

Remorse - Being Human

By Mark Robertson

We hear much in anthroposophy about the anatomy of *thinking, feeling and willing* in human activity, yet not always the many elucidating examples from daily life. Below is one example which may be germane to a prisoner's experience of guilt: remorse.

No matter what one's crime is, an important part of rehabilitation is the evidence of remorse. Seen through the spiritual science lens, this experience is deeply rooted in the soul-life and its essence arises out of interplay of the three soul forces: *thinking, feeling, willing*.

A psychologist once wrote that there are three main components to remorse: 1) acknowledge the wrong 2) acknowledge the harm 3) desire to make amends.

If we compare these three components to the three soul forces, we can see an interesting correlation. By acknowledging the wrong, the wrong-doer raises awareness to what is bad about the crime. The essence of the criminal act is thought through and a sense of compunction may result, then conscientiousness can evolve. This "meditating" can in turn nurture to open one's moral impulses – or said otherwise, through right *thinking*, immoral impulsivity will yield to conscientiousness in our awareness.

The second component of remorse, acknowledging the harm, takes us a step further – into the realm of *feeling*. To acknowledge harm is to have a genuine inkling of commiseration for the victim. Crimes are crimes for good reason, especially when against persons. When we realize the harm done to another person, we put our hearts in the subjective experience of the victim. We feel their pain to a degree and we feel bad for having caused them this harm. This component of remorse is crucial. Healthy souls feel for other human beings, have regard for their well being, property and safety. Some prisoners, many of which suffer from a variety of 'personality disorders', may tend to struggle with this fundamental regard for others. This 'deficiency' is what often enables the prisoner to commit crimes to begin with. However, a remorseful *feeling* can move the 'offender' towards an awakening of empathy through a heartfelt experience. This empathic awakening is directly relevant to self-rehabilitation. If we feel for our fellow human beings in any social setting, then we are less likely to commit a harmful act against them.



After thinking of the wrong and feeling the harm, the emergence of remorse can break through in a final, yet original desire from out of the core of one's being: to want to make amends for the harm one caused, for the wrong one did. The particular soul force correlating to this third component of remorse is self evident: *willing*.

By wanting to make amends, having developed an earnest, self-willed, innate desire to do what one can to make the situation better, a person's remorse is then objectively actualized. One's remorse is replete with the three soul forces' constituency, and what arises as a result of this activity is a genuine, human experience, as karmic as it is mundane, and as spiritual as it is natural. Remorse is a dynamic product of our healthy soul-life and our spirit's relationship with the human condition.

The human soul has
need of inward trust,
The trust in the guidance
of spiritual beings.
For upon such trust
she can erect
Her eternal life and being,
And sense-existence thus
Empower and imbue
With eternal light.

Rudolf Steiner

- 1 **Remorse – Being Human**
Mark Robertson
- 2 **Greetings;**
Letter From the Editor
The Bee Report
- 3 **Featured Article;**
Life's Challenges
Arthur Lups
- 4 **Life's Challenges cont.**
Book Reviews
- 5 **Book Reviews cont.**
Studying Together
- 6 **Art and Poetry**
- 7 **Self Awakenings**
- 8 **Self Awakenings cont.**
In Memoriam
- 9 **Objectify Yourself**
Jean Yeager
- 10 **Illuminations**
- 11 **Illuminations cont.**
- 12 **Meditative Verse**

At APO we are grateful to help with the work you all do! Some of you are serving a life sentence, some have many years ahead, or have already done 15 years. Still others tell us they hope to be released soon, but all of our readers have some things in common: looking for answers, wanting to self-rehabilitate, and pursuing inner work as the answer. The evidence of self-soul-caring is abundant in these pages, and as you will read, helping one-another is one of the additional outcomes. What a high sentiment to want to freely give! But, what about those that can't hear it you might ask? What about those caught in negative perception? Here's a story: Once, a teacher drew a line on the blackboard and asked the class to make the line shorter, but without touching it... After a suitable time to think it over, nobody could figure it out. Then the teacher arose and drew a second, longer line above the first one... Just being the example sometimes is all the help one can give.

Soul-caring through self-work is what this newsletter is all about. Our featured article by Arthur Lups titled *Life's Challenges* is about what one can do when life situations are emotionally overwhelming. The second article *Objectify Yourself* by Jean Yeager, gives two exercises to help take a distance from situations that are difficult to handle and still grow in spirit through the process. There are also two articles written by prisoners. The article written by Mark Robertson, called *Remorse - Being Human* fits well with the previous two and shows how spirit can blossom when you are able to take objective distance. These articles are all connected to what happens in your soul life when you are able to take a distance from strong emotions and grow spiritually as well as socially. We hope you will try to apply each of these and we are looking forward to hearing about your experience with them. Linnette, of Wrightsville, AR wrote more of a news article called, *The Bee Report*. She reports on the importance of Bees, Steiner's warnings about our bee keeping practices and why those warnings are now especially urgent. If you yourself wish to write a short article inspired by your spiritual science studies, we will do our best to print them, as space permits, in future newsletters.

Please know that if you have not read from our library for awhile, you can take up the study again at any time. If you've had a mishap with returning a book, for instance one lost in the mail, it does not mean that you can not order another one, as many of these lost books find their way back to APO via the post office.

We respect your striving for inner change, especially your efforts to apply.

Blessings on your inner work, Kathy Serafin

~ THE BEE REPORT ~

In antiquity, the bee was regarded as sacred by humankind, due to the inherent wisdom they possess, as well as the honey the bee produced. The elemental nature spirit guides the bees to take certain chemicals and materials from their environment; to construct a six-sided cell. The space is utilized efficiently and eventually the beehive, in its manifested physical form, produces honey; a powerful food source that is important to occultists, as well as other uses. Formic acid is part of the element that bees extract from the flowers, which they then transform into the sacred geometry of the hexagonal beehive. The chemicals are thus transformed to support life. The bees are drawn to the sun and fly as high as they're capable, to mate with the Queen. Unfortunately, in our culture today, the bee is not considered sacred as it was to the Egyptians and Merovingian kings; who adopted the bee symbol in their royal regalia. King Theodoric's tomb was discovered in 1653 A.D., and among the artifacts were 300 miniature gold bees. When Napoleon gained power, he wore some of these on his coronation robe. The Pharaohs insignias contained a bee symbol and bees are also spoken of in the Bible (Deut. 14:8; Ps 118:12 and Isaiah 7:18). As of last year, 2008, only 40% of bees in the whole world are surviving, and they are struggling mightily. Rudolf Steiner predicted in the early 1900's, that if bees are fed artificial food instead of pollen and nectar that their hierarchy will eventually collapse in 50-60 years. This is what is happening now. The bees do not have the type of organs to process artificial sugar efficiently and beekeepers mass marketing honey on a huge economic scale has depleted the bees' energies. The key element that is missing from the artificial sugar is the etheric body. For example, scientists have taken milk as it is from the cow and then after identifying the various compounds that it contains, made their own milk by coagulating all the chemicals present in nature's milk. They tested both types of milk on mice; divided into two groups. Group A was fed artificial milk, Group B, the cow's natural milk. Group A flourished for a few days, then their health steadily declined for the worse, and became weak and sick. Group B stayed healthy on the natural milk. The bees are not getting the nourishment they need to maintain the honeycomb because of the lack of the etheric body derived from nature. The unified whole natural elements are their only true source of food. Humankind must raise their consciousness of spiritual understanding to the degree where the earth and its physical forms are governed by Spirit first; that the invisible realms are reality and not the physical forms. Mother Nature is the true alchemist, producing and transforming life, growth and sustenance, governed by a higher spiritual entity. With occult knowledge comes great insights and revelations of the spirit; but more importantly we must, at the same time, take responsibility for this knowledge and endeavor to enlighten others, transform this knowledge into action, whereby we support all the kingdoms on Earth, in its evolutionary process towards a higher state of being.

Linnette, Wrightsville, AR

*Poems, Artwork
and Letters Welcome.*

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

LIFE'S CHALLENGES

BY ARTHUR LUPS

Most of us experience situations that provoke within us an overwhelming emotional response. The loss of a loved one can cause grief, illness might cause us anxiety, passing an exam might make us relieved and happy. The scope of feelings that our contact with the world can evoke in us is extensive. In general, emotions like fear, grief and anger create bigger obstacles than does for instance happiness.

It is the experience of the struggle with our inner state that forces us to take attention away from daily life. We need to speak to someone about it: a friend, a counselor, a stranger. We need to get more insight into ourselves. Ultimately we need to change our feelings into something that we can carry with us as trusted companions and guides towards inner growth. As an example of this process we might consider the experience of an injustice that irritates us. We might respond blinded by anger and later, calmed down, we are faced with the ruins that result from our destructive outburst. A whirlwind of emotions may follow inside of us: anger, pity, shame, arrogance and the hope that what we did was right after all. Sooner or later we can transform this inner storm into a new experience; into a feeling that seems to challenge us to become a bigger person: into remorse or in the ability to forgive the person who acted unjustly.

Although we prefer to be happy every day, the struggle with overwhelming feelings can lead to inner growth in many valuable ways. When we consider the quality of feelings in general, we must recognize that they have no relationship to physical substance. Feelings are part of an inner existence from which our physical surrounding is excluded. We can experience other realms of our soul life in this existence too: our will and our thinking. With our will we engage ourselves in activities ranging from moving our limbs to following a project through to the end. We are still asleep at the level of consciousness in which the will lives. To see our will at work we can do the following simple exercise: Think about a movement that you can make with your hand, but do not move your hand. Now make the movement. The actual movement is the work of your will. Through this exercise we can realize that, although will and thinking work closely together, they are separate realms of our soul life. It also allows us to notice that while we are asleep in our will, we are wide awake in our thinking. We are not aware how our will directs the muscles that are involved in the movement of our hand. However, we are aware of every bit of the thought we had about this movement.

Thoughts are by far the products of our soul life that we notice most. Thus we can notice how many of our thoughts we did not expect to think. Someone might for instance meet a stranger and

suddenly know: I will marry this person. Thoughts come from different sources. Some arise from unconscious levels within ourselves; some come from sources that do not belong to us. In Rudolf Steiner's work one can find much about the fact that other beings, which are not in a human state like we are, have a great impact on the way we think. He describes how beings under the guidance of Lucifer bring their ideas and influences to us by weaving them into our thoughts. They would like us to withdraw from the Earth into a realm where we become absorbed in our own desires and give up our identity, our own unique self. A realm we furnish with our illusions about the world and about ourselves, where we live without awareness for what truly happens in life; a realm where the past and present are one and where hate and anger blossom. Their effect we find for instance in the hate or anger they instill in us, in the desire to hold on to the past ("things used to be so much better"), in our desire to withdraw from the world and not take responsibility for our acts.

At a much lower level of our consciousness, at the level of the will, other beings work. Guided by Ahriman, they strive to advance our development, to bring the future and the present together. Their interest is in a form of life that is strongly influenced by the mineral world. Ahriman wants us to stay on Earth forever and make our life mechanical, he would like to see the world and ourselves become like living machines. Ahriman inspires us to hardness and sharpness in our thinking and feeling, as if we might turn into sharp pointed crystals. This makes us sarcastic, arrogant, scornful and distrusting. Ahriman wants us to become powerful and able beings, overwhelmingly clever and intelligent and without a unique identity. He gives us mechanical devices to pursue this idea. Both Ahriman and Lucifer want to bring us into realms where we only relate to them, not to other godly beings and thus deter us from our development.

Although we can experience these influences and recognize what effect they have, we also know that we are able to prevent these forces from running away with us. Our soul has a realm that stands between these opposing forces. It is the realm of emotions. Here we can find what it takes to bring balance and order into all that works in our will and our thinking. In this realm we can find a way

cont. on pg 4



The Representative of Humanity

LIFE'S CHALLENGES cont. from pg 3

towards a third being. During the events that took place on the mountain of Golgotha, where a little less than two thousand years ago the godly being Christ-Jesus underwent the experience of human death, this being united itself with humanity. Since then we can find this source of inspiration, the Being of Christ, within our own feeling life. When in times of emotional struggle or despair we search for a way out, we can find inspiration in the meeting with the Christ. Although this meeting takes place in a form we can hardly grasp with every-day consciousness, one can sense the effects of it. In this meeting we can become aware of our Self, of the being inside that experiences all that life brings and that only we ourselves can address with the word "I". During this event it appears that our "I" meets another "I", a being whose radiance, compassion and truthfulness pales all other beings that we can encounter. One cannot help but feel motivated to develop in ones' own way the qualities that radiate from this being. This growth takes place when we willingly experience within ourselves the true emotions that are provoked by events in our life. The false sense of truth in which Ahriman and Lucifer clothe their ideas disappears and it becomes clear to what extent their influence reaches into our inner world of feeling. However, the Christ-Being, whom we can find within the realm of our feelings ever remains, giving us the insights needed to grow in spirit and the strength to walk our path whenever we seek Its guidance.

Book Reviews

When you request a book, let us know if a return envelope is needed.



Life Beyond Death Rudolf Steiner

In this series of lectures Steiner takes us through the soul's experiences upon passing through the portal of death and its next incarnation. Unlike *Theosophy* where he describes the soul's outer perceptions of its journey through kamaloka and devachan, of the sounds, colors, forms, and movements the soul perceives, these lectures deal more with the inner aspects of the soul's journey and its relationship to the world it has left behind as well as the souls and spiritual beings of the realm it now enters. Among the subjects he treats in depth, are the transformation of our memories, the return of our etheric body to the elemental world and its relationship to the soul throughout its time between death and rebirth, the purification of our astral body and how karma is produced between those souls it has harmed or helped, how "I" consciousness is established after death, and the significance of waking, sleeping and dream consciousness. One of the most profound aspects of these lectures is the

relationship of the dead to the living. I had heard of reading to the dead before, but never given it much consideration. When the lecture explained this subject it became a very sublime experience for me. He explains how the dead influence us in so many aspects of our lives. If I may use a quote from Steiner- "If people knew what life truly is, this knowledge would engender a feeling of reverence and piety towards the spiritual world in which we are always living, together with the dead with whom we are connected". This feeling really came to life for me; it was a very enlightening read. I would recommend it to anyone looking to find a deeper anthroposophical understanding of the worlds in which we live and die. *Conley, Palestine, TX*

The Gospel of St. John Rudolf Steiner

Steiner states that *The Gospel of St. John* is not a text book, but a force which can be active within our souls. One feels the awe and glory of this; the account of John of the Logos and the word made flesh. This book ranks with the depth of the spiritual scientific research that Steiner presents in his *Theosophy* and *Philosophy, Cosmology and Religion*. Every page of *The Gospel of St. John* is revealing its depth of spiritual knowledge. The lectures are vast and fascinating. In the sixth lecture titled the "I Am" Steiner brings us back to our Atlantean epoch and further in time to Lemuria to explain Jesus' words to Nicodemus: ...verily, verily I am unto thee, except a man be born of water and the spirit, he cannot enter into the kingdom of God. Other revelations include the wedding of Cana in Galilee. *The Gospel of St. John* before and after the raising of Lazarus, the reason behind John the Baptist calling himself 'the voice of one calling in solitude' and many more. *The Gospel of St. John* is a treasure house of spiritual insight, especially the first fourteen verses, which we can make our own and develop within ourselves. *Robert, Cresson, PA*

David's Question: What is Man? Edward Reaugh Smith

I found much food for thought and soul in *David's Question: What is Man?* by Edward R. Smith. He takes us through creation and brings us right into the Apocalypse. We find here the meaning of "days" and discover exactly what the processes were that brought this "present being" about; we then discover the essence of Light, Darkness, Fire (where heaven and earth meet) and the meanings of the Scriptures, which speak of blood. He also provides a lot of footnotes and interesting charts. What did I take from this book besides some eye popping revelations? Man is an amalgamation of all that is involved in his being, and the sum total of his experiences on every level, whether it is in this life or the next. *Jefferson, Iowa Park, TX*

YOUR DONATIONS WELCOME!

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

Anthroposophical Prison Outreach

1923 Geddes, Ann Arbor, MI 48104

All Donations are Tax Deductible

Design by Patricia DeLisa

Book Reviews cont.

The Apocalypse of Saint John Emil Bock

The Apocalypse of Saint John by Emil Bock is very different from those of the other canonical Gospels in its overall view point. Thus the Apocalypse is an ‘incantations mirror’ of which, when held up against astronomical events of time reveals not only the external but the inward as well. Whence it is much more cosmological in scale and mystical in nature and has long been considered as an esoteric rendering of the apocalyptic vision of the entity revered as Saint John. *The Apocalypse of Saint John* in the light of revelations presents a mystifying and rewarding exploration into the occult significance of a historic period. Emil Bock takes his readers and students into the meaning of Saint John’s words, as he eloquently and scholastically reveals the interconnectedness of the stages in the evolution of humanity *The Apocalypse of Saint John* provides an inner source of illumination, a translucent pool of wisdom that offers to his readers and students an immense and lasting spiritual vision. This book is a must read. *Ozzie, Mayo, FL*

A Wound Awoke Me Christy Mackaye Barnes

A Wound Awoke Me is a beautiful song in celebration of what the novelist Thomas Wolfe likes to refer to as the “strange and bitter miracle of Life.” With alacrity and an insight great enough to penetrate the dearest depths of the heart, the author gives expression to the whole of our human experience. Infused with a subtle strain of alchemical symbolism, she reveals through verse what the ancients have known for millennia: that the objective, dispassionate processes of the cosmos (creation, destruction, and re-creation) have their corresponding microcosmic affect in the realm of the person and are subjective in terms of growth and evolution of the soul. This collection of poetic hymns simultaneously gives voice to the tragic and terrible; triumphant and victorious; the grim and transformative powers of death and becoming, and the innocent elation and joy of the soul beyond its ‘dark night’ in the fixed state of sacred being. Christy Mackaye Barnes does indeed “show our stars to us within our own midnight”. *D.H., Iowa Park, TX*

Sensitive Chaos Theodor Schwank

When you begin to read a book prefaced by the likes of Jacques Cousteau, you know you’re in for a treat. *Sensitive Chaos* turned out to be not only a wellspring of information, but a wonderful insight into the unifying forces which underlie all living things. This book illustrates the interconnectedness between all mediums of natural design, rhythms, and patterns from seawater to human blood. It touches on phenomena such as bird flight, formation of human organs, land formations, weather patterns and embryonic development to name a few. Reading this book was a transforming experience for me. How the earth, plant world and atmosphere form a single great organism in which water streams like loving blood was so cool to learn. Currents make rivers meander and loop as seen from above but a cross section reveals two other spiraling currents interweaving under the surface. In it, a wave form remains at the same spot with water flowing over it. But in the ocean the waveform travels across the surface with the water remaining in the same place. These principles pertain to bone, muscle, tendons, shells, horns, etc. From river deltas that mimic capillary’s to bird flight phases in wings, the vortex principle remains visible. There are eighty-eight vivid, black and white photo plates depicting distinctive patterns such as architecture, art, clouds, etc. as well as the effects of vowels on streams of gas or candle flame. Some of those images are ghostly. “The soul uses the elasticity of the vocal cords like an instrument on which to play”. One quote sums this book up for me. “For in the last resort every living form is the expression of an underlying archetypal idea”. All artists and musicians should check this one out. *Dale Michael, Winfield, LA*

Colour Rudolf Steiner

If anyone ever thought colors were just colors then I would highly recommend them to read *Colour* by Rudolf Steiner. From beginning to end it points a comprehensive relationship to man, his thoughts and the creation of the universe as a whole. Whether an artist, scientist or student on the path, this book is an essential step to attaining knowledge of the higher worlds. Admittedly, I first underestimated this book, but by the time I read the foreword I knew this book had within it a vast reservoir of knowledge which would show me the distinction between the image and luster of individual colors but also how to experience them while observing the advanced theory’s of color that Rudolf Steiner puts forth. The art we see in various forms and fashions are definitely expressions of higher spiritual realities. The 12 lectures heightened my overall view and perceptions of life on multiple levels. I would definitely recommend this book to those interested in deeper levels of understanding concerning, science, man and the spiritual realities behind them. *Devon, Childress, TX*

~Studying Together~

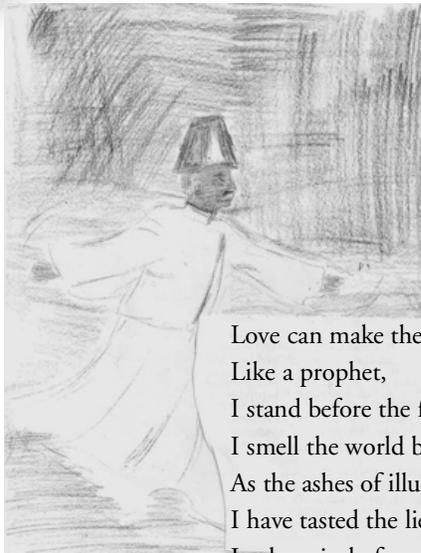
I hope to convey how awesome it is to have a friend to share anthroposophy with. Conley and I have been on the Powledge Unit for 2 years. We work together and live in the same dorm. .We have poured over the work of Steiner walking around the recreation yard, at work and here in the dorm. We watched the sunset all last year and spoke of the equinoxes that were coming and going, the cycles of the year, and what we were learning in Steiner’s book. The Festivals and their Meaning. Through book after book we have read and spoke of in depth, we constantly feel the spirit of God light up in us, between us, and giving light to those around us. Not only have I seen the Holy Spirit transform me because of Steiner’s teaching of “the truth”. I have seen it transform Conley, and working outward on those around us to share in the peace that passes all understanding. What a wonderful feeling it is to know why I live and how to live. Thank you to Mr. Rudolf Steiner for leaving us such a wonderful gift. Shelby, Palestine, TX

I would like to thank you for the opportunity to once again use the APO Library. It has been very enlightening for myself, and also for the fellas. The material has really opened my eyes and discussing it amongst ourselves here has allowed me to consciously re-evaluate myself. Along with this new train of thought, I have found that certain subjects that arise offer better/deeper understanding than previously held pre-conceptions. Michael, Greenville, IL

Art and Poetry

Lost Shelves

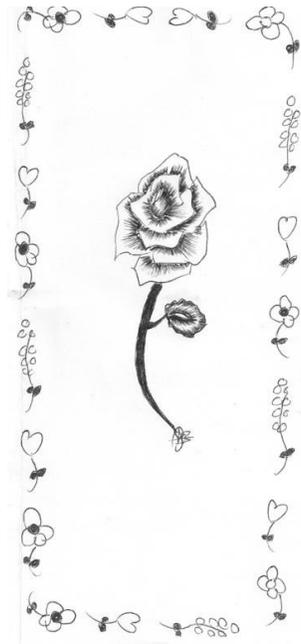
There once was a room
That did not have walls.
A room built of passage,
Stairways and halls.
Completely unsteady,
Foundation not built.
Emptiness filled
With hatred and guilt.
There must be more
Than just this one room.
More to this place
Than dirt, grime and gloom.
With search begun
I seek in myself.
To find all my morals
On hidden lost shelves
Wait - now I see
It is not a room.
But my living body
A temple, not tomb.
With foundation now firm
In the distance, a door.
For the first time in life
I realize there's more.
Quinton, Fairton, NJ



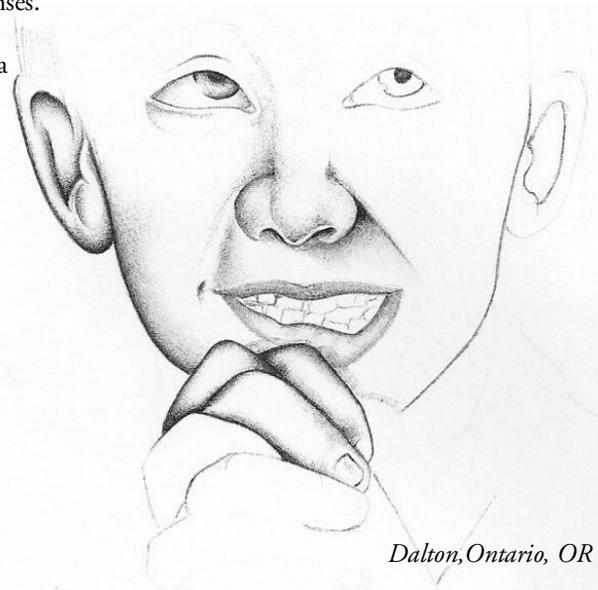
Love can make the blind see,
Like a prophet,
I stand before the fire and hear its voice.
I smell the world burning
As the ashes of illusion fall on my skin.
I have tasted the lies
In the mind of man-kind.
But was not offended for I knew.
I had to evolve above it all
Or drown in my own ignorance.
I am the messiah of the higher senses.

I whirl like a dervish above dogma
Of mechanical thinking
And spiral beyond the doctrine
Of materialistic religion.
I am the Sun of Man
At the cross roads in the sky.

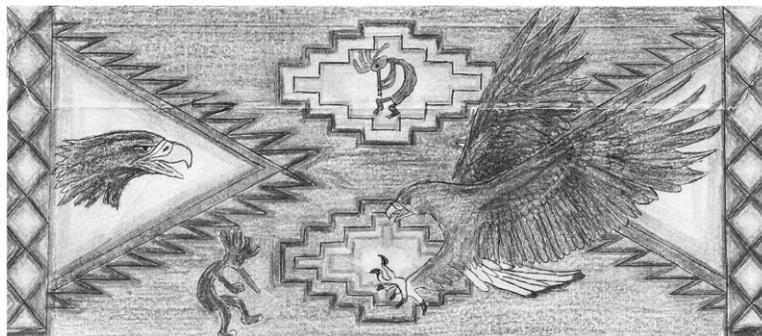
Osei, Alamo, GA



Jerry, Lancaster, CA



Dalton, Ontario, OR



Redbear, Lancaster, CA

- SELF-AWAKENINGS -

EduCareDo Correspondence Course Response Summaries

Lesson 2: First Steps in the Light on the Path

The non sensory perception exercise was interesting and new to me, when I first looked at it I saw a blur of patterns. The next day when I was calm and after meditating I looked at it and saw the figure of the animal. This shows me that through meditation we see past normal senses into a different consciousness. I found it most important that we are more prepared to educate our children when we achieve an inner balance. Then and only then can we outwardly express a balance to our children and folk. I am taking what I learn and sharing it with others who are interested in raising their spiritual consciousness. I find incredible joy and fulfillment becoming "self aware" and sharing my findings. It's like being a child and realizing something for the first time. *Robert, Cumberland, MD*

"In relation to the supersensory environment, everything that the soul might call its own "inner world" takes on a certain character that, at first, is difficult to reconcile with the idea of inner life. You can no longer say to yourself, "I think", or "I feel", or "I have my thoughts and I form them." Instead, you now have to say, something thinks in me, something allows feelings to light up in me; something forms my thoughts so that they arise in a quite specific manner to make their presence known in my Consciousness." Carefully reviewing these powerful words of Rudolf Steiner, from the book *A Way of Self-Knowledge and the Threshold of the Spiritual World*, we find that what one may consider their own inner world, thoughts and feelings, are in fact not their own. To have speech, to think, and upright standing to thus be able to go forth and express what is thought however, is indeed an expression of the Divine within us. We learn that something lights up in us. This lesson is about the Genesis of our steps towards the path of this Light. Personally, this helps me in what it is I'm really studying. The entry into the path calls for one to have an open mind, and to hear, and to then be able to understand the point. The lesson explains thinking to be a gift, and not something I'm already in tune with. Profound is the connection to speech and thinking, and how it conjuncts to will, feeling and building concepts; this is something that I will use for the rest of my days to bring about truth, beauty and goodness. *Andrell, Joliet, IL*

Lesson 4: Understanding, Caring and Developing the Human Senses

There is a polarity existing between the lower, physical will senses and the upper spiritual social, thinking senses. In order for the inner and outer consciousness to operate in balance, the inner and outer senses must be balanced. Consciousness is expressed through the senses. Our senses are strongly attacked, abused and endangered every day. We are not consciously aware of how the outer environment affects our senses. Often times, our fears and concerns about things like money, health, happiness, security, and death are not natural to us and come from outside sources. I will begin by trying to be mindful of my senses at all times, and work to reject that which comes from outside my being. I will also begin the exercises in the lessons to help develop my awareness of the senses. In the process of developing my will, I have been doing an exercise found in the booklet *Self Development in the Penitentiary* by Fred Janney. By doing this everyday, I develop the power of my word, logos: that, what I say I will do. *Robert, Clio, AL*

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

What I found out was that I did not know how many breaths a human being takes within an hour/day. Also, how this relates to the sun when it completes its full cycle, which is amazing. Everything in this lesson is important to me I look at everything differently; how things are made, where food comes from and how it's stored, how nature is, etc. My friends will be practicing the exercises with me so they too could look at everything differently and hopefully they will not take things for granted. I hope to master every single experiment and exercise in lessons 7 and show to other people, how things work for us human beings. *Dionell, Greensburg, PA*

All things speak to us in nature through our thought, visions and our hearts. Being able to realize life's process and how the different stages of it permeates the heart and soul. I will learn to look at life from its earliest stages to the maturity of its end and how the inner is more important than the outer. I will meditate and learn to use the spiritual awareness in my life and to see everything as spiritual instead of looking at it from the physical. *Edward, Huntingdon, PA*

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

Lesson 9 was absolutely phenomenal. It holds such vital information about proper childhood development. Everything that happens in a child's early environment manifests itself in the organism in some way. It's all connected with our thinking, feeling and willing and with proper timing. Beauty, harmony, truth, clarity etc. create a healthy organism. Falsehood, disharmony, ugliness, etc. create a disturbed organism. Premature intellectual stimulation also can result in a disturbed organism. Knowledge of the 7 year cycles is an absolute necessity. *Richard, Tennessee City, TX*

Helping our children to have balance and develop their faculties of perception with feeling and will is important. As parents and teachers we must always cultivate a healthy sense for distinction between good and evil, for good development in our children. We should examine ourselves repeatedly to ensure that we have not lost our balance and judgment and caring about what we are going to teach to our children. *Alonzo, Leavenworth, KC*

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

What was interesting to me is when I read the esoteric theory of evolution I find a deeper understanding of it. I've also been working with alchemy and this fell in with working with the elements so it's great to find a deeper understanding. As I progress daily on how deeper understanding actually affects me, I can either unknowingly be moved by whatever comes my way or I can actually benefit from it - use it to become stronger. Important to me is the deeper growth I am getting and the realistic use I am putting to the test. With this I can be more aware of my actions, be thankful to what has brought me up to this phase in my life and become more open and aware of my surrounding. Everything is full of life and energy if I'm just willing to be aware of it. *Dalton, Ontario, OR*



Children

*We think we create
Something good
In the little ones
By inducing early
Achievements.
But may the gnosis someday save us
From our blunders made
In ignorance
For the road to Hell
Is paved
With good intentions.
Our only salvation
Is knowledge.
Our only sin
Is ignorance
May our salvation come soon.*

Richard, Tennessee City, TX



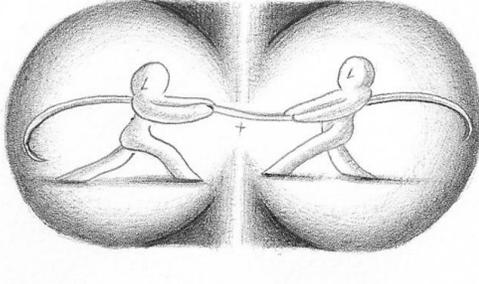
~ SELF-AWAKENINGS ~ cont. from pg 7

EduCareDo Correspondence Course Response Summaries

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

Everything on earth that is globular is the result of the display of two forces, one urging towards life and the other drawing life away. Growing crystals as well as human sounds create harmonized patterns. A tone scope can be used to teach deaf people to talk. I would like to listen and be more in harmony with nature; listen to the sounds of creation and help my friend have more peace. *Dana, Smyrna, DL*

Lesson 14: Work arising out of Rudolf Steiner's strivings, Review First Half Year



We can go on being born all our lives by opening our hearts to change. Our consciousness between the polarities and that every created being manifests the trinity of highest creation, and that our questioning and trying to discover ourselves, our conscious self between these polarities is a reflection of our struggle from the microcosm towards the macrocosmic creator beings. I will learn to participate more and awaken to the extraordinariness of life, and build the possibilities for diagnostic research. I can ask the questions and face the problems in this search for new directions on "the path of spiritual realities response." I've taken in the thought process that is used to arrive at understanding of our world and the polarizing beings. *Mark, Anthony, NM*

Lesson 16: Female and Male Spirituality part 2

During the Egypto-Chaldean epoch (2907 BC-747 BC) the spirit-spark, the ego, induced the connected astral body to take up new qualities creating "sentient soul". During the Greco-Roman time (747BC-1413AD) the spirit, the ego also worked through the etheric body creating "intellectual soul". In our present age (1413-3575) the spirit started its transforming work evolving through the physical body creating "consciousness soul". To master Lucifer and Ahriman's influence can only be done thru self-knowledge. To learn our weaknesses in our Thinking, Feeling and Willing, to strive not to yield to illusions, but help the good of humanity. Our physical body shields and separates us from the spiritual during earth life and also from our surrounding as well as other human beings. This separation makes everyone of us an independent spiritual being to work our way towards our Higher Being in Freedom, thereby bringing this new quality into human evolution; representing freedom, union and love. The practice of Steiner's six basic exercises helps me to reach the goal – inner freedom (Buddhist equivalent is nirvana), union and love. I love the spiritual scientific lessons. *Mo, Atmore, AL*

Lesson 17: Female and Male Spirituality part 3

Quite a few things stood out in this lesson, especially about the two different kinds of love. One brought by Archangel Michael is spiritual love; the love brought by the Archangel Gabriel, is family love. I found this info to be very relevant. I can capitalize on the information by understanding the type of love each brings. One being that love is moral, freedom in action. I wish to internalize the information and begin to converse with like minded others for a more in depth understanding and additional opinions on the subject. I also hope to aid and assist others in attaining an understanding of these concepts of love and how we can be more conscious of the truth they contain. *Osiris, Childress, TX*

Lesson 24: Health and Nutrition part 2

What I found interesting in this lesson is the interwoven relationships between our soul spiritual life and the surrounding world; we are on the way to self knowledge and world knowledge. These lessons provided much information in reference to making decisions about health and nutrition. Rudolf Steiner has many contributions to earth and humanity, i.e. biodynamic farming for a renewed healing agriculture and nutrition for the earth and for all its inhabitants, minerals, plants, animals and human beings. The information about green house gasses, the meaning and process of nutrition, light, metabolism, transformation of fatty acids to warmth for ego function is fascinating. I will apply efforts to understand and digest its message and content. This informative resource has brought so many profound revelations. I really am enjoying what I am learning in the *Self Awakening EduCareDo Course*. *Troas, Delano, CA*

In Memoriam

You don't know him. Without his example Anthroposophical Prison Outreach would not be. Along with others he and his wife Katie made a home for anthroposophy in Ann Arbor Michigan, in the midst of the heartland of the United States. In a large two story brick building, near the University of Michigan campus, the Great Lakes Branch of the Anthroposophical Society was born. I first encountered him in 1987 when he conducted Tuesday evening classes in Anthroposophy free of charge and open to the public in a room filled with anthroposophical titles which was also used as a lending library. The lectures were magnificent. He would take the listener on a journey through anthroposophical concepts in a concise, deliberate manner, speaking on deeply cosmic and esoteric subjects. Then he would bring the listener back for a soft landing without a hint of ego inflation in his demeanor. He was encouraging of APO from its inception. He was instrumental in bringing APO to the attention of the worldwide Anthroposophical community by encouraging the presentation of our work for an upcoming conference in 2010 at the international headquarters in Dornach Switzerland.

His name is Ernst Katz. He will be missed by the many of us who were touched by his presence and example. He will live on not only in memory but as a source of inspiration and guidance for the future for as he taught, anthroposophy is a living presence weaving through the lives of human beings on both sides of the threshold of death. Fred Janney

Objectify Yourself

BY JEAN YEAGER

In the lecture entitled “*Social and Anti-social Forces In The Human Being*” (12 December 1918, Bern, Switzerland), Rudolf Steiner says that the fundamental one-sidedness of our time is the fact that Anti-social forces are more powerful than ever before. This is rather new in history. In earlier times, belonging to families, clans or tribes (gangs) was the dominant gesture and the individual was subservient to the group.

In our era it is the individual which is most important to us. Sometimes, some of us spend a great deal of time and energy improving ourselves. We strengthen ourselves physically. We correct emotional imbalances or upheavals. We seek after degrees in order to prove how intelligent we are. Or, we consider it very important that we accomplish things on our own. These are all examples of activities that may be important to us. All of these examples are, however, Anti-social in that they do not involve anyone else. No one can do our exercises for us, or make us “feel” a particular way. No one can learn for us or accomplish something for us.

Steiner goes on to say that the social forces in the human being (and therefore society) are growing weaker day by day. He describes the fundamental gesture in this way: “The impression which one person makes on the other has the effect of lulling the other person to sleep.” Then, he says, we rouse ourselves through our Anti-social forces and wake up! So, there is a pendulum swing between social and anti-social forces when two people interact. He also says that it is nonsense to believe that Anti-social forces can be resisted – that is not the point. Anti-social forces should not be resisted because they help us achieve independence.

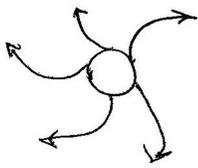
Paradoxically while this is the era of independence, it is vitally important that we nurture our social forces so that we do not let them entirely disappear. If that were to happen, then men would be totally self-centered, totally egotistical. This WILL happen and social forces will disappear totally if we merely act naturally – because being “natural” today means strengthening our Anti-social forces.

What Steiner suggests is that we acquire interest in one another – in a very objective fashion. And, he gives a number of exercises to strengthen the capacity to take interest in one another. Here is an exercise from the lecture:

EXERCISE #1: YOU ARE NOT IN THE CENTER OF THE REVIEW

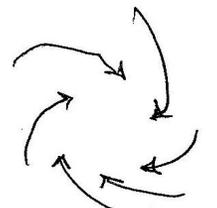
“The precise need of the future is that the social should be brought to meet the anti-social in a systematic way. For this there are various inner soul methods. One is that we frequently attempt to look back over our present incarnation to survey what has happened to us in this life through our relations with others. If we are honest in this, most of us will say: Nowadays we generally regard the entrance of people into our life in such a way that we see ourselves, our own personalities as the center of the review. This is our natural way of feeling. It is exactly this which we should try to combat.

Looking at the events from my point of view in the center:



We should try in our souls to think of others, such as teachers, friends, those who have helped us and those who have injured us (to whom we often owe more than to those who, from a certain point of view, have been of use to us.)

*Looking at the events without me in the center –
from the point of view of the others:*



We should try to allow these pictures to pass before our souls as vividly as possible in order to see what each has done. We shall see, if we proceed this way, that in reality we find that almost everything that forms part of us could not be there at all unless this or that person affected our lives, helping us on or teaching us something.

... then we shall be able to experience the opening up of a new sense in our souls, a sense which enables us to gain a picture of the people whom we meet even in the present, with whom we stand face to face today. This is because we have practiced developing an objective picture of our indebtedness to people in the past.”

Rudolf Steiner, Social & Anti-social Forces In The Human Being, ¶ 23-24.

EXERCISE #2: GETTING OUT OF THE HABIT OF FIXING ATTENTION ON YOURSELF

Here is another, similar exercise to assist in strengthening the capacity to be objective about ourselves from a different source:

“Self-knowledge is one of the hardest things to acquire, and it is precisely those who think they know themselves best who are most likely to be deceived: they think too much about themselves. You should get out of the habit of fixing your attention on yourself and constantly using the word “I” - “I think, I believe, I consider this right”. Above all you must get rid of the notion that your opinion is worth more than that of other people. Suppose, for instance, that someone is very clever. If he displays his cleverness in the company of people who are not so clever, his behavior will be very ill-timed; he will be doing it only to please his own egoism. He ought to adapt his response to the needs and capacities of others. Agitators are particularly apt to offend against this rule.”

Rudolf Steiner, At the Gates of Spiritual Science, Chapter 14, ¶ 6

I have found that these exercises are early “soul gym” exercises which can be part of a daily work-out. It is a genuine soul capacity when you are able to “objectify” yourself. It is the first step in finding a way to freedom. This capacity helps build the possibility of overcoming the cause & effect or, action-reaction phenomena (which I sometimes call click-bang.) These types of exercises put you into an open, neutral frame of reference where you can see yourself and see others and then choose.

We are interested in your experience with these exercises; if you decide to try one or both, let us know how you got along.

Illuminations

I am making a great effort to express my humble and sincere appreciation for your response and literature, it means a lot to me. I failed to attend school while I was young. Since then, I have been learning through correspondence courses and books. I am (like many others) searching for understanding and enlightenment to the many issues which arise daily. I have gained a lot of insight from your books and I have put your methods to work and they have borne fruit in my daily life. I am more in tune with my instincts, my thoughts and feelings, also in the act of willing. My perception has expanded to new heights. I see that life is a learning experience and if we look close and use our ability to think, we can see basic truths all around us. For example: the wild weed - you can poison it, give it no water, go as far as pouring concrete over it, yet it will brake through the concrete reaching out for the warmth of God's light, It speaks to me about survival despite adversity. Being in prison I am like the wild weed growing to the sunlight. *Gabriel, Tehachapi, CA*

Your books have given me a foundation for my spiritual growth. Before my incarceration, I meditated every now and then, but now through these books, especially the Rose Cross Meditation; I meditate zealously 3 times daily. I have noticed it has brought me an overwhelming amount of inner peace and I can control my anger better than before. I can therefore unequivocally say Rudolf Steiner and APO have changed my life for the better and helped me immensely on my spiritual journey. *Frederick, McRae, GA*

It is great to read in the prison newsletter, that so many people are trying to be on the real path. I'm into spirituality based on the choice I made to be good. I also love talking to people on this path. I've been down fourteen years and I'm currently in the hole, but life will teach you valuable lessons. You have to stay open to always learning until we all get it right. If we're not there we must stay looking for the answer until we find it, God is our good source. You have to seek to understand what is spiritual and how it helps you, or you'll miss the open door. It gets difficult sometimes when you're learning. It's like reading a complex book, trying to understand it. Then, mysteriously, the answer just comes out of nowhere. Your thoughts change; you become smarter, stronger, more understanding, etc. Then things start appearing and becoming not so hard for you. *Keith, San Quentin, CA*

The meditative exercises in lesson 18, are very good. I shared it with a number of inmates on the block. It was like the words came to life, much like a spiritual awakening. It could make a leader out of a person by learning how to be a good public speaker, but also how to use body language to help bring words to life to enter others. Also the book, *Staying Connected* was very helpful. I do see deceased relatives in my dreams and speak to them. It had some good meditations and I copied most by hand to read at night before I go to sleep. *Chuck, Dallas, PA*

Things here are good with me and it really is all about making progress on the path. Everyday brings new insight and challenges. I am becoming more "consciously aware" when I need to "apply" the principles I've been reading about and learning for the last several years. For me, it has always been about becoming centered in our souls (higher self), and that's really what my path is all about. My study, meditation and prayer life has intensified and I am seeking to rid myself of all those inhibiting factors that hinder, although much work remains! I would like to restart the correspondence course if possible. I really wasn't ready the first time around but feel more than ready now to tackle the course as a real disciple. I also want to thank all who have given me so much through your service, and I pray you are blessed, for your love and support has kept the fires burning in my heart when they seemed close to going out. *Kenneth, New Boston, TX*

Thank you very much for allowing me to partake in the use of your wonderful library of books. I am finding avenues of reason and understanding which I found to be profoundly lacking in much of today's modern views. *Robert, Grady, AR*

An Outline of Esoteric Science, by Rudolf Steiner is the first book I have ever read that takes the study of inner self knowledge to such a high level. It gave me an excellent fundamental understanding of human spiritual evolution and our connection to the cosmos. So many aspects of Steiner's work are covered here and explained in such a detailed way as to give the best understanding possible for further study. This book should be a prerequisite to the esoteric studies and mystery wisdoms! Even though I have just begun reading with you, I feel I have awakened to a higher level of perception. I look forward to my exercises and studies. A Druidic proverb states that man needs three things for happiness: Having something to do; having something or someone to love, and having something to hope for. Through your society, I have found all three. I have my studies which I look forward to everyday, and they fill me with hope - of what I can be, what I can learn. I truly thank you so very much! *Joseph, Galesburg, FL*

Thank you for providing so many of Steiner's works to me, as well thank the Anthroposophical Society for providing such a wonderful opportunity to grow in the spirit in these that should have been my darkest day. When in truth they have been the most light filled and brilliant. *Robert, Cresson, PA*

I have to tell you, this knowledge is really amazing; it opens up a whole new world for me, and has helped me find peace within. *Raul, Ft. Stockton, TX*

The book *Macrocosm and Microcosm* could be given today with much success on college campuses or universities. Mr. Steiner elaborates on the mystic experience which comprises the inner life. I learned more about my inner path and much light was shared regarding several of my personal experiences. For instance, the development of spiritual organs and spiritual perception is very real to me. The book entitled *Sleep and Dreams* had instructions and knowledge explained in every chapter reinforced within my soul my real life experiences. My development continues to happen with thinking, feeling and willing. The waking and the sleeping are steps I am aware of, readily conscious when catching that flash of images right before awakening. It is fascinating to keep records of my remembrances. The book by Jorgen Smit called *Meditation, Transforming our lives for the encounter with Christ*, has clearly enhanced my personal Rose Cross Meditation. There was quite a bit of instructions and the personal biography descriptions are helpful. *Benjamin, Ione, CA*

In the book *Christianity as Mystical Fact* I found confirmation of an idea I learned intuitively while reading the Bible. I have long believed that the mainstream doctrine surrounding Golgotha was far to shallow to have had such momentous impact. Steiner treats the mystical and spiritual aspects as literal and concrete realities. I know that Biblical teaching can be accessed on many levels, and so I found the book enlightening and falling on fertile ground. Likewise, in *First Steps in Inner Development*, I discovered that reading Steiner is akin to resuming a good conversation with an old and trusted friend. The review was clarifying and inspiring in its promising depiction of a "future" that is overtaking us. It is comforting to see his prophetic accuracy which adds weight to all he says. *Russell, Iowa Park, TX*

Thank you for your lifeline, not only to the outside world, but also to a better, kinder more spiritual world. My words can't thank you enough. Blessings on your outreach. *Thomas, McFarland, CA*

Illuminations

I would like to gain inner awareness and peace of heart and mind. I hope to gain the keys I desire that will unlock my mind so I can find answers, because right now, everything's a mystery. I just hope for help, becoming one with myself and nature and becoming a kinder loving person on this earth, who can help and share with others. I'm hoping for change. *Arik, Kincheloe, MI*

Sometimes people get the wrong idea of what the prison experience is like. When I look around and see stagnant people, I feel to be the opposite of everything in here. Scheduling my entire day upon awakening in this cell is helping. Changing my way of thinking by changing the way I speak is powerful. For example, I never say the word 'hate'. It has so much power in here; almost as if you verbalize it, it comes to life. I embrace everything new and invite change. I feel that the material from your program will reinforce these ideas. *Randal, San Diego, CA*

I am an inmate searching for my spiritual awakening that so far I've not been able to find, but my life has come to a point where I need to find myself before I'm lost in the terrible maze of unknowing. Several other inmates are into Mr. Steiner's teaching and I can see amazing results in their lives. I wish to learn and develop these ennobling processes, ways to understand and care for others, to listen with my heart and see everything with the eyes of my soul. These books will help me to deal with challenges in my daily life and it means everything to apply generosity, honesty and learn from my good opportunities. *Perry, Merideian, MS*

I really enjoyed *The Secret Stream* and I feel like I understand Rudolf Steiner and Anthroposophy better. Tell me, am I right to conclude that it is simply Rosicrucianism? I enjoyed hearing him speak about ritual magic near the end of the book in one of his final lectures. I also understand the Rose Cross Meditation now. I have to admit that sometimes the material overwhelms me, but I feel like some film has been removed from my eyes. I want to say that I am still trying to find that external and internal peace for meditation. Thank you for your compassion and patience. *Jason, Tennessee Colony, TX*

Dear Jason, *How wonderful that you are persisting in your studies! I also felt a little overwhelmed during my first few years of reading Steiner, but over time my thinking became more fluid and I was nourished more and more. As for your question, anthroposophy is not simply Rosicrucianism. Christian Rosenkreutz and Rudolf Steiner were as brothers and there is a strong link to that tradition. However, everything Steiner taught was confirmed by his own spiritual research using spiritual organs of perception (chakras) and he was able to carry further the work of Christian Rosenkreutz. His research also inspired many practical applications such as Bio-Dynamic Farming, the Waldorf School movement, etc. As for your meditation, the external and internal peace you seek will gradually develop. In my article, Introduction to Meditation, I offer a few suggestions which may be of help. If you do not have a copy, ask Kathy and she will be happy to send you one.* Eileen Bristol

I've already started doing the exercises, and look forward to learning how to change my life. This new found knowledge will hopefully change many aspects in the way my life works. There is something missing, and I truly believe that your program can help me find it! *Harold, Calico Rock, AR*

Could you send me a copy of *In Place of Self How Drugs Work?* I read about it in your 9th edition of *Illuminating Anthroposophy*, which I found very interesting. I've had a lot of problems with drugs controlling and destroying my life so I am thinking it couldn't hurt to try and learn all I can about the nature of addiction while I'm locked up and clean so I'll have a better chance of staying that way when I get out. On behalf of all who struggle with addiction, thank you for caring. *Tim, Avenal, CA*

Thank you for encouraging me to not lose heart in my spiritual growth and studies. For me, growth and development is a joy. Know thyself is what I am striving for, patiently, till the end. *Miguel, Elay, AZ*

Since my incarceration nearly eight years ago, I have come to many conclusions. One of them was, the more I thought I knew, the less I actually did know. This, along with much soul searching, is what prompted me towards my near pressing search for truth and wisdom. *Michael, Greenville, IL*

What I especially like about Rudolf Steiner's teachings, is that it offers many valuable insights into the social arenas of life, on how the individual can bring esoteric wisdom into the everyday of his life. So at present, I am particularly interested in developing 'self' and community. When I get out of here I want to begin some type of social work to assist my community. *Hector, Crawfordville, FL*

I have been on this side of the fence now for 16 years and used that time to educate myself about many subjects. It's just been within the last year and a half that I was introduced to your literature in the form of newsletters, lectures and books. I'm not blind to a great many things in this world, as my grandparents were Masons, Eastern Stars, Shriners, etc. I do not know everything there is to know, but I do my best to learn something new every day and feel that with your help, I will be able to open a whole new avenue of information in my life that I am meant to learn. I believe in a kind of fate that is overlooked by a great many people in society. When I come into conflict with certain things in my life at times, there is a reason. If I fail to explore those things and glean from them what is meant for me to learn, then I have missed an opportunity that has been presented to me for a purpose. *James, Sneads, FL*

Thanking you for the books. 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 spirits behind it all. As this world continues to decline, spiral down, Ahriman is getting stronger and ready for his appearance. 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 learned about your program from Robert who first introduced me to some of the teachings of anthroposophy. I know I have much to learn and am looking forward to working with him and APO. *Raul, Stockton, TX*

I thank you for accepting me into your program. I finished *How to Know Higher Worlds* today; fantastic!! I thoroughly enjoyed this book. At times I feel as if I have read this before. I try to practice meditating; sometimes it's difficult with all the external distractions. I will be gaining better success with practice. I also gained insight and practice with the book titled *Meditation* by Jorgen Smit. *Douglas, Cresson, PA*

I open this letter with peace and would like to thank you for helping me with my studies and spiritual growth. In the book, *First Steps in Inner Development*, I got out of it how to control my thoughts, stay balanced in the mind and turning within. It also takes you through each step, which is what I really liked about it. It shows you how to do it. *Terril, Menard, IL*

I think for most of my life I've had this great desire to let my own inner spirituality flow into this world but have kept it inside, it's kind of a lonely feeling. I am hoping to change by studying and reading anthroposophical books. I spent a lot of time reading and rereading the book *An Introduction to Anthroposophy*. Especially interesting in this book was the explanation of reality in which the principle of thinking as an activity when we form ideas or concepts, then perceive them as true or make them happen. I would like to read more about the three levels at which this meeting of concept and percept meet. *Sean, St. John, AZ*

Illuminating Anthroposophy

Anthroposophical Prison Outreach Newsletter

May the words speak to your soul so that you receive the Michael Thought in the sense of what a faithful follower of Michael may feel when, clothed in the light rays of the Sun, Michael appears and points us to the light rays of the Sun, Michael appears and points us to what must now take place. For it must even be so that this Michael garment, this garment of Light, shall become the Words of the Worlds, which are the Christ Words – the Words of the Worlds, which can transform the Logos of the Worlds into the Logos of Humankind. Therefore let my words to you today be these:

*Sprung from solar powers,
Shining, world-blessing powers of spirit;
Divine thinking has predestined you
To be Michael's coat of rays.*

*He, the messenger of Christ, reveals in you,
Who bear humanity, the holy will of worlds;
Bear Christ's word to humankind.*

*Thus the herald of Christ appears
To waiting, thirsting souls;
To them your word of light streams forth
In the world age of the spiritual body.*

*You, students and knower's of the spirit,
Take Michael's wise sign,
Practice taking into your soul's high purpose
The word of love of the will of worlds.*

Rudolf Steiner

From Rudolf Steiner's Last Address
September 28, Michaelmas Eve, 1924