

## Discover Hidden Geometry Within Us

By Ruth Tschannen

"As children we might be lucky to have had a mother or grandmother teaching us nursery rhymes. One of the old time favorites is: "This is the house that Jack built". The words are accompanied by hand gestures. The house is made visible by putting together the tips of the fingers and thus forming the roof of Jack's house. How else can we create geometric forms simply using our own body?

One possibility is by putting index fingers and thumbs of both hands together. The thumbs are the base of the triangle, the index fingers the sides. This triangle has the possibility to be rotated along the base having the point shift from the top to the bottom thus creating a diamond shape. So far we have used our hands to create geometric symbols in front of our body. The next step is to find these forms within our own gestalt.

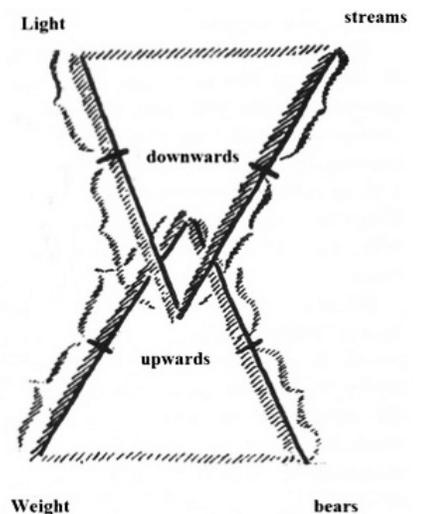
A straight line is formed with our body when we stand with both feet together and arms at our sides. If we take a step to either side with our feet we have created a triangle. The same triangle can be built with our arms above. This is an ancient old practise which goes far back through medieval times to the times of Aristotle and Alexander the Great. The origin is not to be found in Greece, but was brought back to Macedonia from Asia Minor by Alexander. This practise was held in small secret circles right up to the middle of the 19th Century as Rudolf Steiner describes so beautifully in the lecture on January 12, 1924. Here he describes creating the triangles with your body as the drawing apart of *Solomon's Key*; the two triangles forming the six pointed star.

He then speaks of currents similar to electromagnetic streams which are created by starting the point of the upper triangle in the realm of the solar plexus below the naval. The stream follows first along the left arm up to the middle finger of the left hand. From there it travels across to the middle finger of the right hand and returning back to the starting point. This movement is accompanied by the words: *Light streams upwards*.

The second triangle starts slightly above the naval travelling down the left leg. We step to the left with our left foot. From the middle point of the left foot the movement follows along the base of the triangle to the right. We show this by stepping with our right foot to the right side. From the right foot the current moves up inside the right leg joining the starting point of the triangle. The words accompanying the second triangle are: *Weight bears downward*. One little advice I always give to the people I am working with, is to relax the knees and to align the body to the point that the two triangles are joining together in the middle space: the diamond. If this middle space of life starts to radiate warmth we have found the life giving centre between light and darkness. The light triangle connects us to the heights of the heavens and the weight triangle, on the other hand, to the centre of the earth.

The words speak of streaming upwards and weighing downwards, and yet the triangles are closed at the top and at the bottom. The currents flow from side to side. We start realizing that there are contradictions or opposites within this meditation; things to wrestle with and explore. The *light triangle* at the top has the base above, thus creating heaviness. The *weight triangle* at the bottom has the point at the top, thus depicting lightness.

In the above mentioned lecture given by Rudolf Steiner we learn that this meditation was practised as an exercise experiencing the skeleton, the bones. Within our bones we have another paradox to be aware of; the bones are the expression of death whereas the marrow within the bones is where the blood begins and thus life unfolds. 'These pupils, then, learned to experience the inside of their bony system. When you begin to experience the inside of your bones, you are really no longer in your body! You go inwards, it is true; nevertheless, you go out of yourself. And this going out of oneself, this going to the Gods, this going to the spiritual world, is what the pupils learned to grasp and understand. For they learned to know the lines that had been drawn by the Gods to establish and found the world. They discovered - in one direction, namely through the human being - the path to the Gods.'



*Behold the man of bone,  
And you behold Death.  
Look within the bones,  
And you behold the  
Awakener.*

Rudolf Steiner  
Rosicrucianism & Modern  
Initiation GA 233

*Anthroposophical Prison Outreach  
is a program of the  
Anthroposophical Society in America  
Our Newsletter is  
published twice yearly*

- 1 Discover Hidden Geometry Within Us  
By Ruth Tschannen
- 2 Greetings;  
Letter From the Editor  
Illuminations
- 3 Featured Article;  
Artistic Feeling and Meditation Part II  
By Michael Howard
- 4 Artistic Feeling and Meditation Part II *cont.*
- 5 Self Awakenings
- 6 Art and Poetry
- 7 Enter Light – Voices from Prison  
By Robert Black  
So What's Your Experience?
- 8 Inspired by Your Reading
- 9 Book Reviews  
Self Awakenings *cont.*
- 10 Stepping Onto the Path  
Studying Together
- 11 Artistic Feeling and Meditation Part II *cont.*  
Meditations
- 12 Quote  
Rudolf Steiner

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

## Dear Readers,

Our December 2012 poetry event, *Enter Light – Voices from Prison* was a great success. We received many compliments on the quality and content of your artwork which was on display and your poems really impressed the audience as well as the youth poets themselves who recited your poems by heart! Both were moved by your will to study toward spirit growth, frank acknowledgment of your circumstance and your strivings for inner change. It felt like everyone left impressed with the oneness of our shared humanity. We intend to have another *Enter Light - Voices from Prison* event in the future, so please continue to send us your Poetry and Art!

In this issue our main article is Part II of *Artistic, Feeling and Mediation*, by Michael Howard. You will find the exercises he suggests encourage a fluidity of artistic perception leading to independent concepts in the mind. Our second article *Discover Hidden Geometry Within Us* by Ruth Tschannen, recounts the reintroduction by Rudolf Steiner of an ancient practice that provides insight in the paradox of life arising from our bones.

The section titled: *So What's Your Experience?*, features your comments sharing experiences with the exercises found in previous newsletter articles. Read Artic's description and poem of his experience working with the *Meditation Color Card*, as inspired by the article *Artistic Feeling and Meditation Part I*. We so appreciate hearing his experience in this way and we encourage each of you to share your own experiences while trying the exercises.

We have begun a new initiative creating *Greeting Cards* from prisoners' artwork. We are selling the cards to the wider public and all funds collected will be used to support the APO program - purchasing books, postage, etc. allowing us to continue to respond to other people, like you, who yearn for inner change. Please help us by sending your artwork for our *Greeting Card* initiative. We can only select a few, however all the artwork is displayed over time or shared in other ways.

You give voice to the saying: "Be the change you'd like to see in the world." and we hope that through your study of anthroposophy you will be the Light for others that you aspire to be.

*Blessings on your path, Kathy Serafin*

## ~ Illuminations ~

I WAS PLEASANTLY SURPRISED to learn of the existence of your organization. Honestly, I had no idea of the amazing volume of recorded works and lectures. I recently read one of your bi-annual newsletters and was encouraged by the positive response from prisoners across the US who have found truth and meaning in Dr. Steiner's research into spiritual matters. Anthroposophy presents a refreshing and more hopeful perspective to prisoners who are motivated to reform themselves. I earnestly believe your program to be of tremendous benefit and I shall do my part by sharing with others the service your organization provides in order that others may also study. *John, Cresson, PA*

IT IS MY DESIRE to continue to grow as a human being. I want to further my mental, physical and spiritual development; to transform my emotional reactions and gain enlightenment. I want to break this cycle of imprisonment, impoverishment, and failure. *Michael, Cucamonga, CA*

'THANK YOU' is the first thing I wish to convey. You do a most important service for which I am very grateful. I'm sorry to say goodbye, but am anxious to rise from the ashes and walk among the living. The teachings of Rudolf Steiner have been most instrumental in heading me on the path to knowledge. I have shared the work you do with many and some have already begun learning and asking questions. I am grateful for all the books and letters I received; they were uplifting during a difficult time. May you continue to enlighten and may we all do our part furthering our purpose to live a fulfilling life for the good of society. *Rafael, Greenville, IL*

I THANK YOU KINDLY for the opportunity to participate with APO. Since I've been incarcerated over the last few years, it has really helped me to know myself better and recognize things I needed to change to better myself as a person. *Matt, Repressa, CA*

I AM NEW to this knowledge and these exercises. I will do my best to master them. I am a lifer and I lose control easy. The little I learned from your exercises is wonderful. I learned that we must control our minds and thoughts and feeling. We need to learn how to deal with pain and sorrows and learn from them so we may help others to get through their pain and sorrows. I am stuck here for the rest of my life! 18 life sentences plus, 275 years, but, I will try to help these brothers that have a short time to get their minds right and to not come back. I have to change my ways and I need peace. It is a process for me, I'm going to practice the exercises and live them. The best thing is that I will help others but first I need to learn and apply this to myself. *Angelo, Live Oak, FL*

I ALSO GOTTA MENTION how much I felt touched receiving the newsletter with the piece of something I wrote to you. I mean, it wasn't only unexpected, but it brought back the entire experience at once, which happened to be one of those experiences that actually serve to solidify one's soul in the spirit. I changed that day. For whatever reason, you chose to not only see it, but spread something of it to others... essentially, to the world. Inside, I can only feel gratitude, sometimes even something as formless as a thought feels confined to this cell. Myself, I struggle with seclusion. It's not the actual walls that make me feel secluded so much as that I have a longing for actual, spiritual interaction with others. Spiritually secluded, then. It comes back to my gratitude. In a way, knowing that someone, even one soul, might've felt part of my heart is truly a relief. *B.J., Corcoran, CA*

APO IS A VERY ESSENTIAL PART of my inner world. So I am appreciative of everything that you have done for me thus far. Thank you with all my heart. *Elijah, Perry, FL*

I AM STILL READING the books you sent. I have been working out a lot of problems and due to the stress behind these problems, I've been lazy. I appreciate the patience you have shown and the opportunity to grow that Anthroposophical Prison Outreach has given me. My life has forever changed. *Benjamin, Spruce Pine, NC*

I RECEIVED YOUR *Self Development in the Penitentiary* which is really helpful at this moment in my life. I am eight months from my release and I am on the path to become a better person and seek spiritual and mental knowledge every day. Thank you for helping me to understand myself a little better. *Jose, Menards, IL*

DEEP DOWN INSIDE of me I've always known the concept of cosmic evolution. I've been simply reawakening what's always been there. I look forward to learning (awakening) more of this knowledge that must be present in all of us. *Jesus, Coalinga, CA*

HOW CAN I EXPRESS how this material has touched me? It's beyond words. How can one put a value on the care of a true friend, a kindred spirit on the same path, an instant family full of care and genuine concern for your wellbeing? I am in awe of the way you have centered your life around caring for others. It is inspirational to those of us teetering on the brink of dedicating our lives to serve others in whatever way we are guided. The theory is easy, but the courage required for that jump into the unknown is considerable. I'm firmly on the path, headed in the right direction, with your help and inspiration. *Lavon, Rosharon, TX*

# ARTISTIC FEELING AND MEDITATION

## PART II

BY MICHAEL HOWARD

*“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, *Art as Seen in the Light of Mystery Wisdom*

### The True Work of Art

Usually we think of a painting or sculpture as the work of art. Rudolf Steiner offers a radical alternative to this traditional view when he suggests “the work of art is what the soul experiences when it feels the shape of the form.” Just as a paintbrush shapes the color of a painting or a chisel shapes the stone of a sculpture, similarly the color of a painting and the form of a sculpture shape and transform us. In that sense, our soul, our inner self, is a work of art in progress.

This view of our selves as a work of art in perpetual development was implicit in Part One as I introduced ways to work with color as content for contemplation. I make this expanded view of art explicit at the beginning of *Part Two* as we consider the activity of contemplating two-dimensional forms.

### From Fixed Forms to Moving Forms

The following thoughts of Rudolf Steiner on the form of a triangle offer a starting point for developing another sequence of contemplative exercises:

*“I will not only draw a triangle and let it stay as it is, but I will make certain demands on your imagination. You must think to yourself that the sides of the triangle are in continual motion. When they are in motion, then out of the form of the movements there can arise simultaneously a right-angled, or an obtuse-angled triangle, or any other.”*

*In this field we can do and also require two different things. We can make it all quite easy; we draw a triangle and have done with it. We know how it looks and we can rest comfortably in our thoughts, for we have got what we want. But we can also take the triangle as a starting-point, and allow each side to move in various directions and at different speeds. In this case it is not quite so easy; we have to carry out movements in our thought. But in this way we really do lay hold of the triangle in its general form; we fail to get there only if we are content with one triangle. The general thought, “triangle” is there if we keep the thought in continual movement, if we make it versatile.”*

Rudolf Steiner, *Human and Cosmic Thought*, lecture 1, Jan. 20, 1914, Berlin

1. With a ruler and pencil we draw several triangles on a piece of paper as indicated in *Figure 1*. It is not necessary to make any measurements or technical constructions, but simply make straight lines with a ruler to draw an equilateral triangle, an isosceles triangle with a narrow base, an isosceles triangle with a broad base, a right-angled triangle, an obtuse angled triangle, and any other possible triangle.

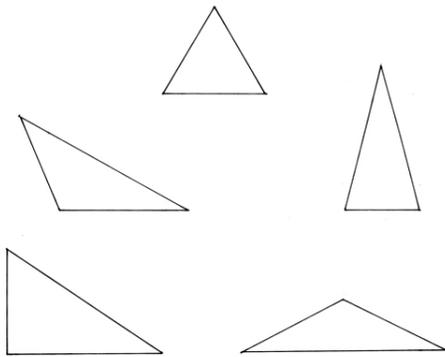


Figure 1

2. Drawing these triangles on paper prepares us to picture such triangles in our minds eye. With our eyes open or closed, we try to picture an equilateral triangle for a moment or two. Then picture an isosceles triangle, followed by a right-angled triangle, and so on. It is no small accomplishment to picture these triangles in our mind's eye as vividly as possible for a few seconds.

3. Next, we picture once again an equilateral triangle for a moment, but this time, we picture the base of the equilateral triangle narrowing to create an isosceles triangle that is taller than it is wide. Then, we imagine the base widening so that the isosceles triangle becomes wider than it is tall. Next, we picture the left side of the triangle pivoting until it becomes a right-angled triangle. And then, we allow the sides to pivot further so that the right angle triangle becomes an obtuse angle triangle.

Instead of picturing six separate and fixed triangles we can imagine one triangle transforming into other triangles by picturing the three angles and three sides changing their position and length. Such a moving triangle not only manifests all

possible triangles sequentially but all triangles simultaneously if we imagine it moving infinitely fast.

### From Thinking an Idea to Feeling a Living Archetype

Arthur Zajonc description of this triangle exercise suggests a further step:

*“In this exercise we have moved from a crude sense image (a symbol of a triangle) to a static mental image, to a triangular image in movement, and finally through the flux of individual triangles we leap to the pure thought: triangle...we must reach even beyond triangles in motion to the pure thought: triangle. The thought “triangle” is not dead or fixed, but generative. Thinking and feeling our way into the exercise we realize that the idea of the triangle is the “agent” (“being”) ....”*triangleness.”

Arthur Zajonc, *Meditation as Contemplative Inquiry*, p. 158-61.

If asked to picture a form that symbolically represents all triangles, most people would probably think of an equilateral triangle. Picturing a fixed equilateral triangle as a symbolic representation of all triangles is, however, different from imagining a triangle with moving sides and angles that by its very dynamism contains all triangles.

Both the fixed and moving forms of a triangle embody the *idea* of a triangle. The difference, however, demonstrates the distinction between a fixed idea and a dynamic idea. When we imagine the dynamic form of a moving triangle, we are able to contemplate the attribute or quality shared by all triangles, what we can call: *triangleness*.

When we observe another person we may begin by noting their outer appearance and behavior but we can learn to see through their outer attributes in order to perceive and experience their inner character or quality of being. Similarly, as we take in the great variety of triangles we can awaken to the common quality of all triangles. *Triangleness* is not an intellectual abstraction but a living idea or archetype. We will explore what we mean by a living idea or archetype through another sequence of forms. In the process, we will discover an inner shift in consciousness that marks the transition from contemplation to meditation.

4. We begin by drawing a triangle and circle with some space between them as in *Figure 2*. Then, we draw two intermediate forms between the triangle and circle as shown in *Figure 3*. The left intermediate form is more like a triangle but with curved sides, while the right intermediate form is more akin to the circle with only a hint of the three corners and sides of the triangle.



Figure 2

Note: The triangle and circle of *Figure 2* are shown in outline in order to reinforce our usual orientation of seeing them as two different geometric forms. When drawing the sequence of four forms shown in *Figure 3*, do not draw them in outline but experiment with building up a surface of dots or short dashes. Each of the forms is determined by where the dots or dashes form a boundary.



Figure 3

By introducing two intermediate forms between the triangle and circle, a new dimension of experience opens up to us. When we see only the circle and triangle, they appear as two distinct forms that have nothing in common with each other. However, as soon as we add the two intermediate forms, it is not difficult to imagine one form transforming into the other. When we see a yellow and blue next to each other they seem to share nothing in common. However, if we place a green, or better still, a yellow green and a blue green, between the yellow and blue we immediately feel how they are related and flow into one another. Similarly, a triangle and a circle have no apparent relationship to each other until we see these intermediate forms. As we can speak of a yellow green and a blue green, I will call our two intermediate forms a roundish triangle and a triangular circle.

Moving from left to right, the triangle that seemed fixed and static begins to expand outward to become the roundish triangle. This expansion extends further into the corners with the triangular circle, and reaches completion with the circle. In going from triangle to circle, the gesture is one of expansion but when we follow the sequence from circle to triangle, we experience an overall contraction. Additionally, as the triangle becomes the circle we note that the forms begin to lift up and become more buoyant. When starting from the circle and moving to the triangle the forms settle down and become progressively grounded.

5. We began by drawing this sequence of four forms as preparation for vividly imagining them. Whether we follow these changing forms outwardly or imagine them inwardly, we are again picturing a moving form rather than a fixed form. Only now, the triangular form changes from an angular form into a curvilinear form—from a triangle into a circle.

When we follow the changing triangles of *Figure 1* we do so primarily with our thinking. Likewise, it is with our thinking that we note the differences that occur in going from the triangle to the circle. As we follow the changes from triangle to circle with the two intermediate forms, something also begins to stir in our feeling experience. We *feel* the transformation from triangle to circle as expanding and lifting up. We *feel* the circle contracting and weighing down as it changes towards the triangle.

Discerning when we are engaged in our thinking and when in our feeling life is not only relevant for the artist but also for the meditator. Towards this end, we will consider yet another variation on a triangle, one, however, that poses a challenge to our conventional idea of a triangle. Arthur points to this;

*A very particular relationship is expressed in the triangle, which distinguishes it from the circle, square, or any other form. Mathematics is, one could say, all about pure relationships. Everything extraneous is taken away. It is absurd to think of a "roundish" or "squareish" triangle. It would be no triangle at all...*

6. We draw the construction in *Figure 4* as follows:

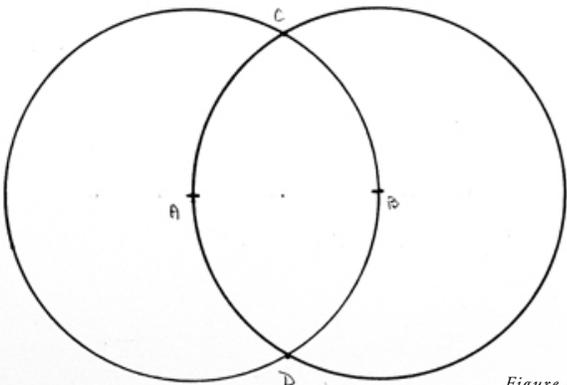


Figure 4

i) Lightly mark the very center of the page. About one inch to the left of center, place the point of a compass set at two inches radius and draw a circle around this point A. Place the compass point on the circumference of the first circle at point B, that is about one inch to the right of the center of the page, and draw the circle. This should create two circles that intersect in two places, point C at the top and point D at the bottom as shown in *Figure 4*. Note that points ABC and ABD are each equidistant from each other and thus form two equilateral triangles.

ii) Place the compass point on the upper intersecting point C and draw a circle that should pass through the center points A and B. Note that points ABC can be connected by three straight lines to form the straight-sided triangle ABC. In addition, the intersection of the three circles at A, B and C creates a three-sided form with curved sides that I will call: a *convex triangle*.

iii) Now place the point of the compass on point D and draw a circle. Follow this with two more circles by placing the compass point on points E and F. Now points ABC create a third form with three curved sides but this time they curve in rather than out. For this reason, I call it a *concave triangle*. See *Figure 5*

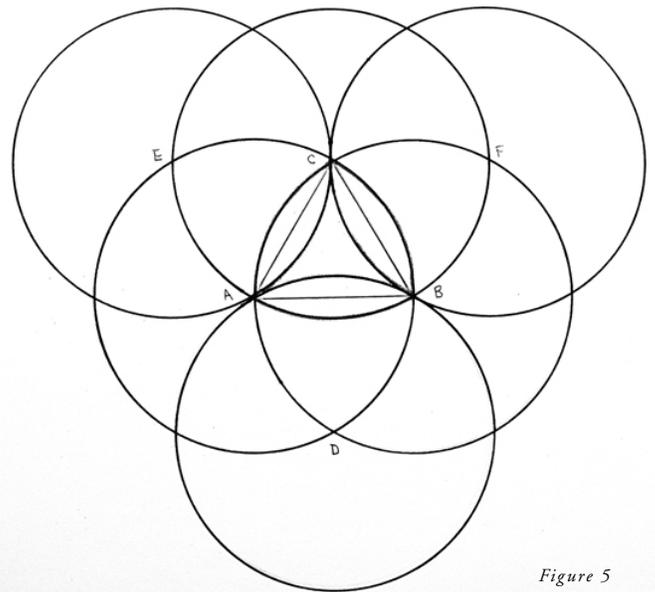


Figure 5

7. Having discovered these three triangular forms through the construction of *Figure 5*, we now draw them as three separate forms by building them up with dots or dashes as shown in *Figure 6*.



Figure 6

Clearly the central form is an equilateral triangle, but what about the other two forms? If our definition of a triangle requires three straight sides then clearly the two forms with curved sides cannot be called triangles. In spite of their convex or concave sides, however, these two forms possess a triangular quality. In that sense the two curved forms have as much *triangleness* about them as the straight-sided triangle. Although stating the obvious, it would seem that *triangleness* depends more on being *three-sided* than on having three straight sides.

Cont. on pg. 11

# ~ SELF-AWAKENINGS ~

## *EduCareDo Correspondence Course Response Summaries*

### **Lesson 1: Introduction**

New for me in the lesson was the many names that anthroposophy has been given. This was also the first I've read the term "science of initiation". I'm curious about that. I found most important the focus of the course being on "opportunities for a much wider outlook to incorporate the various specialized disciplines towards a better human understanding". I now feel I can help others cope with the demoralizing nature of incarceration. *Matthew, Waynesburg, PA*

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

I thought it was by calming the mind that we could get closer to the meaning of life. I know that it is by the *willing senses* that we can experience morality but it takes a lot of practice. The *balance sense*: would it be fair to say that this sense is closer to the *upper senses*, as you said on page two, like the *thought sense* and *sight sense*? The *ego sense* and *thought sense* seem also to go hand-in-hand, possibly more than the *sight sense*, because even when there is no mirror, we say "this is I". The *word sense*: I never thought about this, that you actually stop the rhythm of breathing to speak. The *sound or tone sense*: this is also something new, or actually I never stopped to think about it, that it is based on our *balance sense*. *Rodolfo, Ellsworth, KS*

### **Lesson 7: The Human Being and the four Kingdoms of Nature**

Some things were new to me: the description of rhythms, ideas and exercises by Goethe—power of perceptive thought, manifest secrets. This lesson expands more on the material from Lesson #6 and returns to the theme of "participating consciousness" and then to polarity as well. Ideas in these last two lessons are invaluable, almost a 'Sufi' clarity and serenity to them. *Sean, Eloy, AZ*

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

The relationship(s) between the human being and the four kingdoms of nature, and the different levels of consciousness that are expressed in the human being in relation to the four kingdoms of nature was new for me. "The wisdom filled interrelationship of the four kingdoms of nature to the four members of the human being gives us the potential for *freedom*, which we have to win through our own will." This quote expresses the inherent ability of human beings to master ourselves via *Thinking, Feeling, and Willing*, in this way developing the spiritual discipline necessary to more consciously manifest perceptual realities that help our spiritual progression. I will utilize my enthusiasm in order to develop my inner gifts necessary for increased spiritual awareness. *Rashad, Trion, GA*

#### ***The Seed of Me***

From the sensory deprived depths  
It is inevitably fate  
That I stretch my limbs  
when I germinate.

And when I'm through with this pose  
I shall metamorphose from a rose  
And ambulate through the trees  
As I dodge all my foes.

But in the glare of the sun  
There, shall I declare,  
A newness of Me.  
For I'm leaving home once again  
A being human I'll be.

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

I was able to understand more of the symptoms of each temperament and find which ones relate more to me. It helps to know more about myself and what I have to do to advance in the stages. The four temperaments of *melancholic, choleric, phlegmatic* and *sanguine* are described and explained. We all have these temperaments in us, but only one or two will be on display. I was able to recognize some of the characters of each temperament in me, but it's hard to know when I meet another what temperament is displayed and what 'stage' he is in. This lesson makes that easier. *Sybounthanb, Brunswick, NC*

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

I never looked at the four elements and etheric forms like that in the sense of life forming existences. I was brought to the conclusion that understanding something goes much deeper than just what we feel because this lesson took my mind into another sphere. The experiments with the candle and the process of the leaf attempting to break down the complete process of solid to liquid and gases, plus the process in which the leaf was produced in the first place, was new for me. Now I'm extremely curious about the process of the leaf. I would like to be able to share that with somebody who may be interested in understanding the process of life. ***Imagination Exercise***  
*Yellow and Red*: Looking at it from the warm side of the spectrum I feel that actually red is lacking as it creates a kind of orange where it's not over powered by red and has the exact amount of yellow in it to give it its bright orange look. *Blue and Yellow*: I feel there is an overall coolness due to the setting described but the blue within itself has given me that cool sensation of night. *Red and Blue*: I see a changing sky in a sun setting mood where you see the bright warmth of red against a blue sky where it intensifies the thoughts of warmth from the setting sun. *Tommy, Joliet, IL*

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

I learned that by not taking time and understanding the nature of mankind and Earth, or inadvertent teaching of our children, that we as a society are responsible for our future. The outcome of our actions is the future. Positive thought guides us into a more peaceful universe. The thought is the seed—all emotions and attitudes pull and push on us every minute of the day, both inward and outward. The *will*, I want to keep positive and have more education. I want to be environmental, spiritual, material, and physically responsible. I would like to stay positive, trying to be a peacemaker among a violent society. I don't judge so much as to who or what the problem is, but try and make it right. *Kenneth, Stringtown, OK*

### **Lesson 15: Female and Male Spirituality**

New for me was that we are both truth and falsehood, strangely mixed. We have a little female in each of us and we have a little male in each of us, as we see a little evil in good and a little good in evil. I want to be good completely, not evil. It's very hard to do in here. Most importantly, I need to practice self-control and not give in to my desires, and not let others take advantage of my not-so-stronger self. I do yearn to have peace and be free in my mind first. I will walk in joy, happiness, and see the good in others. Even if they're not so good, I'll be kind and respectful to them anyway. But also stay firm in your principles and beliefs, which are real. I am now more calm and peaceful. I still have my weaknesses to work on. I laugh a little more and speak more positive about things. I stopped judging others on race, sex, or whatever. I experience more real peace and share wisdom. The lessons are hard for me to understand, but I read them again. I should get a better understanding of it. *Dana, Smyrna, DE*

# Art and Poetry

## A Flower...A Friend

My imagination soars as  
 I stroll through the garden...  
 past my friends.  
 Inspired by their sleepy  
 slumbering lives, I cast a  
 glance to ensure, materially, their  
 bodies are fine; free of friend or foe.  
 My heart longs to stir them  
 from their napping...the etheric  
 bridge I'm forbidden to cross.  
 For what reason...to what  
 demise...for oblivion rules.  
 I can only care...my job...  
 my duty...they're my friends...  
 my dependents...a life body  
 within physical form.  
 How desperate they must be  
 to speak of themselves; lost for  
 communication until the water vapor  
 escaping from their limbs, returns  
 a downpour of fresh rain,  
 blossoming colorful greetings  
 of flowering buds.

*Joseph, Rosharon, TX*



*Jason, Holdenville, OK*

## To All the Little Boys' Fathers

There are little eyes upon you,  
 They're watching night and day,  
 There are little ears that quickly take in  
 everything you say,  
 There are little hands all eager,  
 To do everything you do,  
 A little boy who's dreaming of the day  
 he'll be like you,  
 You're the little fellow's idol,  
 You're the wisest of the wise,  
 In his mind no suspicions ever rise,  
 He believes in you devoutly,  
 Holds all that you say and do,  
 He will say and do in your way,  
 When he grows up – just like you,  
 There's a wide-eyed sweet little fellow,  
 Who believes you're always right,  
 His eyes are always open as he watches  
 day and night  
 You're setting an example,  
 Every day in all you do,  
 For the little boy is waiting to grow up and  
 be like you.

*Anthony, Corcoran, CA*



*Santiago, Tehachapi, CA*

## This Heart

The price I pay  
 For having a genuine heart  
 Is a toll I cannot afford  
 anymore.  
 Rip this loving heart from me  
 Toss it into the sea  
 Set it aflame  
 Bury it in a grave without  
 a name  
 Show it in shame  
 Tear it to shreds  
 As it has done to my ever  
 scorned soul...  
 This heart, the king of misery  
 Bore me eyes of rain  
 Tragic memories of pain  
 And not a single happy ending  
 Only a trail of goodbyes  
 This heart of hollow lies  
 With a mind of its own  
 This true companion of sorrow  
 Whom bonded indefinitely...  
 This heart of destruction  
 Took me prisoner  
 Drowned me in illusions  
 Divided itself into countless  
 pieces  
 So that I could not make  
 it whole  
 My smile is scarred  
 This greedy heart  
 Slaked all the strength from me  
 Left me weak and alone  
 It laughed at loyalty  
 Said it was pretend  
 Crimson as sin  
 Pledged itself my only friend...  
 This spiteful heart  
 Seeks vengeance against  
 its very nature  
 In this process I am trampled  
 I am stung without mercy  
 My heart and I  
 Have long stopped beating  
 I wish it would find another  
 home  
 Maybe then, I could  
 move along  
*Alex, Tehachapi, CA*

My journey started out challenging, without family stability, and conscious mistakes that made life even harder. Studying anthroposophy has given me awareness of "the self" and the ability to find tranquility in the darkest times or when the moments are trying. I hope to continue on this path, to find a spiritual soul mate to complete the few shaded portions of my being that require balance, to obtain clarity and peace. *Alex, Tehachapi, CA*

Anthroposophy has taught me peace, comfort, stillness, calm, inspiration, increased capacity to recall knowledge, and better judgment. All are found, by myself, in the twilight of sleep during meditation. The inspiration for my poem was that I referenced working on the hoe Squad in prison – with armed officers scouting: convicts with hoes which they could use for helping plants grow without weeds or as a weapon towards another. *Joseph, Tennessee Colony, TX*

I would like you all to know I am a kind hearted man and mean people well and good. During my time in prison I have learned that you can't always depend on people when you're down and out. My study of anthroposophy has provided me a lot of wisdom, and lot of peace. The inspiration for my poem is a little boy named Tyler, wanting his father's love and understanding. *Anthony, Corcoran, CA*



# ~ Inspired by Your Reading ~

**I never thought** anthroposophy was so profound. *Spiritualism, Madame Blavatsky, and Theosophy* was like a tour through the esoteric/occult community. It was very intriguing as well as enrapturing. *The Gospel of St. John*, wow! A lot of it felt like déjà vu. It picks up exactly where I left off on my spiritual path: other worlds, ascension, discerning spirit, etc., so I was thrilled. It also is amazing and sort of eerie how perfectly Rudolf Steiner's explication of the Gospel makes sense. It left me feeling like the 'source' initiated me onto a new path, like I've evolved enough to bear its truths! *Troy, Cumberland, MD*

**I am more aware** of my inner self and can think more clearly. I feel like a new person. Rudolf Steiner's *Study of Man* is a good book. He opens my mind to things that I didn't think about. Creation is amazing. How one could ever think there isn't a creator is beyond me. *Donald, Grafton, OH*

**Ever since** I received in the mail *Founding the Science of the Spirit*, I've been even more grateful that I have joined anthroposophical studies. It has changed the whole entire way I approach life – for example: Kamaloca, the place of desires. We live our past life again, but backwards – from death to birth and we're forced to face all the pain we caused to other beings and animals. All the pain we caused to others we'll have to go back to that exact moment and feel whatever we made them feel. Of course this is all part of freeing ourselves from the material desires of the physical world. *Jorge, Rosharon, TX*

**The Spiritual Beings in the Heavenly Bodies** was a perfect surprise. It touched on something I've been wondering about in my experience, I must meditate on this further because Steiner's insight has filled me with so much wonder. *The Quest for the Grail* highlights the grail's undying illumination as a beacon calling on the highest inclination of men and women everywhere to take up the quest. *Domenic, Waynesburg, PA*

**Thank you** for the books, these were very helpful and insightful. Mr. Steiner really sheds a lot of light and understanding on questions I have had over the years. I think it is wonderful what you all are doing, and pray fully that you will be able to continue to help and enlighten those such as myself with so much lost and forgotten knowledge. *Lawon, Winnfield, LA*

**In Learning to See into the Spiritual World**, the first chapter encouraged me to continue on when sometimes I was discouraged, thinking that I was wrong to think independently. I learned the importance of thinking backwards. For many people here, being in prison is so boring, but now I have a different point of view, and I take advantage of it, as recommended in chapter two. The third chapter put me to a great task to work on; to develop honesty in thinking. And the last chapter helped me to improve my behavior, right here and right now and help me to be able to live correctly in the outer world. I recognize that I have a long road to walk, but, happily, I am on the road. I made notes from the book, to read again, and to practice the exercises. *Eric, Palestine, TX*

**The Secret Stream** was a book that surprised me. The commanding theme of this book is centered around the idea that we are divine and not only of the material realm, and offers techniques to obtain higher forms of consciousness for the serious student. *The Great Initiates*; this is one of my favorite books. I admire the way the author compiles the teaching of these great teachers into one book. Every time I read one of these great initiate teachings, I get a glimpse at the magnificence of my own true potential. *Berry, Marion, OH*

**The Christ and the Disciples** was a great read. It shed light through my spiritual eyes which brought about revelation in the soul. I seek the Kingdom of God daily. Like the Disciples, I do not fully grasp all of Jesus Christ's teachings. This book, along with the rest of the books I've read from the library, is bringing clairvoyance in my soul's eyes. *Karvelle, Grady, AR*

**A New Earth** has really helped me realize that I was already on the path to awakening (though unconsciously), but only partially aware. Now, with the upfront details Eckhart Tolle gives in his book, I've stepped up another level, or maybe two or three levels, only time will tell. Since

reading this book I've begun a shift that is continuously unfolding. I want to help so many see and witness the movement inside of them. Other inmates are blocking that truth from coming into them. I was once like that. I see me in them. *Benjamin, Polkton, NC*

**The Path of the Soul after Death** mentions something I have been experiencing. Seeing friends and family who have passed away in my dreams and learning some quite interesting things from them. It's more of a simple thing to me, I try not to complicate it with details. *Robert Alan, Delano, CA*

**I finished reading** *Study of Man* and *Goethe's Theory of Knowledge*. I am beginning to understand the thought process and it shows in a positive way in my behavior. Now, thank you very much for *How to Know Higher Worlds*, *Guidance in Esoteric Training* and *Theosophy*. I am taking huge steps in my spiritual development. My lifestyle has people asking me, what is it I'm reading? It's been a blessing. *Gary, Crawfordville, FL*

**The Secret Stream** has given me a clearer understanding about spiritual worlds, our growth and destiny. As a young man I had always held a great belief in spiritual matters and have sought guidance through conventional religions. I have come up short on answers to the questions that have burdened me for years. *The Secret Stream* has reawakened my spirituality and a wish to learn as much as possible. I can truly say that together with the book *Give us this Day*, both have sparked within me a desire to pray and meditate with a renewed sense of sincerity, devotion and purpose. *Antonio, Menard, IL*

**I really appreciated** and grasped the concept and meaning in the book *The Influences of Lucifer and Ahriman* and was able to distinguish one from the other. In the introduction it stated that Lucifer gave Adam and Eve the gift of knowledge when he "persuaded" them to eat the fruit, making him directly responsible for humankind having knowledge, and I never looked at it that way until I read this. Then it said that they weren't prepared for the gift. Previously I used what I knew however I saw fit, but of course, I used it in the wrong way and getting in trouble. I got to understand how Lucifer wants to control you consciously and Ahriman wants to control you. Now there is for us the Christ way, which people should follow. *Corey, Greenville, IL*

**In the book** *How to Know Higher Worlds*, Mr. Steiner gave an illustration of how our lives do interconnect in a form of learning. Each encounter with other people serves as a learning experience, as people have their own freedom of perception or perspectives. Here Mr. Steiner used the illustration of mingling with villagers and then climbing to a hill and looking back down at yourself and how we communicated with others. This allowed me to step outside myself and reconsider how I should conduct myself. Now I speak with purpose and meaning, hoping others will also accept changes and embrace a different way of life. In here, the Texas system does not really offer any rehabilitation programs. The inmate is left on his own to do such readjustment of mind through self-learning, and I found anthroposophy to be the best when it comes to teaching a form of higher learning. *Francisco, Huntsville, TX*

**I hope to** be able to continue to enjoy the many books you have to offer. *Wilt thou be made Whole* is a must read for all those searching to be healed from within. I'm certainly a better person after reading it, and I enjoyed it whole heartedly. *Raymond, New Boston, TX*

**I find your books** very spiritual and helpful. In *The Anthroposophical Understanding of the Soul*, Chapter V *Consciousness, Dreams, Sleep Walking*, I had experienced that and had an idea about how that works, so I can relate, it just expanded my understanding about it by breaking them down. I'm always trying to figure out how nature works, dreams and small things that we just do or act. These books explain things that I've tried to figure out and knowing that there are people who have already understood these things, giving me a concrete explanation as well, makes me believe in myself. There's a lot for me to learn and your books are so helpful and great. *Santiago, Menard, IL*

# Book Reviews



## ***Anthroposophical Understanding of the Soul*** F.W. Zeylmans van Emmichoven

The book entitled *The Anthroposophical Understanding of the Soul* by F.W. Zeylmans van Emmichoven was very, very good. I found it to be very insightful and thought provoking in the ways it expounded on the soul development. Additionally, the relationship of the will with thinking and feeling was beautifully explained as it offered a deeper look into a subject so misconstrued by philosophers and psychologists alike. *Victor, Lovelady, TX*

## ***Sensitive Chaos*** Theodor Shwenk

*Sensitive Chaos* by Theodor Shwenk is nothing short of a treasure. It reveals the principles behind patterns of rhythm and movement of water and air, among other elements. This book is very zen and my third reading was as full of wonder as my first. From weather phenomenon to fish and fowl movement to embryonic development, you'll be amazed at the interconnectedness between all organic forms. With simple explanations and drawings, Schwenk displays the obvious living being that is planet Earth with her archetypical physiology in the hypnotic photos in the back. I will own a copy of this book when I'm released. A must read for those of us who feel the All is One. *Dale, Winnfield, LA*

## ***Alchemy*** Rudolf Steiner

In Christianity, the *Salt Covenant* was an irrevocable and lasting agreement with God. Likewise, alchemy teaches that salt formations and/or physical deposits of it are characteristic of being porous portals for spiritual activity, thus a material substance that magnifies and retains spirit! Amazingly enough, parallels of enlightening relevance exists between different bodies of knowledge. But first one must be able to attain this information. The quicksilver principle is illuminating where the spiritual absorption and reinvigoration of life is manifest. Truly inspiring. *Perry, Palestine, TX*

## ***A Way of Self-Knowledge*** Rudolf Steiner

*A Way of Self-Knowledge* would sound self-explanatory, but to my surprise, Mr. Steiner spoke on some very interesting topics. For example, in Chapter 8: *The Boundary between the Sensory and the Suprasensory Worlds*, I learned to be able to distinguish how these multi-dimensional worlds connect with our thoughts. Like a celestial web of sub-consciousness, a lot of what we perceive is coded with layers of sensory illusions. Sometimes these sensory worlds come to us in a déjà vu—that sudden feeling of already being somewhere before. There is too much energy caught up within the boundaries of Earth's atmosphere for us to believe that somehow we dreamed these things into existence. Once we can think outside the box, and come to the full realization of self-knowledge, truth will finally be found. In these simple words: "that you acknowledge your individual rite and know that it is completely in the oneness of existence." Once we fully understand the fundamental basics of knowledge - namely symbols, numbers, elements and celestial bodies - are we going to be able to reconnect. Then and only then will everything make any sense to us. It was once written "know thyself". This is how the magnificent work of the true self and its multidimensional artwork of perfection come together for us today. *Francisco, Huntsville, TX*

## ***The Burning Bush*** Edward Reaugh Smith

*The Burning Bush* by Edward Reaugh Smith is a wonderful reintroduction for individuals who have become disenchanted with the Christian Bible. Its explanation of constantly recurring themes and terms in the Biblical text is not only consciousness-raising, but absolutely revolutionary. No one can honestly pursue a comparison of what this book says with the Bible and ever regard the latter text the same as before. The Holy Bible is truly inspired and when discerned from an anthroposophical worldview, its spiritual instructions are increasingly pragmatic and powerful for both humanity as well as the individual. *Martin, Rancho Cucamonga, CA*

## ***Bees*** Rudolf Steiner

I have studied beekeeping for several years and all I can say is that I wish I would have known about the book: *Bees* prior to becoming an apiarist. *Bees* give one an in-depth look at the personal relationship that exists between the bees and their caretakers. This is another excellent book for all to read because of the danger of extinction that our bees are facing today. More people need to become aware of who these beautiful little creatures are and just how important they are to agriculture and our survival. This is an excellent information source for anyone interested or involved in any kind of farming. We now need the honey bee more than ever to help us in the recovery process. Anyone who cares about planetary survival should familiarize themselves with the information in this book. *Dennis, Bismarck, ND*

## ***Nonviolent Communication*** Marshall Rosenberg

This is the book for anyone wishing to develop their people skills. It teaches how to express your needs into the proper communication that is less offensive to the listener which makes it more likely for you to reach and accomplish your goals without conflict. Examples are included to show how to apply these methods. It also provides a glossary of words that change your vocabulary into a language that is more susceptible to receive positive results. This is a book that should be taught in every school, to help change our ever violent world. There are also workshops that teach *Nonviolent Communication*. If anyone ever has an opportunity to attend one of these workshops, I highly recommend it. It could change your life forever. *James, Florence, AZ*

## ~ SELF - AWAKENINGS ~

*EduCareDo Correspondence Course Response Summaries* cont. From pg. 5

### ***Lesson 18: The Arts and their Mission part 1***

The entire course was new to me. The closest thing to my heart, and the most important was how Architecture arises out of the laws of the human physical body. This is very important, and key to developing self-knowledge. This lesson takes ones thinking out of the exoteric clouds and into the books of self-knowledge and leads me into the deeper realms of anatomy and the physiology of humanity. I can and will continue being a sincere and loyal student seeking to find the answers and absorb my metamorphosis as an initiate into my humanity. *Andrell, Joliet, IL*

### ***Lesson 24: Health and Nutrition***

I'd overlooked the nutrients with which one is provided through air. It was really interesting to read how during the digestive process, we take substances in reverse. How through nutrition we establish a close relationship to the spiritual. I found most important the vegetarian diet, meat diet, or a balance thereof. While a mainly vegetarian diet can aid us in becoming freer, we might at the same time need qualities which we can acquire by nourishment in the meat diet. I can experiment with my own self and through these findings; share with others the results, especially the young, elderly and sick. I have become more conscious of my nourishment intake and will find foods to aide me in achieving my full potential. In the nourishment of the body, mind, and spirit, there one will find merit, to transform into what we should be. *Steve, Beeville . TX*

## - STEPPING ONTO THE PATH -

**Really I'm open** to any and all wisdom I can gain. Whether it be about myself or the human condition in general, I just hope to gain some insight. *Kathyrine, Columbia,*

**A friend** who seemed to have himself together gave much credit to APO for him being grounded. I have always believed that there is more than what the mass of humanity is being told and I believe APO will help enlighten me which will in return raise my awareness of self and ultimately make me a better person. I hope to have a better understanding of myself and everything around me and much more. *Donald, Gowanda, NY*

**I'm serving life** plus 20 years in Arkansas Dept of Corr. I've been down 12 years and have spent the last 8 years in solitary confinement because I'm so violent. I've stabbed a few correctional officers including a Deputy Warden. I'm just so full of hate! There's got to be a better way! I found your address on a prison resource list, said you offer a booklet *Self-Development in the Penitentiary*? I'm indigent with no income. But I need something! There's got to be a better way to live than I've been doing. Can you help? I've got to find some peace. *Johnny, Varner, AR*

**I want** to find peace with myself and do my time correctly. *Jesus, Eldrado, KS*

**To better bear** the intense loneliness I am subjected to, I hope to be able to correspond with people who believe that life should be celebrated. I have a hard time not being able to share the things I learn and their impact because most of the guys in here are more interested in making excuses about their life and finding reasons to inflict misery upon themselves. I came to prison when I was 19 and I will never go home, I have enough misery in my life, I covet peace. I fear that loneliness prevents growth beyond what I have achieved so far. *Matthew, Waynesburg, PA*

**Have a better understanding** of the diversity and unity of all, becoming more in tune with spiritual laws, manifesting the beauty of the supreme not only in my own life, but nurture it in those I may meet along the road. There are so many who have resigned to misery simply because they only emulate what they see; darkness is the companion. We all need a glint of light to catch our eye. I pray to someday be that glint. *Clay, Crawfordville, FL*

**I found your program** in a prisoner resource manual that an inmate put together here at the prison. I am looking for the "higher self". I am into spiritually and I leave my mind open to new avenues to find and cultivate my higher self. I suffer from PTSD, in addition to panic disorder, major depression and chronic migraine headaches. In short, I am looking for a calmer, more productive, well managed, straight and narrow path of life; an enriched way of life that is fulfilling. *Edward, Wartburg, TN*

**I would like** a better understanding of life and death, the capabilities of the human mind, inner development, history's secrets. *Kevin, Wasco, CA*

**The opportunity** to develop spiritually and rise to my highest potential by fulfilling my mission on earth. Spiritual, psychological and moral cultivation and at the same time learn the science of life. *Kelvin, Winnfield, LA*

**From my initial observation**, it's clear to me that your program is dedicated to helping people better themselves, strive to achieve realistic goals, and to leave behind the murky past which led to endless trouble and unhappiness. After reading through the books you have available, it's obvious there are many that can help me, and that I would very much enjoy learning about. I feel your program can help me. *Clint, Sumner, IL*

**I would like** to learn and grow spiritually. Find inner strength, peace, and knowledge to help myself grow as a person. *Nicole, Ypsilanti, MI*

**Anthroposophy is new** to me and it helped with my attitude, and outlook on life. It made me take a closer look at my inner self! To enlighten my inner spirit and life, my understanding of life. *Japhis, Smyrna, DE*

**A basic understanding** of life and its difficulties. Opened spiritually, not trying hard to convert anyone, not condemning other religions. *Ladon, Menard, IL*

**Wanting and needing** to know the truth about life, as well as myself. I hope for a better and stronger view of life and myself so I can be a better man for my family. *Gary, Marion, OH*

**I joined the army** at 19 and that's all I did until this year when I came to prison. Prison let me find APO and thank God for you. I have been searching for the answer that I found reading the book *How to Know Higher Worlds*. Now I am so excited about learning more, thank you so much, I am a lifetime student. I wish to know me and be a better person and father. Wow, I'm so happy about this. *Jonathon, Graceville, FL*

**I want to focus** on the mysteries of life. More insight into self, and increase development of my human potential and awareness into the spiritual realities. *Seneca, Tillery, NC*

**Another inmate friend** told me about your work, and how y'all help people realize that our life is worth living for, instead of giving up and doing wrong things that got us in here. That y'all are willing to help us know about ourselves and also about the world and the way you are able to keep helping people like us become successful. *Robert, Smyrna, DE*

**I am trying** to change my life and rehabilitate after incarceration. I appreciate an aiding program such as this. I want to understand how to cope with a felony on my record and dealing with stresses in society. I think this is a great start. *Joseph Mario, Hudson, CO*

**To be aware** of the self and the I AM within me. *James, Unadilla, GA*

**I'm struggling** to make sense of why I'm in prison and trying to prevent any future events that could get me in trouble again. I have disillusionment with some aspects of religion, but I crave spiritual understanding and peace. Trying to understand what I can/should learn while incarcerated to help me resolve issues with emotions/thoughts that seem to drive behaviors that don't really help me in the long term. *Gerald Neal, Richmond, TX*

**I hope to gain** a broader insight on the universe and all that is within it. I want to be able to expand my understanding of spirituality. *David, Holdenville, OK*

## - Studying Together -

Where two or more are gathered

**There's no way to cover** *How to Know Higher Worlds* in a group setting in six weeks. With that in mind, may I request the rest of the *How To Know Higher Worlds* Chapter Study Questions for our group? You sent us Chapters 1-4 already I'm also trying to encourage people to think about the *Self Awakening EduCareDo Course*, but each member of our group takes on that responsibility individually. Right now there are eight of us in the group here, sort of a mix of different Rosicrucian, Martinist, and other mystic or esoteric groups. We've agreed to use *How To Know Higher Worlds* as our first basic text for the group. *Glen, Eloy, AZ*

**I want to change from the person I was** before coming to prison and refuse to leave prison in the same condition that I was before. I also want to be an inspiration to the younger guys and inspire them to use your program as well, so that we can organize like a book club. Get together and discuss the books that we have read. *John, Clio, AL*

8. These three variations on a triangle are ideal for showing how the contemplation of dynamic forms prepares us for meditating living archetypes:

i) Having drawn the construction of *Figure 5* we now picture the construction of each of the six circles in our imagination. We picture how the circles intersect to create the three triangular forms in the middle. Then, as vividly as possible, we picture in our minds eye the three triangular forms as they appear in *Figure 6*.

ii) After picturing them individually, we try to picture one transforming into the other. Start with the straight-sided triangle, and then picture the three sides bowing out slightly to form the convex triangle.

iii) Then reverse the process, so that the convex triangle returns to the straight triangle. Then continue so that the three sides bow in to form the concave triangle.

iv) Conclude by imagining the concave triangle becoming the straight-sided triangle.

v) Repeat this sequence to strengthen the visual impression, but more significantly, in order to discern three distinct qualities that we experience through our feeling.

To begin with, imagining these three triangular forms changing from one to the other is another exercise in picturing moving forms rather than fixed forms. As we develop our capacity to picture one form transforming into another we not only develop greater mobility and vibrancy in our thinking, in addition, we awaken a new capacity in our feeling.

### ***From Contemplation to Meditation:***

In *Part One*, we saw how our capacity to feel different qualities of warmth or coolness when looking at physical colors, prepared us to call them up in our imagination. In this way, we learned to exercise *artistic feeling* as a way to contemplate non-physical or soul spiritual warmth and coolness. Beginning with physical yellow and blue, we learned to imagine and feel yellowness and blueness. When we are no longer dependent on a physical example of yellow

and blue, or even an inner memory picture of them, we learn to enter into yellowness and blueness as soul spiritual qualities in their own right.

Similarly, in *Part Two*, we have exercised *artistic feeling* in order to feel the expansion of a straight triangle becoming a convex triangle, or the contraction of a straight triangle becoming a concave triangle. As we work repeatedly with the three variations on a triangle, we may discover a *budding* quality in the convex triangle, a *crystalline* quality in the straight-sided triangle, and a *withering* quality in the concave triangle.

To begin with we may need to behold the physical forms to discover the budding, withering and crystalline qualities. Our reliance on the outer forms will fall away as we learn to intensify our capacity to dwell within the pure soul spiritual qualities of budding, withering and crystalline. For example, we can contemplate the inner experience of *budding enthusiasm* in contrast to *withering enthusiasm*. At first, we may need to recall particular outer circumstances connected to such inner budding and withering but with practice we learn to dwell within such soul qualities independent of any physical memory.

Building upon our capacity to experience soul qualities in the physical world we learn to contemplate soul qualities purely in our imagination, that is, independent of any physical manifestation. In this way we accustom ourselves to contemplating the reality of soul and spirit as a reality in its own right independent of physical reality. *Artistic feeling* is the faculty by which we are able to perceive soul spiritual qualities both within physical reality and imaginatively.

In this way *artistic feeling* also becomes the capacity that allows us to make an inner shift from contemplation to meditation. In contemplation we exercise our capacity to concentrate our attention by thinking *about* a spiritual content. In meditation we immerse our self *within* and *become one with* a particular soul spiritual content. To meditatively dwell within living soul and spirit archetypes such as yellowness and blueness, or budding and withering, is a modest but real step towards communing with spirit *being*.

## ~ Meditations ~

**As of the New Year** I tend to focus on my meditation beginning with the *Control of Thought* exercise, I can only get better! *Jason, Holdenville, OK*

**I am doing** the meditation exercises and really enjoying them. I feel like I am more at peace and not angry all the time. I still have lots of desires and fears, but I believe that with practice those things will begin to go away. My desires are more like things that I want to be successful and just to be at peace with myself and to love myself and others. Blessed be, *Richard, Huntsville, TX*

**Wow!** This is an excellent meditation. I will use this visualization for a while before I go to sleep and also when I wake up. Focusing and concentrating is what I do a lot of and after doing the exercise I realized it took a little energy to keep going. It got a little boring and the object I chose was actually quite compelling. I will definitely use the mind focus meditation exercises to strengthen my thought concentration. *Tim, Windham, ME*

**It is impossible** to read the *Self Development* booklet and remain untouched by the six exercises. In a world that seems consumed at times with greed and self-serving avarice, the meditative exercises are a message of hope and an important inroad against the damaging effects of cynicism and apathy. I'm going to be bold and extend my thanks not only from myself, but from all the men and women whose lives have been touched and made a little lighter. Christ is the light that dispels the darkness. There can be no darkness where there is light. He said that where I am, you may be also. *Lavon, Houston, TX*

**I have a strong** desire to learn about meditation and to learn about my higher self; to have higher insight. *Shannon, Grady, AR*

**I have been justly** incarcerated for 22 years now. I do desire to one day return to society. I am nowhere near the same man I was at 21 when I came here. I spend my time in many groups learning how to change as a human being for the better. I find the concept of meditation interesting. I want to learn about it and I will be practicing the exercises in the material you sent to me. *D.W., Ione, CA*

**I have been** a student for about seven years drawing from anthroposophy. Throughout the course of study I have sought to persist in at least the 'concentration' morning meditation and the 'retrospection' evening meditative exercise. *Alexis, Holdenville, OK*

**I have started** the meditative exercises described throughout the materials and find that I am much more relaxed during the day. The *Will Exercises* are pretty neat. I look forward to continuing my studies with you guys, I'm on the path to developing and understanding who I really am. *Gary, New Boston, TX*

**In the situation** that I find myself, doing a deep meditation is not feasible. I do however, practice a meditation where I get to the level of almost dreaming like Mr. Steiner describes in *Founding a Science of the Spirit*, where thoughts from my higher self come to me. It is my belief that in such a state the soul is able to absorb truths of existence. Therefore one is able to expand one's knowledge. Like Mr. Steiner says, "people work together, and if someone has achieved more than others, he will not have achieved it for himself alone, but for all the others, and they are called upon to listen to him." Well, I'm listening! *Ronnie, Tillery, NC*

**I meditate every day.** The universe kind of keeps pushing me to learn about my higher self and pay attention to my dreams. *Jasmon, Joliet, IL*

*Warming light  
streams into  
me from above  
Heaviness of  
Earth  
spreads  
warming light  
within me  
and gives  
me form.*

*Rudolf Steiner*



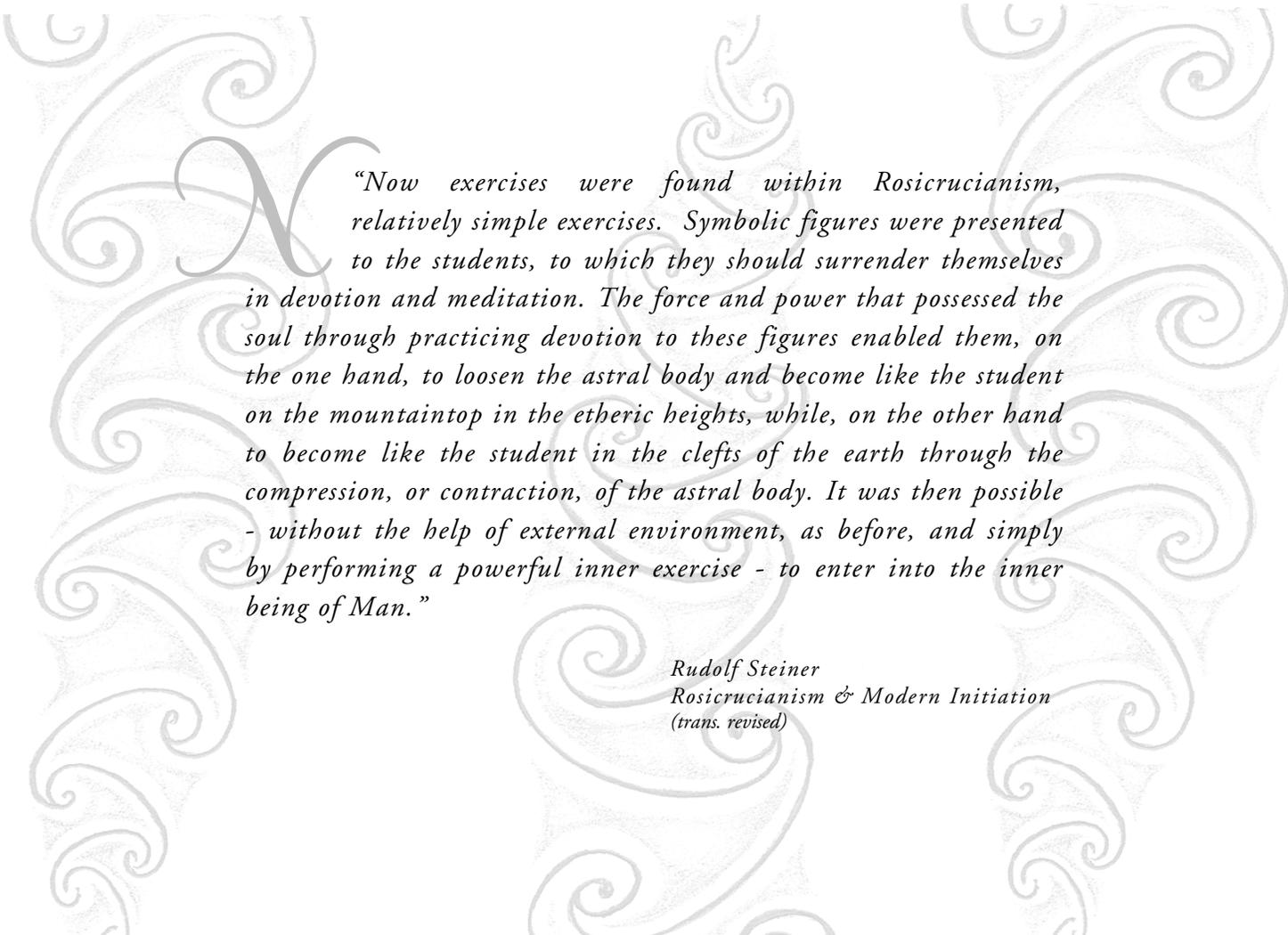
ANTHROPOSOPHICAL SOCIETY IN AMERICA

1 9 2 3 G e d d e s A v e n u e  
A n n A r b o r , M I 4 8 1 0 4

Non-Profit Org.  
U.S. Postage  
PAID  
Ann Arbor, MI  
Permit No. 198

## Illuminating Anthroposophy

Anthroposophical Prison Outreach Newsletter



*Now exercises were found within Rosicrucianism, relatively simple exercises. Symbolic figures were presented to the students, to which they should surrender themselves in devotion and meditation. The force and power that possessed the soul through practicing devotion to these figures enabled them, on the one hand, to loosen the astral body and become like the student on the mountaintop in the etheric heights, while, on the other hand to become like the student in the clefts of the earth through the compression, or contraction, of the astral body. It was then possible - without the help of external environment, as before, and simply by performing a powerful inner exercise - to enter into the inner being of Man."*

*Rudolf Steiner  
Rosicrucianism & Modern Initiation  
(trans. revised)*