

Thinking, Feeling, Willing

BY EDWARD REAUGH SMITH

Rudolf Steiner tells us that all human activity falls within the threesome of thinking, feeling and willing. Some activity constitutes only one of these, while much comprises more than one. Some thinking can occur without involving the other two aspects, similarly so in the realm of feeling. But only the involuntary part of us, such as the beating of our heart, involves willing without some feeling or thinking also being involved. Most of the time when we lift our arm it is because of a thought or a feeling. We might, for instance, want to use a pencil so we reach for one. Clearly this involves both the thought and the action (willing). But if we slip on ice, our sensation of falling brings instinctive reaction. We might think that this is willing brought on by feeling rather than thinking. Actually it is activity brought on involuntarily by that part of our threefold system that also governs thinking—the sense body. Perhaps, on occasion, we may be melancholy. This is simply feeling, often inexplicable, but very real. If a given person approaches us, we may have feelings of sympathy or antipathy. These are feelings. And it may happen that we have never encountered this person before in this lifetime. Such feelings are normally because of a prior karmic relationship. What existed in an earlier life rises up in those feelings. While the feelings do not involve thought or willing in this lifetime, the karma that gave rise to them almost certainly involved some type of willing by or between the parties in a prior life.



Classic depiction of ancient Greek Charioteer representing Thinking, Feeling, Willing

Normally, it is the willing part that is most productive of karma, because deeds are carried out through willing. We might have thoughts or feelings in relation to another person, but karma is normally generated between two persons when one or both of them performed a prior deed as a result of those thoughts or feelings. Sympathetic feelings toward another result from loving or generous activity by one toward the other, while antipathetic feelings would result from unkind or evil action.

It is well to recognize that these three modes of human action are related to the three bodies that compose the human, namely, the astral (sense), etheric (life) and physical (mineral). The home of the astral body is the nervous system that governs thinking and sense perception as well as passions and desires. The home of our feeling is the circulatory system (heart/lungs), and the home of the willing is the metabolic/limb system.

There are four earthly kingdoms. They are mineral, plant, animal and human. Some scientists think of the human being as the higher part of the animal kingdom. This is unfortunate because there is at least as much difference between the human and animal kingdoms as between any two of the lower three kingdoms. The human being also has self-consciousness, or what anthroposophy calls the Ego. It is the “I Am.” (Jungian psychology uses the term ego a bit differently.) The mineral kingdom has only a physical body. The plant kingdom has both a physical and a life body. The animal kingdom has all three bodies. But even though the animal has an astral (sense) body it does not think. What appears to be thinking by an animal is really an application of remembered feeling. Actually, the Ego is involved in all three areas of human activity, thinking, feeling and willing.

cont. on pg 11

*In thy Thinking
World-wide Thoughts are living,
In thy Feeling
World-All Forces weaving,
In thy Willing
World-Beings working.
Lose thyself in World-wide Thoughts,
Feel thyself through World-All Forces,
Create thyself from Beings of Will.
Yet tarry not in Worlds afar
In dreamy play of thought,
Begin in the vast reaches of the Spirit,
And end in thine own Being's depths,
There wilt thou find
Eternal aims of Gods,
Knowing thyself in thee.*

Rudolf Steiner

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*Poems, Artwork
and Letters Welcome.*

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

We each have the ability to look both outwards and inwards. When we look outward we can find the world of nature and ourselves as part of that world. When we look inward we find ourselves in our own thinking, feeling, and willing world. In this issue, we will look at both of these aspects.

Rudolf Steiner writes: "Thinking has the same significance in relation to ideas as the eye has for light, and the ear for sounds; it is the organ of perception." Eduard Reaugh Smith, in our first article called Thinking, Feeling, Willing, takes up this inner experience and explores these powers as opportunities to affect karma. Growing is in the essence of nature, so also growing spiritually is the object of life and our birthright. Our featured article by James Hindes, titled Why Me? Everyman's Question, reviews the concept of karma from the point of our outer experience, but also shows that the effects of karma can be mitigated by introducing the concepts of forgiveness and Grace. Our third article called Drawing toward Mastery by Marietta Yeager, shows us how to bring the concepts of thinking, feeling, and willing closer and more directly into our awareness through form drawing. We hope you will try these exercises and let us know your experience with them!

You may notice in this issue, and the previous one, that Book Reviews are being written of new book titles, now included on the APO Library Book List. We are grateful for your written reviews and will continue to publish them. Also, in the book list, you will find a section called Basic Books. Steiner's basic books give a beginning foundation to the understanding of anthroposophy, which is helpful with all further reading. An example is How to Know Higher Worlds; this book is primarily concerned with individual development in the course of a single lifetime. Another important book, Theosophy extends this to the shaping of human inter-relationships from lifetime to lifetime. Yet another, An Outline of Esoteric Science gives a clear description of the whole of human and world evolution. We hope you get a chance to read all three!

The awakening of each person to his own true being and in this way also to the spiritual foundation of all existence, is found in anthroposophy as we tread the guided path of inner and outer development.

Blessings on your inner work, Kathy Serafin

~ SELF-AWAKENINGS ~

EduCareDo Correspondence Course Response Summaries

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

We're programmed through technology and this sidetracks us from being spiritual beings in our natural state. I enjoyed the lesson thoroughly because it brought the simple basic explanations out. It brought a sense of awareness and meaning, which was new to me. I can practice more simply with knowing the effects for each sense so they can be well rounded. What made me happy is I'm already doing some of them with the 6 month little course you gave us. Other senses I can apply, especially exercises for my lower senses so I can have a stronger foundation. We practiced the clock watching technique. It helps me progress a lot in my other practices like meditation and yoga. I want to be more aware of my senses to bring them into better balance. *Dalton, Ontario, OR*

Lesson 6: The Threefold Human Constitution and Control of Thinking

All living organisms manifest a trinity, I have always believed that we share common links to all living organisms, that everything with a life force is in some way universal. Your 3 fold constitution is another way to see this link. Linking the trinity to the different poles of the delicate balance of nature is further evidence to reinforce the important keys to enlightenment; achieving "balance" (or, what I have always called the "happy medium"). The 3 exercises on page 6 and 7 help me to concentrate and center on a specific task, which is important in achieving enlightenment for me, and I look forward to working on all basic exercises. *Robert, Cumberland, MD*

What was new to me in this lesson was that the upper senses are least alive, and the lower senses are most alive. That plant life is the inverse of human life, the upper and lower is switched around. I plan to use control of thinking exercises to direct my thinking to things in order of priority. I believe the threefold constitution is a very powerful philosophy. I found Lesson 6 to be very interesting. Thinking control is something I hold in high regard. *Richard, Frackville, PA*

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

I really enjoy these lessons, so I take my time with them. New to me was the development of the upper senses, especially the thought and ego. The ability to use perception and thinking to combine the outside world and my thoughts. I found opportunity to use these lessons to improve my interaction with other people. To perceive the individual of another person without judgment. I will try to listen to others, putting my own ideas aside until I have listened carefully to the other person. This way I may perceive what they are trying to say and accept their own ego sense and understand that change is a continual process. Use of polar opposites to make more conscious decisions when problem solving. Not good and bad, just different. In this place where I live, I have found a few who find these things interesting and we try to not judge people. I look forward to using all my senses to contribute to a life of spirituality with culture and understanding. *Sean, St Johns, AZ*

Our rhythmic system relating the earth, sun and cosmos and how the cosmic or platonic year correlates to the amount of breaths the human body inhales (and exhales) during a day. The relationship we all have to the universe and the cosmos. I think I will contemplate the outlined exercise. I'm usually a keep it simple person – but some of this material certainly opens the eyes to a grander scale of life. *Jerry, Delano, CA* *cont. on pg. 7*

WHY ME? EVERYMAN'S QUESTION

BY JAMES H. HINDES

At one time or another we all feel, "why me?" What have I done to deserve this? It seems injustice comes to visit everyone sooner or later. As small children we may have felt that older brothers or sisters had an unfair advantage over us. Or in the work place our boss may have given others the easier jobs, promoted them sooner and paid them more than us for the same work.

We may even ask the question, "How could I possibly deserve this?" It is as if we expect some invisible law of cause and effect to govern what happens to us.

Deep down we feel that life really ought to be fair. And why not? In the physical universe every action has consequences. Cause and effect determine the consequences of every act. If I drop a brick it will always fall and if my foot is directly below the brick it will hurt. Of course there are times when the cause is not obvious. Perhaps my television suddenly turns off. Maybe its broken. But wait, all the lights in the room have also gone out. Maybe it is a fuse or circuit breaker? But wait, the other houses on the street are also dark. Maybe a telephone pole or a transformer down at the end of the block was damaged. With each step we look for the cause. Our experience in the physical world gives us faith that, even if we can't see them, there are always reasons for what happens.

Maybe it is the same way in life. Perhaps we simply can't see far enough to know the cause of any particular injustice. If this is true, then it would account for our feeling that life ought to be fair, that any event in our lives ought to be a proportional response to something we ourselves have done in the past. But it seems that we don't remember what we have done. We can't see that far into the past.

How far would we have to look? Into past lives. Various religions and spiritual teachers, including Rudolf Steiner, have been saying this for thousands of years. We have all lived other lives on earth in ages past, when conditions on the earth were very different. This idea of reincarnation could account for all the apparent unfairness in the world. Of course, what happens *in this life* may still be terribly unfair, but when seen in a much longer perspective we find the reasons.

If I smash my fist into a concrete wall it will injure my hand and my hand will need time to heal. Suppose I rob a man; then I owe him something and it will take time before my relationship with the man heals; especially if I am so filled with myself that I don't even realize that I have injured him. At the latest I will see that I owe the man after my death. This is where the court of ultimate justice is found. In the first years immediately after death we experience everything we have ever caused another human being to feel. Our kind words and good deeds come back to us as a blessing, a strengthening. Our angry, hurtful and selfish words and deeds come back to us as exactly the same kind of pain we have caused others. We live in a spiritual world of light between death and a new life time. In that world we see the consequences of our deeds and resolve to do something for the person we have hurt to balance out the injury. We carry that resolve within us into our next life. But we may also carry a desire for "payback" to those who have injured us in past lives. Karma is an ancient word to describe the cosmic, all encompassing balancing of accounts between all human beings. In one life time our experience may be unfair, unjust and not right, but in a larger context balance is achieved.

If someone does an injustice to me perhaps I "have it coming," perhaps

not. Maybe it represents a first wounding that puts that person in "karmic" debt to me. In either case, through my resentment I can easily become "chained" to that person. We see here the possibility for a cycle of unending revenge, a circle of pain that will never end. In order to not become chained I must somehow not be wounded. How is that possible? Only by love. I must see the offender as a human being much like myself who is doing the best he can with the burdens he has to live with. Perhaps his woman has left him; maybe his boss disrespected him in front of others. Who knows what kind of pain he lives with. Only our imagination and heart forces can help us to love people who are not lovable.

This is where the philosophy of Rudolf Steiner comes together with the deepest truths of Christianity. There is judgment after death. But the Father God judges only in the same sense that gravity judges our physical behavior on earth. Every deed must have consequences. But another part of God, the Son God judges no one. According to Rudolf Steiner, this God, Christ Jesus, came to earth and lived as one of us. He knows injustice and pain, even human death. He knows, as only a God and man can know, what payback, especially unjust payback, means. He knows human weakness leads to "poor choices" and evil deeds, yet he sees through and loves the sinner. This divine love, like a spiritual wind or force can flow into us when we try to love others (especially the unlovable), strengthening us to forgive and to stop the chain of suffering. All the hatred and soul-venom that came to meet Him (you can read about it in the New Testament) stopped with Him. He absorbed the pain and



used it to complete His task. This is a kind of ideal for us limited human beings: to let unfairness and pain stop with us. If we can think, "whatever happens to me belongs to me," then, with Christ's help, we have the power to absorb the blows of destiny and grow from them.

But we must also not confuse love with enabling others to do evil. Maybe the loving thing to do is to confront another with the injustice of his deed. If this is done calmly, and not in angry retaliation, then the other person may hear our words.

The answer to the question, "why me?" is this: First of all, maybe I deserve this, maybe I owe this person something. Or perhaps he has been sent to cause me some pain that I may learn a lesson. But the highest reason is this: maybe, in the judgment of the angels, I am the unique individual best suited to teach the other person something through the way I respond. If I respond *without* anger, accepting my destiny and respecting that the other person also has burdens, with a simple statement of the facts as I see them and without threat, without fear, that is, with love and care for the other person's dignity, then he will find it easier to hear me and do the right thing. And help is available. Christ is always in the room with us, waiting to share His love with us. The question, "why should He love *me*?" can arise here too. The answer is because what He sees in us, deep within us is unique, noble and lovable. Although, like everyone else, we are just human and struggling to find our way, he sees the divine spark of goodness at the heart of every one of us.

Illuminations

In the book *Meditation: Transforming our lives for the encounter with Christ*, I particularly enjoyed the chapter entitled "Meditation on Personal Biography". For me, it was a sobering reminder, how "others" are involved in the process of transformation (of awakening of our inner selves, I AM) when we move away from small ego consciousness onto our spiritual path. This is an empowering reminder as I try to reassert myself on my spiritual path. I am working to achieve balance and a focused, clear perspective and soul growth in this classroom called earth. *Christopher Paul, Huntsville, TX*

I want to express my sincere appreciation for this program. I truly enjoy participating in this study. The spiritual teachings of anthroposophy have totally enlightened me to a new way of thinking, a new way of "being" and a new way of living. After studying the books, I'm learning the difference between being religious and being "spiritual". For many years I've been practicing a "religion" but missing out on being "spiritual". The Anthroposophical Society has helped me to achieve spirituality, I truly feel grateful. Thank you! *Carlos, Huntingdon, PA*

I really enjoyed the book *Study of Man*, the fourteen lectures were each short enough to chew on mentally without confusion. Lecture eight was very unique and fascinating to me. The inner wisdom I get from these books quenches my thirst for knowledge in this prison isolation cell. *The Study of Man* was special because it connected the very ancient past with the future to come. *Jerry, Taylorville, NC*

I've read a lot of books in metaphysics and theology and never has anyone been able to explain the nature of the spiritual world as Rudolf Steiner does. He was truly the best kept secret of the 20th century and has completely blown me away, I'll forever be an anthroposophy student. *Frederick, McRae, GA*

I received some great insight and quite a few answers to my questions. I realized that this world was becoming desensitized but never thought about the spirit behind it all. By understanding what my part is in all of this, I have come to recognize my need to evolve and try to help others (the next generation) to do the same. I heard about your program from a friend who first introduced me to some of the teachings of anthroposophy. I know I have much to learn and am really looking forward to studying together with him. *Raul, Ft. Stockton, TX*

I have been looking more at my actions and thoughts as others do or say things that "bother" me and am continuing to see this as my karma. I am slowly coming to the realization that my actions and reactions to this are the way to "release" the karma or ground myself further into it, depending on my response. *Worden, Seward, AK*

How to Know Higher Worlds and *Intuitive Thinking as a Spiritual Path* both have left a lasting impression. All of Mr. Steiner's books speak to something inside me that explodes with joy like that of hearing from a long lost friend. And they leave me with a renewed sense of purpose and hope. Thank you for the opportunity. *Allen, San Diego, TX*

The books *How to Know Higher Worlds* and *World History and the Mystery in the Light of Anthroposophy* were very enlightening and most insightful. I found that the author presented such complex truths so succinctly, and in a manner easily understood. Rudolf Steiner books are definitely light in this darkness and I look very much forward to reading other books and material and being part of the anthroposophical community, thank you very much. *DeVoil, Brunswick, NC*

Genesis, Secrets of Creation by Rudolf Steiner is the key if you want to understand Genesis and those primordial words: "Bereshit Bara Elohim". If you have not read this book by Mr. Steiner, Genesis will remain a closed subject. I am illuminated by *Illuminating Anthroposophy*. This newsletter gave me something to work with, like perception exercises and the *Circle Point Meditation* by Eileen Bristol. It is very easy to incorporate in my daily life in prison. Thanks for offering me (and others that read the newsletter) this gift. *Ekene, Lancaster, CA*

Greetings, Shalom-Amig (Peace Profound) I wish that I was able to verbalize how much you all are appreciated. Not only do you provide a means for us to find our true selves, but you also take the time to personally write us and wish us blessings on our paths. *Freddie, Menard, IN*

I appreciate your not allowing me to forget the importance of fellowship. The work you are doing is great indeed. I spoke to another student tonight who I had given your address perhaps a year or so ago. We recently were moved to the same wing and now can speak to one another when it's quiet. He's been studying anthroposophy. He's a good man. I've learned from him. Take care my friend, *Michael, Iowa Park, TX*

The packet you sent was very helpful and had me look at the way I see myself in different situations, How to carry myself with calmness and confidence. I shared the booklet with others. I appreciate your kindness. *Francisco, Avenal, CA*

I'm returning the library books: *According to Matthew* and *According to Luke*. I enjoyed these books and appreciate you making them available to me. I want you to know I don't just 'read' them for "day" knowledge, they really become a living spiritual force and have changed so much for me. I can't put it all in words. I can feel the truth in Steiner's teachings working in my soul and see the truth in the spirit of all that is around me. I really enjoyed the Matthew book and got a lot out of it. Steiner makes so much sense out of the genealogies. I particularly liked his enlightenment on the beatitudes, and how each one of them is related to the nine members of the human constitution. I also gained a better understanding of how the 'I' works through the three members of our soul. *Conley, Palestine, TX*

The book called *Start Now* was very informative and practical on the process of spiritual meditation. I was excited to learn about the "lesser guardian", which really opened my mind of who I really am and how important it is to face and confront ourselves in the form of the lesser guardian before passing beyond the threshold. It is such a great privilege to have a spiritual program working with incarcerated souls, who strive to transform themselves for the whole of humanity and I just want to thank you once again for your support and encouragement. *William, Milton, FL*

I've been stuck for almost six years like a fly caught in a spider's web with no torturing coming from an outside source; everything was internal. My mind was agitated. I could not see clearly, I was in state of denial and just sulking. Through the grace of God, I found some light and then I met you guys which helped brighten my spiritual views. It didn't matter whether my religious status would have any bearing on the depth of the spiritual awareness that I needed. The power of the spirit is something very serious. This work has afforded me the opportunity to explore and figure out who I am and what's important, I thank you for that. *Demand, Columbia, SC*

Illuminations

I learned some things I didn't know about spirituality and those that came before. I must admit at first, all of this is very 'unreal' to the natural mind. But once you stop and look at things in the past, you can see where they are coming from. I am not the fastest learner but I am very observant to what's going on within and around me. When I read these books, I feel the truth in them. I do believe that we are the makers of our fate and destiny. We either evolve or we don't, it's our own choice. *Bobby Joe, Beville, TX*

Again, I would like to sincerely thank you for the service you provide. Anthroposophy has assisted me in becoming who I really am – so to speak. What I've learned from anthroposophy to date, as far as meditative techniques and other suggestions has definitely enriched my life and enhanced the way I perceive the world. *Dustin, London, OH*

I've started *An Introduction to Anthroposophy* and am thrilled to see discussion of things I think about too. The spiritual realm is more "real" to me than so-called reality and seems to both precede it as well as contain it. I know that in my mind, it's not yet my moment-to-moment experience. So I look forward to learning more about Steiner's forward-thinking and enlightened approach. *Thomas, McFarland, CA*

What I greatly like about spiritual science is that it will not only benefit me, but it would benefit humanity as well. I've always asked the question of who am I, and why am I here in this world? It was not until I began to get a clear picture of how I am "spiritual" (because that's the real me). I came to realize that I am spiritually connected to all things seen and unseen in this world. This spiritual awakening has changed the way I look at my life and other people's lives. I have come to recognize my humanity and humanity in others. Now I sincerely hope to learn more through the study course and hope this will broaden my outlook on life and my outlook on the world and help me to become a more caring human being. I have already started to change the way I look at people and situations I face daily. Thank you very much. *Michael, Amarillo, TX*

I just received your materials. I'm usually asleep by 10:30 pm but it's 1:19 am and I am still pouring through them with my highlighter in hand. I've been in prison for 11 years (this time) and should be home in 14 months (if I don't get in any trouble). I'm 37 and I've been in and out of institutions since I was 12 years old...I thank you for what you have sent to me. I find myself enjoying the mindlessness of mopping the same floor over and over – so I feel like I've already been practicing some of the exercises. *Kenneth, Lexington, OK*

The Anthroposophical Prison Outreach library has helped me to push through the veil of ignorance and darkness that surrounds the "truth" as well as the way to receive and know and understand the "truth". Many people, including myself, have been contaminated with poisonous teaching since childhood. I have found that it takes extreme measures to break away from that. Step by step, little by little, we will begin to come to the right knowledge and understanding that is needed. Thank you for your love and patience in my situation. *John, Ellsworth, KS*

I have really enjoyed the books you sent me. The first one I read was *Crisis Points*. This book really made me think about how I hold a grudge to people who I have a problem with. I mean I really hold guard and I have now asked forgiveness of a person I have held a grudge against for about three years. It felt like a great weight was lifted off of me. Thank you for sending me that book. *Alan, Valdosta, GA*

In *Start Now, a book of soul and spiritual exercises*, Steiner states that, "every insight you seek in order to become more mature on the path for the ennoblement of humanity and world evolution takes you a step forward". I really took that to heart, because just moments earlier I was meditating on how I might serve nature. By nature I mean humanity and world ecology. And I concluded that to do so with a pure heart one must do so in the spirit. So that the intentions may stay pure. My philosophy on life has changed almost 180 degrees; I can see that a lot of what I took for foolishness was in reality true wisdom. *Ray, Brazoria, TX*

Meditations

Meditation means to warm a thought in the heart Rudolf Steiner

THE ROSE CROSS MEDITATION, as well as the introductory instructions has already brought about a resolve for relieving stress and having a brighter outlook for the future. Everything that I've read from your library program truly has been insightful. Thank you once again for your help. *Randy, Casper, WY*

I HAVE REALLY ENJOYED THE BOOKLET *Self Development in the Penitentiary*. The exercises to develop the 'Will' speak loudest to me. I can not even count how many times I make up my mind to do something, only to put it off until a later time. I keep a journal of my spiritual progress and I am excited about what I will discover when, after a few months, I look back. *Robert, Clio, AL*

I HAVE WAITED A LONG TIME TO FIND MYSELF and now that I am here I feel close to home. I have made use of the material that was sent to me and instantly I have noticed a change as a result of the meditations to calm my mind. I have been performing these exercises at least four times a day zealously and humbleness has washed over me. I like the outlook it gives on suffering as a way to gain wisdom from the many lessons life gives us. Now I look forward to inherit the true gold. My goal is to fully understand, so I don't mind gradually growing into God because I know that everything is a process. It gives me more time to experience all there is to experience in its totality. *Kevin, Childress, TX*

I WAS BLESSED TO GET THIS MEDITATION BOOKLET from ya'lls outreach program that a friend of mine had and let me read. I have written down the six exercises and am now working on them in my day-to-day life here in lock-up. I am very thankful for all the great knowledge it has really been a lot of help to me. *Danny Ray, Clio, AL*

I HAVE BEGUN THE PRACTICE OF 'CONTROL OF THOUGHT' as written in the pamphlet *Self Development in the Penitentiary*. I very much like the simplicity of it and I really believe it will be effective in assisting my inner development. *Hector, Crawfordville, FL*

Art and Poetry

The Better

I was sitting in my cell last night
 Very lonely and depressed you see
 When the bossman stopped at my door
 And said he had a letter there for me.

Now who could that be from?
 Was the thought going through my mind.
 I hadn't heard from any of my old friends
 In such a long, long time.

So, I looked down at the envelope
 And saw a name I used to know.
 One who had been a friend
 And a lot of years ago.

I was afraid to open it up
 And even more scared not to.
 What would she have to say?
 Oh, this is too good to be true!

My hands were shaking oh so hard
 And my heart was racing, too.
 As I pulled the letter out
 And began to read it through.

She told me about her family
 Who had been born and who had died.
 When she told of pain that she'd endured
 I just sat down and cried.

I thought back to a time
 When I had hurt her bad.
 You see I walked out on her
 When I was all she had.

Shawn, Colorado City, CA



Robert, Corcoran, CA

*Thank you for this lesson in painting
 this simple seven petal rose I could feel a
 sense of warmth. As I thought about the
 colors I feel alive and blessed to have
 sight and touch senses. Between the
 movement of the brush in my fingers
 and the thought of the shape and colors
 I am conscious and alive!*

Sean, St. Johns, AZ



The Horizon Holds the Sun

I lift my face and taste the rain,
 Reminiscent of my tears,
 The elixirs chase the pain,
 Allocating all my fears.

The deepest breath has seemed
 to come,
 And is soon to be released.
 The horizon holds the sun,
 All my troubles seem to cease.

Better days are sure to come,
 When the night has come to
 pass.
 The illusion is dissolved,
 Like the act of breaking fast.

I will run in fear no more,
 And all my will be done.
 The heavens even up the score.
 The horizon holds the sun.

Shaquale, Lucasville, OH



Jason, Huntsville, TX

Realization

I float to the surface,
 from time to time.
 It brings me great reverence, for all of mankind.
 Actions and gestures, within beautiful thought,
 strengthen this feeling of a great revealing.
 Time and patience take their toll,
 Just as the kindly spirits that help my soul,
 I veer no more from my goal.
 Contemplation of knowledge, and much, much more,
 When this feeling arises and knocks at my door.
 No more flaws, no more draws
 and resolution with escalation bring me a cause.
 Decision of theories making them fact,
 help me realize, there's much more to be looked at.
 Feeds my heart with understanding,
 enlightens my being to a certain extent
 transforms my being, it makes me repent.
 Destroying foolishness and revealing the truth,
 separating delusion from the illusion,
 a light from a star that guides me in space.
 I follow my goals and reach higher planes,
 it brings me such strength, eluding my fear,
 it's a guide for this life this world and 'tis clear.

Kyle, Milton, FL

- SELF-AWAKENINGS -

EduCareDo Correspondence Course Response Summaries

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

Forgetting is for the astral body what death is for the physical body and sleep for the etheric. Important for me in this lesson was that the potential for freedom which we have to win through our own will. With this finding, I would like to master warmth thru the power of enthusiasm. I've begun to recognize the "I" in all. I wish to continue to see each individual unique and as their own. When we understand the human being in connection to the mineral, plant and animal worlds it helps us to take a deeper look at our inner constitution and outer nature. Although we are subject to gravity we can stand upright while awake without feeling our own weight. We can also give birth to wishes and desires. We experience our own awareness because of our forth and youngest member the "I". The other worlds do not have this ability; because of this we have the potential for freedom. With this, the four members of the human being are in a continuously growing relationship with each other. When we are asleep we partially separate. At death a final separation of the four sheaths but until then our organism can provide the necessary warmth needed for the "I" to function in our body. *Steve, Beeville, TX*

Lesson 9: Development and care of the four Members of the Human Being

Everything in Lesson 9 was new to me and I enjoyed reading about the growth of a child and their process of changing in life. The whole lesson is close to my heart because I have a child myself and know this would give me insight in him and his stages of development. He's five years old and the next seven year period is coming. I would like to be able to see this process unfold over time with my own eyes. I will have more understanding about children's cycle of life through their changing inside and out. This lesson has opened more doors for my mind to capture the knowledge that I need. So far, I have experienced a lot of changing within myself since I have been doing the experiments and exercises. I really do feel good about myself and what I am learning about everything, and if we had more people in the world with an inquiring/understanding mind, this world would be "alive" and people would treat each other as equals without judging. *Dionell, Greensburg, PA*

Lesson 12: Experiments with Elements, Ethers and their effects in Nature and in the Human Being

In lesson 12 we experience and observe through experiments how the elements and ethers work, their effects in nature and in the human being. We work with the four aggregate conditions of substance and how the elements and ethers work in them, and how they affect human being through their temperaments. New to me was the "Music of the Spheres," the various planets relation to each other in movements and speeds create this music..., and the sense of number in Tone Ether. I find most important that our quietness seeking Head nature and our movement seeking Metabolic-Limb nature are resolved in rhythm in our Rhythmic system of Heart-Lung. All of this was created and given as a gift, with the future possibility of giving it back and working with the Creator Beings. I've looked at the boundary surfaces of water reflectively, and then experimented with it in movement and observed rhythm in ripples and vortices. I've also observed a crystal cube forming into a seed for growing (out of table salt), this was difficult to do by hand without tools. I'm taking in the wondrous form creating forces of the Ether in Air, Water and Earth, and the spiritual beings behind this music. *Mark, Anthony, NM*

Lesson 17: Female and Male Spirituality

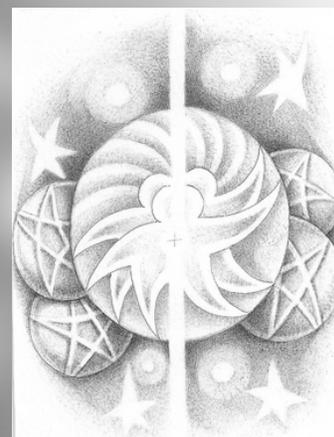
We humans are at the very early stages of learning to love. Freedom lies in the motive for doing something (intent), not in the means by which it is done. We experience ourselves between the masculine and feminine I will build and increase my knowledge by sharing with others. *Tony, Vacaville, CO*

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

In the mysteries; art, religion, and science were thought of as one. We have beautiful harmony between breath, rhythm and blood rhythm. There is one breath to four pulses. In the summary; the physical body and its laws, the etheric body laws, astral body laws, ego's laws, the spirit self, and the life spirit and their outcomes. Very interesting! Also how we pursue our deeper connection to words through activities. I will meditate while trying to bring these inner qualities forth as needed and teach others these beautiful qualities we unknowingly possess. *Erik, Okeechobee, FL*

Lesson 23: Health and Nutrition

Our nutrition today hardly supplies the strength necessary for manifesting the spirit in physical life. As a result, a bridge can no longer be built from thinking, to will, to action. Food plants no longer contain the forces people need. Rudolf Steiner's agricultural courses, with lectures and demonstrations, confronted chemically minded agriculture with its one-sided inorganic fertilizers. His answer, named biodynamics, can be called a revitalized alchemy. Many other things are profound in this lesson. Biodynamic nutrition can be looked upon as effective in our physical and soul nourishment. Spiritual forces work in from the starry world of the zodiac i.e. Saturn-spleen, Jupiter-liver, Mars-gall, Sun-heart, Venus-kidneys, Mercury-lungs, Moon-brain. Biodynamic farming makes it possible to grow healthy plants and enhance their nutritional and medicinal qualities. I will discover my affinity to each planetary sphere and raise my consciousness on the path to self knowledge, leading to a better understanding of my earthly task and knowledge of other human beings *Troas, Delano, CA*



*Lesson 9 and 10
Mark, Anthony, NM*

Book Reviews



Esoteric Christianity and the Mission of Christian Rosenkreutz

Rudolf Steiner

These twenty-three lectures by Rudolf Steiner, given between September 1911 and December 1912, plunge into the extreme depths of 'Esoteric Christianity' or, 'Rosicrucian Christianity'. Each lecture explores another facet in the intricate matrix of this once secret movement's spiritual knowledge. From the microcosm, to the macrocosm of spiritual science, and it's interrelationship with the Christ impulse. Each, which at the time the lectures were given, were questioned by many religions, and religious authorities. Since that time, the majority of topics in question have been vindicated. Here, I give only one example of such vindication, a quote, from the lecture entitled 'The Etherisation of the Blood' given by Rudolf

Steiner on October 1, 1911: "This will enviably come to pass in the natural course of evolution. That it will come to pass is as true as were the achievements involving electricity in the nineteenth century. A number of individuals will see the etheric Christ and will themselves experience the event that took place at Damascus. But this will depend upon such people learning to be alert to the moment when Christ draws near to them. Only a few decades from now it will happen, particularly to those who are young – already there are many signs of this – that some individual here or there has certain experiences". *James, Dalhart, TX*

According to Luke: The Gospel of Compassion and Love Revealed *Rudolf Steiner*

This book was my introduction to the revelation of the Bible through spiritual scientific research, and it was amazingly wonderful. Here Dr. Steiner presents the roles of the spiritual forces from Adam through the sons of the House of David; the kingly Solomon, the priestly Nathan, Moses, John the Baptist and Christ Jesus, as well as the Persian Zarathustra, and the Oriental Buddha. The coming together of all these spiritual forces upon Palestine to bring about the pinnacle, the most important one time event of earthly evolution, the Mystery of Golgotha, with spiritual impulses from above and all corners of the earth, both enlightened my heart as well as reinforced a statement once made about the true size of our great globe - that the earth is a mathematical point without size in relation to the distance of the fixed stars. Ptolemy's statement implied the true nature of the size of earth, but it also leaves one to understand through all the diversities of man that we are one humanity guided from above, with attention, affection and love. With Steiner's emphasis on our need to not just understand this spiritual knowledge but to literally feel it in our souls and let it reflect from our hearts into the cosmos, to allow the gods to experience it through our being. *Robert. Cresson, PA*

In Place of the Self: How Drugs Work *Ron Dunselman*

Since studying this important, scholarly written book, I strongly recommend *In Place of the Self* to everyone who wants to comprehend the world of drugs, legal or illegal, from a spiritual perspective. Though this book concerns itself with most of the "hard core" drugs (including alcohol, my friend, one of the most dangerous of all drugs), you can extrapolate to an understanding of how many over prescribed allopathic "medicines" can also act in place of, and as a hindrance to, our higher self-development. Dunselman's well researched book takes us on a fascinating journey through the ancient to current history of drugs. You will be amazed at how each of the drugs work differently and to the detriment of our physical, etheric and astral bodies and our ego – and the connections with narcotics (including alcohol) to sleep, near-death experiences, and death. Yes, there is often a euphoric, blissful feeling with use of some of these drugs, but there are also quite serious, long term side-effect consequences that can set us far back in our development. Having read this book (and yes, I'm back in prison on drug possession charges) I see more clearly why a spiritual path of self-development through anthroposophy is the correct road for my life long quest to know the reality of the spirit world in a healthy, right way," *JPB, Walsenburg, CO*

Meditation: Transforming our Lives for the Encounter with Christ *Jorden Smit*

This book is a revolutionary work, in itself expanding among other topics on the timeless art of meditation. Many of us seek a remedy to the madness of these modern times. We also have a calling for something deeper to guide us higher. Well I found these needs fulfilled by the book *Meditation* by Jorden Smit. I myself have done many forms of meditation and almost none were as "soul soothing" and "spiritually compelling" as these provided in this book. By following the outline provided, higher faculties latent within us will manifest according to our efforts which eventually culminate with the ultimate encounter with the Christ consciousness through our higher selves. This book is a must read for the newly planted upon the path and I am grateful for my opportunity to read and experience it. *Osiris, Childress, TX*

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Book Reviews

cont. from pg. 8

Enlivening the Chakra of the Heart Florin Lowndes

Enlivening the Chakra of the Heart by Florin Lowndes has the best general introduction to the structure and function of the chakras that I've ever read. He admits that there are much more detailed texts available these days, but his descriptions and illustrations are superb. Lowndes then reviews "Rudolf Steiner's Chakra Teaching" which leads into a detailed analysis of the heart chakra and the exercises for enlivening this important organ. He states: "*The enlivening of the heart chakra is a task of our present time and the near future, and represents the new stage in a modern path of self-development; the awakening of the twelve pedaled chakra... It is particularly at this level of chakra evolution that significant changes in the structure of the chakra organism, and therefore also in the physiology of the physical body, can be expected. The central focus of these changes is the transformation of the purely logical thinking into a wholly new kind of thinking, characterized by Steiner in various different ways as: organic-living thinking; thinking which goes beyond logic, thinking with the heart or heart thinking, etc.*" (p. 38-39) Lowndes then describes that the 1,000 pedaled crown chakra at the top of the head contains within it a duplicate of the heart chakra, "that the heart chakra is concealed within the crown chakra as an organ of thinking" (p. 44). The reversed kundalini flow, or the Whitsun path, is introduced as the cause for the crown chakra to move downward through the forehead and throat chakras to reintegrate in the heart chakra. Thus, Steiner says "the heart will become the brain of the breast, will become an organ of consciousness." The six heart chakra exercises, given by Steiner, are given a more proper importance by Lowndes as he reviews Steiner's collective work on this subject in the various ways and the numerous times he focused on them. These six exercises often thought of as "supplemental or subsidiary" are, in fact, according to Lowndes, true meditations of an unusual and invaluable nature. Part two of the book deals with the six exercises themselves. Lowndes' structured framework for presenting each is wonderful because it provides an easy format for studying and reviewing various aspects of each exercise as the reader works towards implementing a successful exercise plan. In part three; The Heart Exercise, Lowndes views the six exercises as one whole "heart exercise" that is to be carried out as one single exercise. This will contribute to the development of the eight-pedaled chakra in the heart region that is intimately connected with the new kind of thinking. In the "one heart exercise" the basic six exercises are combined with the Agrippa positions and the six gestures (I think speech...) in a flowering and concentrated manner. Lowndes also presents Steiner's paths of esotericism. One of these involves "pure thinking," "heart thinking," and according to Steiner is the direct one for our times, but you have to work at it. Another aspect of this path is that the chakras do not need to be directly referred to for their development. The need for a teacher or Guru is also discussed and contrasted to the need of our time to spread spiritual-scientific teachings and knowledge much more widely than ever before. I highly recommend this book to my fellow brothers and sisters who are willing to travel on the path toward new heart thinking. In loving gratitude! *Charles, Coalinga, CA*

Rosicrucian Wisdom Rudolf Steiner

The theme of this great book is that while knowledge is achieved by a seer with higher faculties, these can be learned by average humans. And then affect practical life. Rarely does Steiner distinguish Rosicrucian beliefs from his own. Esoteric powers are developed by working on one's astral body, which can then transform the etheric, the Buddha of Theosophy, one's ego or man as spirit-self can accomplish this. The goal of spiritual science is to lift mankind up from dependence on matter, to find a way up to spirituality through one's own strength. Steiner observes that since Roman times, the spirit wisdom of priests was replaced by jurisprudence intended to supply human needs in matter. To emerge from this, the Christian, Rosicrucian, or yogic paths are all deemed proper. However the Rosicrucian path Steiner declares is one which can be followed by all. In closing Steiner stressed he has not provided a comprehensive course in Rosicrucian training, but merely indicated what can be derived from studying it. *Richard, Lowell, FL*

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- So What's Your Experience? -

The newsletter presents another opportunity to recognize something to be thankful for. The article by Ruth Tschamon encouraged the practice of the Hallelujah movements in eurythmy. This exercise required much greater concentration than some of the previous exercises; our imagination is called for and the descriptions demand inner picturing if one is to practice this. At the same time one is put in a position where experience itself becomes the process that enables insight to fill the gaps between percepts. I will work with this exercise more in the future, hopefully yielding new fruits that may only come with repetition. Speaking of repetition, after returning to the form drawing exercise from Newsletter No. 7, I have made a connection between the four sections and the four levels of thinking described by Dennis Klocek in *The Seer's Handbook*. Earth, Water, Air and Fire arise and what is different? What is changing? What is reversing? What is the whole? The form drawings provided by Marietta Yeager corresponds perfectly and gives us opportunities to experience each level of thinking with very simple exercises. These also correspond with the "four lights" or two, sixteen, twelve, and eight pedaled roses upon the cross of the human body. Thanks for allowing these connections to be made and giving an opportunity for us to work together. I use the term "work" loosely as there is such a joy that comes with the so called labor. *Alexis, Cushing, OK*

Drawing toward Mastery

By Marietta Yeager

In this issue, you will find an article by Ed Reaugh Smith, who has written a clear and well organized explanation of how 'Thinking, Feeling and Willing' are evident in our everyday lives. No decision or activity (or lack of) is devoid of some aspect of it. Shakespeare said: "As a man thinketh, so is he" and "When a human being thinks, he sets the whole universe in motion." Can we imagine those statements as being true? If our thoughts are so significant....and we can accept that our deeds must surely reflect our thoughts, we have great responsibility to keep them in harmony, do we not? Especially when our emotional life (feeling) comes into play to make things really interesting!

Now a question. Can you imagine drawing a form that is a 'thinking' kind of form? How about one that would illustrate 'feeling'? And how would 'willing' look? If I may offer my own take on these questions.... Thinking seems to be rather straight ahead....a straight line perhaps or a series of them. Such as:



There appears to be a logical, linear progression, alert and attentive. Nice and ordered. We all need to have that quality reasonably developed in ourselves...but too much of it may render us too rigid or cramped as an individual

Feeling forms? I imagine a flow ---as in a curved or wavy line. How about this one?



This one feels more relaxing to my hand; kind of loose and 'going with the flow.' A nice quality, but again... too much looseness can be irresponsible. We need a degree of uprightness in order to be respected.

In both forms demonstrated, do you notice a rhythm? And in that rhythm, if you practice each one, did you notice that there is a sudden 'reverse' or 'going back' for a moment? That activity, in changing direction, engages our will. Very much enlivening but often hard to do because we naturally want to go forward. That little reverse 'hitch' is like a moment we are given to review...to take what we've learned, pause, build momentum and move forward. Sound like everyday life?

Now, are you ready to learn a form that encompasses all three and can be done in one go?



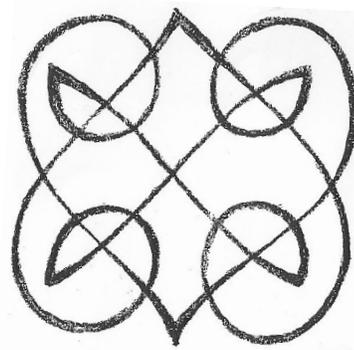
Try starting from the left if you are right-handed and the opposite if you are left-handed.



Now try it all in one go. Try it several times (even going over the printed one to get the feel of it). Once you get the basic form down, practice symmetry and balance. As you are in the activity of drawing, can you sense where the thinking is? How about the flow? And that reverse or going backward part? A bit tricky but satisfying when you achieve harmony...and it is a beautiful form when done well.

What benefit does this sort of drawing have for us? Rudolf Steiner encourages us to strengthen our capacities...to shun habits that hold little meaning. And he reminds us about the Bible verse which encourages us to 'make all things new.' By practicing this method of drawing, we are called upon to be awake, to be perceptive, to sharpen our judgment, to focus our attention, to discipline our action and to channel our intention. Thus you may begin to recognize that what you accomplish on the outer is reflected inside you. Remember the significance of thoughts?

I will leave you with one more form... for those who mastered the above form and would like to challenge themselves further. Here you are...it begins at the top and can be done in one go. Enjoy and let us know what you experience!



Thinking, Feeling, Willing cont. from pg 1

Yet what was just said needs to be modified. For each of the lower kingdoms actually has all four of the components that the human being has, namely, the three bodies plus an Ego. But only the human being has all four of these components within the earthly body. The Ego of each animal is a group Ego that dwells in the astral world, whence it provides the instincts for all animals of that particular kind. There are two spiritual realms above the astral world, namely, the lower and higher devachan regions. Only the physical body is present on earth in all four kingdoms. Each of the higher three kingdoms has one or more of its higher three components in one or more of the higher three realms. These are portrayed in the following schematic:

	Human Being	Animal	Plant	Mineral
Upper Devachan	—	—	—	Ego
Lower Devachan	—	—	Ego	
Astral Plane	—	Ego	Astral	Etheric
Physical Plane	Ego	Astral	Etheric	Physical
	Astral body	Etheric	Physical	
	Etheric body	Physical		
	Physical body			

The Ego, the “I Am,” is the portion of each kingdom that is created in the *image* of the creator, and it is the part of each of us that existed before this life and will continue on eternally after this life, returning ever and again until it is able to perfect its lower three bodies into their higher three spiritual counterparts known in the Orient as Manas, Buddhi and Atma, but in anthroposophy as Spirit Self, Life Spirit, and Spirit Man. In each life that part of our lower bodies that is perfected is, biblically speaking, “treasures stored up in heaven.” These stored-up treasures come back with us in future lives as we continue to work toward the perfection required to return to complete union with the creator. And in the process of perfecting ourselves we are also in the process of redeeming the three lower kingdoms. These lower kingdoms sacrificed themselves in conditions of consciousness before earth evolution in order to be our servants. Now the burden is upon us as the human kingdom to redeem them in the process of perfecting ourselves, for absent that we shall never attain the union that is our ultimate goal.

But it all starts with how we engage ourselves in each life through the processes of our thinking, feeling and willing.

The Bible is replete with its pictures of the three bodies in relation to the eternal Ego. I have shown dozens of examples in my books. One of the most intriguing, otherwise not generally recognized by conventional theology is in the parable in Matthew 13:33, “The kingdom of heaven is like leaven which a woman took and hid in three measures of flour, till it was all leavened” (RSV). Here we may see the woman as Sophia (wisdom described in the eighth Proverb) who places the Ego on earth within the three bodies which it must perfect in the process of returning to heaven (union with its creator).

A more elaborate version is the ancient book of Job, so ancient as to have even been adopted by Israel from outside its own ancestry because of its primordial wisdom. It is certainly a misnomer to refer to the patience of Job for if there was ever an example of impatience Job was it, at least until he attained to wisdom toward the end. It has been customary to think of Job as asking of the age-old question; why do the innocent suffer. But that is really not what the book of Job is telling. Its kernel of truth has yet to be adequately understood by the mass of humanity in its religious quests. Nor will it be so long as our religions insist that we only live one time on the earth. For the story of Job is the story of the long, long journey of the human being—every human being—through many incarnations. The three friends of Job are his three bodies. It is not till the entry of Elihu in chapter 32, the one who came last, that we have the entry of the Ego into the three bodies. The account of the whirlwind and the encounter with the two monsters toward the end are completely in accord with the teachings of anthroposophy as the human journey approaches perfection. The story is a bit too lengthy to complete here. I have dealt with it in the Job essay in my book *The Soul's Long Journey*.

But again, the base of it all is human activity which finds its full range of involvement in thinking, feeling and willing. These are our tools to be divinely used. Their misapplication brings karmic consequences, while their proper use leads toward the kingdom of God.

Illuminating Anthroposophy
Anthroposophical Prison Outreach Newsletter

Awaken in Thinking!

“I exist in the spirit light of the world.”

Experience yourself as shining/reaching out toward what is shining.

Awaken in Feeling!

“I exist within the spirit deeds of the world.”

Experience yourself feeling the spirit deeds.

Awaken in the Will!

“I exist in the spirit being of the world.”

Experience yourself in thinking the spirit beings.

Awaken in your “I”!

“I am within my own spirit being.”

Experience receiving yourself from the gods/bestowing on yourself.