evoke meaning. We think his insights will be of interest to all our readers, whether poets or not. For those of you who strive to master the craft of writing poetry, you may wish to read a longer, more technical paper he wrote, entitled *Poetry is a Vocal Art*. We will send it to you upon request. The connection between communication and our feelings is explored in our featured article titled *Listening into Becoming*. The author, John Cunningham, introduces us to the activity of self-empathy as a means to connect our ongoing life experience to where our inner human needs are leading us; our 'human becoming'. In becoming self-aware of our feeling life and its relationship to our universal human needs, each of us is invited to enter into a process of research and self transformation as we seek a living language of the heart. Using poetry, Fred Janney in *Transforming the Heart of the Matter*, brings together in verse - communication, self empathy, and inner feelings. Our third article by Peter Obuchowski, titled *Reading as a Spiritual Activity*, brings forth what we are reminded of what Steiner communicated to us about the opportunities that anthroposophy affords for both our personal development and spiritual world evolution. It is our striving to become aware of the spirit life, that is within each of us and which surrounds all of us, that gives meaning to our communications and to our inner work.

Your perseverance on this path of self-awareness toward spiritual illumination reaches us daily in the many letters we receive. We publish as many of these as possible in the *Illuminations* and *Meditation* section of our newsletter, to share and to know that you are among many who not only study but actively try to tend to our human becoming. In the *Book Reviews* section this time, you will find new book reviews from our updated Library Book list and we look forward to more of these from you. Our *Self Awakenings* section gives an overview of your responses to the EduCareDo Correspondence Course, from students just beginning the course to students who are coming close to finishing the 26 lessons. In *So What's your Experience?*, we publish your response to practicing the exercises from previous issues. We especially welcome these. Of course, poetry, artwork and comments about what you have read are also always welcome. This newsletter is for you, and for you to communicate what each experiences on the path.

Blessings on your inner work, Kathy Serafin

Meditations

BETTER ONE SELF and to know him/her self helps define our character. Knowledge is something important to have. I am interested in understanding this new idea of anthroposophy. I have read and studied several of the exercises in *The Self Development in the Penitentiary*, a useful pamphlet to study! Yes, it is difficult at times to do these exercises, but realizing that they are in fact helping you, helps. Peace and quietness is something I value within myself when doing the exercises. To transform and understand my life in a much better way, helping to understand some unanswered questions. I know that this path can help. *Robert, New Boston, TX*

THANK YOU FOR THE BOOK on meditation. I am still having a rough time with finding the quiet time to meditate. Still, I won't give up. *Tommy, Avenal, CA*

ANTHROPOSOPHY GENERATES A BETTER UNDERSTANDING of what is happening within. My desire is to develop my whole self. Also, I want to mention that my meditative practice is going well. In the morning I'm refreshed before the day begins and in the evening I'm able to relax and get some good rest. No more twisting and turning or waking up suddenly in the night. I have continued on with my backward review exercises. In my third month of these, I have found that I was reliving some very traumatic situations from my childhood. This was really difficult, and for several evenings I would well up and hot tears would stream down my cheeks. I got up to look in the mirror and I could not recognize myself. There was confusion and tremendous anger and a lot of grief involved, but finally that passed. I would sit sometimes and the sense of those experiences would begin to rise again and I would say, okay, that happened, let's proceed. Let's not stay there anymore, let's see if I can remember something before that. Then, I was able to and this was very healing for me. I wasn't sure I could get beyond this - it sort of happened seemingly by itself without pressure. I am so tired of blaming people. I want to grow and be free and develop my spiritual understanding. I know that my life can change by developing inner peace and actual change can happen in my thinking processes. Spiritual practice can lead me to experience full freedom in this life and I can use this freedom to discover ways to live better. *Benjamin, Ione, CA*

MEDITATION GOES ALONG with the creative forces, for in meditation the hidden things can be sensed. I will meditate more and reflect on the organized order of nature. *Juvenal, Avenal, CA*

THE LITTLE GREEN BOOKLET called *Self Development in the Penitentiary* is an eye opener for me. For a beginner, first trying to learn to "slow down" and meditate and control myself, is very helpful. Although I've always "known" something was there, deeper within myself, time and again trying to figure out what it was and failing... I think I'm finding the answer. So I guess I want to say thanks for being there allowing me a chance to find that inner being, for helping me along the path. *Bobby Joe, Beeville, TX*

LISTENING INTO BECOMING

BY JOHN CUNNINGHAM

If other people can make me angry, I am not master of myself—or better stated, I have not yet found my ‘inner ruler.’ In other words, I must develop the inner faculty of allowing impressions of the outer world to reach me only in ways that I have myself chosen. Only if I do this, can I become a student of higher knowledge. Rudolf Steiner, *How to Know Higher Worlds*

I'd like to offer a practice that can provide support in strengthening this 'inner ruler.' This practice comes out of Nonviolent Communication (aka Compassionate Communication), a revolutionary communication paradigm developed by Marshall Rosenberg. As a young boy in Detroit in 1942, Marshall experienced the worst race riots of the war years and out of that experience, he determined to find a way of speaking that would stop the need for violence. He sought to empower the compassionate "inner ruler".

Nonviolent Communication, then, has as its goal the transforming of violence into connection, understanding and compassion. What do we mean by violence? For our purposes, I would like to suggest that there is a kind of violence whenever we are not seen for who we are, whenever we are treated as objects, or whenever we are disconnected from our own life as it surges forth and unfolds through time—what I would call our *human becoming*.

HUMAN BECOMING

Our lives unfold in time and we live in process. Every moment we are coming-to-be. This is our human experience. Whenever we are not seen in this unfolding process, we suffer a violation of our wholeness, our human dignity. For we might even say that to be human is to *become*. In this life-stream of becoming, we find longing, desiring and striving. We experience an inner need for self-development, a kind of calling forth from the future.

In the first of the *Anthroposophical Leading Thoughts* that Rudolf Steiner gave to the members in 1924, he speaks of this inner need as an "elemental need of life":

Anthroposophy is a path of knowledge, to guide the spiritual in the human being to the spiritual in the universe. It arises in man as a need of the heart, of the life of feeling; and it can only be justified inasmuch as it can satisfy this inner need. He alone can acknowledge Anthroposophy who finds in it what he himself in his own inner life feels impelled to seek. Hence only they can be anthroposophists who feel certain questions on the nature of man and the universe as an elemental need of life, just as one feels hunger and thirst.

Those of us who answer to this inner need and seek to understand the writings of Rudolf Steiner are responding to this "need of the heart." That said, whatever path of self-transformation one might follow is also in response to this "elemental need of life," this "need of the heart," for it is a universal human need.

I imagine, therefore, that each of us recognizes this very impulse that urges us *into becoming*. Yet, where do we find the language with which to speak, *not of this becoming, but rather out of being*? How do we clothe it with words? How do we "language" it into view? Would any of us say that we have such a language? I suspect most of us would say no.

Are there consequences? I think so. As we seek to connect, we often find ourselves embedded in a sort of matrix of language that is static, binary (good/bad, normal/abnormal, appropriate/inappropriate) and

locked into judgments of right and wrong. It is a language facile in finding fault and assigning blame, one that analyzes, interprets and explains, and one that all too frequently makes - in Martin Buber's words - 'its' out of you and me.

Given that this matrix of language is common to us, do we have a way out? Can we envision creating a language of life in becoming and, if so, upon what basis might we begin? It must arise from that which is universally human and it must speak to life's longing for life. Is there such a vocabulary?

In being born, each of us is endowed and blessed with universal human needs. Perhaps there we can find a vocabulary, a way to language, and a way to listen into becoming. What needs are common and universal to the human experience?

It is our birthright to be born with a need for meaning, connection, and understanding; with needs to matter, to be heard, to be seen for who we are. We have needs for safety and harmony, for autonomy and choice, for integrity and dignity. We have needs for support, challenge and play. We also have a deep need to serve life and to contribute to the well-being of others. To have these needs is human; to live their surging, weaving life is what we experience in the present moment.

SELF-EMPATHY

What can we do? Each of us can do the research. This is a path of discovery. One way we can do this is through the practice of self-empathy. Self-empathy can be done at any time. Begin by simply noticing when a feeling arises. Our feelings tell us how our life is going. As you become aware of the feeling, ask yourself, "What am I feeling?" Try to identify the *feeling* and not what you are saying to yourself about what is happening. You may have more than one feeling, and this may not at first be easy.

Once we have identified our feelings, listen for the needs that lie at the root of those feelings. Ask yourself, "What am I needing?" Our needs are often elusive and difficult to identify. Seek to find those needs that resonate within, those needs that "land." When you find the needs that are alive for you, stay with them for a moment. They are your life, and they are ever sounding through you.

The more frequently we practice, the more quickly we will develop literacy in this new vocabulary. We will begin to read our life as it speaks to us in the flow of time.

WELLSPRING OF LIFE

In Rudolf Steiner's Psychosophy lectures in *A Psychology of Body, Soul and Spirit*, he speaks of "desire" as a fundamental reality in the soul.

Desire arises in the soul from unknown depths, yes, but what surges in with it? Of what is it the expression? If we would fathom these depths, we must temporarily interpret them in an abstract way as something that corresponds on a higher plane to desire, something proceeding from our own being as will.

cont. on pg 4



Furthermore, he indicates that, "Within the soul life we find on all sides a surging *differentiated will: desire*; therein are seen the various expressions of the soul." Might we call this desire the wellspring of life-streaming human needs? In these same lectures he goes on to characterize feeling as that which "is generated when desire is forced back". Elsewhere, in *The Foundations of Human Experience*, he indicates that "feeling is like blunted will".

Perhaps our feelings actually awaken us to this "blunting" of will-impulses arising within our souls, and that these will-impulses are in fact our "universal human needs". In the practice, then, of self-empathy, we are seeking to self-witness this life arising in the soul in the present moment, and to do this, we seek to identify and read our feelings, and then our needs.

To gain mastery in this practice, one must become familiar with the vocabulary of feelings and needs. Many of us find it useful to have a list of feelings and needs available as we begin this practice, such as the lists below. Practicing self-empathy regularly will help to make this vocabulary our own. Once we gain some literacy and begin to live it in our lives, we may discover that we have greater presence of mind, increased confidence in navigating relationships, and that our "inner ruler" is growing stronger. At the same time we also become aware that these feelings and needs apply equally to all, each in a unique way. To be aware of these in others gives us the opportunity to communicate effectively.

In a future article, I will build on this practice and explore how we can take this awareness and literacy out into our world of relationships. May we grow in the inner freedom that we command.

Transforming the Heart of the Matter

Hate and angry feelings
rise in the soul
In the blink of an eye,
loss of control

You see or experience
vicious results
When anger and rage
rule blood rushing pulse

Then regret and
self recrimination
Or righteous gloat
and justification

Promises will not take you
off the wheel
Self mastery's not something
you can steal

Daily practice balance
thought, will, feeling
Bring soul forces
separation and healing

Calmness comes to check
impulse expression
Finger pointings cease,
tone down the tension

Stop the blaming and
internal chatter
Tend the feelings,
the heart of the matter

Allow feelings to flourish,
ask what they mean
And look back to your
own desires and needs

Write poems,
giving voice for them to speak
Creative expression,
perspective to seek

Fred Janney

This is a partial list of human needs. What would you add?

Fairness	Competence	Integrity
Honesty	Connection	Respect
Justice	Dependability	Support
Order	Encouragement	Acknowledgement
Safety	Harmony	To Be Seen for Who You Are
Trust	Power Within	Appreciation
Accomplishment	Recognition	Clarity
Belonging	To Matter	Self-Development
Shared Reality	Meaning	Ease
Play	Autonomy	Choice
Understanding	Consideration	Peace of Mind
To Be Heard	Love	Peace

This a partial list of feelings. You will primarily use the feeling words under Anger, Fear and Sadness for Self-Empathy. Those feelings under Joy we feel when our needs are met.

JOY/SATISFACTION	Joyful	Impatient	Impatient
Alive	Peaceful	Nervous	Indignant
Amazed	Pleased	Overwhelmed	Infuriated
Amused	Proud	Restless	Irritated
Astonished	Refreshed	Scared	Resentful
Calm	Relaxed	Shocked	Upset
Confident	Relieved	Stressed	SADNESS/GRIEF
Delighted	Satisfied	Worried	Depressed
Determined	Surprised	ANGER/FRUSTRATION	Disappointed
Eager	Thankful	Aggravated	Discouraged
Encouraged	FEAR/ANXIETY	Agitated	Disheartened
Excited	Afraid	Angry	Despairing
Fascinated	Anxious	Annoyed	Helpless
Glad	Apprehensive	Disgusted	Hopeless
Grateful	Concerned	Exasperated	Hurt
Happy	Confused	Frustrated	Lonely
Hopeful	Embarrassed	Furious	Sad

Book Reviews



FREEMASONRY AND RITUAL WORK

Rudolf Steiner's *Freemasonry and Ritual Work* reveals the rites performed when admitted into Freemasonry's first degrees in considerable detail. The 18th degree is the highest discussed here. The information is derived from the Egyptian Rite (also called the Memphis Misrain, or St. John Rite for reasons explained). The ceremony is the same for the York or Scottish Rites with which many people are familiar. Flexibility is shown by Steiner presenting alternate choices in wording. Without deprecating Freemasonry in any manner, Steiner's letters and excerpts from his lecture show he found that Theosophy had made all the information available to everyone, with Anthroposophy going beyond that. Steiner found his students received no benefits from these rituals, but did from other instruction. The underlying symbolism of the rituals is explained with the skill one would expect from Steiner. A superb summary of its cosmology which is derived from the

Rosicrucian's is included. Freemasonry remains an enormous storehouse of esoteric knowledge. This is presented with one bias. He politely notes they form a "spiritual aristocracy" (pages 297, 451) dedicated to having all mankind work for them (p. 251). This is very insightful. The book is highly recommended because it takes the time to explain key beliefs, like Hiram Abiff's resurrection. One who knows nothing about Freemasonry can effectively learn from this. At the same time, even adepts will greatly benefit from Steiner's discussion. As he points out, rituals are often performed as a substitution without appreciating the deeper meaning, since Freemasonry is based on acquiring knowledge and not faith. Steiner's explanations are valuable for Masons as well as the general public. *Richard, Mayo, FL*

THE CYCLE OF THE YEAR

In *The Cycle of the Year* Rudolf Steiner takes up through the changing of the seasons as a breathing process, an inbreathing and out breathing of the soul spiritual forces of the earth. He tells us how this breathing process is related to the Christ-impulse and how this effects us as human beings and how, with the right mood of soul, we can perceive this Christ-Impulse through the course of the year at the related Christian festivals – Christmas, Easter, St. Johns and Michaelmas. He explains how Michael helps us overcome the powers of Ahriman and helps prepare us to receive Christ with the right attitude. He also shares some very interesting insights into how our ancient civilizations perceived the cycle of the year and celebrated the festivals. Being out among nature and the outdoors is one of the freedoms I miss most. *The Cycle of the Year* has given me a new way to observe the changing of the seasons. By creating the right mood of soul, I can become closer to the soul spiritual forces of the earth permeated with the Christ Spirit through the course of the year rather than just watching the time pass me by. If I may sum it up with a quote from Steiner found on page 47: "When it is understood how to think with the course of the year, then forces will intermingle with the thoughts that will let human beings again hold a dialogue with the divine spiritual powers revealing themselves from the stars." *Conley, Palestine, TX*

THE SECRET STREAM

The Secret Stream Christian Rosenkreutz and Rosicrucianism by Rudolf Steiner is personally one of the most important, interesting and revealing APO library books I've ever read! While intellectually challenging at times, this book has greatly enriched my understanding of concepts presented by Steiner and other mystical or alchemical streams or lineages. Christopher Bamford's introduction and afterword make it clear that Steiner's Anthroposophy (his life and work) are within the Rosicrucian lineage and are alchemical in nature. This text was my first introduction to Rosicrucianism and the being or individuality of Christian Rosenkreutz. Needless to say, a lot of new learning has occurred which I am still trying to integrate with my previous understanding of Steiner and anthroposophy, as well as all the other spiritual streams I have studied in the past. Some of the concepts I've encountered before, but which Steiner illuminates in his own way are: the human being as an inverted plant – the root ball corresponds to the head, while the animal is rotated only ninety degrees with its horizontal backbone; the oxygen and carbon (carbon dioxide) cycle through respiration (rhythmic breathing) as a spiritually transformative process, that human beings will one day be able to reproduce at a much higher level of procreation; and the idea that the Holy Grail is related to offspring or reproduction in some way. Just a few of the many new and important ideas Steiner presents in this book, for me are the cross being a symbol for the plant, the animal and the human being. This is a truly amazing Steiner book I read with gratitude, love and reverence! *Charles, Coalinga, CA*

ANCIENT MYTHS AND THE NEW ISIS MYSTERY

The book *Ancient Myths and the New Isis Mystery* explains beautifully the thoughts and teachings of Mr. Steiner. This book comprises one of the most endearing training of ones mind; revealing profound yet totally practical methods to enable a powerful opening of heart-knowledge, the source of all true and perpetual inner peace/contentment. For centuries, people have been in search of liberating methods which would enable them to experience inner peace, inspiration, and serenity for countless people in the ancient world. Now with the dawning of Ancient Myths and the New Isis Mystery, Mr. Steiner has skillfully introduced ancient Egyptian wisdom into our modern lives. All that is needed is to render our head-knowledge into a perpetual experience of heart-knowledge. *Ozzie, Bushnell, FL*

cont. on pg 11

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- SELF-AWAKENINGS -
EduCareDo Correspondence Course Response Summaries

Lesson 3: Understanding, Caring and Developing The Human Senses, part 1

This whole lesson was new to me. I learned about the seven new senses and how they interact with the regular five. The experiments and exercises are easy to do and yet they are extremely enlightening. I can really relate to how we perceive human beings through our thinking senses, which is based on the hearing, word, thought, and the ego senses. In fact, every time I get a new cell mate, my upper senses go into overdrive. I will meditate to come into close consciousness or connection to all of my 12 senses so that I can become one with them. This lesson was very informative. I think everyone should learn about the seven new senses in Elementary School. This would definitely help children's minds evolve, develop and mature more effectively. *Arturo, Beeville, TX*

Lesson 4: Understanding, Caring and Developing the Human Senses, part 2

The upper senses related to Thinking: ego sense, thought sense, word sense, and sense of hearing. The middle senses related to Feeling: warmth sense, sight, taste, smell. The lower senses related to Willing: sense of balance, of movement, of life, of touch. It is important for us on our life path to develop and enable our sense organs, our godly gifts. Regularly repeated actions are good will exercise, for example by carrying out a certain task everyday at around the same time help to develop the will. The cultivation of the Will, Feeling and Thinking senses is part of our activity on the path of enabling our godly gifts towards goodness, beauty and truth to bring morality, joy and meaning to our life. *Sharifi, Atmore, AL*

Lesson 10: The Human Being, the four Temperaments, the four Elements and the four Ethers

What is new to me is that the soul has two aspects; one turns towards the ego, the inner core, while the other turns outwards to the world and how it is connected with the four temperaments that we possess in various degrees. The ego uses the temperament to express itself and that the temperament is between what originates from the line of our heredity and what we bring with us as individuals. *Raymond, Huntsville, TX*

Lesson 11: Elements, Ethers, their Origin and their Evolution on Earth

In explanation of the development of Earth and the Human Being, names must be given so one can have a common point of reference in which to understand things in commonality. In this we find a way to communicate. With that in mind, I will freely summarize Lesson 11. The physical body comes from Old Saturn through the four evolutionary periods, it functions solidly in Earth. The etheric body comes from Old Sun after the evolutionary periods and now functions in water. The astral body, from moon into water through two evolutionary stages now functions in air. The ego, which is going through its first evolution, is on Earth in fire. There is thus a hierarchy in the cosmos that encompasses the many aspects of creation and the workings of the universe. The responsibility of bringing loving freedom into the world is left to humans. *Terry, Greenville, IL*

As I stare out my prison cell window at a sheet of ice, I notice the clouds moving, making way for the sun rays. These rays of heat gradually penetrated the ice which caused the it to start melting. After several hours of this consistent heat and melting, the sheet of ice gasified and ascended toward the clouds that hover above, to form again into the conditions which caused the sheet of ice. *Michael, Westover, MD*

Lesson 13: Experiment with Elements, Ethers & their effects in Nature & in the Human Being

All things have a purpose under the sun and in the ether realms of elements. Since one compliments the other. Like formative colors, or the order of hierarchies, all things have their purpose. We should respect them and learn from them too. *Jack, Walla Walla, WA*

We perceive light through color and we understand nature through our colors. Colors are the result and intention of spirit beings expressing themselves in the phenomena. I will stay in the true light which brings real peace and happiness. Read positive books stay around positive people much as I can. I am more positive and have more peace. *Dana, Smyrna, DL*

Lesson 16: Open-mindedness for New Experience, part 2 of 3

The certainty in our thinking give us good opportunity to observe the world with more objectivity, our strengthened activity for initiatives will support our deeds, while our equanimity helps to inwardly balance the two. By making our experiences of the outer world and thoughts and perceptions of other human beings more alive, our activities towards the world and others become more love filled. Again, experiencing the polarities of our inner and outer worlds will increase our levels of consciousness on our path of self knowledge and world knowledge. *Alfred, Midway, TX*

Lesson 18: Living Words An Introduction to Creative Speech, part 2

With regard to finding balance within different polarities and temperaments, it is always interesting and educating to look within to become aware of the different "soul forces" that influence ones behavior and/or responses through out a day. These are areas in which it is beneficial to develop mindfulness and ones sense of compassion. It is however difficult in prison to truly commit to an exercise as this is a hostile and judgmental environment. With words, it is actually how words are used, put together, which form the difference. As in poetry, for example, it is clearly demonstrated that words can be used to express pain, pleasure, love, hate, and so on. I believe that words, in any language, are a tool of expression in order to demonstrate movement. Even before words, there was the usage of characterization and symbolism. The lack of social relativity is a major contributor to the masses in prison. Only through self-realization and awareness can we overcome apathy or base desire. It's important to understand that we must first know how to forgive ourselves in order to allow for healing and renewal. *Esca, Corcoran, CA*

Lesson 22: Getting in Touch with Astronomy

I really like Steiner's poem on page 12. It draws me to take time to look into and to speak to the stars, and to listen and look and look. I do not know much at all about astronomy, but have wanted to for some time. I want to feel, observe and experience them yet being imprisoned greatly limits this. I am starting with reverence, humility and wonder. I will try to see what I can through my small window and I think I still have some star charts (I have been fascinated for a long time). I intend to try to connect with the daytime stars and planets - they are still there although I cannot see them. Space having a form or entity is intriguing to me. I just reread the poem on page 12, and I will quickly close, the stars are calling me. *Dwayne, Ione, CA*

Riddles untold in the widths of space.
Riddles untold in the rounds of time!
Only the wakened spirit can solve them.
Holding its own,
Beyond the confines of Space, beyond the flow of time.
Rudolf Steiner

As destiny swings my way, I shall reach for the stars,
And listen to what they say
I am sure the wisdom and knowledge found will be profound sound
And guide me to higher days.
I shall let my spirit soar into space, and find a new and an old place.
Where I will know, what there may be to know.
Dwayne, Ione, CA

Art and Poetry

Creed or Christ

No man loves God who hates his kind,
Who tramples on his brothers' heart and soul?
Who seeks to shackle, cloud or fog the mind
By fears of Hell has not perceived our goal.

God-sent are all religions blest;
And Christ, the way, the truth, the life,
To give the heavy-laden rest,
And peace from sorrow, sin and strife.

At his request the Universal Spirit came
To all the churches, not to one alone;
On Pentecostal morn a tongue of flame
Round each apostle as a halo shone.

Since then, as vultures ravenous with greed,
We oft have battled for an empty name,
And sought by dogma, edict, creed,
To send each other to the flame.

Is Christ then twain? Was Cephas, Paul
To save the world, nailed to the tree?
Then why divisions here at all?
Christ's love enfolds both you and me.

His pure sweet love is not confined
By creeds which segregate and raise a wall,
His love enfolds, embraces humankind,
No matter what ourselves or Him we call.

Then why not take him at his word?
Why hold to creeds that tear apart?
But one thing matters, be it heard,
That Brother-love fills every heart.

There's but one thing the world has need to know;
There's but one balm for all our human woe,
There's but one way that leads to Heaven above,
That way is human sympathy and love.

Richard, Palestine, TX

Life,

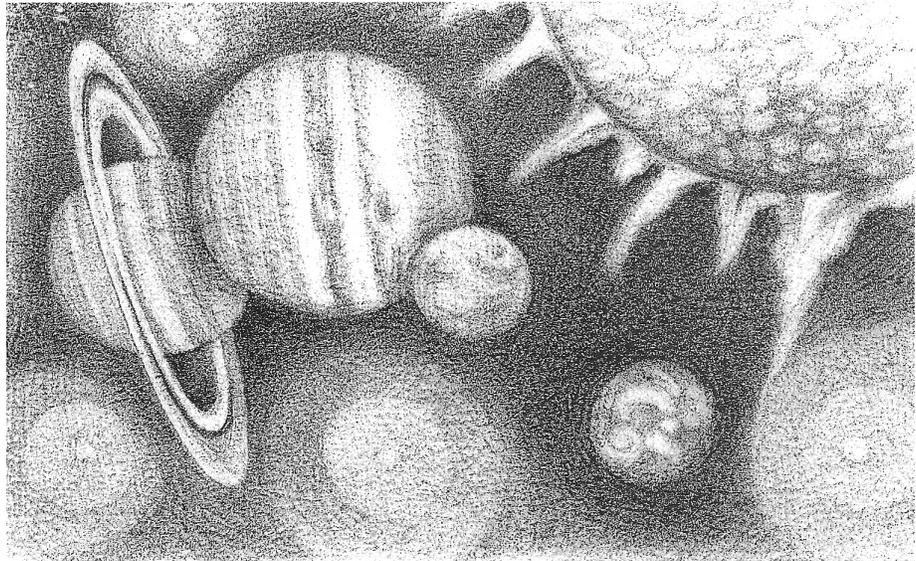
The unifying breeze
Fluttering through realms,
Lifting and dropping
Growing,
Forever in transit
Knowing no bounds

Terry, Greenville, IL

Only In Life Itself Martina

Not many knew me like you did,
With me you danced as a kid.
Later you made us happy when you gave me song,
Always loved me whether right or wrong.
Even now, Even here,
You reach to me, heart sincere.
I bid farewell and showed life's magic,
My crossing over has not been tragic.
How I know you like you know me,
Sound by love eternally.

Steven, Beeville, TX



Mark, Anthony, NM

O Fall Wind

I can feel this wind,
How it tousles my hair,
And brushes across my skin.
Youth does not return,
And I must recall,
Past autumns of younger times.
A touch of warmth,
From a kindly sun,
And a cool, fresh air breeze.

The graceful sweep,
Of those stately trunks
In the midst of which I stood.
In a true way I was,
A part of it all,
Even of the leaves shifting hues.
And for a moment,
For just a moment,
I am once again.

Mitchell, New Boston, TX

Three divine gifts are bestowed on human beings: Upright Walk, Speech and Thinking, God said

That your Heart mediate between your Will and your Thinking.

That you shall always speak the Truth; you shall always create Beauty with your hands.

That you should always will Goodness to everything and everybody.

With these commandments create morality, and you shall have meaning and joy in your life!

Cesar, Texacana, TX

Insuinations

The book *Anthroposophy in Everyday Life* was immensely helpful to me. It is amazing how much of life I hadn't noticed before and how much potential that I can work on developing rather than sitting around in this human kennel. I greatly appreciated being able to partake in the books you offer for self improvement, and I am hoping to put them to practice in my daily routine. *Thomas, Clallan Bay, WA*

I'm really trying to get it together by reading these wonderful books and material you help allow me to have access too. I get so much out of them that it's crazy, I light up inside! I would like to thank you for the opportunity given to broaden and better our minds, allowing us the opportunity to raise ourselves to a higher plane of existence. It means a lot to me, and I'm sure a lot to others as well. I love growing spiritually by and through the library. It helps give me a more sense of being, and to continue to want to carry on. God Bless. *Lowell, Carlisle, IN*

Anthroposophical study is taking me into a deeper and enlightened mind frame. I've come to know myself better just by the two lessons and reading that I have done. I'm sharing my studies with a young friend on the streets, as I've told her about your program. I feel deeply that this study will and can help me bring out who I truly wish to be. I want to know a deeper self and humanity. *William, Daytona Beach FL*

I am no longer a walking mass of contradictions of happiness and sadness, love and hate, body and soul. But balance - It feels pretty good to have an understanding of balance of my inner self. *Carie, Lincoln, IL*

If it were not for a program called GRAD (Gang Renouncement and Disassociation), I would have never met a person named Richard (who is now a close friend), and I would have not been introduced to anthroposophy. When we met, we were being released from Ad Seg. (where I spent 12 ½ years of my life). I had spent many years "searching" for something to fulfill/satisfy my soul. I wandered in and out of several religions but I was never satisfied and could not find anyone to answer the questions I had. Questions we all want to know: why am I here, where do we come from, where are we going and so on. I finally have found in anthroposophy what I had been searching for. In two years, I have read 15 books of Dr. Steiner's, all very compelling and very insightful. A lot of meditations and exercises have been difficult because of the atmosphere I live in (dorms). With a lot of patience and practice these have helped me. After doing 23 years I will be going home in November and I am so grateful to have been introduced to APO. I will definitely take what I have learned with me and continue on the outside a path to self-knowledge, to better myself and the world. *Daniel, Palestine, TX*

I really enjoyed *Opening Our Moral Eye*, it inspired me to write a few verses of poetry and the author gets the props in my book for her unique candid style and everything just flows from the heart via the universal mind when I write; it almost seems as if I am taken over by a spiritual being wanting to make an impression on the world. *Demand, Columbia, SC*

I am grateful to continue my spiritual journey, slowly as it has been for me to grasp at the mysterious insight of wisdom. But, no matter how dark it may be, I know the light shall come to start the new day! Spiritual progress will come to only those who search for truth and knowledge. Spiritual perfection is always seeking us, we just have to listen, and I am ready to listen. Well thank you for helping me find my purpose in *Mi Vida* (spanish for) *My Life*. This work is greatly appreciated. In time I hope and pray to find contentment so I can walk through the open door towards spiritual progress. *Robert, Corcoran, CA*

My thoughts on the book *How to Know Higher Worlds* – I love it! The subject matter was what I needed to hear, in fact I prayed for it for the past few years now. *Higher Worlds* raised my consciousness, stirred up my thoughts and gave me answers and confirmation of my life experiences in the spirit world. *Gary, Austin, TX*

Greetings brothers and sisters. I appreciate your continued support and your unceasing dedication. Receiving your package allowed me to once again regain my composure mentally and spiritually, thank you for not giving up on me. It means more to me than I can express. My light has been gray and gloomy with a side order of sad for so long, it's hard to see where it all started. Lately I have begun to see the light that is my own personal spiritual sun that is slowly rising in the mist of the gloom. Your material has strengthened my resolve to focus more clearly upon this new awakening. I am grateful and sincerely hope my prolonged silence did or does not offend. Be assured, I will now stay in contact to help me progress along my spiritual journey. *Marcus, Reidsville, GA*

I want to learn and develop these ennobling processes; ways to understand and care for others, listen with my heart and see everything with the eyes of my soul. Your program helps us to deal with the challenges in our daily lives and means everything - to apply generosity, honesty and learn from my good opportunities. *Alonso, Leavenworth, KE*

I truly enjoyed the book, *Celtic Christianity*, and found it to be very enlightening. I enjoyed the connections between the natural religion(s) of early civilization and Christianity. The translated prayers that are scattered throughout the book were an added plus! I wish that I had the opportunity to hear them spoken in the native Gaelic. I have ties in Northern Ireland, and many of the prayers will be received by friends and family with joy and appreciation. At this time, the mysteries involved speak to some integral part of me, coaxing the drive to learn more. I feel like I am almost required to do so, as if it is a responsibility of my own that I have foolishly neglected for many years. *April, Pearl, MS*

Thank you for the books, they came on a Friday night at 2:15AM and I was pleasantly surprised. I read them, maybe too quickly, and wrote down notes. I enjoy reading spiritual books but sometimes I wonder if I am just reading them as an intellectual exercise. I am hoping however, that all of it is sinking into my subconscious and sowing seeds of growth. I don't really know much about "mystical experiences" or "reaching higher worlds". I just want to avoid despair, anxiety, and rage etc. in exchange for a peaceful existence. I read about meditation and try various methods but nothing seems to be happening. My mind doesn't want to slowdown. *Andrew, Polkton, NC*

Anthony, I glimpsed some of the inner turmoil you experience. I sent a hand writing and a form drawing exercise to help with calmness and concentration. Let me know if they help through daily practice. *Fred Janney*

They say there is no light at the end of the tunnel for me to go to mainline, but my whole being is filled with light. I contemplate on this all day and lately it seems to really brighten my spirits with my positive attitude constantly finding the positive in everything. It uplifts my whole day, it seems everything is new and fresh. At first I thought it would be hard or I'd have to go out of my way, but now I look forward to correcting my thoughts, it makes me feel great. *Dalton, Ontario, OR*

Illuminations

So far everything I have studied and read has allowed me to see more clearly through practicing an inner peace. Sometimes, I catch myself crying after I meditate, but I don't feel sad or anything in the emotional state. But I do feel alive again and when I awake from my restful state, everything around me is completely different. I look at other human beings without judging the way they treat each other. I mean I am locked up, but us inmates should treat each other equally without going into violence. The main thing I learned is, not to allow the next human being to get me upset. The only person who can get you upset is yourself. *Dionell, Greensburg, PA*

Ever since I read Steiner's book and the APO Newsletter I have wanted to delve deeper into anthroposophy. I hope to better understand myself and my emotions. Answers to questions that have puzzled me: Why I have so much anger and bitterness, etc. I have a tendency toward un-forgiveness, as well as a lot of anger. This study seems to offer a way of dealing with life's circumstances, how to cope and how to grapple successfully with our tasks. I will honestly and sincerely dedicate myself to study and spiritual growth by performing the necessary exercises and meditations. *Robert, Clio, AL*

Since joining and embracing the uplifting positive messages that lay inside these jewels (books), my life has become more grounded and peaceful. *Theosophy* is one book that body, soul, and spirit are thrust upon one so that there can be no more blindness in ones journey upon the path of knowledge. *Jeffery, Menard, IL*

I would like to thank you for giving people who are incarcerated an opportunity to receive books from your library and the opportunity to express how we feel. I learned about your program from another inmate, we are both on 23-1 lockdown, so these types of programs, I believe help inmates learn about oneself. *Wakee, Waynesburg, PA*

Brothers and Sisters I thank you for your attention to me, a prisoner. This has helped my consciousness resound within me to reveal itself. I have come to sustain a more open heart because of the studies of the two books that I have from you, along with the other pamphlets and letters that you have sent me. I have explored my short comings, which has brought about the positive change in my life. *John, Bellfonte, PA*

I greatly appreciated the literature. Both books were written great using a terminology that was easier to comprehend than a lot of others. They helped me to reconsider the practical aspects of my inner development. I

especially liked when *Start Now* spoke of the "Guardian of the Threshold". It aided me tremendously. Thanks again, I'm looking forward to studying and learning more. *Adam, Cross City, FL*

I anticipate a long relationship, in which the information gained and the practices, will both be incorporated into my day, striving to better myself, as well as helping others. Many of the things I read are not so hard to understand if one is simply willing to apply them to daily life, and not just read about them. I can't begin to tell you how illuminating and soul touching the books I have read, are for me. The truths contained in your library are helping me understand many experiences that I have not been able to put into words. I want to pursue this path with the divine spark to guide me. Thank you for being such a reliable source for seekers of many denominations or for that matter no denomination. *Edward, LaBelle, PA*

Of the books I've read from APO, the most influential so far were, *How to Know Higher Worlds* and *An Outline of Esoteric Science*. The explanations of how everything came to be, makes more sense (by far) than anything I've read in the past. The Rose Cross Meditation is a very good way to introduce the meditation. Also, the explanation of the different bodies and their connections has helped me to understand much of what I've learned through other practices. Increasing the value and my abilities to use these practices, I am now able to learn and understand ways of helping myself and others through a connection with the spirit realms that all have access to. This connection helped with guidance in my exercise routines, healing exercises and basic knowledge in handling problems. *Worden, Seward, AK*

I am very excited about the study course in anthroposophy. Naturally, I want to know everything right now and I catch myself looking for answers that will fix me up. I now have a real job outside the prison. I work in a huge greenhouse in which we grow tomatoes. We have 20 acres under glass and rows and rows of tomato plants in which I get a lot of quiet time alone to meditate sort of, it's very good for me to get away from here 12 hours a day. I started doing the control of thought exercises on the hour long bus ride to work everyday. This simple exercise has helped me already since my thoughts in the past have been vain wonderings and self pity. I still have work to do on the control of will exercises but I have great faith in these methods. I am deeply grateful to you good people. *Sean, St, Johns, AZ*

- So What's Your Experience? -

The Hallelujah Exercise

Concerning the Hallelujah exercise in the last issue of *Illuminating Anthroposophy*, I must admit I was surprised. I had a theoretical understanding of Eurythmy, but I had never actually tried to physically apply the movements. After reading about the Hallelujah exercise I thought I would give it a shot. The intuitive connection with the movements was immediate. I could actually feel the power of the sounds in my bodily motion. This is a very strange thing to try to convey in words. We know that when sand is sprinkled on a brass disc, such as a musical cymbal (from a drum set), and then a violin bow is pulled across the edge of the disc, the vibrations shift the sand into geometrical shapes and patterns. Different angles of the bow produce different shapes, somewhat like the toy we used to look through as a child called a "kaleidoscope". In the same way all around is vibration, including our speech. When we speak we create astral "vibrations", so to speak, which in turn create astral shapes, or patterns. Eurythmy makes these shapes clear to the physical eye through bodily movement. *Richard, Palestine, TX*

The Eurythmy HALLEUJAH gives me a feeling of liberation, as if I am freed from all entanglements of the day. *Rodney, Railford, FL*

A Response from the Author

When I was asked to write an article about Eurythmy I myself had not thought it possible to give exercise or indications of sounds with only a written text. Eurythmy is movement. It lives in the etheric. How can our earthly words do justice to such a mighty task? But as I have been thinking about it for a while it was clearer to me that in our time we have to go beyond what we sometimes think is possible. How would we ever know unless we try? The newsletters go out into the world and end up in different people's hands. How are the articles received? Are they understandable? I am truly grateful for the courage of the prisoners who have actually tried it. I mean it. It takes courage and it takes trust. I would like to extend my heartfelt appreciation and gratitude, especially to those of you who took the time to write a comment. *Ruth Tschannon*

Reading as a Spiritual Activity

BY PETER OBUCHOWSKI



Few would argue with the notion that reading in general is valuable for expanding the mind, nurturing self-knowledge and, overall, bestowing numerous other benefits. Life obviously is made richer when the life of the mind is actively engaged with science, philosophy, history, and literature—in short, all that we call human knowledge. Reading anthroposophy shares in this basic value but additionally affords expanded possibilities. Even at this level the reader finds a festival of knowledge that can be termed esoteric that is generally absent from the more traditional paths open to the contemporary audience. All of this, however, is not the primary focus of this article. Here I wish to explore the value of reading anthroposophy that includes but also moves beyond the conventional advantages that attend the accumulation of knowledge

in general. This added dimension addresses the value derived from the literal sense of “reading” (that is, the act of reading itself).

Reading anthroposophy represents a first and “best” step for a person of today who wishes to pursue spiritual development. Other times and other cultures had their modes and methods (for example, yoga, initiation rites conducted in the Mystery Centers, and so forth)—paths that are no longer appropriate for the human being now. Just the physical act of reading a lecture or a book by Rudolf Steiner involves the reader in an activity that strengthens the spiritual dimensions of his or her being, enabling a person to pursue in full consciousness his spiritual destiny. Steiner has indicated that his books were written in such a manner that the reading of them, aside from their content and even if it is done without full comprehension, can bestow spiritual benefit. This is not, of course, an invitation to read them passively; but it is certainly comforting to know this when one encounters some of the more difficult passages in his texts.

Another benefit from reading relates to our life after death. The student of Steiner knows that after death we enter the Moon Sphere (kamaloka), a condition wherein we undergo a purification to make it possible to proceed farther into the various spheres of the spiritual world. This process is rendered most meaningful if some preparation is made while the human being is on the earth. For example, the painful reality of kamaloka is made more tolerable than it might otherwise be by one’s knowing about it and particularly, while we are there, that it will eventually end. Greater suffering, in other words, accrues from one’s ignorance: for example, we think that the period will never end. If this knowledge is not known beforehand it is too late once we have passed the threshold at our death. Steiner has pointed out that unless we learn certain things on the earth we will not be able to remember them in our existence after death and will have to wait until a subsequent incarnation to learn them. He explains that we cannot have a memory of something we never knew.

Knowledge of the spiritual world that we enter after death is further valuable for our continued progression after kamaloka. Once we leave the Moon Sphere we progress into the spiritual world to the other spheres of Mercury, Venus, Sun, Mars, Jupiter, Saturn and then on to the sphere of what Steiner terms the sphere of the Fixed Stars and then return to the earth to our birth in reverse order. The entire process involves our preparation for reincarnation, and each sphere contributes to that preparation (our karma). The important point here is that the more awake that we can remain in each of these spheres will to a large extent influence our next life, and our ability to remain conscious for a longer period of time in each of them will determine the nature of that life. When we encounter a person in this life who possesses a highly developed talent or evinces a great range of gifts, we are most likely in the presence of an individual who was able not only to remain conscious in the various spheres but to do so for a longer duration. Reading anthroposophy, needless to say, aids us in achieving this ability.

A final benefit requires an additional initiative on our part. Here I refer to the consideration of reading to the dead. This activity has value for both deceased and reader. To do this Steiner recommends that before we start reading (it does not have to be out loud) we form a picture in our mind’s eye of someone who was in our life, preferably someone close to us and, best, at a time when the person was last alive. (If a person died at sixty, don’t visualize him or her at thirty.) Before reading, say to yourself: “I wish to read this for the individuality who was _____ in his/her last incarnation.” You can of course include as many people as you wish. Simply repeat the formula for each added individual. Read slowly; do not skim. The person or persons to whom you read will not get the “ideas” that the text deals with but will transform your reading into a “language” that they can understand. They will receive through this activity spiritual impulses that will aid them in coping with their circumstances in the spiritual world, especially in kamaloka. The dead can experience, say, anguish and reading anthroposophy to them can be of great importance to their well-being and progress.

This activity also brings significant benefits to the reader. The dead receive what is sent and return to us spiritual forces which aid us in our life on earth. This reciprocal situation, doubtless, bears some further value for untangling karmic threads and thereby preparing our futures with them in our next lives together. Steiner has written extensively on this subject. If you would care to pursue it you might try *Staying Connected: How to Continue Your Relationships with Those Who Have Died*. Steiner succinctly captures this symbiotic relationship between the living and dead in a meditation that by itself can be used as a means of communication with the dead:

Verse for the Dead

*Feel how our loving gaze
Is lifted to the heights
That have called you away for other tasks.
Offer friends left behind
Your strength from out of spiritual lands.
Hear the plea of our souls
Sent after you in trust:
We here need for our earthly work
Strong power from spirit lands,
For which we thank departed friends.*

For the reading of another meditation, Steiner provides some specific directions. He suggests that the reader compose himself or herself inwardly three times a day, one of which should be immediately before going to sleep at night. In this way, one would take the thoughts of the meditation with him or her into the spiritual world as one falls asleep:

*May my love be the sheaths Interwoven with sacrifice!
That now surround you Life, borne by love,
Cooling all warmth, Light-endowed, upward.
Warming all coldness -*

Steiner takes care to point out that physical “warmth” and “coldness” are not what is meant, but something like “warmth of feeling” and “coldness of feeling.” I should add that this activity has nothing in common with the low curiosity associated with mediumship or a desire to contact loved ones in the spiritual world for personal selfish reasons. The proper soul mood should be one of love with our motive firmly grounded in a desire to reach the souls out there who might be lost or in need of our help.

Without question, reading Spiritual Science opens to us a wealth of esoteric knowledge that is seldom encountered along the conventional paths of contemporary education and that has doubtless been a necessary step for many of us to come to anthroposophy in the first place. This article has sought to suggest, however, that this kind of reading ultimately is perhaps its least value. Once we have become aware of the additional uses to which reading can be put, we can become active, conscious participants at a new, deeper level simultaneously in our own personal spiritual development and that of all humanity, contributing significantly to the progress of both.

Book Reviews cont. from pg. 5

PATHS OF THE CHRISTIAN MYSTERIES from Compostela to the New World,

History comes in cycles of time, in rhythms, and if we do not acquire some understanding of the past, it will be impossible to explain the present or anticipate the future. Along the pilgrim path to Santiago de Compostela, the experience was the path the person took, step by step, from the sensory world up to the threshold of the spiritual world. Anthroposophy is a path of knowledge that seeks to lead the spiritual in the human being to the spiritual in the universe. In the same way, the Camino, the route, once led the human being from inner personal existence, to the great ocean, to the world of fixed stars, to the spiritual in the universe. Authors Sease and Brabant poignantly and concisely detail the paths of the Christian mysteries with lecture headings such as: *The Cosmic Origin of the Grail Mysteries, The Mystery of Golgotha and the Founding of the School of Athens, The Establishment of the Grail Initiation in Northern Spain, The World Mission of the Templar's as Emisaries of the Holy Grail, The Three Initiations of Christian Rosenkreutz*, to name a few. Brabant and Sease have done a magnificent job in relaying the subject content comprehensively. Don't miss out on this enlightening experience. Find the time to read this book, to absorb, to digest the paths of the Christian mysteries, as it is a tremendously informative labor of love. Get on course and travel the path of self-knowledge, of overcoming the self, of purification; this is the path of schooling. Initiation is not just some ceremonial deed, but the outcome of years, or even decades, of schooling during which one overcomes infinitude of urges, passions, vices, and so forth. This is the ancient secret of the Rosicrucian's: “if the earth does not become spiritualized, the ego will not be able to develop into what it should be. This is the attitude of the Rosicrucian's to seek not a withdrawal from the physical world, but a spiritualization of the physical world.” *Troas, Delano, CA*



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Meditative Verse

Evening:

*In the Beginning was the Word
And the Word was with God
And a God was the Word,
And the Word,
May it dwell in thy heart,
In the heart of thy being,-
In thine I,*

Morning:

*In thine I,
In the heart of thy being
There live the Word,
The Spirit-Word,
And the Word was with God
And a God was the Word.
In the Beginning was the Word.*

Rudolf Steiner