

Sleep, Dreams and How to Develop Them

By Michael Lipson, PhD

Sleep is much more than a rest or refreshment. If you think about it, sleep can seem a great mystery. Where do we go when we fall asleep? How do we get back to our bodies when we wake up? How is our personality preserved so that we don't lose it forever? Where are our minds during sleep?

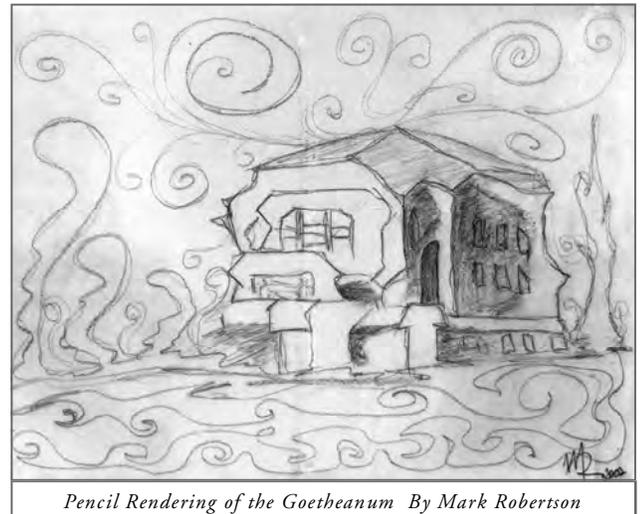
Most scientists divide sleep into phases depending on measurable brain wave activity. Different patterns of brain waves show up during different phases of sleep: from alpha waves (lighter sleep) to delta waves (more profound sleep). Dreams actually occur when the brain is in a relatively light zone of sleep, known as REM for Rapid Eye Movement – a phenomenon you can notice, in someone else who is sleeping, when you see their eyelids flutter. We first enter REM sleep normally after about 90 minutes of falling asleep. Sleep does not proceed from light to deep in a smooth fashion. Rather, the evidence of brain waves and other physical responses suggests that we keep rising and falling, throughout the night, from lighter to deeper sleep zones and then back again. As the night progresses, we spend more and more time in REM sleep.

Humans need REM sleep. Experiments show that without dreams we become depressed and irritable, even if we get to have enough of the other phases of sleep. Many recreational drugs, and even some drugs used to help us get to sleep, can rob us of the full range of sleep phases that are essential for a healthy body and mind.

Spiritually, sleep is the safest thing we can do. Notice that if you don't trust the people around you, it can be hard to fall asleep in the first place. So when we can fall asleep, it means our mind has decided we are safe. And within sleep, even if we have nightmares at times, there are inner realms of protection that we can merge with and learn from. To know that this is so, to know that sleep in all its phases is our friend and even our guide, we have to be more conscious during sleep. This has been one goal of all spiritual traditions. It would mean not only having dreams and knowing about them during REM sleep, but gradually becoming more and more aware even of what is going on with us during the deep delta-wave activity of dreamless sleep.

To be aware of what is happening with us throughout the night is a distant goal. In the short run, let us consider the various kinds of dreams and how we might develop them. For there are many kinds of dreams. Some have even said that our whole life is a dream, and that one day we may wake from it. Still, whether all of life is a dream or not, we all know about the normal dreams we remember when we wake from normal sleep. These everyday dreams tend to be cloudier, less vibrant than waking life. When we wake, we remember them only in part. We never have the sense, in these normal dreams, that we are completely free to react, move, and change things as we please. Waking up out of a dream, we feel somewhat more free: we can move our bodies intentionally, for instance.

On the other hand, dreams sometimes have interesting advantages over waking life. For instance, we can see all kinds of things in them that don't usually happen in waking life, like the moon turning polka-dot, or a unicorn eating a skyscraper, or someone who is dead. Sometimes, dreams have liveliness, an intensity, that isn't there in waking life. These dreams can be very meaningful, in a way that's hard to explain. We may tell someone about a dream that was strong and important in our own mind, but as we tell it we find it is hard to say just why the dream meant so much to us, why it was so scary, so beautiful, or so happy.



Pencil Rendering of the Goetheanum By Mark Robertson

Meditation

Morning:

*The Sun is dawning,
The Stars are dwindling.
The soul is dawning,
And dreams are dwindling.
Day, then, receive me,
Day, then, protect me,
Walking through earthly life.*

Evening:

*When starry Worlds
Transplant my sleeping I
Into the land of Spirit,
I will draw strength of soul
From World-creative Powers
To strive towards the Spirit.*

Rudolf Steiner

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

Every day we receive many letters regarding your enriching insights and your strivings toward deepening awareness. *Illuminating Anthroposophy* is filled with positive experiences from you who apply your studies to your daily experiences. Just as important as the spiritual work you do during your conscious day is the unconsciously occurring spiritual work that happens just before and during sleep, and also as you wake up. When we fall asleep, the physical and the etheric body remain behind in our bed, and the astral and Ego body loosen themselves; in this way we cross the threshold into the spiritual world every night. In this issue you will find two articles about sleep and dreams. Michael Lipson's article, titled *Sleep, Dreams and How to Develop Them*, discusses various types of dreams and helps with the search to become awake to the dream world. Our main article, titled *Techniques for Transforming Dreaming* by Dennis Klocek, clarifies the importance for spiritual awareness of the space just before sleep and as we awaken in the morning. Both articles provide exercises to strengthen the experience. Should you decide to try the exercises we would love to hear about your efforts!

We love the artwork and poetry you send us. We are always struck how personal your art and poetry is and how it is inspired by your reading and studying. Here two ideas came together; how to share what you send us with a wider audience, and how to create understanding between your strivings and people on the outside. We are inspired to organize an *Art and Poetry Evening* to bring your work alive to the outside community. We plan to have your poems recited by teenagers and young adults along with a display of your artwork. So we are asking for your help; please send us your art work and poems! We hope they will be about what you would like to express to young people about inner transformation, or what changed in you that brought you to a spiritual path, or whatever else inspires your message to such a young audience. We are really excited about sharing your work.

Recently we began to enclose with your library book order, a return envelope with the US Return Mail Label attached. We have found that this makes book returns easier for you. However, if your mailroom does not allow envelopes, just let us know and we'll enclose the US Return Mail Label only. Sometimes people wonder what books to order next, we can always make a selection for you, based on your previous interests, since a record is kept of the books you have been sent. Also know that we can send you our *Anthroposophical Library Book List* if you do not have one any longer. If you are a new or beginning reader, we recommend the section in the library book list labeled; *Rudolf Steiner's Foundational Works*. Many people say they provide an excellent basis to build on for one's further reading.

We are always impressed by your good will, by your intent to apply and by your perseverance to tread the spirit path. We are grateful to all who contribute to this newsletter and help inspire each other to realize that on the path of spirit you are never alone.

Blessings on your path, Kathy Serafin

Illuminations

I CHECKED OUT A BOOK FROM YOUR LIBRARY back in 2006 but at that time in my life I was not yet ready to receive such teachings, so I did not get much out of it. I am blessed and grateful to now be able to say that I am much more receptive and I gained much from reading *How to Know Higher Worlds*. The title of the book caught my attention and sparked my interest immediately after seeing it, and though the content of the book turned out to be something very different than what I expected, it touched on a subject (esoteric initiation/training) that I have been interested in for some time now. *Dushaan, Tennessee Colony, TX*

I FOUND the *Spiritual Hierarchies and the Physical World*, and *Madame Blavatsky and Theosophy* two of the most profound books I have ever read and I can't thank you enough for sending them to me. I will be going home in October of this year and there are some books that I will buy to share with my family and friends in Ghana, my home. Finding anthroposophy was the best thing that ever happened to me. I've been yearning for spirituality all these years. Anthroposophy made it possible for me to understand the nature of the spiritual world and I will definitely keep in touch with you when I go home. *Fredrick, McRae, GA*

THANK YOU SO MUCH for the wonderful books you sent me, I received them before dinner. That same night I was up till my eyes were too sleepy to keep going. I started with *Rosicrucian Wisdom*. I could not put it down. For the next few days I kept reading until I finished it. When I got to the middle of the book for some reason I had to stop, feeling sad, and asked myself why it took all these years to find the source of knowledge I had been searching for. The answer came to me – everything at it's time. It's possible I was not ready then, but now I am. *Joe, Blythe, CA*

THESE BOOKS always seem to use my mind as a doorway into my heart. *Joshua, Tehachapi, CA*

THE INFORMATION that I was introduced to is explosively powerful. Mr. Steiner goes through great pains to reassure us students that the study of the supersensible world is a science which should be approached objectively and that rejects all superstition mediumistic ways of relating to it. The insights to be gained from meditative observation of nature (plants) and reflective comparisons to human reality are beyond contradiction capable of aiding in the unfolding of profound insight. Most importantly, the unselfish development of our moral character ensures all those who pursue this path as instructed, will be of great aid to our fellow beings. I love the way Mr. Steiner often reminds us of the fact that these abilities we are strengthening, are not something unique to a specific class of people, but are capacities that are latent in every one of us; that if we focus vigorously and persist with patience and most importantly with reverence and humility, we can be led to a perception of the inner manifestation of light. Truly Mr. Steiner was a thinker of depth and insight with formidable methods of teaching for spiritual initiates. My life and viewpoint are forever altered by my study of anthroposophy. *Martin, Avenal, CA*

THE PARTICULAR DORM I'm in just recently came off an extended lockdown. One young man was hurt severely back in May and as a result, there needed to be an investigation. *"Asies la vida del prisionera"*, as they say. Ironically, I just read *Non-Violent Communication*. This is a great piece of work and a very useful tool for anyone pursuing a more peaceful manner of conducting themselves. It is truly amazing how much is actually in front of our faces all of our lives and yet we don't realize it until someone or something enlightens us. *Wesley Marquis, Ridgeland, SC* cont. on pg. 9

TECHNIQUES FOR TRANSFORMING DREAMING

BY DENNIS KLOCEK

The technique of transforming dreaming is to saturate the going into sleep and the waking up times with as much attention and devotion as possible.

For this reason Rudolf Steiner has given a number of very useful exercises and indications concerning these times of day. The fundamental idea however is not that there is a particular exercise which is most appropriate but that the students themselves find the most appropriate exercise to do the work. In Zen practice they say that the goal and the way are one. Finding the appropriate exercise with which it is possible to enter into the spiritual world is the particular healing that the soul is seeking through guidance and submission to the influence of a teacher. If the student, through inner practice, finds an effective and appropriate exercise then they can be sure that they are their own teacher and that the goal and the way are one.

The esoteric task of finding the right exercise is a microcosm of the lifetime battle each student faces with their own anxiety states. This is because anxiety states are the energetic source of the everyday organ dreams which are the common stuff of dreaming. Organ dreams are entirely subjective. They are images of anxiety experiences which the soul encountered in the preceding days and which were not fully integrated emotionally. They come into the soul from the hierarchies that are maintaining the life organs such as a liver or kidney. The dream is given to heal the organ that is under stress. The anxiety state can be looked on as an emotional symptom of the wounds to our life organs that we daily receive from our interaction with the sense world. It is this, the draining impacts of anxiety that sends us to our beds every night seeking healing from the constant wounding taking place in the processes of daily life.

Children have such abundant energy because the intensity of the daily wounding produced by the awake consciousness is not as severe in them as it is in an adult. They are already living in a dream state most of the time and so the daily attack on the life organs is not as taxing. However, since children are in an awake dream most of the time the anxiety attacks on them imprint on the soul more directly. It is these early attacks that form the anxiety patterns in the adult that are in such dire need of healing. Dreams enter our soul and give us warnings that there are things which are not working too well in our life. It is here that the daily practice of sacred sleeping can be most effective. An esoteric student who wishes to heal the soul anxiety must face the beasts within the soul in a direct way. The encounter between the soul and the beasts of anxiety takes place on the border between this world and the next, the boundary area between the awake consciousness and the sleep consciousness, the realm of the dream.

Going into Sleep

We want to disengage from the process of digesting the enormous amounts of experiences we have encountered during the day and focus instead on the process of assimilating their lessons.

The work on dreaming is divided up into two distinct phases: the entrance into sleep and the time of awakening. Each phase brings into play very different aspects of the problem of transforming the wounds in the soul. In the evening when the experiences of the day are fresh it is most useful to begin to make an approach to the sleep life starting with the evening meal. Avoiding heavy protein and instead, eat more digestible or enzymatic foods like salads and

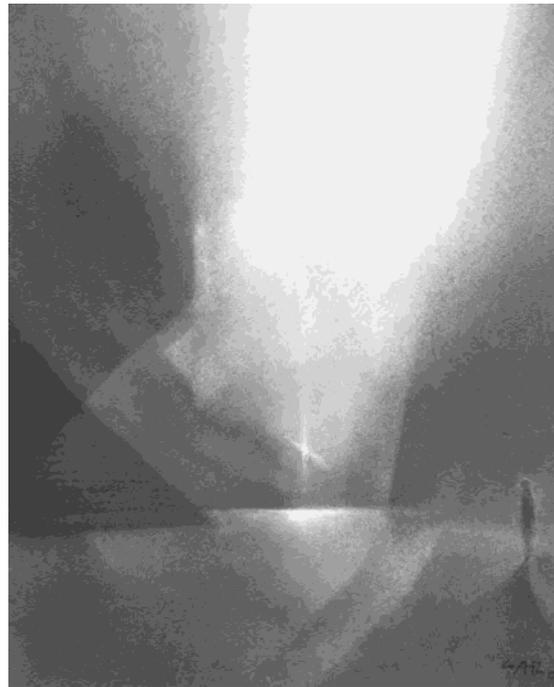
vegetables. Lighter food allows the liver to disengage from the enormous task of digestion and shift to the task of assimilation. This is an exact analog of the process which we want to start as an entryway into sleep. We want to disengage from the process of digesting the enormous amounts of experiences we have encountered during the day and focus instead on the process of assimilating their lessons. To relieve the liver of the digestive burden is a good approach to dream transformation. Going to bed at the same time every night is also a good way to help the process of assimilation of dreams. Every hour of sleep before midnight is equal to two hours of sleep after midnight.

Once in bed, the real work of processing impressions of our day begins. Rudolf Steiner has given the **daily review** as an ideal way of doing this processing. The goal is to form images of specific events of the day but to see them in the reverse order. Getting hung up on trying to see

too much in detail is a common frustration for those just beginning this practice. The goal is to feel the day as a kind of backwards gliding through the events. See yourself doing something and then see yourself doing the thing you did right before that and so forth. Try to avoid editing, blaming or dwelling on events emotionally. This is most effective as an exercise when we can imagine our way backwards through the day to the place where we were when we just had awakened.

In the practice of the daily review we can accurately and safely imagine ourselves up to the threshold between this world and the next. When practiced regularly the capacity to remember details gradually unfolds in the soul, however the gliding through without editorializing or commenting is a most useful capacity to develop. Gliding without blaming or commenting about our failures and successes eventually transforms, by itself, into the ability to see oneself in a more objective way.

cont. on pg. 4



Artwork by Jorge Sanz-Cardona

TECHNIQUES FOR TRANSFORMING DREAMING

cont. from pg 3

The growth patterns of flowers are images of the trials which we are struggling to overcome.

As an aid to help maintain a good gliding technique, it is useful to practice the art of Goethean observation of nature. The accurate inner depiction of the transformation sequences of a plant or animal or cloud pattern creates in the soul a rich reservoir of gliding or morphing images. Morphing images from nature are actually coded lessons on how anxiety states manifest in our dream life. The growth patterns of flowers are images of the trials which we are struggling to overcome. Animal morphology and instinct patterns teach us about the way in which our soul moves when under the influence of particular desires. Weather and cloud formations are full of pictures of inner states like depression and mania or the fury of a tempestuous temperament. When we practice forming accurate inner pictures of transformations in nature we strengthen our capacity to bring the daily review into a gradually increasing power of perception. We can even go so far as to do research by taking particular images from the natural world into sleep as a conscious *question and answer process* between the True Self and the soul.

Phenomenology, and the picture forming processes of the daily review, give us access to a place where we can ask our dreaming self to go into the next world and search for significant images there which can be useful in our work of self transformation. The images will come to us out of the spirit and clothe themselves in a dream as usual, but we will be able to access them with the day waking consciousness. This happens because through the practice of higher beholding, the I being is placed consciously as a witness into the dream state. The backward motion of the inner eye developed in the daily review and strengthened by practice in phenomenology creates a "hut" in which the witness can live attentively at the boundary between the worlds. *"And so to sleep, perchance to dream."*

Gathering Dew of the Night

The daily review and the morphological thinking processes arising out of the practice of phenomenology are only the first half of the alchemical art of transforming dreaming. The second half of this most interesting art is the cultivation of a particular state of awakening in the morning in which the soul learns to hover just on the edge of a complete awakening in the physical body so that the dew of the night can be gathered into the soul as a refreshment against the drying effects of a too bright day awake consciousness. To instill the mood of the threshold into the daily life the period of awakening provides a most enlivening spring of creative image forming forces.

At the change of teeth the human being must transcend personality driven fantasy into an active and living imagination.

The problem with working with images is that images that have their source in the personality either have a tendency to die rather quickly into meaningless husks or become obsessive and lose their objective symbolic power. Imaginations from the personality are usually no more than programmed responses to external stimuli that arise in the body as daydreams. The daydreams produced in this way are the basis for the instinctual life in animals and produce childhood fantasy in the human being. Childhood fantasy has its place in humans in childhood. An adult who is prone to acting out fantasies is often heading towards pathology because in fantasy, the personality becomes stronger than the I being. At the change of teeth the human being must transcend personality driven fantasy into an active and living imagination. This is aided in a large way by transforming the time when we are waking up in the morning into a holy and sacred space.

In the work of Rudolf Steiner there is a continual return to a fundamental picture which can be used in the establishment of a morning practice for the purpose of catching the dew of the night. This is an image of what we could call color breathing. It is best described through example. In the course for doctors Rudolf Steiner gives an exercise in which he tells the doctors to imagine that they are in the center of two concentric bands of color. One band or circle is close to the body and the other is farther away but they both are concentric. For the doctors he mentions that blue is on the outside and yellow within. These two colors are Goethe's primary colors out of which the whole spectrum can be made. The doctors are then asked to imagine the blue circle shrinking and the yellow circle expanding until they meet in a common green color. The blue continues to shrink until it is around the body and the yellow continues to expand until it is on the outside. Now the outer circle is yellow and the inner circle is blue. Once this is settled then the whole processes reversed and the colors once again resume their original configuration. This exercise can be successfully directed at the area of the throat and a wonderful, peaceful mood is established which can be easily transformed into a mood of the threshold.

An exercise like this performed first thing in the morning, even before thoughts of the day or any activity of the day has taken place, creates a safe and devotional space perfect for sustained listening in silence into the space of the dream. This type of exercise is most effective when the earth is breathing out in the early morning. Different complementary colors can be worked with in order to approach different areas of the soul. Magenta and green bands are effective with the area around the heart. Violet and gold are effective in the area of the head. As the colors breathe in and out of the soul, the student is learning how the language of the soul can be integrated in an objective way into the processes of imagination. Ten minutes of color breathing followed by ten minutes of prayerful affectionate remembering of those who have passed on to the next world, is a good way to meet the onslaught of the day.

The establishing of day and night rhythms can be called sacred sleeping. In sacred sleeping we daily renew our vows as mystery pupils to accept and reveal the great mystery of life in the small mystery of our daily life.

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Book Reviews



At Home in the Universe Rudolf Steiner

At Home in the Universe will take you on a journey unlike any you've ever taken. Through the planetary spheres and into the spiritual realms, prepare to encounter a variety of experiences and beings that will guide you through the community of the cosmos. You'll encounter those to whom you are connected through destiny, as we continually strive to maintain balance on the scales of karma. This book beautifully serves as an introductory tour into the new frontier called the universe. *Dauan, Lexington, OK*

Study of Man Rudolf Steiner

Study of Man is a series of lectures by Rudolf Steiner that were intended to help teachers have a deeper understanding of man's physical connection to his spirituality. The lectures are progressive and many are accompanied with illustrations to enhance the lessons. Each lesson brings the reader to another level of understanding. It is important as you read to copy the illustrations as you go. The complexities of the body, soul, and spirit are woven into an

intricate fabric of humanity. The most interesting parts of these lectures is where Steiner diagrams how spirituality parallels the human body. This book is a valuable basis for spiritual awareness. *Gabriel, Florence AZ*

Rudolf Steiner's Vision of Love *Spiritual Science and the Logic of the Heart* Bernard Nesfield-Cookson

Rudolf Steiner's Vision of Love is an outstanding and awesome book. It was everything I thought it would be and more. Very inspirational! In an age when the world seems to be getting darker and not a thing is guaranteed. If man would learn to love their neighbor as they love themselves, the world would be very different. If only we would heed the words of Christ, who wanted good and faithful servants from the love of the heart to do their duty. *Anthony, Ft. Stockton, TX*

Guidance in Esoteric Training Rudolf Steiner

Guidance in Esoteric Training stands as a premier "hand book" for the anthroposophical student. It is eloquently arranged to guide the esoteric student in his development of his daily exercises. It begins with a concise explanation of the six essential exercises that one needs in order to make progress in the inner life. Each exercise, added to one another over a six month period, develops within the practitioner control of thought, initiative in one's actions, mastery over joy and sorrow, positivity, equilibrium and lack of prejudice. Additional subsidiary exercises are included for daily and monthly contemplations. After this, the student is exposed to the main exercise for morning and evening. These deep and powerful meditations empower the student in his daily spiritual development. These lectures are superb in the guidance they provide to understand the foundational exercises provided in the first half of the book. Also included is Steiner's lecture on the Gospel of Knowledge and the macrocosmic Our Father (Lord's Prayer). The book is a sure source of spiritual guidance. A student in search of developing his daily spiritual exercises will find the book to be a treasure of esoteric development. *Carl, McAlester, OK*

Return from Tomorrow George Ritchie

Return from Tomorrow is a book to be enjoyed. The entire story was captivating, start to finish. If I had to name the best part, it would be when Mr. Ritchie got over wanting to be back in God's presence and gave himself freely to another person in selflessness and began to see the spirit of God in human beings. Two thumbs up! *Tim, Columbia, SC*

How to Know Higher Worlds Rudolf Steiner

Rudolf Steiner's elucidations in *How to Know Higher Worlds* are the most revealing, articulate and elaborate descriptions of spiritual experiences that I have yet encountered. Mr. Steiner's comprehension of spiritual matters and occurrences leave little to the imagination and in this way also validates my own quest for the true nature of humanity, life and reality. *Kevin, Abilene, TX*

Our Twelve Senses Albert Soesman

Our Twelve Senses was well worth reading! The most precious possession man has is the richness of his feelings. We must awaken 'through' our senses. If we remain unconscious of the world that is given through our senses, we may never be able to find the deeper meaning of why we are here, what our task is, or how we can help. You come to understand that through our body, we are inseparably connected to the world. Within that concept only is understanding gained. We want our rights but recognize no responsibilities. It is in this balance that man's "I" is experienced in connection with the world around him. Where does the power to stand alone come from? *Our Twelve Senses* teaches that this comes through the entire universe, from all of nature. There is deep feeling underneath all that. I believe something beyond, and much greater than words. *Brian, Cumberland, MD*

Cosmic Memory Rudolf Steiner

Cosmic Memory provides a retrospective look at evolutionary steps that have led to our present day consciousness. In great pictures, we come to see how intimately connected we are with great spiritual hierarchies, the other kingdoms of nature, and the cosmos as a whole. *Alexis, Holdenville, OK*

A Way of Self knowledge and the Threshold of the Spiritual World Rudolf Steiner

Mr. Steiner sets about to describe the difference between the physical, etheric, and astral bodies, how they relate to the suprasensory experience and spiritual worlds. He shows us how to meditate in order to enhance the ability to perceive these worlds, and most importantly, the preparations for encountering the Guardian of the Threshold and coming to the true "I" of the human being. *Martin, Avenal, CA*

Enlivening the Chakra of the Heart Florin Lowndes

In *Enlivening the Chakra of the Heart* I really enjoyed the insights provided by Mr. Lowndes. As I understand Mr. Steiner designed these meditative exercises in order that we have a way to speed our evolution. If you still wonder about their effects on our spiritual life, Mr. Lowndes book describes what these exercises will accomplish with us so that we have a signpost of sorts to gauge our success! *Jason, Cushing, OK*

*We welcome
your creative
work
for our
Art and Poetry
Evening*

Meditating has borne important fruits in my life. I have acquired a new way of listening to what someone says to me. In the past I would respond by asserting my point as the correct position. Now, as I listen, it becomes evident that another person's mind may not be able to listen to another point of view. Developing this perspective tool is especially useful in prison. By not obeying the impulse to contend our point of view, many tense situations are kept from escalating. Those of us who study anthroposophy should be particularly aware of our vested interest in preventing escalation. We seek a clear path; and sometimes that path consists of simply allowing others to exist in their own world or beliefs. *Dauan, Lawton, OK*

Thank you for your care and support. The exercises on meditation though different, have been useful in helping me focus on one task at a time. *Juan, Milton, FL*

Thank you for the books *Rosicrucian Wisdom* and *A Way of Self Knowledge*. One of the things I really liked about the books is Rudolf Steiner's method of allowing the reader to experience higher states of awareness through meditative reading. Not only does anthroposophy have a philosophy, but it offers a method of actually doing something. *Sabin, Menard, IL*

I tried the meditative exercise you provided. It's helpful on so many levels! It's like a moment to catch your breath and grasp what's going on inside you. By the time you are done you are left with a clear mind which is so releasing. I mean, we are always traveling at a fast pace in here and have a thousand things on our mind, meditation slows you down and allows you to say "hello, thought, I see you – now clear away." Yes, everything you sent has enlightened me in a lot of ways and has been helpful during my incarceration. Thank you for reaching out and helping me in my journey through this. *Carlos, San Quentin, CA*

I've found a little peace the day I received my first newsletter; I was in a violent rage and the whole day was nothing but anger coming from me because of the situation and information I received. So when I began to read your newsletter I started meditating on the heart and it really made a difference! Thank you. *Reginald, Raiford, FL*

During my meditations, I see real scenes rolling across my eyelids, I'm not all asleep, but I see what I think are dreams vividly while I'm fully awake. There is no one that I can talk to about this experience and I realize that there is so much more to

me than I've ever been taught. I would like someone to help me understand this new life. *James, Tennessee Colony, TX*

Prison is the best thing to happen to me because I have all this time to meditate and learn wisdom. It's almost like living at a monastery. But I want to learn more about humanity and spirituality and I want to help make others' lives meaningful. *Joshua, Walla Walla, WA*

So far, through small meditation times and exercise daily, my total person is calmer. My mind is a lot clearer when I spend a little time each day looking within myself. *Michael, Lamesa, TX*

I meditate in the mornings, when I'm frustrated or angry and now I don't feel a negative action is necessary for release of inner tension. Karma, I know is alive in me. I am who I am today, not only by my own will and effort. I think that what I have come to believe will save me. *Wesley, Ridgeland, SC*

I have been practicing the exercises outlined in the green booklet and I have a question. I have been able to quiet my mind for stretches of up to 30 minutes at a time and while I enjoy the peacefulness I find myself getting bored. Before, my challenge was stalking those thoughts which seem to "creep" from around some corner and now there is nothing to stalk. I'm wondering if there is something I should be contemplating or focusing on. It's as if I'm awaiting instructions that never come. I would greatly appreciate if someone could shed some light on this area for me. *Raphael, Greenville, IL*

Raphael, I am glad you have taken up the exercises and you have taken the opportunity to ask the question. If you are talking about the first exercise, Control of Thought, the instructions call on you to focus your attention on an everyday object (button, spoon, coffee mug) at about the same time daily for three to five minutes (see exercise one of Self Development in the Penitentiary).

The purpose of this daily practice is to build your mental muscles by focusing your attention on the observation and process of your thinking. When your thoughts wander from the task and you become aware of your detour, bring your attention back to the object until you have completed this self-imposed task. After practicing for a while you will become more aware of your thinking when you are not engaged in the exercise and **YOU** will be on your way to controlling the content of your consciousness at your discretion. If this response does not speak directly to your question please let us know. Fred Janney

Waiting for Lockup

Only a few more minutes
Voices will stop shouting
Louder than traffic in streets
Horn honking sirens blaring
They have no goal,
cause, reason
Just last shouts of day
before end
How I love prison in a few
more minutes
Peace, quiet, comfortable,
finally
Days are so long solitude at last
Thoughts of my own now
Reflecting on day gone by
Can't believe it has passed away
Dreams are waiting for me
Great beautiful colorful dreams
Never in chains always free
Family, job, clothes, house
Rarely in prison, though
Never bad experience
Scan the globe with my TV
Say my prayers wait for sleep
Dreams, I love my days reward

Chuck, Hunlock Creek, PA

Spiritual Journeys

I'll soon be two years since I began my studies in anthroposophy. Before this I tried every avenue available for me to delve into the spiritual world, from yoga to ceremonial magick. The exercises and lectures of Rudolf Steiner, as contained in his books, have opened a vast expanse of a spiritual panorama before me. Everything has meaning, and everything from a gentle spring mist to fruit budding on a plant, is a spiritual encounter for me now. The greatest gift my APO studies have given me is a return to the Christ. More than ever in my life I feel the presence of the Redeemer. And through the gifted insights of Rudolf Steiner I understand who the Christ is and what the Mystery of Golgotha really accomplished for us. *Carl, McAlester, OK*

Tomorrow morning I will be transferred to another unit in order to await for my release (in a few days) and thus I can now take the opportunity to again express my deep gratitude to you, my friends, for all the good assistance you have provided to me, and it is also my hope and plan to continue studying these wisdom teachings you have provided and more. But not only am I glad that after 12 years in prison, I now have the opportunity to go home and see my loved ones. For I also consider myself blessed that God provided this experience and allowed me to come to be in contact with you and all these sources of his wisdom teachings. And it is because of this that I can truly say that I began to take the steps to improve my character, personality and way of thinking. I came to prison when I was 18 year old, full of uncontrolled energy, with many prejudices and much selfishness. After spending six years and not improving in any of these areas, and possibly becoming worse, I was angry when I was denied parole. Now, six years after that denial of parole, I can honestly admit this was the best thing for me, for this last three and a half years I have been given the opportunity not only of being able to study the beautiful wisdom, but also began to take concrete steps to change all those things that are not right in me. I thank you for your assistance my friends and I thank God and also the blessed Brothers of Light for their help. I know that there is still much work to be done, but with His guidance I am sure that one day I will succeed and be shown how I can be of greater service to others. Hopefully now that I will be freed I can maintain a stronger link with you and all those seekers of Light and Truth. Take care, dear friends and may His Light, Peace and Love be ever with you. *Joel, New Boston, TX*

Art and Poetry

What If I Died In Prison

What if I died in prison
Would anyone know my name?
Would anyone even notice
Or would everything stay the same?

Who would come to my funeral?
The guards, they sure would not care,
The Warden, the inmates, my cellie,
Would even the Chaplain be there?

Who would give my eulogy?
I don't know what to expect.
Why would they wait 'till I died
To finally show some respect?

Would there be an article in the paper
Someone would cut out and save?
Where would they lay me to rest
If nobody digs me a grave?

I guess I'll never know.
The question still remains:
What if I died in prison,
Would anyone know my name?

Chuck, Hunlock Creek, PA



Mark, Anthony, AZ

*Lemon yellow, Prussian blue,
Green brings them together,
It's so beautiful, believe me, it's true!*

*Can you see it in your mind?
Look deep, stay focused, don't fall behind.
Can you imagine the radiant colors?
Concentrate, if only for 5 minutes
Share this with others!*

*Appreciate the beauty of it all.
Use paints, whatever shade, it's your call.
Take advantage of what colors have to offer.
For they have a tendency to make us softer.*

Arturo, New Boston, TX



Raul, Fort Stockton, TX

Soul Mates

I cannot see the world through your eyes,
But I should hope to try.

Then maybe all of our differences
Can finally be set aside.

I glimpse the radiance of your star,
All the way - up high.

And I feel the burn of your fire,
Melt my soul, inside.

R. J., Palestine, TX



Winter Birch

*RMS
5/10*

Dale, Winnefield, LA

THE PATH TO SELF

Skeptic:
Who are the controllers of
destiny
Whose hands our fate must lie!
Life runs so mysteriously
And many have questioned why
At times it points injuriously
From the lessons that we try,
yet,
How can we take it seriously
When we all must surely die?

Knower:
The hidden rooms that can't
be seen
The doors that serve the spheres
The thoughts that hold the
keys to Light
Transcending mere childish fears
To reach the place where
Thinkers think
And Knower's have no bounds
Must start in the stream called
our thoughts
Where destiny can be found

Skeptic:
If thoughts create reality
I think therefore I am.
And to label happenings
accidents
Would surely advance a sham
Now that I know, that I create,
What I experience as Destiny
Since I'm not a body, who
is the 'I' that controls,
And how can I find the rest
of me?

Knower:
By thinking on that which
you desire
with Truth and honesty
Desire being the motive
force of
Immeasurable quantity
You must do things righteously,
And see things as they are.
The lessons of life shall train
your will
The inner Light shall be your star.
Focus it persistently to keep
your aiming true.

Rashad, Trion, GA

What New Ways of Thinking, Feeling and Willing are You Applying?

These two books have helped me to transform my thinking and my imaginations and turn them into positive thinking and helped me with my daydreaming and develop a better inner imagination, and concentration. I want to see a different way of looking at dreams and have a better understanding. I hope that through my anthroposophical studies, I will be able to transform myself and not just have the knowledge, but not make actual changes, because I do understand that pain plays a significant and essential part in the liberation of the soul from the bondage of desire. *Rodolfo, Ellsworth, KS*

Before reading anthroposophy, I was always thinking of bad things to do, but now things are a little different. Ever since I read books, and meditate, I see and feel things differently. *Roberto, Susanville, CA*

I have been more mindful of details trying not to act prematurely and making better informed decisions. *Michael, Greenville, IL*

My interacting with other people changed because now I'm being conscious of how my behaviors can influence them; try to listen more, and identify their temperament. *Mark, Livingston, TX*

What I found most interesting in the *Nonviolent Communications* book was the drive to self-education and the forces behind words. How consciousness needs to be expanded through knowledge for the improvement of mind, speech, discriminating will, insight and self control. It made me realize the importance of listening to our feelings when we express our needs and to reciprocate to others in the same way. We all share the need to learn, the ability to grow and to accept, to love, be compassionate, so that we, humanity, can rise and meet our goals together. *Miguel, Hudson, CO*

I think the true test that your program has affected me, and yes changed me, was when my mother visited before she passed. She told me she had noticed a positive change in my attitude and way of thinking and even dealing with problems. I love art, art is for me a form of meditation, it relieves loneliness and pain. *Daniel, Soledad, CA*

I do things now in right action, with conscious direction out of knowledge of self and love. *Kris, Provo, UT*

It is a matter of being more conscious. A kind of spiritual conviction enters into a space where only a lower element existed before. Rather than merely existing in a world of effects, I am becoming more acquainted with causes. *Alexis, Holdenville, OK*

The insights that these books have brought into my life are priceless, please continue to do the work with prisoners. Take my word for it, you are having an immeasurably profound effect on the lives of people through your acts of kindness. These writings are amazing. I am a 35 year old man. I have no contact with outside friends or loved ones. Sometimes my self-esteem is brought into question because of the perceived societal rejection this situation brings to bear upon me. Writings such as Mr. Steiner's and the books you offer strengthen me on

the inner man, helping to instill a sense of inner calm and arming me with resolve because my value too is incalculable. For that I am infinitely thankful. *Martin, Avenal, CA*

Thinking, feeling, and doing has better prepared me to be vigilant of nature's gift, better known as "Grace". I think much more expansive in terms of keener development and spiritual maturity. This feeling now leads me to the threshold of knowing intuition. Better "doing" as in outward application of love, compassion, and sympathy. *Larry, Punta Gorda, FL*

I think before I react and look for the best way to deal with any kind of situation. *Alonzo, Corcoran, CA*

I am learning to analytically examine my thoughts (thinking about my thinking) before attaching feeling to them. This helps me to see the true nature of situations they cause, and make non-judgmental responses to them, as opposed to simply acting negatively and based solely on emotion. *Joseph, Galesburg, IL*

I withhold condemning judgments and allow my thoughts and feelings (emotions) to begin to communicate to me on a higher more profound level. While I am doing this, there also seems to be a transformation that takes place in the individual person(s) that I'm interacting with. What I am thinking, feeling, and willing, and behaving matters and has an impact on others. *John, Hutchinson, KS*

I used to get upset when people were yelling in here. Now I get over it pretty quickly. *Joseph, Tennessee Colony, TX*

You have been very helpful and supportive to me on my inner work, and I am seeing the world in a different way. I now feel love for people I would have hated before. I realize we all want the same thing and are on similar paths in this cosmos. I am not afraid of death anymore and I have slowed down to experience and be present for every single moment. I walk in peace and am practicing equanimity in my day. I am very appreciative for the life I have and am very excited to be a part of this fantastic process. I realize I am a spiritual creature, and look forward to learning more. *Joshua, Vacaville, CA*

I removed a wall of thought that held me down as a youth. *Maurice, Cumberland, MD*

I will try to generate a very strong positive motivation, determining that from now on, no matter what problems I have to face, I won't become irritated by them. I won't identify any circumstances or obstacles I experience as problems. I'll regard them as positive experiences to transform myself into a better person. *Alonso, Philipsburg, PA*

I learned about controlling my thinking and if I let someone get me angry then I am not in control of myself. So, when the next morning I did not get my milk for breakfast and the cop was like 'oh well', I was ready to snap but remembered what I read and laughed and let it go. *Thomas, Tehachapi, CA*

~ So What's Your Experience? ~

We welcome your comments on previous newsletter articles

Art for Health (Issue 7)

I've tried the form drawing exercises in the newsletters. I think it does activate my awareness and attention more. *Kayan, Miami, FL*

Wrestling with the Demon of Reaction (Issue 14)

I have a 30 year sentence in which I have served 8 years. In early 2011 I went to confinement for a cell phone, I spent 4 months in confinement. In there I got on my knees and prayed to become a better person, to make me whole. God heard my prayers and saved me from myself and drugs. He has taken the fool's urge, the need to get high, away. Then last Thursday, I got a roommate from CM, he was just passing through. We get to talking and he mentions the "Self" and he gives me your spring 2010 newsletter. I have been studying the article: *Wrestling with the Demon of Reaction* by Dennis Klocek. I have even made my own Mandela, however I'm still struggling to understand everything! My spirit is hungry. I want to know more. I am honestly afraid that my spiritual hunger is going to go away if I don't feed it, however it is very encouraging to feel my spiritual pull toward anthroposophy. *Kenneth, Okeechobee, FL*

Illuminations

I'VE LEARNED from *Life Patterns* that in order for me to take control of my inner and outer self, I must look at what's around me and how my past reflects what's presently around me and how it'll effect my future. *Life Patterns* taught me how to notice repetitive actions I take in certain situations. By knowing this I can start a change in my life's ongoing patterns for the betterment of those around me and myself. Thank you again and I can't wait for more of the books APO has that'll help enlighten me. *William, Big Pine Key, FL*

STEINER IS OBJECTIVE and clear on the spiritual worlds and methods and exercises of attainment. Every work I have ever read of his has been eye opening and enlightening. I appreciate what you, the Anthroposophical Society, have done for me over the years. The material that I was introduced to through your wonderful library enabled me to reach higher levels of consciousness and opened me up to wonderful new ideas and a better way of life. I am set up to be released soon after eight years of incarceration and am 32 years old. I can say in truth that through my spiritual life I am a new man and anthroposophy played a big role in that. *Kris, Fort Worth, TX*

I PRAY YOU'RE WELL. These two books are good and easy to understand. I enjoyed them very much. The book, *Our Twelve Senses* opened up to me an understanding that was already within me. I now recognize how these twelve senses relate to me physically and spiritually, making me aware of my surroundings with a better understanding. In *Transforming the Soul, Vol. I* enjoyed the teachings on the sentient soul, rational or perceptive soul, and our conscious soul. The overall lesson seems to show how we can develop hidden faculties in the human soul that will enable us to see into the spiritual world. I also learned that anger can be an educator of the soul, just as we see what a good educator the truth can be for the human soul. *Larry, Hardwick, GA*

UNDERSTANDING IS RELATIVE TO EXPERIENCE. With anthroposophy, my first objective is to have a clear set of ideas, questions and experiments that fit my state of ignorance. I may need help, if only in the shape of dialogue. Strangely enough the literature is creating connections between questions and ideas. I don't know how far that will take me, but it gives me hope. At some point the organization of ideas and their harmony will amount to answers – if I can just stick this out. *Benjamin, Clallam Bay, WA*

FIRST, I would like to thank you for responding to my request and getting that wonderful book to me. I would like to let you know how much I appreciate your personal interest in my inner growth. That is beautiful! Now in regards to *The Temple Legend*; it was very informative and beneficial in many ways. The book has awakened something in me and I want to continue to strive towards future growth. It is very inspiring and my spiritual quest has just begun. This book gave me a better comprehension of certain ideas and concepts of anthroposophy, in which I would like to dig deeper. *Charles, Hardwick, GA*

I PONDERED the possibility of the human consciousness having an unconscious memory. In the light of karma the soul attracts the circumstances and the lessons that it secretly harbors, really without us consciously knowing its activity. Our dreams, visions, and aspirations must have an intelligence that attracts to us the necessary situations for us to experience in order to mature and develop our higher-self. Circumstances are the means by which the soul receives its own. If we are not conscious of what is being cultivated in our soul, then who are these farmers that have been tending the crops of feelings, thoughts, and impressions? Each and every day I am motivated by the anticipation to one day become acquainted with these farmers of the unknown. *Thomas F., Greenville, SC*

I HOPE TO STOP depending so much on others and to become a more self-aware person. Many times, I try to blame my faults on others when the fault lies within. I hope to be able to grow in wisdom and understanding. *Patrick, Manistee, MI*

IN *TURNING POINTS IN SPIRITUAL HISTORY*, Mr. Steiner lectures upon six important spiritual figures throughout history, illuminating in the process both history and human development in connection with spiritual science. Each lecture covers not only the individuality, but the progression of mankind through epochs until the Christ impulse. By reading this, not only was I enlightened about the history and progression of mankind, but was able to look into myself and find relative turning points within my personal

spiritual history, as well as my own ongoing quest for a state of purity and self-knowledge. The book had me both re-evaluating my reasons for this quest, and also inspired me to continue. *Leslie, Susanville, CA*

MY DREAMS help me to become a spiritual man, the spiritual awakening. *Larry, Auburn, NY*

I HAVE READ a few books over the past years on esoteric and metaphysical science, Mr. Steiner's works are most excellent. He went into depth concerning the evolution of the root races and their correspondence to certain planets. I will do more research, because this was all new to me. *Anthroposophy in Everyday Life* was very enlightening in showing me the error in "impractical thinking" and what to do to change this. The exercises help me facilitate my development, if I truly want to become one with "self". I will apply the principles set forth in Mr. Steiner's books. *Frank, Mayo, FL*

I HAVE READ YOUR INTRODUCTION letter and I would like to thank you for being there and possibly guiding my efforts in gaining a higher spiritual knowledge. I have a free spirit and have a need to understand other beings and learn. I would sure love to feel and answer to the spirit of higher awareness. *Armando, Coalinga, CA*

BLESSINGS TO YOU. I am studying, *Our Twelve Senses*. It is quite mind-opening to know we receive and perceive information as well as energy. That was very informative. It all started when Marcus asked if I would like to expand my horizons, and recommended APO. There are few programs such as yours in the Georgia prison system, so of course I accepted, glad I did! I love to learn and study, not only does it help me spiritually, but it helps emotionally, "through balance and meditation I grow stronger"! (A quote I received from a Shaolin monk in NY). *Robert E., Jackson, GA*

SPIRITUAL SCIENCE helps me maintain the proper and efficient function of my mind, body and soul behind these walls. Meditation, self-introspections and development interests me most. These practices are valuable if in constant practice. *Cordaro, Vacaville, CA*

I ADMIRE the anthroposophical approach towards humanity as a whole. I too honestly believe that the wisdom of the human being is one of the fundamentals effectively needed in order for us as a people to know ourselves and to know oneself. Rudolf Steiner's path of knowledge is what I have been searching for...unknowingly. Now I can be myself and help others be at peace without the stress of being circumscribed by any religion. I truly believe I have found my place in anthroposophy. I love this path. *Thea, Smithfield, NC*

READING *Theosophy* was amazingly interesting. I found myself having to "absorb" the information in small doses, as well as having to backtrack and reread almost everything to comprehend what was being said. Let me say it like this: Wow! It's like opening a door that I had previously felt existed all along. Or maybe on a lighter note; it's like taking a looking glass to view the rabbit's hole and then literally falling thru the glass into the hole, everything changed! Now I'm somehow looking back at myself with a totally different thought process. The last page (196) in *Theosophy* put it really well: whether being acquired by unbiased common sense, or experienced from exercises towards spiritual knowledge, or given through reincarnation and karma; you approach now from a higher moral standard. *Jeff, Palestine, TX*

I AM GRATEFUL for the APO lessons, and truth be told, they are an illumination that radiates from the light that Rudolf Steiner has given us freely to the world. Through the power of his iron will he was able to grasp that divine mystery of "energy" and give this world this beautiful spiritual teaching. Metamorphosis into "light" for this world, and "illumination" for our souls. *Carlos, Menard, IL*

I LOVE THE CHAPTER in *Freemasonry and Ritual Work* concerning the Rosicrucian maxim. This was such a great summary of evolution from Ancient Saturn to Christ and how man was formed from the sacrifices of countless spiritual beings. The imagery of the plant blossoming and withering in the sun light as a metaphor for the human soul when it becomes permeated with the light of spirit was just beautiful. I forgot how many times I read this chapter. *Conley, Palestine, TX*

~ SELF - AWAKENINGS ~

EduCareDo Correspondence Course Response Summaries

Lesson 1: Introduction

By my recent arrival at this threshold of knowledge, I became familiar with who Rudolf Steiner was, why he happened to develop anthroposophy as a spiritual science, and what he encourages us to do with his teachings. For me, the brief biography of Rudolf Steiner sums up the essence of the lessons. This experience is new to me. Most important and closest to my heart in this lesson was the emphasis on change, both in our outer and inner world. Many individuals often have difficulty recognizing the fact that change is a process never completed—for it looks to the future. Consequently, one should never become discouraged at the failing of any task because the next second brings another opportunity for accomplishment. I will transform my life into a living lighthouse of hope for others who struggle to gain mastery over their vehicle of the physical. In this way, seeing is believing! *Aaron, Pontiac, IL*

Lesson 3: Understanding, Caring, and Developing the Human Senses, Part 1

I didn't think of the possibility of senses other than the five well known ones (sight, smell, taste, touch, hearing). It does make sense to have: life/warmth/thought/word, etc. as well. I was fascinated by how these 12 total senses have been categorized (under willing/feeling/thinking). How all four of our perceptive senses, no matter how much we may take them for granted, are very important to us. Example: a friend moves your furniture in the dark; we must find our way around that room by our senses. Learning to be aware of our surroundings is very important. I will work harder in enhancing my perceptive senses and awareness of all that is around me. I will share this knowledge with others who are interested and of like mind. *Carl, Calico Rock, AR*

I found that there are a total of twelve senses; the seven I did not know of, and the five known senses I've taken for granted. The real learning is accompanied by some pain, something I always tried to avoid physically, mentally, and spiritually; an eye-opener. I'll try these exercises through-out the day, be more observant and gracious and thankful. I'll become more aware of myself and others. *Kenneth, Lexington, OK*

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

Through my study of anthroposophy, and what I've acquired so far, my thinking has changed in the way I see my immediate surroundings; society and my environment. My patience is better, and my concern and care for others is just that. I don't have room for idle conversation—it's nonsense. I see the earth, clouds, and animals as being connected to my human existence. It's like I've been resurrected to a higher awareness. In addition, it seems all beliefs and gods are part of a whole single truth. That many names we give to the gods, there is, in truth, only one divine presence despite many manifestations. All of the gods are just fragments of a whole singularity that is the one and only divine. Just as all people are merely facets of the force that is humanity. *Larry, Hardwick, GA*

It's interesting that the arts have a stronger effect on the middle senses than nature; that artistic activities keep our sense of sanity (organism) in a healthy condition. I did this naturally before I read this, I do art and am creative. I need to keep on keeping on. Getting through the hard times to finally get to a place of where I want to be. *Kenneth, Taylorsville, NC*

Lesson 6: The Threefold Human Constitution and Control of Thinking

Rather than fragmented thinking, I'm learning to concentrate a thought pattern; firmer concentration. I'm also remembering about the heart and feeling and emotions. I see things sometimes A to B, black and white, on the surface. I'd like to feel more alive with feelings that are true. Sometimes we want to pitch in and help others. But first we should be right with ourselves before helping others. *Jerry, Delano, CA*

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

Nature consists of four kingdoms: mineral, plant, animal, and human. There are also four bodies that correlate to these four kingdoms, each of which manifest in one of the four elements. Finally, there are four states of consciousness which also correlate to the four kingdoms of nature. Minerals consist of the physical body, manifesting in the element of earth. Plants also have the physical body, but also have the vital (life force) of etheric body. The addition of the etheric body enabled them to grow against the law of gravity. This aspect manifests within the element of water. They have deep sleep consciousness. Animals contain all the bodies of the plant, and also contain the astral or sentient body. This manifests within the element of air. They have a dream-like consciousness. Finally, humans contain all the bodies of the animals, as well as the ego, which makes it unique from all the other kingdoms. This manifests within the element of fire. Humans have a waking consciousness. As humans, we have the ability to alter, not merely interact with our surroundings. We can utilize willpower to overcome animal instincts and lift ourselves from the bondage of material laws. *James, Monroe, WA*

Lesson 12: Experiments with Elements, Ethers, and their Effects in Nature and in the Human Body

I learned that in nature, everything is working for the greater good, and we must be in harmony within all our actions if we wish to be part of the great work. I put a pack of salt into a cup of water and when the water evaporated, it left behind a perfect square and in the middle, an elemental cross. What beauty and perfect creation. As I learn that nature working with the four elements creates crystals, I, for the first time, went outside and observed as it snowed, and as I allowed the snowflakes to fall on my hand, I intently looked to see the crystals and to my surprise, they were the most beautiful perfectly formed crystal. I will work to think, feel, and act rightly to create a better world around me for the future, by always remembering that all around me there is the ability to work for the greater good. The more we realize that what we must strive for in our journey to the *greater light* is to bring peace to the world. *Carlos, Menard, IL*

Lesson 13: Experiments with Elements, Ethers, and their Effects in Nature and in the Human Body, Part 4

This entire lesson was, in fact, new to me. I learned about the different concepts of light, its invisibility, and how it created space. I learned how light and darkness are living entities, and when they come together, they form color. I learned how darkness integrated everything in its surroundings and takes away the idea of space while it organizes the infinity of time. Other qualities about this lesson are describing air as a pressing element, and light ether as a pulling source. Air presses towards the earth and light pulls toward the sky! This is key when you try to understand gravity. An important fact for me was that darkness and light are very real. In learning this, it upholds the reality of us being microcosms of this force as it is such a high science and yet so misunderstood in this era of existence. Within us, darkness demands light, and light demands darkness. This is extremely important to know when learning to decipher temperaments and colors, elements, and how they express themselves (endocrine system; Ego; skeleton or minerals). Also, we all have our own rainbows. This means to me that each of the seven glands of the endocrine system aligns with the seven colors in the spectrum of light. As I learn, I will share my knowledge of the wisdom with all who want to continue to learn and study with me. I will also apply what I learn to my existence, that I may be living proof of Steiner's teachings being real. *Andrell, Joliet, IL*

Sleep, Dreams and How to Develop Them

cont. from pg 1

There are no fixed meanings to dreams. A horse does not always “mean” that you will travel. Dreaming about a dead person does not “mean” you will die soon. Some dreams may have no meaning at all, while others are intensely significant. Mostly, it is not wise to interpret a dream, to say that the dream means something that you then put into words, something that wasn't in the dream in the first place. For the most significant dreams, their meaning is clear to you right away and often too simple and clear to put into words at all. For instance, you might see a horse charging up a hill, and it is rich with meaning, but it doesn't mean anything else: just that horse charging up that hill. It means itself, and that is enough. It cheapens the dream if you interpret it.

On the way into sleep, as you lie there in bed, it can happen that you pass through a zone where you meet ugly or nasty creatures of the mind. There is no name for this zone, which can sometimes be half-awake, half-asleep. But it is important not to take this too seriously. The frightening faces or words or creatures that appear to us have no real power over us, and we can intentionally ignore them, instead we can focus our mind on the refreshment of deep sleep that we know lies just on the far side of the demons. There are also so-called “night terrors.” These are not dreams, in the sense that they occur not during REM sleep but happen during a deeper phase. People with night terrors seem to be in an extreme state of fear, sometimes leaving their bed and cowering in a corner or screaming, yet they have no memory of a dream when they wake up. People who suffer from night terrors should seek medical attention.

Another interesting phenomenon is the so-called “lucid dream.” These are dreams in which, right in the midst of the dream, you wake up to the very fact that you are dreaming. You know that you are in bed, asleep, but you do not feel your body in the bed physically. Rather, you are your normal waking self from the waking world, but you know you are currently in a dream-world body, facing the dream-world all around you. In a lucid dream, you know, with stunning clarity, “THIS IS A DREAM.” With that realization, you gain some power and control over the dream, just as you are able to move your waking-world body at will once you wake up altogether. You may choose to fly in your dream for example, or go sailing, eat a great meal, climb a mountain, or pray. Realize though, you never have complete control over the dream-world, just as you never have complete control over this waking world of ours. However, if you manage to wake up within a dream, your sense of power, as well as your sense of freedom and possibility, will certainly grow.

Some people have lucid dreams spontaneously; some people have to develop them. The way to get lucid dreams if they don't come naturally is simple but you have to work at it. First, get in the habit of writing down your dreams immediately upon waking up. It doesn't matter how tiny the dreams are, or how meaningless. Just write them down, even if you wake in the middle of the night. Next, keep asking yourself during the day, “Is this a dream? Is this real?” That question is then more likely to pop into your mind when you see something unusual in a dream. Noticing unusual things in the dream-world is the first step in waking up within the dream for most people. Finally, set the intention as you are falling asleep, to wake up within your dreams that night. Just say to yourself, “Tonight I will wake up within my dream.” You might also set the intent to do something miraculous in the dream, for example, say to yourself, “Tonight I fly” – meaning that tonight you will wake up within your dream and fly around.

Quite apart from lucid dreams, it is good to notice as you go to sleep and as you wake up that there are many kinds of experiences you go through. There may be moments of sadness, or joy, or a sense of weightlessness, or fear – that you haven't noticed before. As you pay more attention to the moment of going to sleep and the moment of waking up, these moments turn out to contain much more than you ever thought they could. Noticing what happens in these transitions will not only help you attain lucid dreams but also gradually make you more aware during all the phases of sleep.

Finally, practice thankfulness. We can be thankful, on the way into sleep, that there is the possibility of a deep encouragement from the world of sleep. We can be thankful, as we wake up, that there is a world at all: not that the world is so wonderful, but just that there is a world. This practice of gratitude, if you keep it up each night and each morning as you fall asleep and at the moment of waking, can help you find the inspiration that is the essence of sleep, and the courage to meet your day.

SELF - A W A K E N I N G S cont. from pg 10

Lesson 21: Introduction to Biography Work

These lessons were pretty much to the point to where I had to seriously take ten minutes to digest the information I received from them. I am doing the experiments including the exercises so I could see how my body would react towards foods. I myself love organic food because it is better and I have had a taste of it when I was out in the real world. I wish all the prisons across the US go organic because all the inmates would taste the difference between the food now being served in these prisons. I do enjoy lesson 21 a lot because I did not know how to write a biography about my life. I have read lesson 21 twice and I am now writing my own biography. When I am done with it I am going to make copies and the original copy will go to my son. This way he can understand more about me as his father and he can see what I have done with my life. Getting in touch with the silent sky is another part I will allow myself to do when I am released from the Iron Mother. But I will work on it also while I am here so I could get used to the method. *Dionell, Pittsburg, PA*

Lesson 22: Getting in Touch with Astronomy

Astronomy is one of my favorite subjects. I like to watch the motions of the moon, planets, and some of the brighter stars, but with the bright light outside, it is hard to see the dimmer heavenly bodies. I have the help of a farmer's almanac to find positions of planets and bright stars. Once I get released from prison I would like to get a good pair of binoculars or a small telescope to help me identify constellations and dimmer objects of the skies. I was pleased to find that the number of degrees per constellation varies and is not exactly 30° as I previously thought. Also, how well a planet clock works if adjusted properly. I will contemplate motions of the sun, moon, five brightest planets, and the twelve brightest stars, as bright lights outside obscure more dim heavenly bodies. *Richard, Frackville, PA*



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The Holiness of Sleep

*These words are to awaken in us a feeling of the holiness of sleep,
- a feeling of the fact that sleep unites us with the Spiritual World*

*I go to sleep.
Till I awaken
My soul will be in the spiritual world,
And will there meet the higher Being
Who guides me through this earthly life -
Him who is ever in the spiritual world,
Who hovers about my head.
My soul will meet him,
Even the guiding Genius of my life.
And when I waken again
This meeting will have been.
I shall have felt the wafting of his wings.
The wings of my Genius
Will have touched my soul.*

*Rudolf Steiner
Verses and Mediations*