

The Goose Down Feathers

By David Tresemer

“Why do things that happen to me happen ... to *me*?—why not to someone else?” “How is it that some people seem to have a life of ease and some a life of hardship?” “How did I get into the hardship group?” These questions, and others like them, occur to most people. Perhaps those who have a life of ease don’t think of these questions; perhaps they think that the color of their shirt is the biggest problem of their week. However, a life of ease is not why our consciousness has come to rest in our bodies. We did not come this far to avoid difficulties, but rather to take what comes—and learn from all those dramas.

I recently gave a talk about karma, a word used in various ways, most of them schmalzy. The practical philosophy of anthroposophy takes the notion of karma very seriously, namely how did actions in our past affect our present and future? Not only deeds done, but feelings felt, and thoughts thought. How can we undo what has been done?

A young man once came to the physician and teacher Moses Maimonides to ask for advice: “I said something very negative to a group of friends about another person. I knew even then that what I said was wrong and untrue. I did it out of malice. To tell you the truth, I did it out of jealousy. I am troubled by what I did.”

Moses replied, “An untruth knowingly spoken damages all three.”

“Three? I am discovering how it damages the speaker—myself. And the object of the rumor, yes. But who is the third?”

Moses sighed, “First, the speaker is damaged by what is spoken and later haunted by conscience. Second, the one spoken about unjustly is damaged, finding suspicious looks and shut doors for reasons unknown. Also damaged is anyone who hears falsehood, the ones who then make those suspicious looks and who slam their doors in the face of the innocent. This ‘third’ can include many.”

The young man groaned. “How can I make amends for my gossip?”

Moses Maimonides told the young man, “Most try to forget the errors they have made. It is a mark of maturity that you take yourself seriously.” He nodded his head slightly, thinking. “Perhaps you are ready for a greater teaching in this matter.” Then he asked, “Are you truly trying to change what you have done?”

“Yes.”

“Then come back tomorrow with a pillow made of goose down.”

In those days, you made pillows by plucking the soft under-feathers of your geese—the “down”—collecting a handful or two every week. After a half year or so, you had a big bundle that you could put inside a cover made of cotton or flax that you had sown and harvested—or made of wool that you had shorn from a sheep, cleaned, carded, and spun—then from whatever fiber, you had woven. It was a luxury that anyone could enjoy—the luxury not being expense but time, lots of time to make such a pillow. There was nothing like goose down for softness and a good night’s sleep.

The young man brought his pillow to Moses Maimonides, who took the young man and the pillow up to the second floor of the house. On the balcony, Moses ripped the pillow apart, scattering all the tiny feathers in every direction. Some fell to the street below. The breezes picked up many of the feathers, taking them right and left, high and low. The young man was in shock, speechless that such a precious object, indeed the comfort of his every night’s sleep, had been destroyed.

Moses Maimonides turned to the young man and said, “When you speak—when you use the sacred privilege of sound and words—it travels out in waves, here and there. If what you speak is good, then you can be content that these waves will nurture the world, sometimes very far away. When you speak ill, these waves travel—as do these feathers now—far and wide, damaging everyone and everything.” He waved his hand at the floating goose down, “When you have



“Feathers of karma” Artist: Iris Sullivan

To build the World in the I,
To behold the I in the
World,
Is breathing of the soul.

To sense the Universal All
In feeling of one’s inner self
Is Wisdom’s pulse

To trace the paths of the
Spirit

In one’s own aims of life
Is inner speech of Truth

So let the soul’s breath
penetrate

Into the pulse of Wisdom,
calling forth

From inmost depths

The speech of Truth

Through all the rhythms of
the years of life

Rudolf Steiner

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

Dear Readers,

As you know, our central purpose is to support you as you seek for truth and knowledge in relation to the spiritual world. For this issue of *Illuminating Anthroposophy* we asked Bastiaan Baan, former director of the priest training of the Christian Community in North America and now working as a priest in The Netherlands, to write our featured article on page three: *'Loneliness can be a Communion' Christ-Experiences in a Broken World*. The article speaks about contemporary experiences with Jesus Christ. A theme that seems to be far away is brought near to us. In another article, *The Goose Down Feathers*, author David Tresemer expresses himself creatively through an elaborate ancient story to answer the deep questions, "Why do things happen to me? How can I un-do what I've done?" We hope you enjoy both of these articles along with the many wonderful contributions from fellow APO program participants.

We are always happy to receive the creative art and poetry you send to our office and have begun to display some of it on our Facebook page so that it can be seen and appreciated by many. When we publish a painting, drawing or poem, we give only the first name and the city and state where you are located. Let your family and friends who have access to the internet know about our Facebook page. We are very proud of the creative work you do!

In order to help cover the costs of the program, each year APO sponsors a walk-a-thon called *Walk-a-Mile in My Shoes*. Throughout the weekend of September 20-22, 2019 many participants across the country will be walking and collecting pledges for APO to help support your spiritual studies. Our walkathon takes place 'where ever you are' and has no set course or location. Each walker is responsible for determining how far they will walk or bike and gathering sponsors who pledge a certain amount of money in support of their walk. This year we hope you will join in! The way we are imagining your participation is that over this weekend, you purposefully keep track of each of your steps! It takes approx. 2,000 steps to walk a mile! (give or take some depending on someone's stride). Perhaps this can be done on the yard, or steps counted on your way to a meal, or even in a cell as you step or run in place. Please keep a tally of steps or approx. how many miles you go and let us know how it went for you. Also, if you can share our walk-a-thon event with family members and friend, who may be supportive to you and your efforts to study and meditate, perhaps they will help! We would love for them to become walkers as well. Let them know they can sign up as a walker on our Facebook page, or send us their name, address, email address etc. and we will provide everything they need to participate.

On a final note we have one more request. Through the years, many of you are released and return to your lives as a free and independent person, enriched with the fruits of your studies and meditation while in prison. We would love for you to stay in touch! We encourage you to write, call, or send us a facebook message! We are here for you.

Blessings on your path,

Kathy Serafin

Meditations

Slowly I've been incorporating the process of backward thinking (reviewing my day) because I might have missed something in my daily struggle to becoming more patient, more outgoing, and taking away my quickness to rage, learning to think before I act on impulses. So backward thinking is good if it's applied right before sleep!

Kenneth, Holdenville, OK

The spiritual exercises presented in *Self Development in the Penitentiary* especially interest me. I would like to develop a stronger control of my thoughts, will and emotions, and develop more kindness and empathy.

Eric, Lisbon, OH

I have a lot to work on to improve my concentration and visualization techniques, I do practice a lot of mindful exercises, but I've not done enough meditation and I need to. There is a lot truly in the book *How to Know Higher Worlds*. I will copy it by hand to keep track of it all. I will need help later on for more guidance as I study and learn further along.

William, White Deer, PA

So far, after taking the time to try the meditative exercises, I am having trouble. I have a mind that moves at 100mph and find it hard to 'still' it, finding that inner peace, thus becoming frustrated and not staying constant. I will never give up though, and will continue to try.

Kevin, Glennville, GA

I use the 'Day Review' exercise a lot. Also, when I am able, I try to see current situations from the third person. My meditation does help and gives me time to clear mental chatter.

Joshua, San Quentin, CA

I have started to do the six exercises in the pamphlet *Self Development in the Penitentiary* and the *Introduction to Meditation*. Doing the meditative exercises are not too hard for me, however I have to work on setting a time when I am able to focus on doing nothing but the exercises. I am thankful to be able to receive the knowledge from these exercises.

Gerald, Columbia, SC

With meditation I am now calmer, and not so quick to stress out or lash out. I have more control over emotions. And I'm more in touch with my body and its functions.

Joseph, Huntsville, TX

I have tried to get involved in meditation. The fact that there is never a 'quiet' time to put aside everything has had a big hold on me. I have been writing down things I think are key factors because I had basically thought that I would not be able to advance until after my release. Now I'm hoping meditation can enlighten me, and to where I can get on a daily method with my quiet time. My favorite book is *How to Know Higher Worlds*. It interests me the most because of the meditation exercises. My thoughts seem to overpower me and I hope to be able to conquer them. I now don't stress the way I used to and I feel more at ease in myself.

David, Wrightsville, AR

I have a lot of energy, however I noticed that when I meditate in the morning I am a lot more relaxed throughout the day and have a higher level of tolerance and patience.

Akq, Attica, NY

Through meditation and self reflection I have gained the calm that has always eluded me. I'm not a master of course, but without that peace I would still be a monster, not a man. Each morning I focus on daily goals and each night I review my day. This has had a profound effect on my well being; physically, mentally and spiritually. Through meditation and sharpened perception, I am able to see and control not only my own passions, but read those of others and redirect my reaction. This has helped me avoid violence and conflict.

Richard, Tennessee Colony, TX

It's been a small problem for me to meditate because of my environment, but I'm going to continue to work patiently with myself to find my groove on meditating. I'm also trying to practice mastering my thoughts, feelings and actions. I know that I have a long journey ahead that may take a few life times but for once in my turbulent life, I truly feel connected to something I can believe in.

Brian, Corcoran, CA

'Loneliness can be a Communion' Christ-Experiences in a Broken World

By Bastiaan Baan

The experience of loneliness seems to be inevitable in our modern world. Although there are countless ways to escape it for a short time, eventually we are thrown back upon ourselves and we are confronted with the experience of isolation. The physical body itself is an 'isolation cell' in which we are imprisoned during a lifetime. Strangely enough: the more we are flooded with information about the world around us, the more we feel the distance or even isolation from the world.

Could it be that loneliness is not only inevitable, but even a necessary experience?

Dag Hammarskjöld, the first general secretary of the United Nations, put it this way in his diary: 'Lonely. But loneliness can be a communion.' (Dag Hammarskjöld, 'Markings' - New York, 2006)

A young man once expressed the necessity of loneliness in his diary, where he reflected on his own feelings: 'I sometimes manage to prepare myself for loneliness by bridging the chasm between myself and the world through my thoughts. This engenders in me a feeling of being at one with the world, because through that mental effort my longing for physical union with the world diminishes. Then I notice how healthy it can be to experience loneliness. Because in loneliness the soul strengthens itself without attaching itself to the outer world. The pain arising from loneliness is always a sign: time to focus on the eternal, focus on the spirit... Only out of true loneliness does the light arise which wants to know all beings lovingly, and to love all beings knowingly.' This young man discovered step by step that enduring the feelings of loneliness created a new strength: the strength to stand on his own legs, independent - and at the same time 'to focus on the eternal, on the spirit', an experience of communion.

In this realm it is possible nowadays not only to be confronted with ourselves, but also to meet the Christ. The prophesy of this presence is expressed for the first time in the New Testament, where Christ himself announces for the future his 'parousia' (Greek for 'presence'). This so-called Second Coming is not a physical event, but an omnipresent presence: 'For the presence (parousia) of the Son of Man will be like the lightning which flashes up in the east and shines out as far as the west.' (Matthew 24: 27)

The author Franz Kafka once used for this presence, that appears suddenly and disappears the next moment, the remarkable wording: 'Christ-Moment.' In his diary, these words ('Christus-Augenblick') are written on a blank page.

The Second Coming is a central theme in anthroposophy. Since 1910, Rudolf Steiner brought this theme in countless lectures and conversations (Rudolf Steiner, 'The Reappearance of Christ in the Etheric' - A collection of lectures on the second Coming of Christ' - New York,

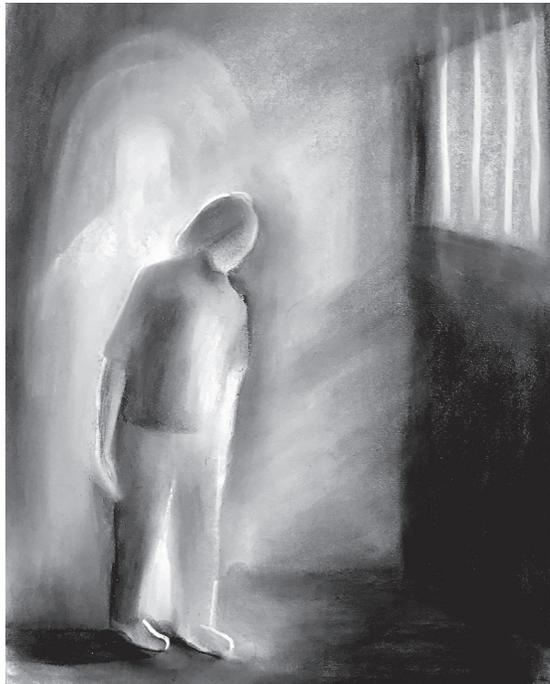
2003). It is essential to note, he never spoke about the Second Coming in terms of an outer, physical event, but as an experience in the realm of the spirit and of the life (ether-) forces - which are deeply connected with our own faculty to recognise the spirit, even in a state of utter loneliness or brokenness: 'Many a human being will have this experience when sitting silent in his room, heavy-hearted and oppressed, not knowing which way to turn. The door will open, and the etheric Christ will appear and speak words of consolation to him.

The Christ will become a living Comforter to human beings.' In the conversation that followed this lecture, one asked: 'How are Christ's words of consolation received and experienced?' The answer Rudolf Steiner gave was: 'Human beings will feel these words of consolation as though arising in their own hearts. The experience may also seem like physical hearing.' (Rudolf Steiner, 'The Etherisation of the Blood', GA 130, October 1, 1911)

Not only in the realm of loneliness and despair can the presence of Christ be experienced. Countless experiences occur in the realm of death and even of evil. A remarkable impression of the presence of Christ was written some years ago by a person, who was at that time working professionally in the field of black magic. Ulla von Bernus was a well-known priest in the Satan's Church in Germany. She was regularly a guest on radio and television programs where she talked about black magic.

In an interview with Wolfgang Weihrauch (Flensburger Hefte nr. 12, 'Schwarze und Weisse Magie', Flensburg 1993), she told him how from one day to another she stepped from the realm of black magic into white magic: 'I had a spiritual encounter with a friend, who had died a short while ago (...) I had the following experience: We went together through a dark corridor - I in front, he behind me. Finally the dark corridor opened towards a square. Everything was filled with twilight, like the change from day to night. Suddenly - we stood and looked into the twilight - it began to rain grains of wheat. Endless was the rain of grain, falling from the heaven down before us and on us. And then came the experience of Golgotha: Christ at the cross. And Christ spoke with a giant voice: 'In the end, I will conquer.' These words, connected with the imagination of the crucified Christ amidst a rain of golden grain, convinced Ulla von Bernus that the power of white magic is stronger than all the violence of black magic.

The most certain way to connect with the Christ in his second Coming is, to develop the faculty of conscience. Already the word conscience shows that we are never completely alone, even in our utter loneliness: we have a knowledge (- science) that goes with (con-) us wherever we go. Rudolf Steiner once spoke in this context about 'the Christ-voice of human conscience.' When we become aware of this



"Loneliness" Artist: Iris Sullivan

inner voice and try to follow it, we are guided from within - without any outer rule or command. Here is the beginning of the quiet communion about which Dag Hammarskjöld spoke.

Until now it seems as if the hidden presence of Christ reveals itself only in powerful, shocking experiences. Countless publications on the theme of Christ's Second Coming focus, indeed, on these spectacular events, where people experience a sudden transformation. Often, when we read about these experiences, we feel in a way excluded: Why don't we all have such encounters? Is this just something for a selected, exclusive group of chosen individuals? Yes and no, I think. Indeed the direct encounter with Christ usually takes place in extreme situations: 'The outer misery will change into wretchedness of the soul - and out of this wretchedness of the soul will be born a new way of seeing; seeing Christ, who will walk invisible between the people (...) This will come out of the giant need of the soul in the next decades. This need of the soul is a positive force - and out of this force will be born the possibility to see the Christ.' (Rudolf Steiner, 'Polarities in the Development of Humanity', November 14, 1920, GA 197)

Again - this quote shows the extreme circumstances under which the presence of Christ can be experienced. However, the Second Coming is an event that takes place for the whole of humanity - not just for the chosen few. Through his new presence, Christ connects himself with each individual destiny. He becomes (as Rudolf Steiner expressed it) 'the Lord of Karma.' This new development is not simply something that shows itself by itself. We have to make inner steps in order to recognise Christ in our own destiny. 'My destiny is not allotted to me through an impersonal power. It is given to me through someone, with whom I am related in my inmost being. In karma itself I perceive what is related to my being. (...) Thus, one learns to love karma - and this becomes the impulse to know the Christ.' (Rudolf Steiner, 'The Three Paths of the Soul to Christ', April 17, 1912, GA 143)

In the realm of our individual destiny, the theme of the Second Coming can become very concrete, but also very confronting. If I allow myself to imagine that Christ knows me, better than I know myself, and that he wants to guide me step by step through my destiny, even when I am lost in the labyrinth of life - beginning with the wish to love my destiny, then I begin to look at my own life from a higher point of view. Let me try to make it concrete by sharing my own experiences.

For nearly 40 years of my life, I have reviewed at the end of each year what has happened in the past year. I use several days to look back at the events of the past year - first of all simply registering what took place from day to day, from week to week. In order not to forget what has happened, I write, each day, during the whole year, a few keywords in my calendar, so that in the review at the end of the year nothing is left out. In the next few days, I make a long list of events: on one side of the page the events that happened to me from the outside; on the other side of the page my

own initiatives. Then I try to recognise if there are similarities in the long list of events. Are there events that come back in different variations? Are there initiatives that show similar attempts? Finally, I try to write in one sentence the essence of the events of the past year. In another sentence, I summarise the step in my development that I want to make in the next year. Thus - looking backwards and forwards - I began to recognise patterns in my own biography and to recognise traces of the hidden presence of Christ in destiny. From my experience of four decades of systematic annual reviews, I can say with certainty: When I look at my life with the question: Where was Christ?, I feel an overflowing gratitude for my destiny, not only for the gifts of joy, but even more so for the gifts of sorrow and pain. After some years, I recognise that the greatest hindrances, the most painful events, have helped me to develop more than any 'stroke of luck'. In the words of Dag Hammarskjöld: 'Saying yes to life is also: saying yes to yourself. Yes - also to a quality that is most difficult to change from a temptation into a power.'

With the description of the hidden presence of Christ in destiny, the story of the Second Coming is not yet complete. For those who develop a refined sense-perception, it is also possible to recognise the hidden presence of Christ in nature. For this, it is necessary to deepen our physical sense-perception with spiritual perception. These two different forms of perception are described in the following experience that took place on the island of Rhodes in the Mediterranean Sea.

Sunrise at Rhodes

'Once I wanted to see the morning star and went up on the flat roof of the house. There was a beautiful view around, showing the rising light and the wide sea (...) And now the miracle of Rhodes happened: the pink dawn arose, as the aura of the coming sun. Great delight filled my soul. Then the sun rose up, golden radiant, emerging from this aura. The birth of the sun out of Aurora, out of the pink-coloured, rose fingered Eos, the sister of the sun-god Helios. The splendour of the morning sun at Rhodes, the beautiful island. Then I was overwhelmed by fatigue and I plunged exhausted back into sleep - and suddenly I was awake at the other side of the threshold and I saw the shining figure of Christ, alive, surrounded by the purple colours of Aurora. The colours had a super-sensible shining intensity, coming from the inner realm of the world - much, much more beautiful than any earthly appearance. The spiritual dawn of purple was around the Christ, who shone his love towards the suffering earth in an inexpressible radiance.

'I am - and I will help you.' Then I fell into a deep sleep. And when I woke up again, I remembered the wonderful image. Everything was like a giant temple - and above the altar of the earth stood a living altar-image: the image of the Saviour of the world. With great wonder I recognised Christ's light in our daylight.' (Hans-Werner Schroeder, *Von der Wiederkunft Christi heute - Verheissung und Erfüllung*, Stuttgart 1991, p. 285)

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Book Reviews



Christ and the Human Soul

Rudolf Steiner

Within four lectures, 'The Christ' is revealed in such a way as to permeate the soul. After reading these lectures I realize just how connected I am with Christ already. Rudolf Steiner propels the soul into clear understanding

of who and what 'The Christ' is, and why Christ's sacrifice became necessary. After reading these lectures you'll realize, 'Not I, but the Christ in me' holds a great deal of wisdom. One cannot help being very grateful and filled with joy for the work Christ completed. Your very ideals in life become one with Christ. You gain a real sense that the "I" within and Christ are one. A must read if you truly desire to know Christ. Every soul should read this work.

Wayne, Richmond, TX

Facing the World with Soul Robert Sardello

Wow! This book *Facing the World with Soul*, is an awesome read starting with the science of wisdom (Sophia). With the trained heart we can find wisdom in the world - in everything. How the world works in harmony and perfection in its action/function/ which is wisdom. I love the breakdown of Hermes, Apollo and the Emerald Tablet. It is very enlightening to see soul as the energy field that powers and gives life, and not just to earth but also the universe. As a whole, humanity has to get back to experiencing the world through the eyes of soul. Oh how life for us will be so much more meaningful and fulfilling. Colby, Lovelady, TX

Old and New Mysteries Bastiaan Baan

The book *Old and New Mysteries* was interesting, especially when it talks about trials and the elements such as earth, air, fire, and water. I can truly relate to the trials. Life lies ahead on our path. Through life it's the experiences of trials that really try to find what truth is, and understanding a reason for existence. The parts of this book that caught me were about Paul and his trial by air and fire into an initiation process. He suffered and accepted obstacles, and endured rough times, even experienced death in some fashion. Many older traditions really tested people's will-power and determination to grasp another level of spirituality and experiencing a God or Christ presence. Some of these people went through really torturous stuff by their own free will. I respect that and wonder if that is truly something I would be able to endure if I was in that place and time. Robert, Georgetown, DL

The Temple Legend Rudolf Steiner

The Temple Legend was very wonderful read. Steiner spoke of the literal symbolic, and metaphysical meaning of the rebuilding of the temple. He connects a lot of occult movements and their tasks in the way being paved for a new (will revealed) understanding of the Temple. Steiner explained that originally it was women who held the spiritual knowledge in his book *Cosmic Memory*. In *The Temple Legend* he states that as the new patriarchal mode of wisdom that has been occurring for a while now begins to come to an end, a resurgence of matriarchal wisdom will begin. This is one of the secrets

of Freemasonry. That's why freemasons call themselves 'sons of the widow'. As we can see evidence in the world by all the show of hardness, force, violence, and selfishness we should all work to bring a more motherly wisdom that is softer, more compassionate and less self seeking. I really find it interesting that the sign of Aquarius is of a woman pouring out water (symbolic of cleansing, refreshing and emotion) and that is the age that we are beginning to enter. It is a marvelous book and I recommend it to any serious student of anthroposophy. Brandon, Milton, FL

Sacred Agriculture Dennis Klocek

In the *Sacred Agriculture* book I found the many topics and subjects that Mr. Klocek explained to be quite intriguing. He teaches as he writes, with just enough revisiting of the concepts so that this book functions both as a book, and as a science lesson. Even if you don't want to farm or garden, it is worth a read to find out how life takes place in the scientific and spiritual world that we live in. Levi, Defuniak Springs, FL

The Great Initiates Eduard Schure

The Great Initiates offered an excellent historical perspective on the origin and evolution of spirituality and religion while at the same time reveals the common threads that go back to Egyptian Hermetism. For a long time I've been looking for that common thread, the similarities, rather than the differences between various spiritual paths. This book right here has definitely increased my understanding in this respect. Eduard Schure provides an interesting and easy to understand narrative. For anyone who may be flipping through the Library Book List and stops to wonder about this title, I highly recommend it. Elliot, East Palatka, FL

Approaching the Mystery of Golgatha Rudolf Steiner

Approaching the Mystery of Golgatha is a very deep and thought provoking book. It helped me understand the need for different ages, and different cycles of life. We are initiated here. Each cycle is a preliminary step before the next age arises. Many forces are interacting to develop further. Very intriguing. Richard, Delano, CA

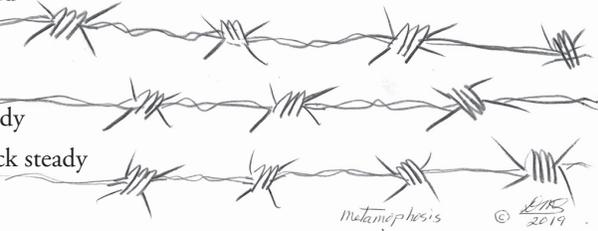
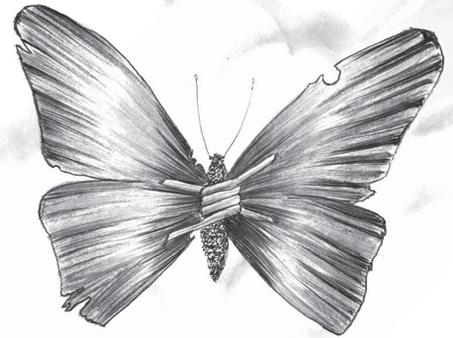
How to Know Higher Worlds Rudolf Steiner

This book revealed its knowledge on how to know higher worlds. It began by explaining the importance of thoughts and feelings which play out in world actions. With the development of gratitude and steadfastness, I can change the actions in the physical by controlling or understanding the soul and spirit. First I must prepare myself for this higher learning by developing my spiritual senses. Second, illumination kindles that spiritual light within one's self, and lastly, Initiation initiates our relationship with higher spiritual beings. We have to learn to judge each new experience on its own merits and let it work upon us. This process that I have chosen to embark upon, teaches me to give up all desires and to learn without an ulterior motive. I must seek to abandon fear, superstition, prejudice, vanity, ambition, curiosity, and gossip, so that I have that real experience of those spiritual worlds. Steiner explains, these higher worlds which he leads from the cultivation of reverence, inner peace, and those most important stages are in us. This book has set me on a path to places that I have never experienced, and that have laid dormant within me. Now I must seek, find, and knock as Jesus told his followers to do if they really want something. Peter, Joliet, IL

Art and Poetry

A Different Time

I thought when I first came here that everything was wrong
I didn't know how right I was the journey would be long
And not exactly what I thought that ol' bad luck again
The evil seemed was not without but simmering within
I had a lot of work to do before my heart could sing
And even though I thought I did I know not everything
Found myself condescending and in judgment all the time
Was time to walk in others shoes to make the lyrics rhyme
I came across a Spiritual Science that set those things apart
To sing me back in tune with love to travel path with heart
Installed a filter in my head between my brain and tongue
And quit just saying anything especially words that stung
I saw that actions energize eternal record made
What goes around then comes around until the debt is paid
I get myself down on the floor to sit and meditate
I breathe and breathe in positive this moment is my fate
It's true the teacher does appear just when the students ready
And once you know you can't go back you move ahead rock steady
It's as above and so below better now's the spirit
These days I sing a different tune and others say they hear it.

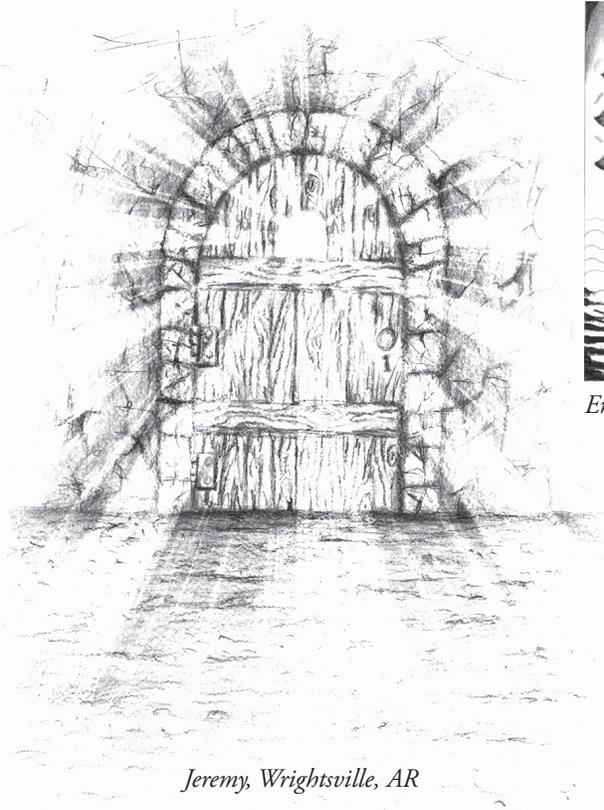


Dale, Winnfield, LA

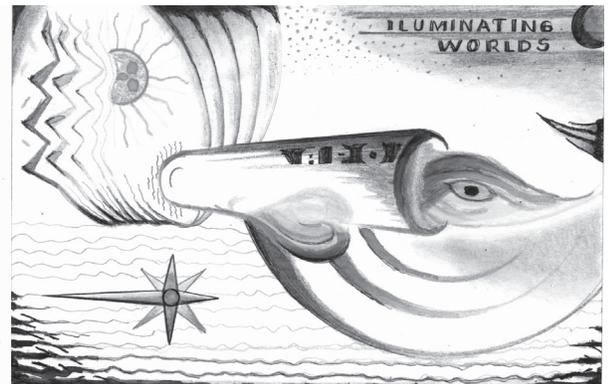
Prison Quest

I get up early
Between the walls
Of light and dark
Meditating in pre-dawn
hours
In the quiet of the night
Surrounded by the sounds
Of air flowing out the vent
The fan blowing
Someone's toilet flushing
Someone's soft music
playing
Someone crying alone
Prison quiet surrounds me
I leave my mind to meditate
The sun rises over me
As tears roll down my
checks.

Steve, Ione, CA



Jeremy, Wrightsville, AR



Eric, Diboll, TX

Sometimes my head turns round and round
Till I see the stars.
At those times, I see everything in the universe,
Past Jupiter, past Mars.
My love for Christ goes very far
Goes past all the stars.

George, San Diego, CA

WHAT ARE THE FRUITS OF ANTHROPOSOPHY FOR YOU?

THE STUDY MATERIAL has affected my life by helping me be more consolidated and together. I'm stronger in contemplation before, during, and after active behavior and living day to day. The fruits are non-materialistic, but in-depth perceiving, connecting with this bigger universe and inner soul. I am more forgiving and positive. Also there is a kind of speaking and listening to the energy forces around me. I'm not fighting or in fear out of past ignorance and blindness, but seeking understanding. Who is there? How do I respect this force? What do I do with it? How do I help it? We cross paths for a reason. The main negatives I have lost are ignorance, blindness, and laziness. I think that is because previously I thought I was alone. Now with APO I've found respect for working on my spiritual "push and pull" in certain areas of calling. And where before I thought it was 'work' is now a natural pull of attraction and joy and wonder - what's there and what's next - this is big! This is life!
Diontue, Delano, CA

I USED TO BE SO MISERABLE. Even when I was saved from dying I had something negative to say. Through study I am no longer that way. It's been a long hard road. Patience guides me now. The fruits of anthroposophy have given me clarity of mind, peace, love, healing, and forgiveness.
Steven, Railford, FL

I HAVE BEEN ABLE TO NOTICE my consciousness even while dreaming. I can now be more aware of my abilities during my wake state to think and cause change by changing my thoughts. The same while dreaming. With my new found self esteem, I now act more decisive and am not filled with doubt. I can achieve what I set my mind on addressing myself as a religious leader.
Nathaniel, Beeville, TX

ANTHROPOSOPHY HAS REALLY HELPED ME develop my spiritual side and has taught me to love and forgive and strive to be great in everything I do. And that taught me all the answers are within, and that I am more than my mistakes. I am more than the physical. The knowledge I have gotten from APO has given me courage and the confidence that I lacked before I entered anthroposophy. The message is not to lose hope because in the end all things work for the good in the journey to self. My inspiration is God and love.
Shawn, Newport, AZ

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

I've been mastering the art of not giving life to speaking or thinking upon negative circumstances that arise. I feed positive energy into agreeable solutions and desired outcome.
Andrew, Lubbock, TX

Controlling my emotions, especially anger I've gotten better at this. I can observe things once viewed from a subjective viewpoint objectively. My actions reflect this, and I feel more content. With not attaching emotion to everything, and the ability to examine things from a detached perspective, I am recognizing negative behaviors and emotions, and developing self mastery.
Adam, Railford, FL

I am thinking of humanity's Godhood, feeling the glory of creation, and trying to live within those thoughts and feelings.
Earlie, Ione, CA

Feeling in line with the ideals I strive for and I'm "being the change I wish to see in the world." What I do is live in the here and now, not the hypothetical how it should be.
Domenic, Waynesburg, PA

These things I constantly have to work at, especially in this environment, but my thinking is more spiritually geared. My feeling has become sensitive (more than it is already) and I try to make my feelings alive and moving, by being grateful and

ANTHROPOSOPHY HAS ALLOWED ME to be more patient and definitely more spiritual though I do think I am at a spiritual crisis. Persistence is my only option. I perceive things more.
Richard, Beeville, TX

ANTHROPOSOPHY HAS MADE my awareness greater, and mentally strengthened my well being and has been a great eye opening experience through esoteric science and illumination only gained through determination. I will continue to write, and use anthroposophical teachings because I've already noticed a difference in my connections and interactions. The feelings behind my poem are happiness and joy reaching a level of complete mental freedom.
Keith, New Castle, IN

IT IS A SOURCE OF KNOWLEDGE that can possibly lead to the truth. My perceptions are strongly focused on realizing the purist realities. The positive insight which I have accumulated suddenly really helps.
Teddy, Stormville, NY

STUDYING ANTHROPOSOPHY has expanded my outlook on human existence, multiple lives, and the importance of mental, psychological and spiritual development.
Doug, Independence, VA

AS I CONTINUE MY STAY on day 1538 of solitary confinement, esoteric knowledge provides a strong remedy. Anthroposophy has brought me to a state of clarity both spiritually and mentally, helping me to emerge from the depressive and destructive depths of a dungeons hold. For my "I" to be free while still confined, is the beauty that this form of knowledge holds. I now separate myself from simple and old habits of ignorance that were repetitively embedded in my mind. Each day is now a glorious gift and I continue my ascent to higher knowledge. The number one observation that revealed itself upon entering higher knowledge, is its marvelous sights make it impossible for any form of negativity to penetrate it's majestic domain!
Jeremy, Toledo, OH

MY STUDY AND PRACTICE of anthroposophy has helped me see the spiritual side of myself and to be able to forgive myself.
Frank, Rosharon, TX

reverent to all of life. My doing has improved by beginning a routine and sticking with it, though I often fail. I remain kind to myself and get back up and try again.
Brandon, South Bay, FL

Have you heard of cognitive distortions? We all have them. I notice the watcher in my subconscious (mind's eye) noticing me being distorted in my feelings of angst, anger, or anxiety, and I listen to the watcher rather than the human part of me. My thoughts are cleaner and I try not to hold onto the material world views. My feelings are more harnessed and at ease. I am more aware of the self in all things I endeavor.
Alex, Delano, CA

My dreams are calmer and far easier to interpret than they were before the void in my life was filled. It all makes me almost constantly mindful of my feelings, thoughts, and actions. Just knowing of their relations, I can separate myself from physical pain and understand my natural propensity to succumb to their effects. I am more aware.
Edward, Raiford, FL

My thinking is still out of kilter a bit. Feeling, keeping it even, not high, not low. Doing, still need some areas for improvement. Really, in all three, thinking, feeling, and doing, I can improve more.
Michael, Henderson, TX



A New Day

As I sit in my cell
Staring at the ceiling
I realize I am all alone,
Memories play in my mind,
Now beyond help of physical
hands,
Laying in the dark,
Mentally torn apart,
Lost in time,
"Come into the light,"
Was this voice of silence,
My soul is lifted up
And the darkness fades,
Everything takes on a glow,
What is this joy within my
heart,
This is my place of refuge,
The savior within myself.
I want the sun rise,
As I step onto the path of a
new day.

Duane, Raiford, FL

Inspired by your Reading

I enjoyed the books *Sleep and Dreams* and *Karma and Reincarnation*, I've looked within myself more. This allows me a larger perspective of things and I see cause and effect more clearly. I'm impulsive; I've begun to think more on the act first. Since I still run away with my first thought, I now just acknowledge two steps and with the positive mindset that helps. Things are definitely more stable. *Raymond, Calico Rock, AK*

Thank you for sending me the book *Our Twelve Senses*. I am already on my second reading and of course I'm picking up even more good information. My awareness is increasing and my 'I'/world interaction is increasingly interesting. I would say that by studying *Our Twelve Senses* I have become more alive. I also just read *Approaching the Mystery of Golgotha* by Rudolf Steiner. Dr. Steiner states that Golgotha, the fourth intervention occurred so to regulate the 'I' in its relation to the world. I am surely grateful to have found you guys. *Izzy, Walla Walla, WA*

I'm a very complicated person, and my life was affected in a large way due to the choices I made when I broke the law. As you may know - these last two books you selected for me have applied a kind of 'Guidance' in developing my learning more. Now I may be able to deal with not only difficult people but those who are doing a type of inner work as I am or whatever environment I find myself in. *Ronald, Lancaster, CA*

First and foremost, thank you for the service you provide for those of us behind these walls. For many years I feel as if I have been 'going through the motions' instead of 'living'. The journey of my existence leading me to this moment. After reading and rereading the books: *Guidance in Esoteric Training* and *Esoteric Christianity and the Mission of Christian Rosenkreutz*, and your newsletters and pamphlets - something about anthroposophy resonates with my soul. The information is exciting, knowledgeable, interesting and reviving a thirst in me. Though I have just begun my journey, sometimes I understood immediately, while other times I needed further teaching. *Kevin, Glennville, GA*

I enjoyed *Cosmic Memory* very much. It raised some questions for me that I've never asked. Its general concept is one I agree with because of my knowledge of geology, physics and general science. The fact that science supports this book makes me immeasurably interested in reading more of Dr. Steiner's work. Some first questions are: Who exactly are the Luciferic Beings and what are their jobs? Are all the ancient old 'Gods' really angelic beings, or are some higher or lower than angelic beings? Who are the oppositional forces in the grand scheme? *Glen, Troy, NC*

The Rose Cross Meditation and Life between Death and Rebirth were both truly powerful. I love Rudolf Steiner. He picks up where the Bible has left off. There are so many mysteries left out about Yahshua (Christ from the Bible). One seeking truth can turn to Spiritual Science. *Robert, Sneads, FL*

The book *Christ Consciousness* is about a deeper interpretation of Jesus' process through death, allowing us to understand the significance of the path of inner light. We as people get caught up in benefiting from everything in the greedy concept of material and miss the evolution we can create when we give unconditional love. The concept of the phoenix is beautiful! It gives you something to hope for, the process of thought for a person to be morally considerate along his path of enlightenment. *Ken, Holdenville, OK*

I really enjoy Rudolf Steiner's books a lot. The spiritual insights are great, as well as the cosmos. They are gripping in ways that fascinate me. I'm focused and at ease because of his insight. All of the reincarnation insights are great—soul awakening with meditations—beautifully at peace with my journey I'm on. *Chris, Crescent City, CA*

Both books are excellent, *The Secret Stream* and *The Apocalypse of St. John*, as they parallel my Rosicrucian lessons so closely, especially now with so much interest in ancient Atlantis. And anyone who has an interest in the Bible's Revelations should not go without reading *The Apocalypse of St. John*. This paints a much clearer picture of what many muse over today, a time when we all need to truly understand the Bible's ancient message. True students of the Bible should read both of these books, the wisdom therein is wonderful. *Dennis, Bismarck, ND*

The last two books, *The Knights Templar* and *Learning to See into the*

Spiritual World opened my mind in a way I never would have done on my own. Now I need more books to help me keep going. I thank you for helping with my new outlook on life. *Nicholas, Chowchilla, CA*

The book you sent was sure helpful to me and my situation. I found *Spiritual Hierarchies* to be highly enlightening, but somewhat complicated, especially where the zodiac and planets are involved. However, I loved the knowledge about the 'choirs' of angels': *Seraphim, Cherubim, Thrones*, etc. *Ron, Arcadia, FL*

I feel enlightened by Rudolf Steiner's ideas. I would love to explore more. I also really enjoyed *Understanding your Temperament*. I can see how those around me fit into the four types. I can also see the relationship between physical shape and temperament. I found it all extremely interesting. *Jennifer, Mayo, Marlin, TX*

Reading *The Virgin and the Harlet* was a powerful book, it opened my eyes concerning how we live our lives on a conscious and spiritual level. I have read the bible many times, but this book breaks it all down simple if you read it with an open mind. Thank you again for giving me the opportunity to read this book. *Antonio, Sturtevant, WI*

I am returning my two books and I did appreciate them and found them to be very useful, especially *The Occult Significance of Forgiveness*. I do tend to have a problem forgiving others, but I'm trying to fix that, but it does remain to be a battle. Thanks, I really appreciate everything. *Richard, Wrightsville, GA*

The reason I write is to begin a renewal of my studies. Much inner work has been accomplished, much still remains, it is my constant struggle. Currently I'm rereading the last books sent and I feel that I am seeing them with new eyes (or at least smarter ones). I hope to gain deeper insight into them as I study. *Jason, Cushing, OK*

In *Michael the Archangel* its first few pages were very inform-able to the degree I was left with no other choice but to take some notes. The center portion was quite the opposite, and took some time to press through. The ending chapters were so inform-able, again I took notes. I have been looking forward to understanding the functions of angels and time throughout the ages. It definitely helps close the gap to the missing information I have had about a name of God I have found 'Uri Gol which means 'The New Lord for the New Era'. In the *The Fifth Gospel*, I was very excited about the historic accounts of Christ. The information concerning pagan cultures was soothing, as I have been contemplating for some time. I would like more details about the Essenes and the Sumerian culture. The book has good content about the abilities and functioning of the spiritual world. *Kenneth, Pahromp, NV*

Once again, I am astonished by Mr. Steiner's views in his books *Esoteric Science* and *Theosophy*. He displays great insights in both works, I really love reading his books. I feel blessed to be privileged to be able to participate in the Anthroposophical Prison Outreach program. There is so much information concerning esoteric and occult knowledge. Thank you for being there for me, I'm eternally grateful. *Ronnie, Carrabell, FL*

Everyone needs to read *The Burning Bush* for sure. I definitely recommend it with all my heart, and being. We here at Pollock FCI thank you so much for everything! We love you guys, and keep up your great work for us incarcerated and now enlightened individuals. *Joe, Pollock, LA*

Thank you for letting me borrow these two books - *The Stages of Higher Knowledge* and *Christianity as Mystical Fact*. I'm getting out of prison in 14 months and reading these books has helped me start getting my mind right. Please send two more good ones, whatever you think I need to read that will help me. Please keep me in your prayers, I will be praying for you. *Joseph, Waltburg, TN*

I really enjoyed my first requests. I've always known deep inside that there was 'more' out there. *The Knights Templar* book was insightful as was the book *Angels*. I've been fascinated with occult subjects. I am not a religious person, I am spiritual and searching. I've studied theology and believe there is more to what's written in the Bible. It's truly hard to find absolute truth regarding human history. Thank you for what you do, I look forward to growing in all areas. *Mack, Wartburg, TN*

SELF AWAKENINGS

EduCareDo Correspondence Course Response Summaries

Lesson 2: First Steps in the Light on the Path

I learned to recognize the good in myself and to cultivate it daily. To see my truth for what it is, not what it should be. I want to feel unencumbered in exposing the beauty in all things. To be able to see and show how these things all work together; good as well as bad things. I will speak my mind when these thoughts occur, to not be silenced by fear of rejection or retaliation. I will spread loving-kindness. I will renew my goals to include my bright future. I hope to renew relationships with my mother, my children and grandchildren. *Carol, Ypsilanti, MI*

Lesson 2: First Steps in the Light on the Path

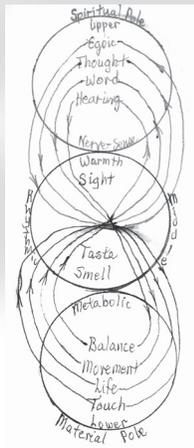
The correspondence between Thinking, Feeling, Willing and Truth, Beauty and Goodness also the concept of participating consciousness was all new and intriguing. I did not previously know of the divine gifts and their attainment as a goal of yoga. How to apply the three gifts to the children is very much an act of beauty in conveying truth. I will talk to several people I know of child bearing age and willingness about how to actively participate in the conscious spiritual development of the children. *Christopher, Smyrna, DL*

Lesson 3: The Twelve Senses, Part 1

Seven of the senses were new for me in this lesson. I've heard of twelve as in to the twelve constellations of the zodiac, twelve apostles, but never as life, movement, balance, warmth, word, thought, and ego. The sense organs were broken down and defined as godly gifts. These can become one's great teachers of will and feeling, balance, movement, life, and touch of spiritual beings of freedom, compassion, and of the spirit of the world. I will seek Apotheosis. I will continue to build from the corner stone into a super-structure. That this latter temple may be more glorious than the former, I will seek the light. *Jamar, South Bay, FL*

Lesson 4: The Twelve Senses, Part 2

In this section I learned how important it is to protect a child's development of lower, middle and higher senses. Two things caught my mind: a) seeking to still the lower sense helps to develop the higher senses into imaginative cognition; and b) that certain curative uses of the twelve senses can heal development in the metabolic willing, rhythmic feeling, and the nerve thinking sense. Quite literally everything mechanical, electrical, artificial can not only damage senses, but severely harm the children! Returning my unhealthy damaged sensory-soul to biodynamic farming, with gardening, taking care of different livestock, plants, following the solar, lunar and zodiacal stellar and planetary rhythms on the farm will help heal me. Cherokee Elo Natural ceremonies and celebrations will also help heal me. I got quiet and meditative through my twelve senses. Then I asked which lower, middle and higher senses does my farm organism have. I thought what senses are in Mother Earth/Father-Sky? I pursued this in participatory imagination, writing out several diagrams. At first I drew two intersecting circles: upper nerve senses, lower metabolic senses with the middle senses in the intersection. At first I linked thinking and will direct with the feeling senses between. Then the lemniscates came to mind and I created the threefold lemniscate here. Pictures are worth more than words. *White Eagle, Tennessee Colony, TX*



Lesson 6: The Threefold Constitution

We have a threefold constitution (bodily), and not only that, we have a “balancer” of our polarities. I've always known we had polarities, but never realized we contained a balancer, and it makes perfect sense. Without one, the other could not be. I really took to heart the control of thinking exercise, in particular the part that explains how the exercise will become boring, but we must continue to generate interest out of inner thought forces that could lead to heightened concentration. In my past meditations, I have gotten “bored” and stopped, but now I realize if I continue on I will benefit much more. *Terry, Jarratt, VA*

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

There are four kingdoms of nature consisting of mineral (earth), plant (water), animal (air) and human (fire element). All with different levels of consciousness as we ascend up the chain of evolution. It was new for me to learn

the truth that human beings have their own ‘warmth organization’ and that the etheric body is different from the astral body. What highly resonated with me was the concept of controlling the will activity and eliminating the toxic thoughts of feeling like ‘I never have the time to do the activities I want’, thus creating through controlled will. I will cultivate personal ‘time management’ and create the means or windows of opportunity, to accomplish set out goals. *Caleb, Los Angeles, CA*



Lesson 10: The Temperaments, Elements, and Ethers

The four temperaments of human beings are associated with the four elements and four ethers. They work together and you have to learn how to deal with these temperaments that we live with. I learned to understand and realize the dangers that these temperaments can cause. I learned the correct way to recognize these temperaments to change courses of actions. I want to understand my own temperament and balance it. And try to help others with their temperaments. I will practice these exercises often. *Charles, Dixon, IL*

Lesson 14: Work Arising out of Rudolf Steiner's Strivings and Review of the First Half-Year

New to me was reading the history of Rudolf Steiner. Our current state of affairs thrives on fear. We see this daily on false-flag operations, media concentration on bad news, public demonstrations paid for by fear-mongers, etc. We all need to see through the drama, control our emotions, and counteract all of this negativity. Work on myself must continue. I have come a very long way in control of my emotions, have a positive demeanor (more often than not), and I continue to give away my worldly possessions, time, and energy, until it hurts. I am learning more balance in this outpouring, in order to keep myself in the loving state of mind. Through daily work, reflection, and dreams I see progress. It has arrived through persistence. I must continue to work on myself daily. School and art help me stabilize. I continue work on maintaining balance in my actions. *James, Walla Walla, WA*

Lesson 19: Ecological, Social, Economy, Part 1

On page seven in this lesson, the question is asked, “How can we cultivate the social element? How can we take conscious interest in other beings? What can we do?” This is so very simple: Cultivate the self then natural progression is the cultivation of the social system. In commenting on Exercise A: There is talk of debt owed. This can be related to past, present, and future. The future is an accumulation of events that have happened, good or bad. The future or debt owed is directly proportionate to our objectivity and balanced perception of these events. When we no longer create divisions in help/harm, good/bad, then we no longer put labels on events, people, and circumstances. Things from our past and present become possibly equal tools for the education and evolution of humanity. The determining factor is our individual conscious choice to see all events as neutral and not only beneficial, but needed to develop that innate sense in our souls that transcends words and labels. This is the sense that guides us only towards purposeful, natural, evolutionary areas. Not all will realize the innate soul sense of moral intuition. It is the responsibility and debt of the person and group with awakened moral intuition to revitalize and nourish the flow of spiritual forces. This will bring insight enough as to how these forces are transferred to any person or circumstance. Productive life can be summed up in three words: seeking, finding, and teaching. *Eyvind, Jarratt, VA*

Lesson 22: Astronomy

I learned how light and darkness plays a big role in the whole picture. I think I liked the part about the colors and the four elements. I also liked learning how color is both outwardly in the sense world and inwardly in our soul life of feeling. I'm not able to do these exercises at this time, but I got all of my lessons and intend to redo all of the exercises when I'm capable. *James, Hutchinson, KS*

Lesson 23: Health & Nutrition, Part 1

There was a lot new for me in this lesson. I did have an affinity to how plants and animals actually create elements from other elements. The Demeter explanation of the “coming” intrigued me. I did feel that I should be more focused on all the processed food that I take in and that a home grown diet may be best for physical health. I will look to the labels of the food that I eat. *Nathaniel, Delano, CA*

Illuminations

Self acceptance is huge for me. I was always told I'm ugly, I'm not good enough. I'm this or that. Well now after a childhood of hearing those messages, I believed them. So these books help me learn to re-write the "I should have never been born" messages. They are a God send to me! I no longer feel I should have never been born! I realize that I am, just as I am supposed to be! And while that is flawed, that too is ok! This is all possible from reading and studying from the books APO has provided. All of the books have informed my worldview. They have helped create a more spiritually open and conscious minded me. *Richard, San Quentin, CA*

I've been in prison fifteen years after an accident that occurred in the space of only a moment, yet I still truly know that each of our paths in life are for a meaningful purpose, even though being held in a current place of negativity and difficult circumstances. Anthroposophy has helped me find a deeper and more positive awareness of the journey and to appreciate the depths of the human heart and spirit, and it has given me joy again to accept the beauty of our spiritual relationship to the living cosmos, of which we are a part. The stars shine their light on us, they reveal their love, speak to us, and reflect us. Maybe many of us have always felt these truths in the deepest parts of ourselves—without our soul—but it is never affirmed or acknowledged in the fast-paced superficial culture of the world we live in today. But we are never alone, and anthroposophy acknowledges our connection to the parts of ourselves we've lost touch with, to each other, and to the universe itself. This is why I am so very grateful to the wisdom, love, and knowledge of studying anthroposophy. *Shannon, Ypsilanti, MI*

I have been to confinement during my incarceration. Because of my inner work - confinement became a tranquil area for me. Reviewing these studies and what kind of effect they have had on me is somewhat phenomenal. I see people, places and things as they are: meaning the duality in the manifested world, and its third aspect called spirit. *Ronnie, Bushnell, FL*

It is important for one to first work on the inside in order to better see things as they truly are. I now see people differently - I used to be very judgmental and now I have a better understanding of why we are all so messed up and suffering - most don't even know that they are actually suffering on the inside and they lash out with hate and other harmful acts. I remember that they are struggling like I once was. I realize that they need patience and understanding. I remain calm under pressure and do not allow the situation to escalate. I ask them questions to gain insight and I try to work with the person to let them see that someone cares. When I was negative, I had no self esteem, had negative self talk, and thought I was worthless and hated people in general. I now have found love for myself and my fellow man! I now have compassion, empathy, and purpose! My family says that I am a completely different person! They look up to me and ask me for advice. They can't wait for me to be released so I can teach them what I have learned. *George, Marion, OH*

All your books are a blessing to me. Never was I aware that such knowledge could be accessible to anyone. Anthroposophy is the answer to my soul. People in certain conditions do seek knowledge of a higher order yet at times it can overwhelm others who find the reality of spiritual conviction too frustrating and real. My hope is that I can help others who are considered truly lost yet have a spark of light in them. I see many brave men and women who serve the Lord yet don't even realize it because they have been taught by religion to attach to certain stereotypes of what the Lord wants of you. My walk with anthroposophy has been a course in life. It has awakened me from the slumber of confusion, yet I still know I have a very long road ahead of me. This path is the chosen one. I am grateful that you continue to guide me and inspire me to believe in a higher understanding that is not my own, yet at times I feel God wants me to believe it is. *Robert, Lovelady, TX*

The Universal Human and The Stages of Higher Knowledge were excellent reads and I highly recommend them to all who order from you. I've got to admit since you and Rudolf Steiner came into my life, you have shown me a real truer understanding of scriptures like no one else ever has. I'm just writing you these few lines to say thank you very much for these last books you sent me. They were excellent

in opening me up to the teachings of *The Rich Young Ruler*. *Joe Luis, Pollick, LA*

I enjoyed the *Philosophy of Spiritual Activity* very much, I'd read it some time ago, and it was nice to do so again. Your lending of books is just all so decent and trusting, something extremely rare in this place. A little side story, you are also aiding my college credits, as much of my syllabus is found within the pages of titles you sent to me to review. Part of my degree constitutes me reading and writing what are termed 'reaction papers' on what I've read. Each 900 pages of reading (can be one book or three or nine) and reaction writing gains me one credit! *Bradley, Amarillo, TX*

I am hoping to borrow a couple books from the APO library loan program. I've been diagnosed with anxiety, depression, bipolar, PTSD and Attention Deficit Disorder. I experienced some pretty severe psychological and sexual abuses as a child, and I've struggled with drug addiction since my early teens and spent most of my life since then in jails and institutions. I'm working toward transformation and healing and looking for any help and advice I can get to move forward. *Justin, Marian, OH*

The universal journey of knowledge in all the books that you have shared with me has been enjoyable. Thank you for reinforcing and confirming the knowledge in this path. Thank you for your generosity and sincere help. *El Roderick, Oglethorpe, GA*

I want people to know that I was on life's path and slipped. Even in these missed steps we in prison do try to build a better tomorrow. I've learned not to judge a being locked in a cage for what a piece of paper tells me someone is, that even in our greatest moments we at any time can become vulnerable. Anthroposophy has provided me with insight of how to cope in this dark world I now find myself in. I look to understand knowledge, not just to have knowledge and wisdom if I may. The outreach ministry and the newsletter have helped to improve my insight into that which is as yet unknown to me. The insight of the many others who write to you lets me know I'm not alone. I believe that the truth sets people free even when incarcerated. *Ethan, Meridian, MS*

Thank you for continuing to make these life changing books available to inmates. I began this journey with you over two years ago and am also doing your correspondence course. I will never be the same person I once was. Thank you so much. *Stacy, Gatesville, TX*

Never can I come close to saying how much anthroposophy has positively impacted my life. I now have a much greater ability to live my life peacefully. By practicing mindfulness, and having a daily meditation time set aside, I find myself being content, centered and forgiving. I would like to thank you for your Newsletter, I enjoy reading what the other inmates write in each issue, and their words are truly inspiring. *Adam, Railford, FL*

I love your books. They got me through some hard times and helped me out mentally. It has changed my whole outlook on life, past, present and future, thank you. *Steve, Wasco, CA*

I am surrounded by men who dwell in the 'Land of Nod' (lower nature). It pains me to watch them hurt each other. Yes! I labor daily to fight their darkness (ignorance) in thought, word, and action. I am on my way to the rec. yard to see young angry children with life sentences. Young men who never knew their Dads! Young men who don't have children, young men with tattooed tear drops waning down their eyes which denotes how many times they have "walked Cain's path". Young men who opened their infant eyes in the ghetto to gun shots, dope and no hope. I understand the tears of Jesus, the grief of Mohammad and willing renunciation of Buddha. Reading about Jonah in the fish's belly is one thing, but to live it is entirely different. Brother Steiner has always had an amazing way of making esoteric studies easy to understand, I feel regenerated and hopeful to know he can reach each layperson. *Woody Lee, Railford, FL*

A fellow inmate let me read your summer 2018, #29 issue of *Illuminating Anthroposophy*. It was so enlightening, I know these newsletters will brighten my horizon and make me a better me. *Thomas, Hunstville, TX*

The Goose Down Feathers

cont. from pg 1

collected all of these feathers and contained them again, you will have undone the deed that you have done." Moses handed the torn bag back to the young man.

The young man panicked, and ran down the stairs. He quickly collected the feathers that had fallen directly below. He chased those that had flown down the street to the right, clutching each feather as it bobbed in the air before him. Then he thought he should collect those that had flown down to the left. Some feathers moved in warm draughts up and out of reach.

The young man had thought that Moses Maimonides had created a magical translation of his spiteful gossip: all he had to do was collect all the feathers, and everything would go back to the time before he had spoken. He tracked feathers stuck in ivy growing up walls of buildings, and climbed up to retrieve them. He watched feathers go up to the rooftops.

He knocked on the door of a house.

"Yes, who is it?"

"May I go to your rooftop?"

As the rooftop is an intimate place where the family meets in the cool of the evenings, the resident asked, "Why do you want to go to the rooftop of my house?"

"To find a feather from my pillow!"

To the first resident, that claim seemed so strange, and yet the young man so enthusiastic, that he let him through.

At the top of the roof, the young man found three feathers. He peered out in all directions to spy others, and ran down the stairs, thanking the resident and moving to the next house.

"May I go to your rooftop?" The young man's enthusiasm was a potent calling card, and he was let through. He went down the street in this manner.

One resident opened the door and frowned. He turned to go back into his house, but now a few of the residents were standing at their doors, and shouted at him, "Let the young man in! He really is looking for feathers from his pillow!" The frowning man looked at the

young man, and at his neighbors, shook his head, and said, "All right, all right, see what you can find." The young man bolted up the stairs, coming down with a feather in his hand shouting, "Thank you! Thank you!"

As the task of finding the down feathers grew from minutes into hours, and as dusk came, the young man realized that it was an impossible task, that he would never find all those feathers. The pain of confronting the impossibility of re-capturing the feathers—and of re-capturing his gossip—weighed heavily upon him. It would remind him every night when he missed the soft pillow beneath his head.

Over time he began to understand that the lesson was not so much about guilt at what he had done. Rather he understood that the main lesson was gratitude for the ability to speak—to make sounds, to use words, to express thoughts. Just as you don't pee in your drinking water, you don't pollute your spoken words.

Moses Maimonides spoke about more than misuse of words. He spoke also about misuse of feelings and actions. Though his lesson was strict, it also came from the realization that all human beings do this. We all make errors of judgment about what we say and what we do. We make errors even in how we think—because "energy follows thought," so your thoughts also send out ripples, waves—and goose down feathers. The question "Why me?" can be asked by the object of untrue gossip. "Why me?" can also be asked by the perpetrator, who struggles with why a momentary lapse of control has caused so much difficulty. The answer to "Why me?" lies perhaps in other questions: "What have I wrought?" and "What will this suffering teach me?" and "When will I meet the one about whom I spoke ill—when will this karma take its next step?"

Bastiaan Baan's article in this issue deals with visions of Christ, a Second Coming, and other beautiful and glorious experiences. He also is clear that we have to be ready for such amazing events. The tale of the goose down feathers may assist in this preparation.

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- STEPPING ONTO THE PATH -

I HAVE BEEN VERY MOVED, and inspired by the things my good friend has shown me from your program. I am currently doing 120 months. I am 27 years old (locked up at 22) incarcerated before my life truly began. From this, I have been searching for practical ways to enhance my spirituality and would really like to transform myself with the time given to me. I have struggled with how to do this for a long time; therefore, you would understand how relieved I became when I was shown your material. *Julian, Coleman, FL*

INNER PEACE AND UNDERSTANDING, I've always seen myself as being altruistic but have noticed that my gung-ho mindset has placed me in co-dependent relationships and I can be very passive aggressive out of sheer frustration of why everybody is taking advantage of me. I am a quick learner and yearn for more knowledge. I'm open-minded to new concepts. *Kimberly, Goodyear, AZ*

I HOPE TO GAIN KNOWLEDGE of the inner self and the higher self. The positive energy is the main attraction as all great minds think alike. *Hakim, Chesapeake, VA*

READING BOOKS ABOUT ESOTERIC and occult topics is what I enjoy. Through your program I hope to gain an understanding of myself and the world around me. *Stephen, Ogdensburg, NY*

I LIKE THAT YOU DELVE into the very core of the human being in a scientific spiritual point of view; its philosophy, its knowledge and wisdom between the cosmos and the inner being spirit. I like to learn and focus on our human spirituality, its existence, on our living material, physical, spiritual being (and worlds or realms). I intend to improve through writing and reading so as to create something worthy and meaningful. Thank you for giving opportunity to learn more about anthroposophy and to know, as well as to experience knowledge and wisdom in spirituality and mindfulness in being. *Alexis, Dixon, IL*

MORE LIGHT, wisdom, and understanding, power, clarity, and self-control. Also learn the knowledge of the secret teachings of Jesus and Buddha. *Zachary, San Diego, CA*

THROUGH COURAGE, conviction and change, and by way of energy, effort and endurance I wish to gain knowledge, wisdom, and understanding. *Orlando, Licking, MO*

I PERSONALLY HOPE to gain a greater understanding of myself and my spiritual life. *Peter, Sykes, MD*

WHAT I HOPE TO GAIN is knowledge and wisdom towards elevating my: mind, body and soul for betterment and personal development. I am a knowledge seeker striving to follow the true light and sovereign creator of the universe. *Major, Trion, GA*

BETTER KNOWLEDGE and control of myself is what I hope to learn. *William, Raleigh, NC*

KNOWLEDGE IS KEY to finding my higher being and to communicate with my guardian angels through methods that are taught. Learning the knowledge of our higher self and worlds, and to learn ancient wisdom, and apply it to my life. *Gerald, Columbia, SC*

WELL I AM A TRUE MYSTIC but I'm still somewhat of a lost soul. I'm always interested in learning and expanding my knowledge of life and hope to gain knowledge and wisdom and how to apply it to my life now! *Donald, Ely, NV*

I'M TRYING TO GROW as a person. I'm interested in self-development materials. I hope to be of service to others on their paths as well. *Wesley, Corcoran, CA*

WHAT I HOPE TO gain from this program is true knowledge, and an understanding of who and what I am supposed to be. *Dlawte, Westover, MD*



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Illuminating Anthroposophy
Anthroposophical Prison Outreach Newsletter

Meditative Verse

*In present earthly Time
Man needs renewed spiritual content
In the words he speaks
For of the spoken word Man's soul and spirit
During the time outside the body while he sleeps
Retain whatever is of spiritual value.
For sleeping Man needs to reach out
Into the realm of the Archangeloi
For conversation with them;
And they can only receive the spiritual content-
Never the material content of the words.
Failing such conversation,
Man suffers harm in his entire being.*

Rudolf Steiner