

The 7 Life Processes and how they are related to the Structured Approach to Study

By Douglas Miller

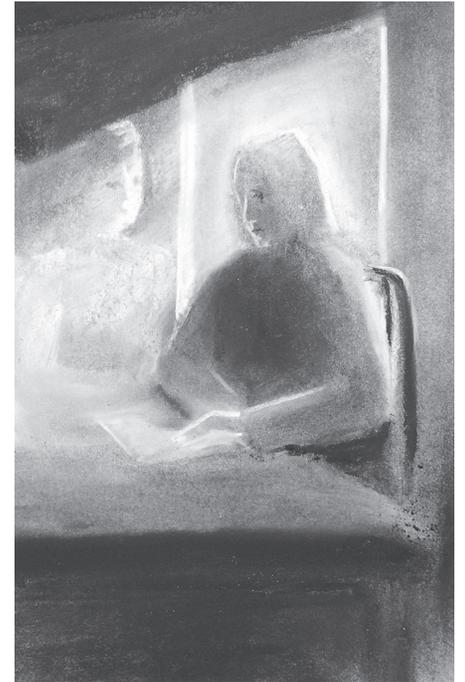
Although we are used to thinking of the human body as a single organism, Rudolf Steiner presented the picture of four “bodies” within the human organism—the physical body (the mineral substances); the etheric body (the body that forms these substances and maintains them); the astral body (the body that supports and guides our inner feeling life and its expression); and the ego or I (which puts us in the other three bodies as an individual). These four bodies constantly interact during our lifetime, giving us the opportunity to lead our lives on earth in accord with our choices and our destiny.

The structured approach to study described in this issue is based on Rudolf Steiner’s insights into this complex realm of ever-changing, ever-evolving relationships. It is especially related to how the second of these bodies—the etheric body—does its work forming and regulating the physical organism. Although the etheric body is in a constant flow, that flow takes place in a certain rhythmic form that allows us to remain alive and well. Rudolf Steiner described seven stages in this flow, seven processes called “life processes” which Rudolf Steiner described as both interrelated and evolving. These seven life processes are breathing; warming; nutrition; circulation; maintenance; growth and maturation; and reproduction.

When we are born, the etheric body with its processes is focused on building up the new physical body. In a baby or very young child, virtually every one of these processes is working full-time to shape and form the physical body. This is a miracle of human life. But later (often around the age of 7) the relationship changes—the full force of the etheric body is no longer required for maintaining the physical organism. Of course, the etheric body continues to support the physical organism but some of its forces are released and re-directed to our thinking, to our ability to use thinking in a creative and logical way during our lives. Thus, at that point (and for the rest of our lives) these etheric forces are present in how we think as well as in our general physical health.

During the 1960’s an anthroposophical group in Germany realized that this relationship between our thinking and the etheric body (with its seven life processes) might also be important in creative study (which is also a process, but often not a consciously conducted one). They had been studying Rudolf Steiner’s lectures and writings and wanted to find a way to work together in a sensible and productive way. They noticed that their study was a little like breathing or eating—they encountered a text, took it in, and it became a life-sustaining part of their thinking. It was a short step from that to the development of an approach to study that consciously works in harmony with the seven life processes. Here are the relationships between the life processes and the stages of study they developed:

1. Breathing—Reading out loud: This is where you first meet the words in the text. It is like the moment when you take in a breath or put food in your mouth. The beginning.
2. Warming—Say in your own words: When you take in air or eat something it needs to go through a process of entering the warmth space of your own body. If it does not, your inner life cannot accept it. By saying the thoughts in your own words you being “warming” them to your inner life.
3. Nutrition—Underlining: Next, the air or food needs to be broken down so that the body can use it. Likewise, thoughts in the texts now need to be highlighted. Here the process becomes even more adapted to the inner life of each individual. Not everyone will highlight the same phrases or thoughts.
4. Circulation—Asking questions: the substances need to be circulated throughout the body. Here something remarkable happens—a new element enters in. Not only are the substances circulated, but the body itself also transforms them. Likewise, the act of asking a question transforms the content of the



Artist: Iris Sullivan

*Wisdom-wielding
Spirit of Will,*

*Weaving the
Spirit-Worlds throughout,*

*Working through
Spirit-Beings,*

*Working in the depths of
my being too:*

*Weld with the fire of
thy Love*

*My inner being with
thy light and strength,*

*That finding thee
I may find myself.*

Rudolf Steiner

1. **The 7 Life Processes and how they are related to the Structured Approach to Study**
By Douglas Miller
2. **Greetings; Letter from the Editor**
Meditations
3. **Featured Article; Suggestions on Reading Rudolf Steiner – The Structured Conversation**
By Jennifer Floyd Aulie
4. **Suggestions on Reading Rudolf Steiner – The Structured Conversation** cont.
5. **Book Reviews**
Studying Together
6. **Art and Poetry**
7. **Inspired by Your Reading**
8. **Illuminations**
9. **Self Awakenings**
10. **What are the Fruits of Anthroposophy for You?**
Stepping onto the Path
11. **The 7 Life Processes and how they are related to the Structured Approach to Study** cont.
Self Awakenings cont.
So What's Your Experience?
12. **Verse**

This issue of our Newsletter is devoted to the practical process of studying anthroposophy in a group. While many of you are only able to study on your own, some are able to work with another person, or a larger group. Our featured article on page three, titled *Suggestions of Reading Rudolf Steiner – The Structured Conversation*, by Jennifer Floyd Aulie, focuses on a seven step process to help gain a deeper understanding of the material you are studying. *The Seven Life Processes and how they are related to the Structured Approach to Study*, by Douglas Miller relates the seven steps of this method of study to the seven life processes. While there are many approaches used in study groups, this method of study has been worked with for a number of years with great success. We are including with this newsletter (with the publisher's permission) a photocopy of the first three lectures of *The Threshold of the Spiritual World*. This way you can try out this study method which includes writing on the pages. Let us know how it goes and if you have other suggestions of ways to study in groups while in prison.

As you know, in 2012, we hosted a performance of your poetry, spoken by local high school and college students, and the reaction was overwhelmingly positive. This past summer we shared a recording of *Enter Light – Voices from Prison* at an anthroposophical conference in New York and it was well received. A few other communities have expressed interest in putting on similar events. In addition to the poems that were recited in Ann Arbor, we plan to rotate in other material. If you're interested, please submit your poetry and artwork to our Ann Arbor office! We'll contact you if your poem will be included in the performance.

We held our second walk-a-thon on the weekend of October 17-19, with sixty people walking in fourteen states and three countries. Supporting them was an even larger community of friends and family, donating to the program or sponsoring every mile walked—in some cases pledging up to \$100 per mile. We are so grateful to everyone for their support, whether it was monetary or walking in solidarity. And, we are proud to say that three women in a California prison also participated in the walk-a-thon, as well as a couple friends of the program who were once locked up themselves and stayed in touch. At the time of this writing we don't have a final tally of funds raised, but will let you know in the next issue. Thank you again to all who helped out!

As our thirst for knowledge in a deeper way begins to stir in us, it strengthens our imagination to discern the spirit in all of us. Rudolf Steiner describes this: 'Gaining knowledge means continuing to grow into that which is the whole foundation of the world'. Through your efforts and enthusiasm for deeper understanding, a spiritual warmth begins to come about. Through this enthusiasm we know deep within, that we are always on the path, developing the full potential of our humanness. Your efforts and enthusiasm for study and spiritual practices are life affirming and we at APO respect your striving.

Blessings on your path, Kathy Serafin

Meditations

I enjoy the meditation time I spend going backward in my mind of all I did this day. I've noticed at the closing of my meditation my shoulders seem less tense. Thank you so much for helping me learn to release the negative energy and start creating positive vibes. I feel like a third eye has been opened to look at life in a whole new light. Wow, I am so amazed at all I've learned. *Amanda, Lynwood, CA*

I'm new to this meditation but I want to learn everything I can, inner-peace, self-enlightenment. Something I can pass on to my children, to know what my purpose in life is and where I belong. *Michael, Amarillo, TX*

I believe that I can see higher worlds with my own mind. When I meditate, my personal insight is different and I believe I am completely free and I am just trying to have that inner strength in my soul which I took myself through a total transformation. Also, I know spiritual beings work through all of us and give us the strength we need while we are asleep. *Vurnis, Smyrna, DE*

Thus far I've utterly failed in formal meditation. I cannot make my mind blank. But when I read and really become absorbed in what I'm reading, that's how I meditate. *Mica, Represa, CA*

Guidance in Esoteric Training is a great book and found it to have excellent meditations. While I do not use the exact wording for the meditative exercises and mantras for each day, I do follow the structure set forth. I have incorporated each of the daily and monthly exercises in my morning sessions. I have made my Saturday night to Sunday night a time to reflect. This incorporates the sun's influences for each week. *Roger, Tabor City, NC*

I notice that whatever I think comes to fruition, or should I say I'm more conscious of thinking when it happens. I can control my thoughts a lot better now. *Timothy, Victoria, VA*

Thankfully I found meditation! I set my intentions daily as needed, meditations three to five times a day. *Steve, Loretto, PA*

I loved the part in your package where it said to be patient toward all that is unsolved in your "heart" and try to love

the questions themselves. Do not seek the answers, which cannot be given you because you would not be able to live them, and the point is to live everything. Wow, that is deep when you really focus on that. I've been trying meditation for a couple of years, and I truly look forward to every day. Searching for meaning to life, better understanding, and guidance to become more of a free spirit is worth my time and I truly think life is a universal teacher. There are no mistakes, only "lessons". Failures are as much a part of the lessons as success. I think your subconscious thinking rightfully determines what energies, experiences, and people you attract. That's why I believe meditation is important. Wisdom is practice, and you will know you've learned a lesson when your actions change. I know the answers to a lot of different things lie inside me. As we mature, we trust our hearts where the laws of spirit are written. All you need to do is look, listen, and trust. *Donte, San Diego, CA*

Meditation has been a fairly difficult but I've become pretty good at it after lot of practice. But I'd like to further my meditative studies and learn new techniques of doing it. *David, Tennessee Colony, TX*

Some people have noticed that I have a great inner sense of peace. The other day someone mentioned this and asked me what meditations I am practicing; he's a Buddhist. Some people notice that I deal with people differently, with a better understanding. *Artic, Grady, AR*

I wish I had more insight or intuition at an earlier stage in life as to live in better appreciation of things. I'm thankful for some of the sufferings I've experienced because I'm stronger because of them. They have helped me to begin to practice a sort of "Moral Breathing" in my meditation. I now have a better balance in my life and an appreciation for everyone I interact with, whether I like them or not! Prison can be a very negative environment. If I find myself in an evil or malicious mind frame sometimes. I envision this old, dark energy inside me, and then I basically throw the light switch on it. I envision a light pure as the sun radiating from within me and beyond, and no resistance can hinder it. I feel as though I've then transformed this energy into positive, warm, healing energy. *Jeffery, Crawfordville, FL*

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

Suggestions on Reading Rudolf Steiner - The Structured Conversation

By Jennifer Floyd Aulie

I've been a fan of the APO Newsletter for many years now. Kathy has done a great job of putting it together and I always look forward to the many poems and drawings sent in by the readers. The dedication and insight expressed in the letters and comments is truly an inspiration.

Recently I noticed several comments in the Newsletter about people trying to get together to study or talk about Anthroposophy. I wanted to tell you about a way of studying Anthroposophy in a group that I've found very helpful.

The study method of *Structured Conversation* can be used by newcomers to Rudolf Steiner's works, as well as by experienced students of Anthroposophy.

The very first lecture I ever read was "The Etherization of the Blood"—not an easy starting point! I read it in a group that studied using the method of structured conversation. At the beginning I knew nothing about Rudolf Steiner or Anthroposophy, but I certainly did by the end of the six weeks we worked together. Sure, there was a lot I didn't understand, but there was much that stayed with me and gave me a basis and enthusiasm and a *method* for further study. It gave me tools to tackle difficult texts and come away with a basic understanding.

And the Structured Conversation is not only about understanding a text. It builds a social form that allows everyone in the group to participate in an individual way, and also gives a way to unite these gifts so the work of the whole group really is supported by each individual.

This way of working with Steiner's texts is based on the seven life processes. Doug Miller's article in this issue describes these processes and the relationship to the study steps, and can give you a deepened understanding of what you are trying to achieve with each step.

It is important to take your time with these steps, to have patience and not to worry if things don't make sense yet or seem incomplete. It is also important to just work on the process at hand, and not discuss or try to explain the content of the lecture, unless that is part of the process (as in Step 4, for example).

These steps are meant to be worked through one by one, each at a different meeting. Generally the meetings are about once a week, but the frequency can be adapted to individual situations.

How to get started:

Choose a text:

It is best to start with a short text, just to get used to the process. Some of Rudolf Steiner's lectures are quite long and at times it can be rough going working with such a lengthy text.

The first three chapters of *The Threshold of the Spiritual World* have been included in this newsletter. Any of these chapters (each is only around two and a half pages) would be a good place to start to learn how to work with the Structured Conversation guidelines.

Another possibility would be *The Michael Mystery* (GA 26). This is made up of 29 very short (usually four pages) essays that can easily be used for the Conversation.

It is best if each person has a copy of the text where notes and underlining can be made. If that is not possible, maybe each person could use a different colored pen or pencil on a shared text.

How many in a study group?

This study method works best in a small group, anywhere from two to

perhaps eight or so members. It can also be used individually, if you don't have the possibility to meet together in a group and would like to try the exercises by yourself.

There are lots of ways to use and adapt these exercises to your own situations, but do try to do them in the given order.

1. Step One: Just read it through!

What you do: Read the text through *out loud*. In a group, let people take turns reading—a different person for each paragraph.

Why? This helps you not to skip over anything, to carefully read the full text.

Be sure to:

- be supportive of each other when you read aloud. Reading in front of a group isn't always easy to do, and people can be reluctant to try. Help each other out here!
- number the paragraphs before you start. This is a real help later on when you start to discuss the text.
- not worry if you don't understand something!
- don't discuss the text or ask questions yet; this will come a little later.
- just take your time and enjoy the language.

Did you ever wonder what Rudolf Steiner's voice sounded like, or what it was like to attend one of his lectures? Try to imagine him speaking to you when others read, and even speaking *through* you when you yourself read out loud.

2. Step Two: Say it in your own words

What you do: Start at the beginning of the text and work your way through, paragraph by paragraph (again, let a different person work on each paragraph), *paraphrasing the text*. This means to take a sentence

and instead of reading it aloud just as it is written, to use your own words instead. *This does not mean explaining the text!*

Here is an example: If Rudolf Steiner says, "During the Earth's Sun incarnation..." you may not have a clue what he is talking about. But you know that "the Earth" is the planet we live on, "the Sun" is a fiery ball in the sky that warms us, and an "incarnation" is a period of time when something is alive. So you could say, "In the time when the planet we live on was alive in a way that has to do with the fiery ball in the sky that warms us..." *even if you don't yet understand what Rudolf Steiner's words really mean.*

Of course, your version will probably sound more complicated than the words Rudolf Steiner used, maybe even funny! You may not be able to put all of his thoughts into your own words, and you may even end up saying something that is totally off target; *this doesn't matter!* What matters is that you try!

Why? People starting out with this exercise often have a hard time believing that it is okay to be "wrong" in their paraphrasing; but if you were learning to ride a bike, falling off would just be part of learning to keep your balance. Every time I have worked through this process, there have been many moments where, as soon as I finished paraphrasing a paragraph, I realized that what I had said was 'wrong,' or incomplete. And I noticed the same when others were paraphrasing. It doesn't matter—we are learning a process here which has a life of its own, not trying to produce perfect results. The corrections will come in the course of working through all seven steps, and over time as you continue to think about and work with the text in meditation. So get back up on your bike and ride off into the next paragraph!



Artist: Iris Sullivan

Be sure to: not give up! Just do the best you can, and even if it doesn't seem like much, keep going to the end of the text, *and be sure to congratulate each other for carrying through!* You can also try to notice what happens for you after someone else paraphrases—do you feel like you understand the text better? Is there another point of view you start to see?

3. Step Three: Underlining—what stands out for you?

After all that work here is something easier.

What you do: Read through the lecture again, paragraph by paragraph. Take a moment after each paragraph to underline words, phrases, or whole sentences that speak to you in some way (It is still not time to ask questions yet!). What do you really notice? What captures your attention? After you finish, take some time for each person to share what s/he underlined. You can start with the first paragraph and let each person share briefly before moving on to the next paragraph.

Why? This helps build *your* particular connection to the text.

Be sure to: notice where the similarities and the differences are in what you all have underlined. This can tell you something about the text as well as something about how each of you feels and thinks about the text. This can sometimes be very interesting and surprising!

4. Step Four: Now you can finally ask some questions!

What you do: Again, read through the text, paragraph by paragraph, giving everyone a chance to read aloud. Take a moment after the paragraph has been read to let people write down questions about that paragraph. At the end, share your questions the same way you did with the underlining in Step Three. After the sharing, each person chooses one of their own questions for group discussion. Make a list of these questions. If you have time, you can start to discuss the questions. You can always come back to this discussion after Steps Five and Six, or you could meet separately to finish going through the questions.

Why? Asking questions is a special moment in the process. It really individualizes your relationship to the text and gives you a concrete way to think about and work with the text. *What is it that you really want to know?*

Be sure to: ask questions as specifically as you can, especially if you feel stuck. This can give you a toe-hold in the text and help you to move forward in working through difficult passages.

5. Step Five: Hold onto your hats, we're going backwards!

What you do: Basically this is the same as Step Two, paraphrasing, except that you do it *backwards*. If the last paragraph has three main thoughts in it (A, B, and C) then start with C, paraphrase it, then go to B, paraphrase it, then to A, paraphrase it.

Why? Have you ever tried the exercise of thinking back over your day from *end* to *beginning*, just before you go to sleep? If you have, you'll know that this overview can be quite powerful. You may become aware of connections between events that you had not noticed before, you may suddenly remember something that happened earlier in the day which slipped your mind by the time evening came around (maybe something you had intended or promised to do). You may also become aware of the *dynamic* of the day—was it busy or slow, were there moments of intense activity and then stretches of slower paced work. You start to become aware of the shape of the day and it is something you could even draw.

The same thing happens when you work your way through the lecture backwards. This will be really helpful for the next steps.

Be sure to: just jump in and try it—don't get discouraged, keep going! Paraphrasing by itself can be a challenge at times, but going backwards can seem impossible. Don't worry about whether what you're saying is right or not; it is the *activity* of trying to paraphrase backwards which is important. Just trying

this exercise will start to give you a sense of the pictures and movement in the lecture that you wouldn't otherwise find from just reading or talking about the text.

Finishing this exercise *really* deserves congratulations all around!

6. Step Six: This is the fun part!—Drawing a picture.

What you do: You'll need paper and something to draw with. If you can get a large sheet and colored pencils or pens, that's great. If not, just use what is available.

You can start by just reading through the text again, to refresh your memory.

Then get out the paper and pencils, and *draw* the lecture! Refer back to the text if you need to.

There are lots of ways to do this. One person can draw for the whole group, or the group can work on the picture together, or each person can draw his or her own picture.

You can start with the beginning of the lecture, or the end, or somewhere in the middle. For example, take the part that you find to be most important or the key to understanding the text and draw that. Then you could draw the steps leading up to this picture—what does Rudolf Steiner talk about just before this point?

Sometimes the pictures can be very concrete (I remember one picture that had factory chimneys with little elementary beings peeping out from behind them) and sometimes they can be very abstract and seem to be nothing but swirling lines and colors.

Why? This can be the starting point for your own meditation.

Be sure to: have fun! Again, don't worry about things being right or wrong. Just try to draw what you understand from the lecture so far, and remember that you don't have to agree with everyone about the group picture. If you see things differently than the group, you can make a small note on the group picture, or draw your own.

This will be the last step for group work, so take a few moments to congratulate each other, reflect on your experience together and celebrate your achievement!

7. Step Seven: Hold this picture in your heart and mind—meditate!

What you do: This step is optional and is not part of the group process. It is something that each person can do privately.

After all of the work of trying to understand the text and make a picture of it, you can finish the process by just sitting quietly and trying to hold the picture and let it become a part of you and your understanding. Of course, if your personal picture is different to the group's, you can choose whichever one you want to work with.

Those of you who have read *Occult Science* may find similarities in the description of how to build up the Rosy Cross meditation.

Why? Pictures are easier to remember and can hold more information than words. They continue to speak to us and teach us long after we think that we have understood and finished with the test.

Be sure to: let us know how this all went for you! We would love to hear about your experiences with this process—and see your pictures! What did you like or dislike? What did it bring you? Did this help your own understanding of the text? What happened in the group when you worked together like this? Would you recommend this way of working to others? Any other feedback you'd like to give?

Good luck! I hope that many of you have a chance to try these study steps—it is well worth the effort!

YOUR DONATIONS WELCOME!

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

Anthroposophical Prison Outreach
1923 Geddes,
Ann Arbor, MI 48104

All Donations are tax Deductible

Book Reviews



An Outline of Esoteric Science Rudolf Steiner

Rudolf Steiner took this reader down a long path few travel—the path of Rosicrucian cosmology. *An Outline of Esoteric Science* is for the advanced student of anthroposophy. One that is able to connect with the inner I-being that helps them realize higher worlds as described in this deep, ground-breaking masterpiece. One gains a greater appreciation for the truth about evolution as Steiner outlines the human development on the spiritual level through the planetary incarnations. For those new to anthroposophy like myself, take Clopper Almon's advice. Read *How to know Higher Worlds*, *Theosophy*, and *Cosmic Memory* first, then go back to *An Outline of Esoteric Science*. That is the advice I'm taking as my next selected titles. *Jason, Florence, CO*

Astronomy and Astrology Rudolf Steiner

Rudolf Steiner had an uncanny gift at being able to see the large picture and explain it all in detail from the most fundamental process to things that are complicated, yet making it all simplified to where any reader who sought to know could understand. I am possessed

by the idea that we are, indeed, connected to the cosmos in such a way as Steiner explains. That the different faculties we possess are influenced and governed by a certain planet force individually yet work together harmoniously. Beautifully lectured and well written. I am not sure what part of my karma has brought this forth in my direction (this literature and path), but I am grateful that it has been done. Knowing now that there is an idea that brings all human beings into account as one equal species deriving from one source and embarked upon one mission; to cleanse our karma and become humanitarian in all our ways. Know oneself. *Germaine, Tennessee Colony, TX*

Genesis: Creation and the Patriarch Emil Bock

It is always refreshing to read an author reference Elohim at the start of *Genesis*, means he's done his homework. This book reveals several interesting Biblical myths and the bonds between different belief systems objectively. Learn about the connection between religions' Holy Days (holidays) and constellation cycles, which are also celestial epoch space-time measurements. I was intrigued to learn the root of Enoch is the same as the Egyptian hieroglyph for life, Ankh, which translates literally as "soul". It's all in *Genesis: Creation and the Patriarch*. *Dale, Winnfield, LA*

Esoteric Christianity Rudolf Steiner

I found Mr. Steiner's open discussion of the impact Christ had on the history of the world, how Karma fits into the picture and how Buddha and the Hindi beliefs help to mold spirituality as we know today to be very interesting. The discussion about the work of Christian Rosenkruz and someone I had never heard of before, Jeshu Ben Pandira, was also most informative. I came away with a better understanding of the truth—esoteric view is not the "dark side" religious view, but another way of finding and viewing the truth. *Robin, Petersburg, VA*

The Occult Significance of Forgiveness Sergei Prokofieff

For people in our present circumstances who may have a government body, or only themselves to blame, this text presents the first step to getting a grip on the situation. Not merely forgiving them, ourselves, but to forgive our destiny that cast us this lot, and to atone in karma's hands during the plight of our present purge. Our lives are not over. There is still much to come and work to be done. *Domenic, Waynesburg, PA*

Nature Spirits Rudolf Steiner

The selected lectures collected on the subject are very interesting and educational. This has allowed me to form some interesting concepts. The main talk that struck a chord was on the subject of the elementals. Steiner states that at creation there is dark heart. As this builds it becomes fire which creates light which ascends to heaven, and smoke which goes down into a material existence. He tells us that when the primordial fire created this smoke elementals are bewitched into the snake. Steiner tells us basically that that is how the elementals became the elements, so to speak. What intrigued me was the relationship it is said we must cultivate toward these elementals. He said that when I observe an object—table, chair, etc. we should contemplate our relationship to it instead of just being aware of the material object. What is it used for? How do we perceive and treat it? What is its purpose? Steiner tells us that when we think about the everyday objects and materials with intuitive thinking, we are sort of uplifting the elementals locked into that physical existence. When we do this it is said that we take that elemental into us, and at death we free it from that evolution and return it back to the Cosmos/Divine. This idea really created some interesting thoughts on how we treat the elemental beings we use in everyday life. *Jason, Holdenville, OK*

Studying Together

Where two or more are gathered

I have grown up a Christian all of my life, and have always felt that it (the spiritual path) is deeper than mere fundamental Christianity. In conversations with another of your participants, we delved into thoughts. His name is Brandon and he has given me many insights to a deeper understanding. I do not believe in accidents or happenstance, and am hopeful that I can gain insight and knowledge in my path. I think it is wonderful that you make such an impact. *Jason, Sneads, FL*

Yes, there is a group of about six prisoners who study along with me. *John, Cross City, FL*

Now since I've been studying anthroposophy for almost a year, people have taken notice. I have people asking me about it, and wanting to learn more. When I have a better grasp on the main gist of it, I plan on introducing an anthroposophy course in the education department here as what is called an ACE class. *Ryan, Florence, CO*

Art and Poetry

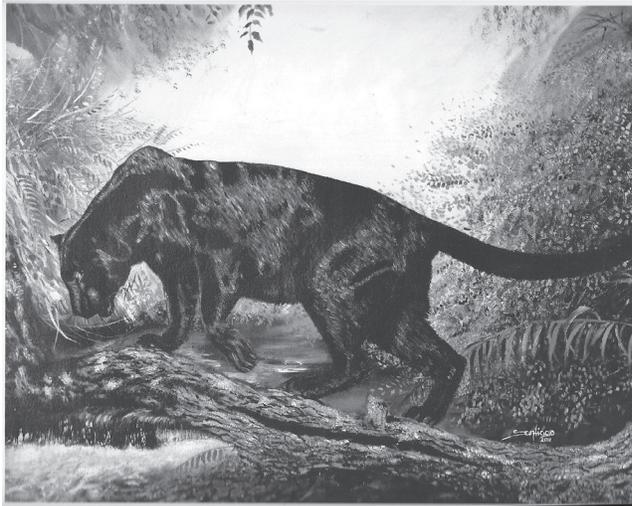
COMPASSION

While I was walking
On a dark and stormy
night,
I came upon a homeless
man
Cowering from the light.
I begged him not to be
afraid
And that I meant no harm
He looked at me with
sunken eyes
And reached up for my
arm.
As he moved I caught a
whiff
And struggled not to
show it.
I knew I had to earn his
trust
And tried hard not to
blow it.
My hands were marred by
grease and grime.
In truth, his face was too.
But then I drew up closer
And saw 'twas black and
blue.
He whimpered as I helped
him up
And tears began to fall.
I gently led him to the
street,
Ragged clothes as all.
I asked if I could take him
Someplace warm and dry.
He backed away, ashamed
and hurt,
And so I asked him why.
He said that he's not been
shown love;
Not since he was a kid.
And all he wanted was a
hug,
And so, my friends, I did!

Chris, Loretto, PA



Reggie, Perry, FL

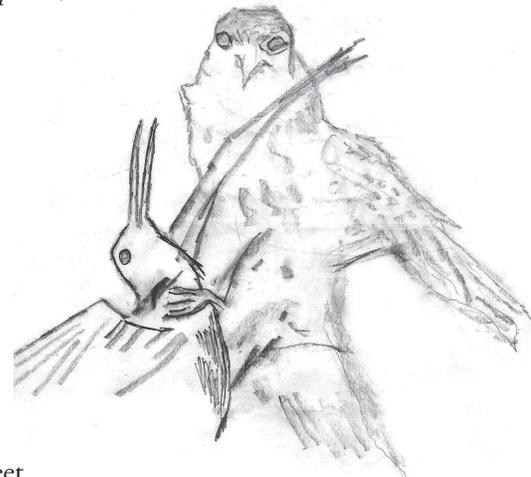


*Santiago,
Repressa, CA*

Stranger Friend

I like the stranger on the street, who waves and says hello;
Though they may be somebody I may never get to know.
It's that friendly greeting which the hearty conveys to me
Not to be funny or polite, but in all sincerity,
They merely want to tell me that, we too are kindred souls.
As beings generally are seeking self-same goals,
And every time that happens I'm tempted to slow down
And thereby possibly to find another friend in town
But I'm always hesitant and bashful when we meet
When I might make so many friends of strangers on the street.

Santos, Joliet, IL



George, San Luis Obispo, CA

Freesias on Mother's Day

This is the day, but not the only day
When my heart fills with gratitude
And yet what can I say
To a woman of such love and
rectitude?

Oh mom, I feel like I'm just a boy
And you were the world to me then
Though the world smiles, it's all plot
and ploy
You're my fixed star in a world of mice
and men.

How can I truly explain
Who you are to me, to my life?
Though I struggle, fall, and complain
You're a presence that heals strife.

Oh mother, like the light of God
I cannot praise you sufficiently
Like most mothers, you worked hard
as a dog
And yet brought culture, music, care
so proficiently.

If I had to call you flowers
You'd be freesias in a rainbow bouquet,
You brighten our shared hours
Smiling kind beauty even today.

*"Blue Waters",
Salters, SC*

Inspired by your Reading

I have finished these two books and found them both to be very helpful. In *An Outline of Esoteric Science*, I have come to understand what can be accomplished by a human being with proper study and a mindset towards enlightenment and the betterment of the human race as a whole. By learning to connect my awareness with my supersensible, I will be better able to understand all that is going on around me. I found the Study Guide to be very helpful in understanding some of the more abstract ideas that I had not encountered in my studies to date. *Robert, Bismarck, ND*

I truly enjoyed the books, they were insightful and eye opening. I have always had a vision of how great the human being learning process is, but there are some who have forgot that there are greater powers of the mind and subconscious out there. I devoured the books with strong vigor and I hope that I can be sent more, or more knowledge of the realm of knowledge that has been forgotten and overlooked. These books will continue to enlighten me to the supernatural world. *Kion, Milton, FL*

I was truly amazed at the book *The Bhagavad Gita and the West*. It gave insights of the Gita that I would never had encountered by any other means. Such in depth knowledge and accurate perception of an ancient text. Mr. Steiner has a keen intellect and perception of a masterwork of the Lord Krishna's words. He explains it in such a way as if he was there, first person. Thank you for also sending *The Twelve Senses*. I am learning new things through anthroposophy that I would never be exposed to. *The Twelve Senses* expanded my awareness of the senses and how they are augmented through the astral and comprehending how they play in the totality of the awakened awareness of the self. I truly enjoyed this reading and I'm starting to enjoy each book by Master Steiner. *Alan, Cleveland, OH*

Just completed my latest selected reading material, and as usual I found it to be as informative as it was a game changer. *How to Know Higher Worlds* outlined timeless principles that are just as relevant now as they were when Rudolf Steiner relayed them. On behalf of my fellow anthroposophists and the world, I thank you for your service, time, and consideration. *Prince, New Boston, TX*

Enlivening the Chakra of the Heart has been very helpful and insightful. I have a friend that's Buddhist, so I have or shall I say, we've had some very interesting conversations. She was able to explain and guide me through most of what I did not understand. Thank you again! Your help has opened another avenue in our relationship. *Lawon, Winnfield, LA*

Christianity as Mystical Fact was the most profound Christian text I've yet to come across. I've always been interested in their mythology and comfortable only as far as I could stay clear of most dogma. The text draws me closer to Christianity because I can now see that my feeling something deeper, hidden just under the surface, has not been far off. I have always compared Christian mythology to Egyptian myths looking for comparisons and once came across a book by Sigmund Freud called *Moses and Akhenaten* that compares the lives of those two ancient figures and points out many correlations. Thank you also for sending *An Introduction to Anthroposophy* by Francis Edmunds. I was so grateful when I finished it because I can sense my understanding coming to life finally. It seems to me that a true understanding of this discipline comes from one's own consciousness and cosmic/genetic memory. I am developing a reverence for life and a devotion to truth. I have begun to impose discipline in my life and to focus on my actions and how they affect others. I am so grateful to you and your organization for the opportunity to experience this. As hard as it is to believe, I'm glad for this time in prison because it has allowed me to

discover an aspect of life most will never know. *Joe, Tennessee Colony, TX*

The Path of the Christian Mysteries I enjoyed a lot, it gave me insight into things that I want to learn and *Stairway of Surprise* I had to share it with some others because it was so good in giving me a different way of looking at things I deal with everyday. I am well and growing stronger every day. *Erick, Beeville, TX*

Thank you for sending me *Anthroposophy in Everyday Life*. In the chapter, *Practical Training in Thought*, there are two things Rudolf Steiner mentions I wish to someday be able to do. First, to bring myself to a point at which logical reasons themselves process real significance for me. I must have the need to learn to love logic itself. Second, to train our thinking using the things of nature as objects to think about will make really practical thinkers of us. From the four chapters, I hope to gain a broader insight on humanity. I want to focus on the mysteries of life. More insight into self, and increase development into the spiritual realities. I want to change from the person I was before coming to prison. In short, I'm looking to get a calmer more productive well managed and narrow path of life. *Alexander, Huntsville, TX*

I first would like to say thank you for the book *The Great Initiates*. It was concise, well written and very profound. I learned so much insight into all the Initiates before Christ and how the culmination of those before Christ laid the foundation for the Mystery of Golgotha. The explanations of the Elohim and the esoteric meanings behind them were phenomenal. And also most fascinating, Adam-Eve as creation of the living word! I am still traveling my path and experiences through the light of anthroposophy. I gain new ideas and understanding more and more each day with meditation and reading these books. For that I thank you and the Society with all my heart. I am grateful forever for all that you do! *Brandon, Sneads, FL*

An Outline of Esoteric Science contains so much information I can actually make good use of in my life and in the lives of those around me. I am very grateful for all you are doing. *Chimeniem, Childress, TX*

Can I just say Wow! These three titles *Life beyond death*, *Life between Death and Rebirth*, and *Astronomy and Spiritual Science* have just been marvelous. I have always had an acclimation for astronomy but only a rudimentary grasp on modern sciences dissection of it. Elisabeth Vreede redeems stargazing from the hollowed out shell materialism offers us for all their probing. And such a seemingly disparate title astronomy to the afterlife, but never so with anthroposophy! I found insight on interesting passages between the life and death titles, for instance the incarnation of Buddha on Mars to dispel its warring nature. The astronomy title adds that it was Christian Rosenkretz that dispatched him there. So many doors open in anthroposophy that never exhausts itself (or me). The lesson in reading to the dead took me back to a previous work (non-anthroposophical) called the *Tibetan book of Living and Dying*, it instructed how we can meditate to the departed's benefit. I meditated throughout my studies and it led to dreams. Steiner has also lent me insight about how harmful suicide is to an incarnation. *Domenic, Waynesburg, PA*

I have always wondered about the different groups and what their prayers were about and the reason for the prayer structure they follow. This book: *Give Us This Day* advanced my knowledge and understanding greatly in this area. To me, this sounds like (and my personal belief is) all religions worship the same God. They may call him different names and the formality of their worship varies, but the object of their worship is the same: it is not about religion, but attitude of prayer. *Robin, Petersburg, VA*

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

An being human I'll be.

Rashad, Trion, GA

Illuminations

Anthroposophy is a path of knowledge, not a path to knowledge. It does not segregate the religions, but combines their knowledge into universal understanding. All spiritual things can and must acquire knowledge of self. I will continue to search deep within myself to know me and how I came to be. I will not judge any religion or belief. *Ladon, Menard, IL*

Thank you for these two books about spiritual science by Rudolf Steiner. I thoroughly enjoyed these lectures on the many different ways to see our physical realm as well as the information I've received on the many ways to radiate a greater human strength for life and independence not through egoism, but through reflective thinking (engendering warmth) and creative thinking (engendering light). *Kenneth, Cleveland, TX*

I am impressed by lectures given by Mr. Steiner in *Transforming the Soul*, volumes I and II. Most of all I am inspired deeply on a personal level. I say this because a few years ago I came to an awakening realization that I was experiencing an evolutionary process. At that time I seem to always limit the objectives of this process relatively to moralistic, cultural, and social developments. Mr. Steiner with his liberating concepts of the evolution of the soul, has enlightened me with a deeper understanding of my process of evolution by sharing the knowledge of the faculties within the soul that can be consciously developed. *Torrance, Perry, FL*

I received the brochure regarding the *Self Awakening Correspondence Course*, and I think it's a wonderful program for anyone who seeks to know thyself and as with understanding one's purpose. As for a person such as myself, I am not educated and I have never went to school of any kind. I am self-taught, believe it or not, and by God's grace I manage to learn something each day that I am blessed to see. But I make no excuses for the role I must take part of in life, for I have always been one to welcome knowledge and to embrace it with the love of understanding it. Who knows, maybe I have evolved to this degree for this material, so I guess it wouldn't hurt to challenge myself, so yes, please enroll me, and thank you very much. *William, Bridgeton, NJ*

I am learning. I thank you all again for having available for me such a plethora of knowledge so freely given and with the best of intentions. At one time, while in prison, I was under the impression that no one outside of prison, except family and friends, cared about the plight of the prisoner. I felt that truly, there wasn't any redemption for the wayward spirit. I hadn't read much literature, spiritually, that related the prisoner to any grander scale of reality except as one who needed to repent for his sins in order to be right with God and receive his mercy. But there was only a vague description of the process based on faith and gamble. Yet, you all actually break it all down and show 'purpose' to life. You have an explanation of where we all derived and what our missions are to me. It is wonderfully strange and utterly believable. You give more substance for faith to latch onto. I resolve to read and study more of your works! *Germaine, Tennessee Colony, TX*

I have found what I was searching for to provide a meaningful lifetime, of personal growth as well as hopefully the help and betterment of fellow man alike. I could read them all over and over and still find fodder for philosophical thinking. I also appreciate the new *Spring Newsletter*. I like learning of the different epochs, masonry, and related occult movements, as well as myself, man, and his constitutions and attributes, and would like to learn more of these, as well as the inner self, meditations, and the knowledge of higher worlds and initiation. *Roby, North Wilksboro, NC*

When one is ready, the master, the teacher, the circumstance will present itself and only the patient and persevering deservers will be able to maintain the relation. Without doubt I am blessed to even want to strive and struggle Please allow my contact with you to serve as a small token of proof to this. Twice in the last two years I have asked of others "outside" to find and forward to me a book of Esoteric Christianity—to no avail. *Voila*, here you are. And I will not let this opportunity slip through my fingers. *Ronald, Waycross, GA*

The ideas expressed by Rudolf Steiner are very foreign to me, but I can't seem to get enough either. I love to learn, and APO is certainly teaching me. Once again, thank you. *Richard, Columbia, SC*

I'm working to be patient with myself and not give up. It's so natural for me to be judgmental towards others in my personal thoughts, whether esteeming others so much "better than I am" or looking down at others who are "so inferior" to me. I do feel a measure of progress being able to "observe myself" and to let whatever thoughts or emotion arise, be there, and then fall away as it were. I'll be reviewing my notes and favorite quotes often as it is very calming and gives me a feeling of balance and peace. *G. Neal, Richmond, TX*

Much time for meditation, I'm making it thanks to you and to me with Steiner's research studies and open arms. Yes, it is hell here at Hay's State Prison, these people honestly need God in their lives very badly. For the most part, I'm still breathing so that is a good thing. Well I say again, thank you. *Jerry, Trion, GA*

I have changed camps and been in confinement. I noticed that you posted what I wrote to you in the newsletter! Thank you for acknowledging my thoughts on what you provide us with in such a needed environment. I really have no one to communicate to here in prison about my path. It feels that I'm alone on an island where your organization drops a bundle of light into my life. *Gabriel, Chipley, FL*

I hope to master myself – use this knowledge in everyday activities to find truth – understand the real world – help others find themselves – like a noble life for the betterment of the world. It's time for change – to see past all the propaganda! To work with other like minded people. *Jason, Jonesville, VA*

First and foremost, I want to express how astounded I am to see a movement that's providing this type of knowledge free of charge!! Truthfully, since I've been incarcerated I've been trying to find a source of wisdom, knowledge, and understanding. I've also read a lot of different sources of books revolving around esoteric teachings. So just the other day, I was having a legitimate conversation with a gentleman which lead to him referring me to APO, which is truly a blessing from above to me, as I travel on my journey. It would be my honor to be tied into the anthroposophical movement. *Devonta, Crawfordville, FL*

I really do appreciate you all allowing me the chance to participate in this course, my responses and or comments are in the lesson. I hope that my inner thoughts were properly articulated. Sometimes I have trouble with writing down the thoughts in my mind. Yet I did the best I could at this moment. Thank you all very much in aiding me in my quest for growth. *Christopher, Menard, IL*

My best regards to prison outreach group. I write to let you know I receive your letter along with *Introduction to Meditation, Self Development in the Penitentiary* and *Library Book List*. I look forward exercising the path of knowledge that will help me become a better individual over all so I can continue my progress in rehabilitation. I will continue to send feed back as I move forward in my journey. I'm currently making adjustments to situate myself with my studies. Thanks once again for the support. *Tony, Delano, CA*

I really appreciate this work you are doing. At one time I was a Christian Minister and believe I had a well rounded comprehension of theology. Yet, these past couple of years in my study of anthroposophy and Rosicrucianism, have helped me grasp even deeper spiritual truths. Truths that resonate deep within me, like light that has always been there, but is only now coming to the surface. *Jonathon, Pendleton, IN*

I am just learning about myself, I have never been in prison before so all of this is new to me so I just ask, please bear with me. I did enjoy the meditation and also the small booklets, they was right on point of some of the things I was going through, it has given me something to really think about in my life. I am very spiritually on the streets. *Matthias, Vacaville, CA*

Currently I have 3 years remaining on my debt to society, and I would like to utilize this time in study. I have more than enjoyed each book that you have kindly sent me and I am applying their teachings to my life. The Anthroposophical Society is a beautiful teaching Institution and I am very honored to be able to correspond with you and drink deep from its teachings. *John, Cross City, FL*

Thank you so much for all these years so far that you have been there for me. I have just 66 months left or really less than that. I'll find out when I get to my assigned compound, but I only have about 4 more years to go, God willing. I hope to keep up my reading and studying with you all for the rest of my time. Thank you, I love you guys. *Joe, Conroe, TX*

Steiner's book had much wisdom to serve my personal journey but was a little more difficult to read due to translation as well as somewhat archaic word choice. The wisdom was valuable nonetheless. The healing book was right up my alley and was valuable not only to myself but to those I serve (all beings, unconditionally). I am so grateful for the blessings which are your service. You are absolutely providing opportunities for lives to change, and in turn, for the planet to heal. I thank you from the bottom of my heart. *Chris, Loretto, PA*

Just wanted to thank you and express my gratitude for allowing me to be a part of your program. I feel as if I've finally found what my spirit has been searching for. I also want you to know how gratifying it was to receive a hand written letter from you. It attests to your commitment as well as your dedication. Keep up the good work, you are definitely making a difference. *Kelly, Live Oak, FL*

SELF AWAKENINGS

EduCareDo Correspondence Course Response Summaries

Lesson 1: Introduction

When I become the light in a dark situation, not only do I light the way for myself but for all the people that are standing behind, in front, or who are on a similar path. I ennoble my condition by helping others by using my own experiences as a roadmap for the both of us. We or I change towards freedom by living in the now, changing the way I see people and the situation next, by understanding that the past is just that—the past. Something to grow from, not something to live by. I always have the ability to respond or to react. To respond is to think first, how is this situation going to affect me and my family, or I can just react and have no concern for how my actions will affect my loved ones and others. *Ronald, Perry, FL*

This lesson, though introductory, asks some very insightful question that we (humans) ignore or overlook. Who am I? How do I know and understand the world? What is the purpose of my life? I have always tried to use logical reasoning when pondering upon any question. What I found out, though was within logical reasoning, my life and myself mean nothing. I am Derek, that is combined with the past and present. To understand the world I must only use my five senses. Anything outside of these senses means nothing. The purpose of my life would only be a superficial meaning. Anthroposophy allows for these questions to mean more. In anthroposophy we can obtain the logic of the spirit world which allows us to answer the above questions in a logical manner. *Derek, Pittsburgh, PA*

Lesson 2: First steps in the Light on the Path

The presentation here was really good, i.e., “develop the ability to respond,” not react. Slowly I’m getting to where I can catch myself during or shortly after a situation arises. I can ‘stand aside’ and watch myself going through my habitual reactions. I’m really excited when I can do this. And the continuation from lesson one on “Between Polarities”! Again, I can catch myself in one extreme or another. The most important for me is an excitement that I can change, that my old dysfunctional way of life can be changed into something that works; that I’m not alone in this work. I will continue my practice of looking deeper into people and situations that life is bringing me to work with. To be able to see into these people’s (and my own) reactions and be open to a deeper reason for what is going on. *Bruce, Crawfordville, FL*

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

Lesson three introduces the concept of there being twelve senses that may be divided into groups of four associated with thinking, feeling, and willing. Exercises were provided so as to experience these senses. One explores them individually and then in two, threes, etc. Ultimately one is left with many ways to further explore these senses experimenting with them so as to broaden one’s perspective. The twelve senses as wine glasses being filled to a “oneness of being expressiveness” which radiates outward to meet itself. The twelve senses being categorized in ways that relate to the body, soul, and spirit distinctly was new for me. That those senses are to be evolved and developed by individual attention and awareness. I will strive to be cognizant of each sense as much as I can during situations when they are active so as to expand awareness and develop these senses. *Alexis, Holdenville, OK*

I enjoyed “realizing” that I have 7 additional senses. I wasn’t able to complete all the ‘experiments’ as I share a cell with nine other women, but the ones I did, I liked the connection to my brain. It was an ‘ah-ha’ moment. I want to explore it every day and share it with those close to me. *Tammy Jo, Ypsilanti, MI*

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

What I found new was the importance of developing the upper senses and how that is facilitated by proper development of the lower senses. Associated with that is the inverse relationship between the upper and lower hierarchies. The suggested activities for development of the lower and upper senses were also important. Also, the brief introduction of Goethian science and spiritual science whet my appetite for more. I have developed a regimen for developing my senses. It is limited to the resources of incarceration, but the auxiliary exercises, yoga, and calisthenics for rhythm and will and focusing thoughts are some ways. I am sure others will show up. *John, Sacramento, CA*

Lesson 5: Watercolour Painting

In lesson 5 I lived in yellow and blue, well, I attempted to. Within the yellow I saw freedom, life, and consciousness, though not for very long—it was really a fleeting perception. Maybe I was trying too hard, but I will keep with it. Within the blue I saw myself; I got tired of my situation a few years ago and left my fiancée while I was still in prison, so now I am free emotionally and physically (relationship-wise). I felt the memories, good and the bad, like I was floating in a body of water and just absorbing and remembering so much. *Mike, Soledad, CA*

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

The comparison of the Human World to that of the Mineral, Plant, and Animal Worlds and how they are described was new to me. How the Human Constitution is described as a four part being was also interesting; physical body, etheric body, astral body, and ego. I will continue to apply these learnings and realizations in my life. *William, Waupun, WI*

Lesson 9: The Development and Care of the Four Members of the Human Being...

I learned that music is an important part of a child’s education. I never knew it helps them to harmonize thinking and willing. I’ve always loved music and as a child it always made me happy. It was an escape. But I think the most important part was how we develop from birth to adulthood. Something we don’t realize as parents how our actions/behaviors affect our children. I will be a better example, not just for my children but for my grandchildren who are still young and still developing their own personalities. *Tamika, Ypsilanti, MI*

Lesson 10: The Human Being, the Four Temperaments, the Four Elements...

The exercises to accompany the charts were new for me. Excellent! Have gone over this from other sources, though definitions only. In class, the idea of different groups according to temperament. Such a better dynamic possible. With this I want to discover more and more of self and others. Develop understanding of influences and effects. I’ll be going over this every day. *Sean, Eloy, AZ*

Lesson 11: Elements, Ethers, and their Origins and their Evolution on Earth

What was new to me in this lesson was the way the hierarchies related to the elemental spirits and their relationship to the planetary bodies. I was especially surprised at how basic and simple it was all explained on how they associate themselves and how we could attain the understanding of it. It shows that spiritual science based medicine and biodynamic agriculture is already using some of Steiner’s knowledge to pave the way into what could possibly be a medicinal/spiritual revolution. As the spiritual/science revolution has begun already, we are truly at the dawn of a new age. *Robert, Huntsville, TX*

Lesson 12: Experiments with Elements, Ethers, and their Effects in Nature... Part 1

All of the experiments are new to me and I wish I could try all of them, but I don’t have the necessary utensils to do it. They are very intriguing experiments though. I found it interesting how these experiments can be associated with the nature in the universal being. Everything always comes back to the universal connection of all things in existence, no matter how insignificant I might think it is. The universe can be very complex if we aren’t observant of its natural processes. There exists a common connection in all things because God is all things and there was never a time when God was not. So in light of all things that exist, God exists within them all. *Steve, Menard, IL*

WHAT ARE THE FRUITS OF ANTHROPOSOPHY FOR YOU?

IT HELPS ME see life in a whole different way without being egocentric and I have more peaceful energy through the day. *Jesus, El Dorado, KS*

MY POSITIVES have crystallized while my negatives are melting away, but that's just a natural outcome, I think, to know how anthroposophy inspires "newness" to life each moment. I'm participating! It gives the feeling of pioneering. *Harold, Lubbock, TX*

I REALLY APPRECIATE this work you are doing. At one time I was a Christian Minister and believe I had a well rounded comprehension of theology. Yet, these past couple of years in my study of anthroposophy and Rosicrucianism, have helped me grasp even deeper spiritual truths. Truths that resonate deep within me, like light that has always been there, but is only now coming to the surface. *Jonathon, Pendleton, IN*

MANY OF MY QUESTIONS have been answered. I hope you don't mind that I tell people about anthroposophy. It is great schooling. I take notes a lot and try to help my sister raise my niece with the information in these books. You are truly a blessing. *Gary, Crawfordville, FL*

WHAT HAS ATTRACTED me is the fact that the APO found me. I was in a state of spiritual depletion, depression, and obsession to worldly things lacking understanding; the APO and its society found me again. Not wanting to ignore its calling, I now openly embrace it and am completely willing to participate in the teachings. I want a greater understanding of what I'm feeling. Why I've been called to be an adept, to dig deeper into my spiritual journey, to better myself through the tools of this program and to fellow-

ship with the anthroposophical community, all of you. *Jason, Florence, CO*

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 and quality of being. *Edgar, Only, TN*

LEARNING ABOUT MYSELF and spiritual growth for myself so I can help give back to this world and humanity. I love to search for new possibilities to develop my capacities in freedom on the path of self knowledge. I do the right things because I'm at the point of my life where I've got to pay back my debt to karma. I just feel like doing the right things for myself and others. I've become a better person, not just for myself but for others that's around me. The process is being done, helping myself to reach my high self in spirit and finding my way back to where I've started from in the beginning when I was first created in spiritual form. *Jonathon, Tennessee Colony, TX*

THE IDEA OR CONCEPT that anthroposophy is more than just a philosophy or abstract spiritual idealism; there are practical, everyday applications for anthroposophy. How incredible! *Christopher, Valdosta, GA*

I AM VERY EDUCATIONAL MINDED, but I am also very indigent, I have no living family. I hope with access to the right materials, I will gain more knowledge on esoteric traditions and more self-improvement techniques to make my time easier. Materials like this are very hard for me to get. *Gregory, Rosharon, TX*

- STEPPING ONTO THE PATH -

I'VE BEEN ON DEATH ROW for ten years. I want something good to come from all the pain and trauma I've gone through, both self-imposed and from others. My earnest desire is to give a voice to my situation and share with others what this pain and suffering has taught me so my experience may help others understand their experiences in a helpful way. *Andriano, Goodyear, AZ*

I HOPE FOR deeper understanding of myself within the spiritual world and better control of my actions. *Damian, Milton, FL*

I WOULD LIKE a radical transformation, a light bulb to go off. That someday, somehow, I never have to walk this way again. I need to attempt to learn, function, be, and know a new thought process, a way to live my life. *Randy Soledad, CA*

I HOPE TO GAIN knowledge of spiritual alchemy and information on my conquest for truth. Spiritual outreach and I feel that this program can help on my path of spiritual alchemy. *Thomas, Ft. Lauderdale, FL*

SO FAR, I REALLY DON'T KNOW what to expect. The spiritual aspects of anthroposophy and my own path as it is developing are basically the same, as far as what I know so far. I'm hoping to get some self-enrichment, self-development and insight. This may very well be a calling from the spirit world. I am constantly studying spiritualism. In prison I don't even speak to the religious fanatics. I am very spiritual and I'm going through a process which has led me to you--it's in my path. *Stephen, Spruce Pine, NC*

THE TIMELESS WISDOM of occult truths and re-expression of the divine oneness of life is what I hope to learn. Also, the practical method of application, with respect to the western way. A deeper understanding of the Ariadne's thread and the core disciplines of the mystery school in respect to Rosicrucianism and the anthroposophical way of life as it is currently applied to seekers. I love occult knowledge/philosophy in all its vestments. *Charles, Zephyrhills, FL*

I NOTICED that whatever I think of, comes to fruition, or should I say I'm more conscious of it when it happens. I can control my thoughts a lot better now. *Timothy, Victoria, VA*

I'M A MEDIATOR and conscious evolutionist. I also seek to reach my fullest potential in spiritual concepts, personal growth programs and overall evolution of consciousness practices that I can learn from and gain valuable information about. Knowledge, more techniques, insights, anything I can use and add to my practice to improve it or advance it that will raise my vibration and spiritual powers. *Michael, Greencastle, IN*

I BELIEVE IN KNOWLEDGE which leads to understanding, then wisdom. Also a couple of friends told me about your ideals and I wanted to see what these ideas were about. I read the Bible, Koran, Buddhism, and I'm Native American. I'd like to become a better person and more aware of my thoughts, feelings, and how to manage them. Also a new way of looking at life. *William, Holdenville, OK*

I WOULD LIKE to better know myself, what makes me tick. I want to live a life of cause and not one of effect. I want to figure out ways to avoid addictions by knowing what caused me to go there for escape to begin with and then living differently once I'm outside again. Resources that can help me come to terms with my current situation, and help me better myself in the long run. *Randal, Loretto, PA*

A DEEPER PHILOSOPHY and meaning of life's existing forces which control and govern not only the universe, but self. I'm a traveler, I love knowledge. The APO program offers etheric and esoteric insight into self. So many people are looking for God in the sky or other places, but God (Yahweh) is Self and most literature of antiquity is allegorical in context or esoteric including the Bible, Talmud, Kabbalah, and clay tablets. APO offers the other answers not found elsewhere. *Samuel, Milton, FL*

The 7 Life Processes and how they are related to the Structured Approach to Study

cont. from pg 1

words and ideas since it now brings inner interest to meet them. If we are not interested in something, we will have no questions about it—it is only interest that gives rise to questions. That interest is like a sun that sheds its radiance on the whole process, and it is also where the doorway to conversation is opened.

5. Maintenance—Summarizing backwards: Now the warmed and transformed air or food actually begins to do the work of maintaining the healthy body. In our thinking, this maintenance is also a kind of work in which the thoughts we meet are used to strengthen and enrich our own thinking and understanding. The task sounds hard, but what you find by following thoughts backward to their source is truly amazing.
6. Growth—Drawing a picture: Beyond maintenance there is also growth—this is true in the physical body and well as in our thinking. In this case the growth is represented in an objective imagination that is both rooted in an understanding of the thoughts and in our creative imagination. The relation between the two needs to be kept if this step is to succeed, but the results can be quite beautiful.
7. Reproduction—Meditation: Now the air or food we take in has reached a point where it can be used by the physical body to give something back to the world. And this work with the thoughts of the text we have chosen to study can also allow us to give something back to the place they originated—the spiritual world. In our meditation we not only continue to transform ourselves, but we also bring something to the beings in the spiritual world that can be a gift. Done well, it can become their food and their air. They need that from the human beings who work in this way.

On a practical note – it is best to choose a shorter text to work with (15-29 pages for instance). If a longer book is chosen, it can be broken down into chapters. This approach works with a group of 2 to 20 people. Larger groups than that can become unwieldy. Each meeting is best devoted to a single step in the process, taking one step at a time, each step in succession. This is a disciplined approach. It is especially easy at the beginning to let further steps enter in, such as commenting or asking questions during the first step of the process for instance. That can be disruptive. There is an art to conversing in a disciplined way, but if it is done well, the results can be deeply satisfying and helpful.

SELF AWAKENINGS

cont. from pg 9

Lesson 14: Work Arising out of Rudolf Steiner's Strivings

In lesson fourteen I learned about the universal petitions and suggestions that were made to the United Nations, and what can we do to bring peace to the world; Michaelic love of our time, to know, to understand, and to care for the destiny of others. Learning to love the other. I can meditate on loving others and caring about what happens to them. *Colleen, Ypsilanti, MI*

Lesson 18: The Arts and their Mission

Mr. Goethe again caught my attention when he said, “who possesses science and art possesses religion as well; (but) who possesses the first two not, O grant him (only) religion.” This assertion evoked my previous career as a religious minister, which only wanted to make proselyte, and to make religion a business. So now, spiritual science and art gave me a new way and direction on my spiritual perspective. The sixth basic exercise put me in a new task to do again the previous five. So I am busy again doing them in a new way. I love it. Finally, it gave new insight about the world of words, writing, and speech. It seems to me, as to “give or see” a living sound or something alive in words or sounds. I enjoy paying attention to every sound, vowels and consonants. Something about art: when I talk about music, classical is my favorite. When I was working with my computer, Classical Radio Vienna was my favorite to listen to. Right here I love to listen to the classical radio station from Dallas. About architecture; the Greeks transport me to them. I love it, and I “feel” something that draws or draws me to them. About the picture enclosed: one night, when I meditated, in my mind appeared a big colorful frame. I enjoyed contemplating it. When it disappeared as it came, my thoughts were on remembering every detail. In my thoughts, a whispering voice said: draw it and send it to APO. It took me almost three weeks to finish. See it at a different angle, against the light, and reflecting life. It shows different little variants. I named it, The Descending Eagle. *Eric, Palestine, TX*



~ So What's Your Experience? ~

We welcome your comments on previous newsletter articles

Parzival & the Mystery of the Holy Grail – Does it Still Live Today (Issue 21)

It is somewhat amazing to me that the featured articles in the Newsletter were dealing with the Grail quest, i.e. articles on Parzival. Now, considering that my last selections were books on the Grail quest (in part) and the present ones are of alchemy, the order of the Knights Templar and the Alchemist. I guess it is plainly seen why the Newsletter for Spring 2014 stands out to me! I'm thrilled to have received the Library books and I feel blessed to have selected them. First off, in

my read of *The Holy Grail*, the cover art is subtly powerful! The artwork entitled *The Seal of the Holy Grail* is a worthwhile study also. In these lectures, anthroposophy is defined as “a meditative approach to the deeper realities of human history” and that it “seeks to draw out—in a completely new way—a content . . . from the consciousness soul.” The above “notices” show that the Grail quest is a continuation of the ancient mysteries and prove that anthroposophy is the modern version thereof. Indeed I'm grateful and thankful. *Freddie, Menard, IL*



ANTHROPOSOPHICAL SOCIETY IN AMERICA
1923 Geddes Avenue
Ann Arbor, MI 48104

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

Illuminating Anthroposophy
Anthroposophical Prison Outreach Newsletter



Light's Weaving Essence

Light's weaving essence radiates
From one to another
To fill the world with truth
Love's blessing gives its warmth
To souls through souls
To work and weave the bliss of all the worlds.
And messenger of spirit
Join human works of blessing
With purposes of worlds;
And when those souls
Who find themselves, one in the other,
Can join these both together
The light of spirit radiates
Through warmth of soul.

Rudolf Steiner

Portal of Initiation, Scene 7

