

Art and the Transformation of Humanity

By Van James

"Art transforms the sense-perceptual world in a 'speaking' manner, creating new meaning. In this sense it is an epilogue to ancient sacred life, where *everything* was meaningful. And thus art is perhaps a *prelude* to a new epoch of mankind, where the human being is *giving* meaning to existence." Georg Kühlewind

At one time art was a sacred teaching and a spiritual practice that confirmed truths about the universe and about the human being. Owen Barfield referred to this time as one of "original participation," where a direct, instinctive-intuitive relationship existed between humanity and Nature. "The essence of original participation is that there stands behind the phenomena, and on the other side of them from me, a represented, which is of the same nature as me. Whether it is called 'mana,' or by the names of many gods and demons, or God the Father, or the spirit world, it is of the same nature as the perceiving self, inasmuch as it is not mechanical or accidental, but psychic and voluntary." Barfield also spoke of "final participation," where what has been lost through self-conscious ego development --a falling away from oneness with the divine, characterized in the imagination of the "fall from paradise"-- may be rediscovered by humanity on a new level of spiritual experience and co-creative inner initiative. "Original participation fires the heart from a source outside itself; the images enliven the heart. But in final participation...the heart is fired from within...and it is for the heart to enliven the images."



Artwork by: Van James

Such a path of development is what Richard Tarnas calls "...the deepest passion of the Western mind..." that is, "...to reunite with the ground of its being." And what is clearly needed for this reuniting are new mysteries founded in part on an awakening to a middle path

between inner and outer world, between innocence and experience, masculine and feminine, science and religion, between what the poet Schiller described as *form* and *substance*. Here equanimity is required, for only in balancing these polarities is the art of freedom truly found.

Carl Jung despaired that: "Our Western mind lacking all culture in this respect, has never yet devised a concept, not even a name, for the union of opposites through the middle path, that most fundamental item of inward experience which could respectably be set against the Chinese concept of Tao."

However, in his discussion of aesthetics, James Joyce describes something that begins to characterize this direction. He describes two orders of art. He calls them proper and improper art. Improper art has two sides to it: that which excites desire for the object depicted, and that which inspires loathing or fear of it. The first form of improper art Joyce called "pornographic," not because it necessarily has anything to do with sexuality, but because it seduces us and pulls us towards it. It is sweet and beautiful but not true. The second kind of improper art he referred to as "didactic" for it tries to teach us a lesson and thrusts itself upon us. This type of improper art is true yet anything but beautiful. However, a third form of art, proper art, has nothing to do with exciting or with controlling, with pushing or with pulling us. As Joseph Campbell describes it: "Proper art does not move one either to desire or to loathing, either toward the object or away from it. One is held, on the contrary, in aesthetic arrest, a moment of sensational (aesthetic) contemplation, as before a recognized revelation, or in Joyce's language, an *epiphany*." Proper art leaves one free and is both beautiful and true at the same time.

cont. on pg 11

*A real artist may
create his picture in
a lonely desert...
gods look over his
shoulder; he creates
in their company.
What does he care
whether or not
anybody admires
his picture?*

Rudolf Steiner

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Our poetry and art event called *Enter Light – Voices from Prison* will take place on 12/12/12. An evening where twenty-three youth performance poets will stand in front of an audience, one by one – as you – and recite your poetry in a filled high school auditorium. You will find some of these poems and artwork in an expanded *Art and Poetry* section of this newsletter. We received many incredible poems from so many of you and each poem is deeply heartfelt. The youth poets are absorbing and memorizing your poems while applying your suggestions on what manner of feeling or gesture to use while reciting your poetry. *Gratitude, despair, remorse and gentle like the wind*, to name but a few. A gallery of your artwork will be on display for the audience to see during the event. We are excited that this evening has come together and thank you to all who submitted poems and artwork! The intent for this evening is to recognize *all* who strive to gain higher knowledge and inner development while in prison. With *Enter Light – Voices from Prison* we bring your representations of this inner journey out into the world.

We aim to expand on the importance and the healing aspects of the relationship between spiritual work and art. It will come as no surprise then that our featured article, titled *Artistic Feeling and Meditation*, by Michael Howard, relates to awakening our higher spiritual faculties through the use of art and color. The author supports his meditative exercises on color with quotations from Arthur Zajonc and Rudolf Steiner, illustrating how artistic feeling helps us deepen our spiritual awareness. You will find a *Meditation Color Card* included as a separate piece with this newsletter to work with when you practice the meditative exercises in this article. Your *Meditation Color Card* can also be used as a bookmark or to brighten your space. The companion article, *Art and the Transformation of Humanity* by Van James, a teaching artist, shows us how art transforms all of humanity by uniting the inner and outer word and vice versa. He quotes writers such as Goethe, Schiller, Barfield, and Steiner, among others. He authored several books on art and culture including *Spirit and Art*, and most recently *Drawing with Hand, Head and Heart*. It is truly insightful how art and poetry can transform us and create a future society that will be focused in a higher awareness.

What a joy it always is to receive responses from you about your reading, meditations, and exercises! The letters of gratitude we receive from you mention the depths of insight you obtain from Rudolf Steiner's and others', writings about spiritual science. However, who is it who decides to search? Who reads and studies? And who applies? It is you, yourselves through your own strivings and we at APO support your inner achievements!

Blessings on your path, Kathy Serafin

~ Meditations ~

Oh I'm just beginning to 'scratch' the surface. I fully intend to learn more and more on how to meditate and bring myself under control. I always had a real bad and quick temper, but I've come to start acting in control of my emotions and I've learned to breathe and count to 10 for starters. I need to learn more. There is so much more to meditation. *Joe Luis, Tennessee Colony, TX*

The concepts of meditation and being able to reconnect to the higher worlds are intriguing to me. To be able through the disciplining of the mind, to control my thought processes, bring peace of mind and a better understanding of who I really am. *Berry, Chilllicotte, OH*

I'm beginning to work each meditative exercise step-by-step. The first step is exactly what I need to improve on, *Control of Thought*. Sometimes I find my mind thinking of everything, just wandering. I hope to soon strengthen control of thought. The sample in *Anthroposophy in Everyday Life* was very enlightening. Looking at pain and suffering from the point of view described is so true. *Karvelle, Grady, AR*

All too often we are lost in the shuffle behind these walls. I found the book *How to Know Higher Worlds* most insightful, it kicked me where I needed it. I must say it helped me get my act back together. I am no longer holding on by a thread, I've gotten the whole spool back! I may be in prison but I'm doing what I need to do to be a better man. I have been given the superb opportunity to 'be still'. In meditation I recognize it and am using it to feed and clothe myself. I have taken a prison and made it into a monastery. I am just like the man who wandered homeless, hungry and penniless, and then discovered a valuable gem sewn into the hem of my rags. It had been there all the time. What I need to do is let go of all the layers of soil, some of them I will only notice when they are gone. *Lavon, Rosharon, TX*

My path has been very blessed lately, even though I am in the worst pod in my lockdown unit, I am still not

affected by influences outside my cell. I live a day by day routine. My meditations have become easier to do and this world of concrete and steel disappears from around me. I really am amazed at the changes in myself through self study and self correction and peace of mind I get from meditation daily. Fred Janney's *Self Development in the Penitentiary* booklet really laid it out in a simple form to start from. Now I can go to the river and step in and when I do, I feel my feet cooling as though they're in the water. It's amazing what you can accomplish with the mind. *Matt, Represa, CA*

The Equanimity in Feeling Exercise: When concentrating on a pen, in a short time my mind strays. Once I realize I am off of my goal, I must refocus on the pen. Once you realize how to stay attuned and focused on an object, it becomes easier. It is very difficult at first. *Carl, Calico Rock, AR*

Thank you for sending me *The Gentle Will*, that small book has inspired me even more to search for my path. The meditations are wonderful, it's so hard but at the same time simple. I have written down the meditations and they have brought me so much peace, and love for my fellow people. I had such hate in my life but now I understand why and where I need to be in my life. I also want to thank you for the newsletters, they give me such encouragement to move forward. I feel sometimes like a single person in this world all alone. I don't have any family. It's nice to see that something really works if you just give it 100%. Thanks for saving a lost person. *Richard, Huntsville, TX*

I have done the meditation exercises daily and they are great, especially when one is in prison like me. *Ruben, White Deer, PA*

I have been working with the first meditation exercise in *Self Development in the Penitentiary* pamphlet for over 30 days now and have started with the second exercise. Being a long time mediator has helped me with these exercises I feel. *David, Oglethorpe, GA*

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

ARTISTIC FEELING AND MEDITATION

PART 1

BY MICHAEL HOWARD

“There slumber in every human being faculties by means of which he can acquire for himself a knowledge of higher worlds... *Only one question remains - how to set to work to develop such faculties.*” - Rudolf Steiner, *Knowledge of Higher Worlds*

“It should be remarked that *artistic feeling*, when coupled with a quiet introspective nature, forms the best preliminary condition for the development of spiritual faculties.” Rudolf Steiner, *Knowledge of Higher Worlds*, p. 41-2

Meditation can be described in general terms as a way to transform and develop our self. As Rudolf Steiner indicates in the above excerpts, meditation is a way we can develop the inner faculties to perceive and know spiritual realities directly.

The facts and laws of the spirit can be known as a spiritual science in the same way that the facts and laws of the natural world are known as natural science. As natural science depends on developing the capacities of a natural scientist, similarly, spiritual science depends on developing the capacities of a spiritual scientist. For Steiner:

“*Only one question remains - how to set to work to develop such faculties.*”

In his many books and lectures—most especially, *Knowledge of Higher Worlds*, and *An Outline of Esoteric Science* - Rudolf Steiner describes these faculties in considerable detail, and outlines numerous ways they can be developed. In this essay our focus will be on the way spiritual faculties can be nurtured through the arts. The following thought offers a fruitful starting point:

“...*artistic feeling*, when coupled with a quiet introspective nature, forms the best preliminary condition for the development of spiritual faculties.”

We might easily pass over this sentence--and the key term *artistic feeling*--without appreciating all that it implies regarding the relationship of art to meditation and spiritual development. Two additional thoughts can help us understand what Rudolf Steiner means by *artistic feeling* and its significance to human development:

“All the forms do is set the process going that creates the work of art. *The work of art is what the soul experiences when it feels the shape of the forms.*” Rudolf Steiner, December 28, 1914, *Art as Seen in the Light of Mystery Wisdom*,

“A true understanding of the matter cannot be reached if observation of the forms is based solely on intellectual explanation. It is necessary to contemplate the forms with true *artistic feeling.*” Rudolf Steiner, October 1907

Typically, we think of a work of art as a painting, sculpture or other tangible object. Already in 1914, Rudolf Steiner introduces a radical alternative to this traditional view of art by suggesting “the work of art is what the soul experiences when it feels the shape of the form”--or the color of a painting, and the melody of the music. There is nothing new in saying works of art effect us deeply, but Rudolf Steiner introduces a new orientation to art in suggesting that the human being is the real and enduring work of art. As an artist uses a paintbrush or chisel to shape a painting or sculpture, the color and form of artworks shape and transform us.

This expanded view of art opens up new horizons in which art becomes a form of meditation and meditation becomes a form of art. In this essay we will explore art as a form of meditation through the contemplation of color and form. Special attention will be given to the way we observe color and form as this determines the way color and form lives and works within us. The full potential of color and form to shape and transform us depends on our developing *artistic feeling*.

What is *artistic feeling*? How is it developed?

All artistic mediums--such as color, form, musical sound, human speech and movement-- have both physical and non-physical attributes. Like everything in the material world, paintings and sculptures have physical attributes that can be measured or quantified. In addition, all artistic mediums like color and form have

non-physical characteristics that cannot be quantified. For this reason, we distinguish between the *quantitative* and *qualitative* elements of the sense world.

Our experience of warmth and coolness exemplifies this distinction. On the one hand, we have experiences of physical warmth and coolness that can be measured or quantified with a thermometer. For example, when we meet someone and shake their hand, we may note that their hands are relatively warm or cool. Such warmth could be measured if the person were to hold a thermometer in their hand. At the same time, we might also perceive a certain warmth or coolness in the person's demeanor or radiating from their eyes. It is particularly instructive if we meet someone who has cold hands but radiates inner warmth, or vice versa. Such inner warmth or coolness cannot be measured with a thermometer.

In this example, we use the same terms warmth and coolness to describe two distinct realms of experience--outer warmth/coolness that is physical, and inner warmth/coolness that is not physical. Given our present consciousness we may

be inclined to regard physical warmth as real and to explain non-physical warmth as merely the by-product of physical processes. However, for our everyday experience inner warmth is as real as physical warmth. To honor these two distinct realms of experience, we need only adapt our thinking to the notion that reality is multiple-dimensional--that physical reality is not the only reality, but simply one dimension of reality.

Even with physical warmth and coolness, we do not necessarily need a thermometer to determine fluctuations in warmth and coolness since our bodies are attuned to the rise and fall of the temperature. In a similar way, we can be quite sensitive to other people's inner warmth or coolness. Our ability to perceive the inner life of another

person depends in part on our attentiveness to outer perceptions such as facial expressions and body language. In addition, however, we must also be attentive to our own feelings because it is through our feeling nature that we perceive the feelings of others. This capacity to enter into the feelings of others is something of a mystery that warrants pause and wonderment: How is this possible?

If we observe ourselves in the process of observing others, we will notice that more often than not we react with feelings of sympathy or antipathy to varying degrees. Under certain circumstances, however, we may find ourselves setting aside our personal feelings and entering into the feelings of another person. For example, we might be feeling relatively happy, nevertheless, we may be able to feel another person's pain and sorrow. Once we recognize that we have this capacity to live into the inner experience of another as if it were our self, we can choose to cultivate it more consciously.

We begin by becoming more aware of our inclination to dwell on our personal feelings of like or dislike. For only then are we able, if only for a few moments, to quiet the noise of our personal feelings, and thereby discover that our feeling has the potential to be an organ for perceiving the feelings of others. By strengthening our capacity to perceive and experience inner qualities as vividly and accurately as physical qualities, we develop the capacity to know the non-physical or soul spiritual dimension of our selves, other people and the world in general.

Artistic feeling is the term introduced by Rudolf Steiner to describe the capacity to perceive the qualitative elements in all sense perceptions. With this preliminary understanding of *artistic feeling*, we have a foundation for applying it in meditative and contemplative practice, and how it leads to perceiving the invisible in the visible, the spiritual in the physical.



Artwork by: Michael Howard

CONTEMPLATING COLOR

"First we are to concentrate on the color, becoming one with it and allowing it to become us. After identifying with the color as much as possible, we move to an open state of awareness in which an "afterimage" arises." Arthur Zajonc, Meditation as Contemplative Inquiry, p.102-6

There are at least three distinct realms in which we can contemplate color—the physical realm, the realm of afterimages, and the realm of our imagination. We will begin by observing physical colors, but here too, we have a number of choices to draw upon. Color is a fundamental aspect of the world, and so where possible, we can turn to the colors of nature—the blue of the sky, the yellow of a flower, the green of a meadow or forest, the white of snow—as these colors have a particular vibrancy. Alternatively, we can make our own patches of color using paint, pastels or pencils—creating a 1-2" circular surface of each color will serve our purpose. As we put the color on a page, we have an opportunity to do so in a quiet reflective mood. Lastly, we can use the *Meditation Color Card* such as accompanies this newsletter. The following steps contemplating color can also be adapted to work with other colors and color sources.

1. We focus our gaze on the center of the orange yellow patch on the right side of Figure 1 for a slow count of 10. Then we move our gaze to a white area on the page where we can expect to see a luminous color known as the afterimage. We try to attend to this new and different color for as long as possible - typically it will fade within a count of 10. We try to note the exact hue of the afterimage.
2. We follow the same process with the green-yellow on the left: gazing at the center for a count of 10, and then turning our gaze to the white where we should see another afterimage. Again we note the exact hue of this second afterimage. We can go back and forth a few times from the one yellow to the other to help intensify the afterimages and thereby better compare the subtle difference in the color of the two afterimages. If, at first, we see no color but only a luminous patch, we can repeat the exercise over successive days. Sooner or later, we can expect to see a blue-purple afterimage from the orange-yellow, and a red-purple afterimage from the green-yellow.
3. Note that our effort to focus on a physical color for a count of 10 is a simple but real concentration exercise. Likewise, holding our attention on an afterimage color for as long as possible is also a concentration exercise with the added factor that we are learning to focus our attention on something that is more ephemeral, less physical.
4. Next, we set aside the physical patches of color, and with our eyes closed or open as we choose, we try to form a picture or impression in our mind's eye of the two yellow patches. We do not need to spend a lot of time trying to picture each color, just a few seconds calling up the orange-yellow and then a few seconds with the green-yellow. Going back and forth every few seconds in our mind's eye between the two colors strengthens our capacity to visualize each one more vividly.
5. Then we try to form a vivid inner impression of the afterimage colors, that is, the more subtle and luminous blue-purple and red-purple. Again, it can help us visualize these color impressions more vividly if we go back and forth between the two rather than staying longer with one.
6. Next we return to the two physical patches of yellow, and again concentrate on each one for 10 seconds or more but in a different way. This time we are not concerned with the afterimage, but as most likely the afterimages will appear, part of this exercise involves not letting ourselves be distracted by them. Instead, we are to direct and hold our attention on another dimension of color. As we stare at the two patches of physical color on the physical page, we try to quiet our mind from all distractions—any afterimage, as well as any unrelated thoughts or personal feelings. At most, we ask our self: What is the quality of this color? Sooner or later, we may notice we are dreaming into the color. The outer duality of the color as

separate and outside our self falls away, and instead, we feel ourselves slipping into the color, into a world of yellowness. We do this with the orange-yellow for a few seconds and then with the green-yellow. Once again it helps to move our gaze back and forth as needed from the orange-yellow to the green-yellow as a way to heighten our feeling experience of the respective colors. As the feeling of a color becomes more vivid, we can try to dwell in that feeling experience for longer periods.

7. When speaking about the feeling experience of each color, it is essential that we avoid dwelling upon any associations or personal feelings that the color evokes in us. If associations, or like and dislike arise in us, it is usually best to recognize and honor them, as a way to then set them aside for the moment in order to discover and dwell within their objective qualities. In time we can expect to feel something like a heavy-warmth in the orange-yellow as compared to a light-coolness in the green-yellow.

8. Lastly, we try to evoke the same feeling impression we had while gazing upon the physical patches of color, but now purely in our imagination. Some people will naturally form an inner picture of the colors, but whether we picture the colors or not, the essential thing is to call up the pure feeling experience—such as the inner warmth and coolness.

The term afterimage is sometimes applied to this last activity of feeling the quality of the color. In the following excerpt, Arthur Zajonc draws attention to the fact that the term 'afterimage' is used to describe two different experiences:

"Having fully immersed himself in the yellow, he averts his gaze and allows the nimitta or "afterimage" to arise. The nimitta is not the complementary physiological afterimage that we all see when we saturate the retina with a color sensation. Buddhaghosa's description makes it clear that the meditator is seeking another kind of afterimage, one that is the interior correlate to the outer impression...Into his open field of awareness there emerges the echo or afterglow of the sense impression."

By drawing attention to these two meanings, Arthur goes a long way in clarifying the matter. However, I would argue more forcefully that it would be better to have two different terms. First, having two different words helps avoid any misunderstanding about which kind of experience is meant. More importantly, the term afterimage implies a visual image that suits the luminous complementary color that appears after staring at a physical color. However, when referring to a feeling experience of color, the term afterimage is misleading since no image element is involved. Such a feeling experience is more akin to a musical experience, and for this reason, terms like 'echo' or 'resonance' seem more suitable. It is worth noting that we can feel music resonate within us both as we hear it physically but also after the physical music has ended. Similarly, we can feel the warmth or coolness of a color resonate within us both when we look at a physical color but equally after the physical color is no longer visible. For these reasons, terms like 'color-resonance' and 'form-resonance' seem more suitable for describing the perception of color and form qualities both when they are physically present and when they are not physically present.

In summary, through this essay we have explored the possibilities of contemplating color in three domains: physical color, afterimage color, and inner or soul color. We have seen how in each domain we meet the challenge of concentrating our attention for a brief period--10 seconds is no small accomplishment. We can work with these exercises primarily as concentration exercises, appreciating that as we extend our powers of concentration from physical colors to afterimage colors, and finally to non-physical color qualities, we extend our powers of concentration to realms beyond the purely physical. Furthermore, in cultivating *artistic feeling* in order to contemplate the inner qualities of color we have learned to extend our consciousness from the physical to the soul-spiritual in our selves and the world. What begins as an exercise in concentrating on an outer or inner image becomes a modest but real form of meditation when we dwell upon the soul spiritual qualities of color.

In Part Two of this essay, we will extend our cultivation of *artistic feeling* to the contemplation of form.

Book Reviews



Founding a Science of the Spirit Rudolf Steiner

The book, *Founding a Science of the Spirit* deals with the higher worlds in a way that enables one to appreciate her or his relationship to them before clairvoyant faculties have been awakened. Here, Steiner also describes the different paths of esoteric development which leads to such seeing, in the occult sense. This book brings new light with each reading. *Alexis, Holdenville, OK*

Our Twelve Senses Albert Soesman

Dr. Soesman takes us through *Our Twelve Senses* giving us insight into the relation of our senses in connection to the zodiac signs, and an in-depth look at how our senses develop the human. Dr. Soesman is a gifted teacher. You are going to be reeled in quickly, especially when he shares different exercises that can test and improve your understanding of the senses. Like for instance, did you know that you can train your nose to distinguish true good and evil? And that morality exudes a definite odor? Dr. Soesman gives examples throughout this book about how we can benefit by becoming educated concerning our senses. Like, it makes a difference whether a child plays with

plastic toys or with living materials such as wood. Also he demonstrates how different musical instruments effect the human body. This book is recommended for anyone wishing to get in touch with their senses. *James, Florence, AZ*

Rudolf Steiner: An Introduction to his Spiritual World-view, Anthroposophy Ron Wilkerson

This is a wonderful book which summarizes a 'science of the spirit'. Although familiar with a lot of the material presented here, I can say that Wilkerson's digestion of everything is to be commended because he has succeeded in converting it into language that is plain, clear, and easy to understand. It's the perfect book for those at the beginning of the anthroposophical path. I enjoyed reading this book and get a more in depth understanding how a direct knowledge of the spiritual world faded in favor of an intense preoccupation with the physical, which resulted in the development of the Ego, leading to consciousness of the self. Now ideas on supersensible worlds can circulate again. This book, along with *Founding a Science of the Spirit*, in my opinion belong together. Wilkerson's presentation of this knowledge increases the mere acquisition; it becomes concrete and detailed enough to absorb. *Steven, Beeville, TX*

Turning Points in Spiritual History Rudolf Steiner

This book gives great insight on the workings of Steiner's views. I loved the words of *Gotthold Lessing* on page 73, "*Is not all eternity mine*". This is a great way to give a searcher a good overview of great men and teachers through the ages. The chapter on Moses runs very close to Masonic teachings. I'm hoping to share anthroposophy with my children. This is illumination, understanding of a perfected soul. As Steiner states the true 'I' continues from incarnation to incarnation! This is the true spirit missing from organized religion. *Shawn, Ridgeland, SC*

Cosmic Memory Rudolf Steiner

Cosmic Memory has opened my eyes to fully see a different way of receiving everyday experiences. Mr. Steiner spoke of the cycles, stages of the elements; Fire trials, water, and air as well. I had never known to connect my trials and tribulations, or my hardships, to the fire trials. Humans are made up of the four elements, namely: fire, water, air, and earth. To actually bring these elements to life by connecting them through life's daily activity was truly remarkable, allowing one to view the whole purpose and meaning of experiences. Now I see the purpose, not just for human development in the mind, there is a soul/spirit development going on in the same way. Truly remarkable! Also, he explains the Sun, Saturn and Moon cycles, and how they participate in this soul/spirit process of growth. Our souls have always existed, from the very first spark of creation. We just lost our consciousness of this awareness through the cycles of evolution. The knowledge and information still lingers but very few can find it. Life takes on a different meaning when we take time to pay more attention. Each individual life intertwines for a purpose and a reason. *Francisco, Huntsville, TX*

Astronomy and Spiritual Science Rudolf Steiner

I have to say that if you had not had a prior course in astronomy, you would be lost, with that aside, it is a very informative work connecting the unseen spiritual aspect to the Luciferic sight of the stars. It needs knowing that ancient astrology has changed through processions of earth cycles through the zodiac. I had always thought eclipses meant something, just never made any connections to what. With Kali Yuga at an end, all the hierarchies harken to a new era of change. The sun shines upon all souls, but only truly illuminates those who are ready to receive it; the Christ impulse to truly live and make Him manifest in one's soul. *Richard, Tehachapi, CA*

How to Know Higher Worlds Rudolf Steiner

In *How to Know Higher Worlds*, Mr. Steiner creates not a book, but rather a companion to serve as a compass on the path of developing the higher faculties latent within ourselves, so that through self-development, we might better serve the whole of humanity. The information is presented in an easy to read manner, clearly describing the discipline required of the student to make progress on this path of higher learning. Everything from spiritual experiences to shifts of consciousness is touched upon. Considered a classic, this work remains a cornerstone in anthroposophical literature. *Dauan, Lawton, OK*

Freemasonry and Ritual Work Rudolf Steiner

Freemasonry and Ritual Work is a wonderful exposé of what has been hidden from the world, and now is lost to, the world of the Ancient Mystery systems of Initiation. As a system which had effectually been lost, Dr. Steiner does an excellent job of revealing Freemasonry and Ritual Work. I was especially impressed that he touched upon Charles W. Leadbeater's influence, as well as that of Annie Besant and Helena P. Blavatsky. What Dr. Steiner revealed through this work should enable any serious student of the mystery and initiation traditions to begin seeing the various threads, which can lead to full illumination and enlightenment. I'll have to go back and read this masterwork again after I've extended my study and understanding. *Donny Joe, Ft. Stockton, TX*

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ENTER LIGHT

Voices from Prison

*A selection of your
Poetry and Art
For the Youth Poet Event
12/12/12*



Caught Within the Loom

I was misguided, and an instrument
For the missions of the darkness
Life was meaningless
Roaming around to and fro
No home physically, no home spiritually
My Essence was effaced by my
Ignorance and hateful, evil mindstates
My beginning already seemed like
the end
Truly I was lost, with no direction
Or purpose...but this was all
My decision, or rather indecision
But I became caught in the Loom of God
The weaver of destinies
Realization infected my mind, becoming
Beyond my mind, the reality of truth
Direction taking over, purpose
consuming
Leading towards the permanent center
of consciousness
Non-thinking, beatitude, illumination
Truth becoming beyond thinking,
knowing
The consciousness is asleep, consisting of
The activities of the multitudes within
Destroy them, consumers of the Essence!
The message cries to my being, wake up!
It is by not being what we are
That we become what we are meant to be
Rauch Elohim, my Innermost, I cry
thanks to thee
For I have been shown evil, and now
By the power of thee, within the loom
of the ineffable, I am being shown the
good
Now I am divinely guided, yet I am
still an instrument
But now for the causes of the white
lodge, for
I am but a vestige, a tool for the Divine
For my Being within the loom
And my vestiges are effaced, Now light
is the essence that purifies my thoughts
I am ceasing to exist
It is Him that has begun to exist
through me
The inner-Being shall be,
With consciousness awake
Know that nothing is of nothing
Only that which clearly becomes
nothing
Results in finding the something that it
comes from
Become, Be, Eliminate the "me"!
Joshua, Walla Walla, WA



Jason, Holdenville, OK

Speak to the Earth

Speak to the Earth
And it shall teach thee
How to not
Destroy ourselves so fast.
Speak to it
Softly
And it will release its
Secrets to you in
The swish of the stream,
The chirp of the birds
And the rhythm of its wind.
Stop and breathe
Slowly
And you will feel
The heart of man,
The Spirit of God
And the urgency of attaining this Peace.
In mid-pace
Meditate
And touch the land,
Embrace the naturalness,
And you will reach the sky; see the senselessness in
what we do
And cry at the preciousness that we miss and destroy.
Pray to it
Which is He, She, Love, Hope and Oneness.
This is all we have,
So let's make it better for us.
Speak to the Earth
And it shall teach thee.

Kenneth, Abilene, TX

Dear Mama

No need to read between the lines,
My words are cut and dry.
No need to beat around the bush.
Just look into my eyes.
No need to sugarcoat the past,
Or try to hide from the truth.
My love for you will always surpass
All that we've been through.
No need for you to tell me,
What you think I will want to hear.
No need to quickly answer a question
That is painful for you to bear.
No need for you to figure out
Or try to understand,
What went wrong
With a very young woman,
Trying to raise a man.

J.W., Represa, CA

Caught Within the Loom: *Is to indicate that even in the darkest regions, within or without, the light is ever present, guiding us, beseeching us, to enter into its glorious plan, all we must do is aspire towards the light, and then we must do the work; a struggle in darkness to discover love, compassion, and joy within myself while aspiring to the light and coming to inner peace. Anthroposophy has been an inner light to help guide me through darkness and illusion. Joshua, Walla Walla, WA*

Speak to the Earth: *When I wrote this poem I had the feeling that we are connected to everything in the world. Everything is inter-connected. If we were to just pause and listen and pay attention we would see that the answers are right before us- in the trees, in the soil, in the hills. Seeking this is what I want people to know most about me and that to me there is nothing more fulfilling. When we can't build skyscrapers, we build actions, attitudes and behaviors that are just as high. Kenneth, Abilene, TX*

Dear Mama: *I was submerged in the street life, slowly being owned by the results of all my actions and bad decision making, and my mom struggled with many of her own demons, while at the same time trying to provide for her four children. I'm at the point in my life where it's very important for me to mend relationships and reconcile with those I love and care for. So, the inspiration for this particular poem came from the thought of reaching out to my mama, with hopes of rebuilding a strong, loving, long-lasting relationship. J.W., Represa, CA*

Art and Poetry

Shadow of the Bars

There's a cold winter moon
Shinin' into my cell
And I'm sitting in the shadow of the bars.
Wanna close my eyes
And talk to someone;
Christmas is close and it hurts to be alone.
But I can't talk to God;
He don't much like me anymore.
Makes sense, tho, when you think about all I've done.
Can't talk to Anne; she's pretty much given
up on me too.
Say when the baby cries and asks about his Daddy,
It twists her all up inside 'cause she's got no answers.
Don't talk to Momma; she's taken sick again.
The doctor gives her pills to keep the pain down
And to help her sleep,
But they can't help the broken heart I left her.
Can't even talk to myself;
I hate me most of all.
Guess I'll talk to the man up in the cold winter moon.
Need to thank him for the light,
Shinin' in thru my window,
'Cause Christmas is so close and it's all I got.
Sittin' here in the shadow of the bars.

Ron, Sneede, FL

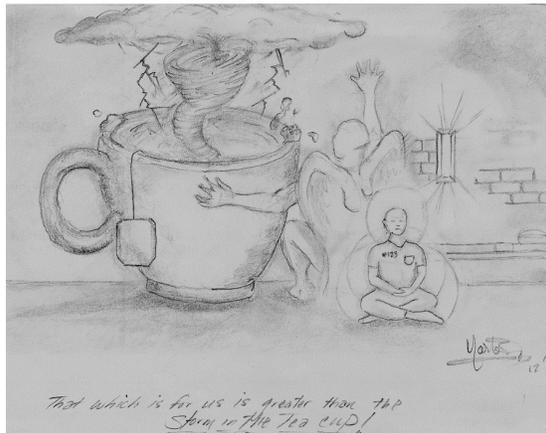


Stuart, Tehachapi, CA

A WALK THROUGH THE VALLEY

I took a walk in the Valley of the Sun
But my commencement was somnolent.
So, forgive me for not recognizing a Friend
The next day I continued my walk
In the Valley of Sun
Yet, this time I cloaked myself in the
Garment of discernment.
So,
Propelled by the Light of the Sacred Jewel
I continued upon my path till I
Once again came upon my Friend.
I didn't need to apologize this time...
I just tipped my hat in a gesture of warm
Recognition
And said hello.
Hello to my self

Rashad, Trion, GA



Martin, Rancho Cucamonga, CA

Shadows of the Bars: I am doing life in prison and I'm sending a poem to share with you all. I study anthroposophy to read all of the books and get help so that I can get out of here, and then help others get out of here. I've been in lock up for five years and writing poems. My poem *Shadows of the Bars* was inspired to find out about life. Ron, Sneede, FL

A Walk through the Valley: While incarcerated, I have learned that I am a spiritual caterpillar, and prison has functioned as my chrysalis. And while encased within its confines, I have come to the understanding that unconditional love, compassion, gratitude, and other spiritual virtues are the keys that are necessary to improve and harmonize relations with other beings and our environment. The search for truth, which is vital to learning, always starts within. Rashad, Trion, GA

Never Alone: My life began in poverty and turmoil, but all along there has been all kinds of helpers and encouragements to steer me in the right direction, and when I finally acknowledged them, everything improved and has continued to improve exponentially as I maintain focus. I realized through anthroposophy that there are numerous aspects of life that I had ready access to which I had always considered beyond me. I hope to have the chance to share what I have learned and to be able to bring people together who may not have otherwise ever considered associating. 'Never Alone' came while looking back on my life and realizing that everything I ever needed was always there and those things carried me, even though I wasn't aware; being surrounded by loved ones. Dushaan, Tennessee Colony, TX

NEVER ALONE

As I look back,
through the mist of my past
I realize,
that I was always loved.
As I struggled through
adolescence,
scarred by the things I endured
I never knew that anyone cared
I had no idea that I mattered.
I used to feel,
that it was me against the world
I lived as if I was at war
I fought against everyone I met.
In my mind,
I was very alone.
As I look back,
through the mist of my past,
I see that light was always near
grace was always with me.
Though I couldn't see,

I was protected
even in rebellion, I was accepted
while I resisted, I was still
held dearly
as I ran away, was pursued
in peace.

In my loneliest moment,
I was accompanied
there were always others,
awaiting my awakening.
The reason I survived the
trials of life,

is because I was *never alone*.

Dushaan, Tennessee Colony, TX

~ SELF-AWAKENINGS ~

EduCareDo Correspondence Course Response Summaries

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

I have all twelve senses, but the “new” senses are important parts of what nature gave us to survive and help the human race. I never considered them as senses before. I’m very conscious of how people feel. I try to be a healing influence, and be good natured. It’s good to know we have twelve senses, not just five. I’ll keep these lesson books and sometime I’ll show them to someone. Other inmates ask me what it is, and I say “it’s spiritual science”. I usually underline sentences and phrases that seem to be the main points of the lessons. I use my “upper senses” to cope with incarcerated life. I’m staying out of trouble really well. *Tim, Windham, ME*

The importance of using the upper cognitive senses with other humans, instead of the use of only middle senses, was new for me in this lesson. Important to learn was that the senses analyze and separate while cognition brings wholeness and unity. Whenever I feel impatient or irritated with someone, I will make a point to examine what senses (upper or middle) I’m using and see what additional insight I may obtain. *Sabin, Menard, IL*

Lesson 5: Watercolour Painting

Artistic Journal - I only have pencils available in this facility. I drew a line drawing so I could continue to participate. I don’t have colors or access to any paintbrushes. I wanted my work to not be mechanical. I wanted to express nature, to be connected to reality. I tried the Imaginative Exercise - The facility I am in is a 23 hour a day lockdown institution. When we are let on yard, we go out to a concrete-enclosed structure with no roof. Only thing we can see of nature is the sky; no trees, no grass, occasionally a bird or an insect. So my intention is to often express humans in a natural setting. I would like lush greens and woodland browns, with bright yellows, pinks, and reds for flowers. I can hold an image, yes. I understand now how appreciation of and contact with color and form can raise the human soul to a higher state. The walls of this place are a dry pastel yellow. I always thought it had a dulling effect on the emotions. Many things I read in this lesson lead me to believe my assumption that color can affect us, is true. *Martin, Rancho Cucamonga, CA*

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

The threefold life rhythm and our connection to the cosmos was new to me. Most important, Goethe’s science of phenomenology is defined and explained. We see how he was able to come about his theories by studying the plant world. In that way he was able to really see the ‘manifest secrets’ and make a connection between human and nature, and that, we are connected to the universe through the rhythmic center of our threefold being. I have been using an active participating consciousness to see the surrounding world and I am seeing more than I was before. *Sybounthanb, Brunswick, NC*

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

I was learning the different age brackets, when everything takes place, and understanding the cycles of 7 by 7. What was important and close to my heart is the development of children to adults and the natural steps we have to take, of human development to make sure we provide a comfortable environment for the development of children’s mental faculties. We tend to force our children to hurry up and grow, which actually creates a sense of imbalance for that child by placing too much responsibility upon their developing minds. I can share this with others to enlighten them to the possibility of creating harmony in the life of the child. This should prevent the creation of unnatural hostility in the child and allow that child to blossom. *Tommy, Joliet, IL*

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

The human being has four temperaments, which relate to the four elements and the four ethers. The *Ego* in the individual uses the temperament to relate what is inside of the body to what is outside of the body. The *melancholic* temperament is related to earth and the physical body. The *phlegmatic* temperament is related to water and the etheric body. The *sanguine* temperament is related to air and the astral body in the nervous system of the body. Finally, the *choleric* temperament is related to fire and the ego. All of us have all four temperaments, but only one or two will dominate the personality. Our ego will use these dominant temperaments to express itself, and to interact with and understand others. I have seen great progress during my time in prison in this area! I still have trouble with *will control*, but I do it every day and catch up when I forget at the proper times. *James, Steilacoom, WA*

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

The thing new to me was about how the different color light refractions play due to the setting of the sun via Goethe’s experiment. I found the dedication to the color experiments by these men, Goethe and Newton, in those days very interesting. Of course I will keep these things in mind in my studies and practices and I will continue to learn. *Kenneth, Taylorsville, NC*

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

New for me was the knowledge that there exists an akashic record, also how to master the lower self and dwell in our higher self. Christ’s spirit lived on Earth among humans and their seven stages. I found most important to me was the question: What is true peace, how can we get it. If it is within, how do we have it come to live in us? How many individuals get killed over their belief in God, yet destroy another who believes differently. I will study peace and receive the truth, seek refuge in my god, try to love others. I try to pursue justice and equality. I will learn how to study myself and begin to love myself and in turn, love others as myself. *Dana, Smyrna, DE*

Lesson 15: Female and Male Spirituality

In the lesson I like how page ten described the ‘Love Beings’ and ‘Wisdom Beings’ or ‘Luciferic Beings’. The whole paragraph is finely detailed. It was important to read how men are physically stronger than women, but Etheric Body-wise females are strong (longer life)! The whole lesson is well defined. I will meditate upon my weaknesses to try to strengthen them and better understand them. We are never done! I’m building to better control myself and to keep my mind open as well. *Mike, Calico Rock, AR*

Lesson 19: Ecological-Social-Economy, Part 1 of 2

I think this lesson was a cue for me to take a look at where I stand in the world, as well as to realize what a beautiful miracle I am just to be alive. Most important to me was to be more thankful and to try and contribute to the morality of life and endeavor to give love and be more receptive to spirituality and believe in healing for all. Although this lesson reminded me of all that goes on in the world, yet I don’t have to feel how very small I am in the midst of things. *Jerry, Ione, CA*

Lesson 24: Health and Nutrition

What was important to hear in the lesson was that the eyes taste and digest particle color to secrete the dye rhodopsin, giving me the awareness that what I look at is what comes in, and I can choose what needs to be absorbed, looking to things which may benefit what needs strengthening. Create more inner light for clear vision. Also, the breakdown of having to strip etheric and astral forces in digestion in order to rebuild starting from base minerals back up to higher forces. *Richard, Frackville, PA*

~ Inspired by Your Reading ~

How to Know Higher Worlds, is a really good read. I got to the part in the first couple of chapters that said if you allow someone to anger you, then you're not the master of yourself, or have not found the inner ruler. That made all the sense in the world, because when you let someone anger you, they're controlling you and your feelings and emotions, and you're not in control of yourself. I was already trying to feel a person's words or meaning behind their words and feel their emotions. Some of the other things we are to try is to and listen to a person's spirit and try to listen to what the spiritual world is saying. I try to do that now as a result of reading about a higher level of knowledge. *Corey, Greenville, IL*

These books, *An Outline of Esoteric Science* and *Guidance in Esoteric Training*, have given me a new outlook and also answered some questions about things I have been studying. I have written down the five qualities of soul as my guide to have during my walk through all studies and life. *Lawrence, Smyrna, DE*

Thank you for your help on my path. In the book *Forgiving I* am reminded that you must forgive to end the sin. In the book of *Return from Tomorrow* lets me know there is life after death. In the book *The Knights Templar*, Rudolf Steiner touched me by saying Liberty can only be acquired by human beings in their soul to the extent that it is with the soul that we incarnate on earth. *Ezra, Palestine, TX*

On How to Know Higher Worlds, perhaps you sent this book via some other realm because it was a wake-up call to my 'awakening'. I am currently writing some cue cards that deal directly with moral behavior. I've realized how to actually direct my energy. My only hindrance has been medicating myself and dealing with other people. It is as though everybody has a script. I'm aware, but not being wise enough to act on what I know. Anger and frustration overwhelm me, I assure you I shall overcome this. Just when I think I'm crazy, some book appears to show me I'm not. Cleansing and purification will become part of this process. *John, San Diego, CA*

I've just finished reading *Intuitive Thinking as a Spiritual Path* and must say it was really a breath of new fresh air! I had to read it over a few times in order to fully comprehend what exactly was being said but, all in all, I never really thought about what our thoughts are actually made of. I'm not sure I fully grasped everything, so I'll have to refer to my notes for further reflection. There were a lot of things new to me, leading to a variety of questions that I now find myself asking. As Mr. Steiner said; "...through my instincts, my drives, I am the kind of person of whom there are twelve to the dozen; I am an individual by means of the particular form of the idea by which, within the dozen, I designate myself as 'I.'" Although these are things instilled unto us by our elders, it is our percepts that form the world around us, and it is our cognition, when borrowing from the world of ideas, that makes us individuals, free spirits, belonging to the whole. *Santos, Joliet, IL*

For me, the most intriguing chapter in *An Outline of Esoteric Science* was "Sleep & Death". First off, because in comparison, it's easiest to grasp. Secondly, for some reason or another, the day I opened that chapter was the first time I opened the book since my cellmate had unfortunately and unexpectedly passed away in the night. So, it was as if every word was defining my friend's very current journey. I was in solitary confinement, so meditation came easily and I found myself feeling like an observer. I also got a lot out of the chapter "The makeup of the human being", it shined a lot of light on spiritual aspects I had off views about. Really, I wasn't viewing it broad enough. Though when it comes to spiritual science, there's always more. *B.J., Corcoran, CA*

Thank you yet again for blessing me with more literature with which I am able to broaden my spiritual as well as intellectual horizons. My selections were *How to Know Higher Worlds* and *Transforming the Soul vol. 2*. I enjoyed them both immensely, more so the latter. What intrigued me most were the various references and comparisons to Goethe's works and poetry. Lecture #5 dealt with health and sickness, and life and death. We are so prone to mourn the death of our loved ones. However, given this lecture's point of view shall we not welcome a death when we have lived well? *Marquis, Ridgeland, SC*

While reading the book *Camino Walk*, I found myself daydreaming about my own possible adventures and awakening at the Camino de Santiago. *Brandon, Navasota, TX*

After finishing reading the book *Theosophy* it made me aware of the information I received through the gateways of my senses as I touch, smell, hear, taste and see and my choice of liking or disliking the impression of our senses can create impressions in our souls that can be misleading. Very import reading and knowledge to be aware of! Easy to read and understand. *Mando, Coalinga, CA*

Speaking of freedom, what a powerful book the *Philosophy of Freedom* is. The way it broke down simply that I am a slave to my vices did a tremendous thing to my life. The last thing I want to be is a slave to anything. Surprisingly, it just made sense and as a result, I have not been struggling with that area of my life anymore. *Freemasonry and Ritual Work* was also very informative and I picked up some definite cornerstones for my path. Once again I thank you for the opportunity that you at APO provide all the incarcerated who seek after the truth. *Rafael, Greenville, IL*

Thank you for your generosity and for your quest in helping others to better their lives. *Life beyond Death* and *The Path of the Soul after Death*, were both very insightful into a subject that I've long feared, but also wondered about. Again, I'm grateful for your efforts. *Anthony, Grovetown, GA*

The book *Colour* was great and I had to read slowly to fully understand it. A lot of words are difficult for me to understand and that slows me down some, but in the end, I really enjoyed it. The *Colour* book gave me a different view for colors. I am going to really meditate about it to bring it out and put it on a canvas. *Santiago, Menard, IL*

These two books *Rosicrucian Wisdom* and *The Gospel of St. John* were truly amazing. Those books have brought more depth to the answers I am searching for. At one point in time Rosicrucianism was considered a secret society, the world did not believe they ever existed. Gaining this knowledge was important to me and I felt it was so important just to learn something that is more alive. The more I learn about humankind, the more I gain, and the more I am in control of my destiny. I do enjoy reading books that deal with things that allow me to reflect and receive feedback in a positive way. *Dionell, Pittsburgh, PA*

I enjoyed going back through *Intuitive Thinking as a Spiritual Path* the second time. It made much more sense this time, especially the chapters on freedom and morality. I believe the reason it made so much more sense this time is because I have experienced this transformation of soul (my thinking, feeling, and willing) over the past few years since embarking on a spiritual path. In other words, where Steiner was leading me in my thinking I was about to follow because how free I am now in my thinking since I'm no longer deceived by the influences of my past. When I examine myself I'm surprised at how strong my moral convictions are now, not because an outside doctrine, dogma, or authority is telling me, but because 'I' desired it so. *Conley, Bonham, TX*

~ Studying Together ~

Learning to see into the Spiritual World was most incredible as it connects the dots for so many different cultural religious practices. I have created eight weeks of lectures from that book alone and even though some of the concepts are advanced for someone new to spiritual work, each and every member of our *Rosicrucian Study Group* identified a practice that they are currently using in some form or another. I only wish I could thank Rudolf Steiner personally for all his great works. As small as it is, this book is enlightening cover to cover and I would recommend it to anyone who is serious about their spiritual path. *Dennis, Bismarck, ND*

My cellmate, who struggles with reading, enjoys having these materials read to him and discussing them with me. So, please know that you are reaching others inside through the individuals you correspond with. *Martin, Rancho Cucamonga, CA*

Rudolf Steiner's lectures are some of the best I've ever studied in book form. The opportunity to change my inner self is greatly appreciated. I have a few friends here at C.S.P. Sacramento who also are readers from the APO lending library and study rigorously. We are in a lockdown unit and are able to study a lot, due to our in-cell time each day. We are calmer than others around us. I can be in a crowded group room here with loud people all around me, yet I can be still and meditate while continuing to be aware of goings on around me. *Matthew, Represa, CA*

- STEPPING ONTO THE PATH -

I hope to grow emotionally from studying anthroposophy. I hope to have the ability to change my bad habits and be a better person for myself, my family and others. I owe so much to the people who still stand by my side and I want to be a good human being here in this vessel. *Frank, Blythe, CA*

Expressing myself in my writings is better now. Becoming not only a writer, but also an artist is what I hope for. I also want to know myself and transform myself into a better person and better human, because somewhere I strayed and went wrong. *Cedric, Lawton, OK*

I pray that I will receive better insight of who I am in this world, and what purpose I am to fulfill. If anything, how I fit in the "chain". Understanding how I got to be put in prison, all the things that led me here, is very important for me to understand. I do not want to leave prison unless I am ready. Having a life sentence is very hard, because I don't know when I'll be set free. I believe that I will, one day, but I just don't know when. I trust that God will have me ready before I leave. *Juan, Milton, FL*

Hoping for a stronger, more peaceful way of life in which I am in control of my emotions and my destiny. I want to be the best person I can be. *Michael, Toledo, OH*

A better understanding of my self and the spiritual world. Also to become more attuned to the needs of others. *William, Winnsboro, LA*

Hoping to learn more about myself and my relationship to the universe. I hope to grow and mature spiritually. *Robert Edward, Clio, AL*

Wanting to gain better traction in my life. I feel as though I have no roots, as if one more stiff wind could blow me away. I want to find something to live and die for. *Darrish, Arcadia, FL*

I'm feeling like I'm lost inside and trying to find my own way. Hoping to find myself and to be at peace with my life and feel complete. *Kevin, Canon City, CO*

I want to become clean, centered and peaceful inside. I want to control feelings such as anger, desire, fear, sadness, and jealousy. *Patrick, Corcoran, CA*

My hope is to learn more about myself (who I am and who I am supposed to be). I am seeking direction to find my way to who I can become. I have a lot of things to make up for when I get out, and I plan to try and get closer to this by helping others. Before I can work with others, I must learn to help and better myself, and I am hoping anthroposophy can lead me in the right direction and give me the necessary tools to accomplish this. *Joseph, Galesburg, IL*

Going into this program, I seek personal growth and wisdom; improve my life and my faith. To educate myself and to expand on that which I already know. *Michael, Oshkosh, WI*

Learn to use the tools to change my behavior and to prevent myself from coming back to prison. *Lisa, Ypsilanti, MI*

I would like to advance further in my human becoming and to assist those around me to become involved in the knowledge of self, to create a better community of people. *Steven, Menard, IL*

Inner peace, more profound knowledge, to assist and help others. Retain, grasp and understand anthroposophical perspectives. I want to reach the blind, help change lives for a more positive walk. I meditate on a daily basis. I've experienced that my attitude has been easier to control and I do not get angry at things or let others dictate my emotions. *Robert, El Dorado, KS*

More insight and knowledge in esoteric and mystical fields and to better myself in the process. *Jerome, Somers, CT*

Insight, mindfulness, self-interest to know myself and to be able to fully understand the gifts that were given me, so that I may reach others in a positive way. *Benjamin, Polkton, NC*

I hope to change a lot of my personally wrongful past that I have caused to my victims. I want to change my inner life as well as know I am not alone in the world. *David, Florence, AZ*

To be given ways on how to think different so I can change my behavior, and quit stealing, so I will quit coming to prison. I want to stay clean and sober. I'm honestly going to give it a try this time, I get parole this year. *Daryl, Lancaster, CA*

I'm developing concentration, focus, meditation skills, mental clarity, and peace of mind. *Christopher, Draper, UT*

Know myself, know why I think and feel certain ways. A deeper, better understanding of myself, the reasons behind my thought process, and improve my social skills. *Karvelle, Grady, AR*

To gain understanding and wisdom so I can help others. Also, I am curious about what I'm actually capable of and who exactly I am. *Gary, Crawfordville, FL*

I hope to accumulate a wealth of inner strength and self-knowledge that I can pass along to my children and others. To overcome the afflictions that have demonized my life and make some sense out of all the struggle. To feel like a complete man, instead of one with many faces. *Michael, Pampa, TX*

The ability to learn and grow. New insight I can use to further my journey. *Joy Danielle, Newport, AR*

To learn something new I can pass on to people back here with me, to make them stronger in heart and soul. *Marcus, Lamesa, TX*

I hope to gain inner balance and growth. I have anger and resentment issues. I hope to learn to get in touch with my spirit. *Deborah, Ypsilanti, MI*

Illuminations

MY PLAN IS TO READ every book that's on the prison outreach book list. I have five years before I'm released and I'm striving to find the true science of the spiritual and the mind of the universe. I feel that every book on the list can help me. *Joey, Ridgeland, SC*

I THANK YOU for your services to prisoners across the nation and am always inspired by the varied comments from incarcerated men and women who truly seem to be absorbing the essence of spiritual science in profound ways. This is a great thing you are doing in sharing Dr. Steiner's insights with those who genuinely seek a way to transform themselves while in difficult circumstances. I feel that such transformations have a much greater chance of becoming permanent in individuals when they do the work. Anthroposophy holds that prospect higher than anything else I've encountered. *John, Creson, PA*

I AM SEARCHING for something that will help me spiritually and give some meaning to my personal life. I want to develop myself as a whole person. To open my mind to a deeper spiritual perception and rise above the mundane. Please continue your good work. We here often feel ourselves marginalized and forgotten and outreach projects such as yours gives us hope. *Mark, Airway Heights, WA*

SINCE READING Rudolf Steiner's books I have developed a better understanding of myself and have become a more positive person, more compassionate, more forgiving. I am no longer critical of others. I am more relaxed in my environment and my demeanor has improved. *James, St. Joseph, MO*

MY SOUL has been striving for many years now, but just the last two years have I been earnestly seeking and trying to apply these laws and

truths that I have discovered in my daily life. You know how it feels to be on the brink of something great? That's how I feel, it's hard to define exactly. Anyway I wanted to extend my appreciation to you and the generous members of the Anthroposophical Society for providing this service to myself and other prisoners. *Clay, Crawfordville, FL*

A GOOD FRIEND of mine told me you guys were the place for spirit knowledge and knowledge of arts. I seek wisdom. I want to be able to read and feel art as well as reveal it. For everything we do is an art. The way you walk is also an art that God gave only you. The way you talk, the way you perceive things etc. I'm not looking for God, for God isn't lost, but rather I'm looking for me. I want to know myself. *Vincent, Sumner, IL*

THANK YOU for providing reading material by Rudolf Steiner, his abilities and teachings filled me with much insight and wonderment of the spiritual world. My meditations and prayers have been much more inspirational and fulfilling through his knowledge. I have been on this journey to become more of a spiritual person since coming to prison. I do believe that there is a Creator and that He placed His spirit in all of us and gave all of us the power to accomplish, achieve, and overcome any obstacle that lies in our path. So that's what I live my life by and I also teach this to my son. *John, Clio, AL*

THANK YOU again for providing such awesome literature. My time has been bearable and reflective. The Anthroposophical Society outreach is doing a very important service for humanity; people need to have this information all over the world! I will continue my studies and exercises. I will do my part and spread the word in my community. People aren't always ready but that's okay. *Chris, Brownwood, TX*

Art and the Transformation of Humanity

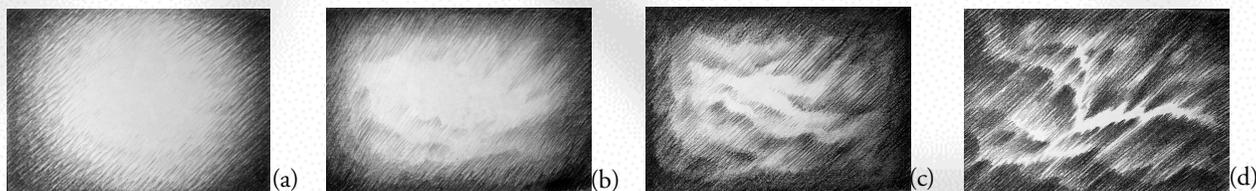
cont. from pg 1

IMPROPER ART	PROPER ART	IMPROPER ART
Pornographic	Freedom	Didactic
Desire	Epiphany	Loathing
Pulling towards	Aesthetic arrest	Pushing away

Similarly, Rudolf Steiner described two sources of art: that which arises as visionary inner imagination and that which is drawn out of or intuited from the outer world of experience. The one source he describes as expressionism and the other as impressionism--not to be confused with the two

historical art styles. These two sources must not be taken to their extremes, as can be and is often done in art, but must be married in such a way that a middle or higher path is achieved. This middle path of proper art is the language of the interior nature of the universe and a revelation of the spirit. It can be seen as a Christian-Rosicrucian path, in the sense of Steiner's Anthroposophy or Spiritual Science.

A drawing exercise that might be explored as a way to experience this *middle path* in art is the following: take a white sheet of paper and a black pencil, crayon, or piece of charcoal, and shade the outer area of the page (a) to create a radiating light in the center of the page. You draw only darkness but you create a glowing light by virtue of the negative space that arises. The goal is that the darkness does not impinge upon the light but actually enhances it's shine as much as possible. Blending comes in handy here. Then take a second sheet of paper and begin in the same way, but now, consciously go too far with the darkness and put a visible pressure on the light (b). Then, as a third exercise, go yet again further with contracting the light (c) by putting even more tension on it, limiting the glow of light. In a fourth sketch, put so much pressure on the light that it becomes like lightning (d). These four exercises may be done all at once, on one sheet of paper, but by beginning each one anew you preserve a record of the overall experience, an exercise in expansion (a) and contraction (d).



The Greek philosopher Aristotle, in accordance with a middle path practice, said: "Virtue is the human capacity, aided by skill and reason, to determine between the too little and the too much." The above mentioned drawing exercise is an example of how one can develop the inner organ or soul-spiritual muscle Aristotle called *virtue*. If approached in the *proper* way, all art can be a medium for moral-ethical development. Proper art is a virtuous activity!

Josef Beuys, the late German avant garde performance-installation artist and professor of sculpture, declared that: "Every human being is an artist, a freedom being, called to participate in transforming and reshaping the conditions, thinking and structures that shape and condition our lives." This points to a very broad understanding of the meaning of art, for it suggests that the greatest work of art, the one we are constantly engaged in perfecting, is ourself.

However we attempt to define it, art has the inherent characteristic of demonstrating the human condition, expressing and diagnosing what is present as the given human reality, and just as significantly, influencing and working on transforming that condition. Art brings healing and dispenses further motives into the inner life of the soul, whereby it works into the future forming of our humanity. "The basis of artistic creation is not what is," said Steiner, "but what might be; not the real but the possible." Art is truly one of the greatest gifts at our disposal for it builds and fashions our actual humanity. It is a moral force, for good and for ill. It is a doorway through which the spiritual gains access and is made visible in the physical, material world - by raising matter to the spiritual, base materials are turned to gold. It is the Philosopher's Stone that creates enjoyment and pleasure, as well as instigates catharsis and metamorphosis. In this way, spirit and art are inseparable just as the images we survey from the history of art are inseparable from human development and the transformation of human consciousness. Art literally and visually provides us with a record of our evolving and transforming humanity.

- So What's Your Experience? -

Wrestling with the Demon of Reaction (Issue 14)

The article that stuck with me the most is *Wrestling with the Demon of Reaction*. This is something I always struggle with; reacting to things. *Dennis Klocek* is right, a lot of times those responses are automatic, and those automatic responses begin to own you. I have found something knowledgeable in all the newsletters. *Artic, Grady, AR*

Sleep, Dreams and How to Develop Them (Issue 16)

The article by *Dr. Lipson* confirmed for me lucid dreaming, for whatever reason, I am always aware of my dream state. I could go into much greater detail but suffice it to say I enjoyed that short article. *Paul, Huntsville, TX*

True North: The Compass of the Heart (Issue 17)

I enjoyed reading the main article by *William Bento*, called *True North, The Compass of the Heart*. It was enlightening to read because that is exactly where my focus is in anthroposophy and astrosophy. Learning the zodiacal relations with human beings' existence. I know that the light within us is the part of God that seeks to grow, seeks to absorb the elements of the (sun) as do the plants through photosynthesis; to receive that true energy. We meditate to reach deep within to tap that light; the "I" bringing it to the surface. By doing so, we awaken a divine gift, true consciousness. The impressions will be abundant, as vast as is the universe. I agree with Mr. Bento as he states "alignment of our "I" with the grand lawfulness of the cosmos" is the True North, for I believe that once at the cross roads of the after-life it will be needed. *Maurice, Cumberland, MD*

*And thus noble
humankind
works mightily
For century after century
on its own kind,
For what good people
can accomplish
Is not accomplished in
the narrow space
of life.
That is why we live on
after death,
No less effective there
than once we were
in life.
The good deed and the
lovely word
Strive on immortally as
we strove mortally.
Thus too, the artist lives
through time
unmeasured.
Enjoy your immortality!
--Goethe,
The Artist's Apotheosis*

Illuminating Anthroposophy

Anthroposophical Prison Outreach Newsletter

Colour

In consideration of mother nature as the highest inspiration for art, Rudolf Steiner once described the following:

In a lecture of 1907 he referred to the moment, in which the night finally gives way to the dawn, as 'morgenrot'. Neither 'dawn' nor 'sunrise' describes it correctly - dawn is too early, sunrise is too late. It is the magical moment before the sun's orb comes over the horizon and is quite unique: for then, over the earth, for the contemplative eye there is a shimmer or ripple of emerald green light. It is a moment to ask - in union with earth and sky and knowing that the sun is before a certain constellation of the Zodiac - what sun and constellation have to say. There must be no speculation or intellectual thinking, but a receiving in meditative mood of the impressions of the sense - world. These are allowed to sink deeply into the soul as daily life proceeds. Then when this meditation has been gone through the next morning and the next and so on, a certain impression may be received, first of all colour.