

Breathing the Air

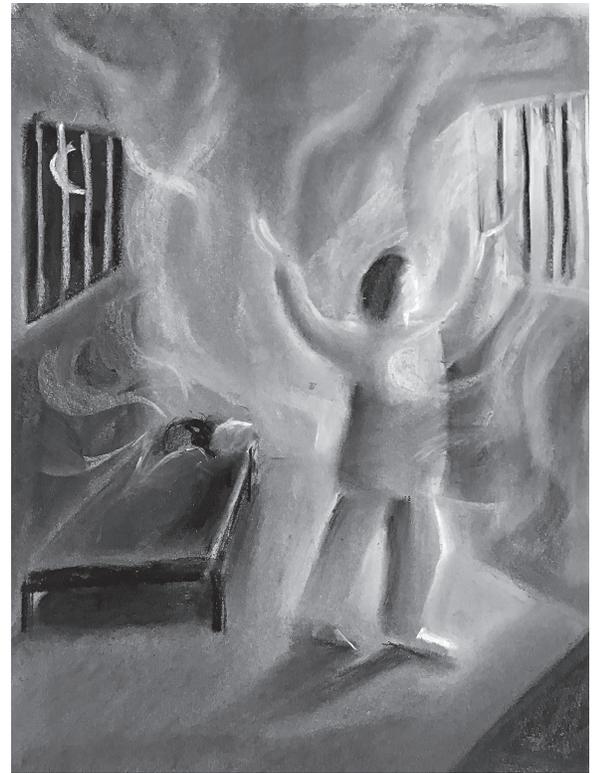
By David Tresemer

B“K-BAM!” a distant heavy door shuts. You can hear the echoes down the hallways, smaller and smaller sounds, “K-bam, K-bam, k-bam, bam, bam, ... bam...” All those sounds are carried by the air. “D-d-d-rrrring!” An alarm sounds, a buzzer, a marker of time, also rippling out through the air. Clumpy footsteps walking in the distance, voices far away, all echoing, some stronger in their echoes, some less, the hard walls making echoes, a similar rhythm in the echoes. All the sounds and all the echoes tell time. They have an expectable rhythm to them that confirms that we’re in a time and in a space of air. You can’t hear anything in outer space, even a hundred miles straight up; there’s not enough air for sound to travel through. Air and sound work together.

Inside, outside, a strong wall in between. Even though I can’t go through the wall, and I may be stuck in a building, nonetheless air travels around that wall, moving freely across boundaries, air that holds something so important to us that we need it regularly. In another article in this issue, Mary Stewart Adams writes that each person breathes on average 18 times a minute, which makes 25,920 breaths every day. I don’t know anyone who has counted all of them but I have counted the breaths I took in a minute, averaging several minutes. That made me confused as I averaged 16 a minute. Then I found some scientific research that confirmed that counting one’s own breaths slows down your breathing. After reading that research, I counted other people’s breathing when they weren’t counting their own, and it averaged 18 per minute.

Eighteen breaths a minute times 60 minutes in an hour, times 24 hours in a day, brings you to that number 25,920, which Mary Stewart Adams also related to Plato’s Great Year—25,920 years to go from the Age of Aquarius back through Capricorn and Sagittarius, on and on, all the way around to the Age of Aquarius again. Through the rhythm of 25,920, just one of my days bears resemblance through a kind of echo to an immensely long period of time, the Great Year. Air has a way of getting into every nook and cranny, of sneaking through cracks, every space coming to equal pressure, with a full load of oxygen, which is what we need over and over again, exchanging with the carbon dioxide in our lungs. Plants take in the carbon dioxide and with sunlight make the sugars that circulate in their ‘blood’, then they give off oxygen. Humans take in the oxygen that the plants give off. The beauty of the balance is astonishing. Oxygen is about 21% of the atmosphere. Even a few percent more and there would be fires popping up, spontaneous combustions of fuels, because fire is encouraged by oxygen. A few percent less oxygen and people would pass out on the streets from too little—hypoxia. Oxygen levels at 7000 feet are the same but the air is thinner, so the effective percent of oxygen per breath is 16%. A lower percentage brings people headaches, and worse. As they say to those ascending Mount Everest, your body is dying, so make it quick.

The most regular breathing comes during sleep. Eating requires attention, and preparation, and clean-up, and lengthy digestion—a project. But breathing is automatic. Thank goodness we don’t have to manage our breathing. It would be difficult during sleep! Who then manages breathing? Here are some ideas to observe and see if you agree. Exhalation is a letting go. Sometimes—researchers estimate twelve times an hour—we use a special exhalation called a sigh, a deeper letting go that is necessary for a loosening and relaxation of our entire body.



“Breathing” Artist: Iris Sullivan

*A twofold benefit
comes from breathing.*

*Inhaling air and
letting it go.*

*The first oppresses,
the latter refreshes,*

*Thus life is blended
wondrously.*

*So, thank God when
He presses you,*

*And thank Him when
He lets you go.*

Johann Wolfgang
von Goethe

CONTENTS

1. **Breathing the Air**
By David Tresemer
2. **Greetings;**
Letter from the
Editor

Meditations
3. **The Year as a**
Being
By Mary Stewart
Adams
4. **The Year as a**
Being
cont.
5. **Book Reviews**

New Ways of
Thinking, Feeling
and Willing
6. **So What's Your**
Experience?

Illuminations
7. **Art and Poetry**
8. **What are the Fruits**
of Anthroposophy
for you?
9. **Inspired by your**
Reading
10. **Self Awakenings**
11. **Breathing the Air**
cont.

Stepping onto the
Path
12. **Meditative Verse**

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

Dear Readers,

You are receiving this issue in a unique period of time. The world is in the midst of a pandemic. Individuals in prison are feeling concerns for their lives and their health while also feeling the stress of shutdowns limiting movement within prisons. In the outer world we are experiencing what many say is the largest social movement in U.S. history – a movement for racial justice and social change.

As we all know, outer change is inspired and supported by inner change. Each one of us working meditatively to awaken love and peace in ourselves supports the awakening of compassion and justice in the world. APO is here for you. We honor the inner work each of you is doing.

In this issue, Vol. 32 of *Illuminating Anthroposophy* we bring you two articles, one titled: *Breathing the Air* written by David Tresemer and another titled: *The Year as a Being*, written by Mary Stewart Adams.

David Tresemer's article explains how the air we breathe is generously provided by the plants of this earth. This article links sound and air, with an exercise to free up breathing. We hope you will give the exercise a try.

Mary Stewart Adams' article offers an imagination on the year that inspires us to experience, year by year, each of the seasons as a vehicle of inner growth. No matter what outer circumstances we find ourselves in, contemplating the waking and sleeping of the Earth in its seasons, as well as its rhythmic breathing, supports us in finding this *Being of the Year* - a being whose mood can change from one year to the next. Such a contemplation can bring about a sense of harmony between the smaller self, the microcosm, in relation to the greater self, imagined here as the macrocosm, thereby allowing us to turn experiences of isolation into opportunities for inner growth.

As further inspiration, we enclose as an insert in this newsletter a special gift - a copy of the 52 weekly verses of the *Calendar of the Soul* by Rudolf Steiner. Working with these verses as they change weekly helps us grow inwardly and develop our soul connection to the cycle of the seasons. We would love to hear your experiences with them!

Blessings on your path, *Kathy Serafin*

Meditations

The Rose Cross Meditation was very good. It impacted me the most. I was able to attain new tools for my meditative needs. I have said it before, and I will say it again, I am so impressed with Rudolf Steiner. The wisdom contained in his work is amazing. Thank you. *Joe, Chowchilla, CA*

I have been working with the *Six Subsidiary Exercises* for several months now. And now I am on the sixth exercise where I am learning to incorporate them into my daily life. I am also learning that although they seem simple at first, what you get out of them depends on what you put into them. In addition, I have begun practicing *The Rose Cross Meditation* twice daily and the *Daily Review Exercise* at the end of the day. These are also practices that seem simpler but do take a good deal of concentration and mental focus to accomplish, as I've discovered. I am adding these practices to my routine slowly, so I don't overwhelm or confuse myself. I am eager to try new practices, even though I want to stick with just these for a while until I feel confident that I've got a handle on them. *Eric, Lisbon, OH*

I was just loaned a copy of *Introduction to Meditation* written by Eileen Bristol and found it to be interesting and well written. I was most interested in how, rather than telling me what to do, it showed me how to learn what works best and how to make it work for me. Thank you. *Kevin, Malone, NY*

Meditation has allowed me to take in a lot of chaos and still be healthy nerve wise. My inner tranquility 'bends' to the forces of life to seek the root of a situation. The calm from meditation flows into the contemplation – it has made life a total wonder. *Duncan, Delano, CA*

In my meditations I have been having some meaningful insights brought to me that are shifting certain preconceptions and perspectives I have held for a long time. I am convinced more than ever in the existence of higher worlds and their residents. I see things, beautiful things all about me. When I see the sun's rays lighting upon a flower blossom, or the way the light shimmers off the grass. Or even the life force which helps a bumble bee to fly. In all this I see reflected even more when I look at the people around me and am filled with a united love for them like I never have felt before. It gives me hope for the future evolution of society. Rudolf Steiner's words on paper are made into reality for me. All I have to do is open my eyes and see, really see what is. *Jonathon, New Castle, IN*

I meditate daily for an hour or two at a time. It certainly has made me more aware of my negative thought patterns and has increased my joy for life. I can say that it has made me more aware. I've changed my meditation process and I've begun to look at other people differently and more humanly if that makes sense. *Dale, Oglethorpe, GA*

Truthfully, I've been torqued up the last 6 months having the *Verse for Meditation* in the evening and in the morning taped to the underside of the break bed above me on a 3x5 card to the right of our sink. I like the meditation verse. I meditate before I sleep I increased time at night to 40-50 minutes. I love it. The *Michael Verse* reads true for to me. My last 6 months have been pretty consistent on a variety of meditations, body scans, gratitude, breathing, changing and stillness. I'm a new Tom and can make it through the time of existence while incarcerated because I can do it anytime, anywhere and clear myself. *Tom, Gunnison, UT*

My thoughts and prayers are with you, my friends, during these trying times. I can tell you that the spiritual and general knowledge I have gained from these studies have been a true blessing. I see a lot of confusion, doubt, and uncertainty about life, health, and the future. Some have even begun to doubt their faith and belief in God. I have calm on me right now! I have a peace that most cannot understand, and I know that peace comes from learning and practicing the daily meditations I have learned over the years from Dr. Steiner and others. *Lawon, Winnfield, LA*

Meditation has affected me greatly. I try to meditate on various things which appear to be God-like. I have studied the *Self Development in the Penitentiary* pamphlet to a degree so the positive input has affected me. *Teddy, Stormville, NY*

While meditating, I control emotions through breathing exercises using methods such as the seven chakras. When I find myself stressed, anxious, and depressed, I focus in on a deep meditation mode and relieve myself from obstacles. *Alexis, Dixon, IL*

Anthroposophy affected my life when I was in solitary confinement. It gave me some different perspectives that kept me calm and helped my patience. I used some breathing teachings, looked into myself, and challenged myself to take responsibility so I don't make the same mistakes. I use the meditative breathing exercises. Also there was a concentration exercise I tried. All you had to do was stare at a chosen object and describe everything you noticed about it for five minutes. I'm now released from solitary confinement. *Mark, Danemora, NY*

I have an instinct to turn within, particularly through deep meditation. At this point in my life it's all that I have left. For the past 9-10 months I've remained in solitary confinement primarily for the purpose of the developing spiritually. During the past eleven months, I have practiced deep meditation daily for approximately one hour. I believe that the vivid dreams, and rarer lucid dreams I've experienced are due to the practice. *Thomas, Cumberland, MD*

The Year as a Being

By Mary Stewart Adams

Time is an element that seems to move quickly or slowly, depending on our circumstances. This is strange, because the systems we use for measuring time are uniform: a second is a unit of time that doesn't vary; 60 seconds together make a minute, which is also a uniform unit of time; there are 60 minutes in an hour, and 24 hours in a day. One day follows another in time, and given that they are all uniform and seemingly stable units of measurement, how is it that one day can differ so much from another? This change from one day to the next can even be experienced when we do the same thing day after day, year after year, which is a clue that something else is going on while time seems to be carrying on, with or without us.

What is this something else, and how can we find it?

Let's start with the cycle of the year, a unit of time made up of 365 days, or 12 months, or 52 weeks. The 365 days are rooted in the ancient practice of measuring the position of the Sun at the horizon from one day to the next, where it will appear in front of a certain region of stars. Each day, this position slightly changes, and it takes about 365 days for the Sun to come back to the same place among the stars where it was when the counting started.

The months derive from the rhythm of the Moon, and though there can be 13 lunar cycles in one solar year, in our current system of measurement, we divide the cycle of the year into 12 months.

The seven-day week has its roots in the visible planets in our solar system, in an order that alternates between what is closest to Earth as we move toward the Sun and what is beyond the Earth, or further away from the Sun than the Earth is. Moon Day (Monday) is followed by Mars Day, which is Tuesday; Mercury Day (Wednesday) is followed by Jupiter Day (Thursday, or Thor's Day); Venus Day (Friday, or Freya's Day) is followed by Saturn's Day; and the week culminates in the Sun Day.

The calendar we use to organize time is like a cloak or garment that we put on the "year," and the year itself can actually be imagined as a being that lives and breathes and is discernible, if we look in the right places.

In Ancient Greece, this Year Being was celebrated through a time measurement system that had three essential parts. Known as the "Attic calendar," it included one system for determining the festival days, rooted in the phases of the Moon; a democratic or state system for establishing civic days of order, determined by the Sun; and a third component for establishing rhythm in the agricultural activity, which was related to the stars. Three systems, three celestial relationships: Moon, Sun, and stars, revealing that in ancient cultures, time was a matter of celestial significance, and harmonizing with it was regarded as a high goal.

Here in the 21st century, the calendar system used by most of the world is called the Gregorian Calendar, after Pope Gregory XIII, who established it in 1582 for the Catholic Church. The Gregorian calendar marks the beginning of the year on January 1st, a date established as the New Year by Julius Caesar several centuries earlier. The Gregorian calendar system also includes a rule for establishing the most important Church festival of the year, Easter, based on the position of the Earth to the Sun and Moon at a certain moment in the annual cycle. The rule basically states that Easter will occur on the first Sun-day after the first Full Moon after the Sun has

crossed the celestial equator at Spring Equinox. This kind of dating for a sacred festival was observed by the Jewish tribes and other cultures, but for the early Christians it meant establishing Sunday as the sacred day of observance, especially in relation to the Sun Being, the Christ.

Apart from the moveable feast days, the Gregorian calendar doesn't change from one year to the next, the way the Attic Calendar did, though it does require adding an occasional Leap Day, to keep things in order. And even though Easter is marked in the calendar according to the relationship between Sun and Moon, it doesn't mark the beginning of the year in the Gregorian system.



"The Soul of the World" Artist: Iris Sullivan

In 1912, Rudolf Steiner introduced a different calendar system, one that measures the weeks of the year not from January 1st, but from the date of Easter, which means that its starting date changes from one year to the next. Known as "The Calendar of the Soul," this new calendar marks the spiritual New Year as its beginning, and was originally built out of three key elements, somewhat like the Ancient Greek calendar. It included: 1) images depicting the position of the Sun and Moon in relation to the stars of the zodiac; 2) feast days, name days, and festival days occurring throughout the year; and 3) weekly meditative verses. This calendar focuses the user on the spiritual experience of the year, which leads to a growth in one's own, inner nature, which can be experienced even in isolation.

Rudolf Steiner described the new images of the zodiac that were included in the calendar as being connected with "the waking and sleeping of particular spiritual Beings (throughout the year)." This calendar system includes the stars, together with Sun and Moon, and the whole cycle is supported by the act of weekly meditation throughout the year. Though the system is rooted in time, it supports the idea that our experience of time can vary ~ it can seem to move quickly or slowly ~ and what's more, it supports the user's experience of the being that weaves through the cycle of the year.

Because the Calendar starts each year on the date of Easter, which moves from one year to the next with Moon in relation to the Sun, it has a changeable starting date. This means that the number of weeks in the "Calendar of the Soul" year will never be 52, because there are never 52 weeks from one Easter to the next.

Working with the calendar week by week leads to an experience of the Being of the Year that can strengthen the awareness that a year is not just one unchangeable thing hour after hour, day after day, year after year. But the ability to know this has to start from within the human being, regardless of external circumstances. We have a relationship through time to something that is much greater and that expresses itself as this waking and sleeping of spiritual beings. These beings can reveal the mystery of the year to the seeking soul. The more quiet and still we can become in this encounter, the deeper the awareness that can develop.

It took nearly 350 years for Pope Gregory's calendar system to be accepted around the world as the universal civic calendar, and it was around the time that this system was being adopted globally that Rudolf Steiner introduced his "Calendar of the Soul," almost as if it were to keep human beings awake to the true nature and being of the year.

cont. on pg 4

Then in 1923, the same year that the Gregorian calendar was accepted as the global civic calendar, Rudolf Steiner gave a series of lectures about the cycle of the year as a breathing process of the Earth. In short, he gave a beautiful description of how the Earth, just like the human being, exhibits a rhythmic breathing, with a complete inhalation and exhalation. Only for the Earth, this process isn't happening several times a minute, it takes an entire year.

Looking into nature, we can imagine that when the creatures of the Earth begin to stir from their winter dens, and the plants begin to sprout and bud and blossom toward the Sun in the Spring, it is as though the Earth is breathing itself out into the surrounding cosmos, to arrive at full exhalation at the time of the Summer Solstice, around June 21st each year. The word solstice means Sun (Sol) standing still (stice), and it marks a period of about three days when it appears that the Sun, in its apparent path around the Earth and along the horizon, seems to pause at its highest place, and then gradually, to fall back toward its full inhalation, at Winter Solstice.

It helps to imagine this in relation to your own breathing. You don't have to alter your breathing, just pay attention to how it occurs, naturally: there is an in-breath, pause, then an out-breath, pause, followed by an in-breath, pause, and out-breath again. The pauses in the breathing are like the solstice moments in the cycle of the year for the Earth, with the pause at full out-breath like the Summer Solstice; the pause at full in-breath like the Winter Solstice. If we don't pause between breaths, then this can cause hyperventilation and dizziness or loss of consciousness. In his research, Rudolf Steiner shares that the human being breathes on average 18 times each minute. There are 60 minutes in every hour and 24 hours in every day, so on average, the human being breathes 25,920 times each day.

How is this related to the Earth? It takes the Earth one full year to breathe in and out, and during that time, the Earth is rotating on its axis and orbiting the Sun. While it rotates and orbits, it is also wobbling. Scientists think this "wobble" is due to the gravitational pull of the Moon and other celestial bodies. This "wobble" was detected as early as the 2nd century BC by the Ancient Greek astronomer Hipparchus. At the time researchers were able to accurately estimate that the Earth wobbles at a rate of 1/72nd of a degree every year. Said another way, it takes 72 years for the Earth to wobble one full degree of the zodiac. We imagine the zodiac is a circle of stars surrounding our planetary system, and as a circle, it is described in 360 degrees. If the Earth is wobbling one degree every 72 years, then in 25,920 years it will have wobbled all the way through the zodiac ($360 \times 72 = 25,920$)! This period of 25,920 years is referred to as the Great Year, or the Platonic Year, a macrocosmic rhythm that the human being lives through microcosmically in every 24 hour period of 25,920 breaths.

Karl König was a great student and teacher of Rudolf Steiner's Anthroposophy, and he further developed this idea about the cycle of the Earth's year as the breathing process of a spiritual being, and our task to uncover its mystery. König describes that, at the Earth's full out-breath at Summer Solstice, which happens around June 21st each year, it is as though the Earth in the Northern Hemisphere is offering itself fully to the celestial/spiritual world. What we offer at such a moment is then met, or answered, by the spiritual world, and we are as though given a gift, which we then bear back toward to the Earth on the in-breath of the year, from Summer Solstice in late June to Winter Solstice around December 21st. Karl König

describes this as a "fructification," as though we are fructified with the spiritual seed of the new year at Summer Solstice. In other words, at Summer Solstice 2020, we breathed out into the celestial/spiritual world all that will blossom in this year 2020, and were fructified with what 2021 will be, already. All of our thoughts and dreams and our sense of self, no matter our circumstances, are carried up and out at such a time. This is then witnessed by the spiritual world and then it is as though infused with celestial substance and returned to us, for bearing back toward the Earth.

To know you are participating in this mystery, the first step is to take notice of your own breathing. The next step is to notice how every year has its own mood. Then imagine that the mood of the year is informed by what you, as a human being, are offering to the celestial/spiritual world at the full out-breath every year at Summer Solstice, and what you offer to the Earth every year at full in-breath at Winter Solstice. This "offering" can be imaginations, dreams, prayers, meditation, all of which create a substance that can be worked with by the spiritual world.

We can't feel the wobble of the Earth, but we can imagine that we are involved in what becomes the mood of the year by knowing that, like the Earth, we are breathing out into the celestial/spiritual environment, and breathing in what it has to offer back. And for all of this, the spiritual world is informed by what we are offering. If we offer our thoughts in meditation, particularly in meditation that aligns with the cycle of the year as a living being, as one can do with the "Calendar of the Soul," then a greater inner harmony may result, which gives the soul a greater sense of our connection with the world, even if we are physically isolated away from the world.

Rudolf Steiner's "Calendar of the Soul" allows us to be sensitive to the waking and sleeping of certain spiritual beings in the cycle of the year, and in verses ten and 37 specifically, it is possible to find this idea of the breathing process.

In verse ten the out-breath can be imagined:

*To summer's radiant heights
The Sun in shining majesty ascends;
It takes my human feeling
Into its own wide realms of space.
Within my inner being stirs
Presentiment which heralds dimly:
You shall in future know:
A godly being now has touched you.*

In verse 37, we hear the in-breath articulated:

*To carry spirit light into world-winter-night
My heart is ardently impelled,
That shining seeds of soul
Take root in grounds of worlds,
And Word Divine through senses' darkness
Resounds, transfiguring all life.*

As it is inscribed into the stars by the rhythmic motion and breathing of the Earth, so it is with the human being. Regular focus on the cycle of time and the being of the year can turn a time of isolation into one of inner growth.

To every thing there is a season, and a time to every purpose under the heaven. Ecclesiastes 3:1.

References:

The Cycle of the Year as a Breathing Process of the Earth by Rudolf Steiner
The Mystery of John by Karl König
The Calendar of the Soul by Rudolf Steiner, translated by Hans Pusch

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



Intuitive Thinking as a Spiritual Path

Rudolf Steiner

As students of the spirit, thinking molds our everyday being into observable consciousness as we progress. Rudolf Steiner poses a significant question: 'How does consciousness experiences itself hour by hour?' You realize, you (the 'I') becomes a mere observer

of a very large world you may describe as 'material' just as our body is material belonging to the Earth. He takes us deeper into the mechanics of real thinking to be a significant spiritual existence. In everyday thinking we are always putting concepts together as we observe them. He describes this process as an interconnection of concepts where the observed process stands in relation to it. Yet, this is the illusion before us. Thus, observation and thinking are two points of departure for all humans striving as Dr. Steiner points out. Thinking and feeling are not just observable concepts; rather, they are linked processes that come from within a microcosmic world; 'As I think therefore I am.' What does this mean? When we also feel when we think, our 'I' experiences the beauty of the thought not just the conceptual relationships. The soul and the 'I' become closer in or within each other. Steiner said that the wise ones are "who see through the nothingness of this dream world and gradually lose all desire to bother themselves further about it" referring to our world we call earth. Life is but a dream? How innocent but esoteric is the nursery rhyme 'row your boat'. The point made is that our consciousness does not contain our real 'I'. The real point Steiner makes is that our present world is transcendental realism. Until one meets the Guardian of the Threshold only then can we meet our true 'I'. This brings ourselves into true reality. My humble opinion is that this will occur in a future time in the Creators plan. Until then, as Dr. Steiner discusses, one should utilize thinking with feeling on the spiritual path for all social works today and into tomorrow. As Shakespeare knew well, 'All the world is a stage'. *Wayne, Richmond, TX*

Meditation: An Introduction to the Anthroposophical Practice of Meditation

Heinz Zimmerman and Robin Schmidt

This book is a wonderful primer for students who are on the path of self-transformation through the teachings of Rudolf

Steiner. Focusing on areas of moral development, creating an inner peace, cognition and esoteric language guides the reader along the path towards higher worlds. I highly recommend this for continuous use and development of a meditation practice that prompts the individual in ways that typical practices fall short. The Rose Cross or Seed Meditations, and the use of esoteric language transcends the level of everyday consciousness. This turns it into an ideal. We interact with life on a higher, purer level. *Travis, Venus, TX*

Life between Death and Rebirth

Rudolf Steiner

Within four lectures, The book *Life between Death and Rebirth* shows what happens to us after death (the transitions and the different journeys we take through the spheres). More importantly, it shows that death is not final. The soul grows both through our physical and spiritual interactions. The key for all of us is to realize that the physical world is not our home. We sometimes get caught-up in the physical realities of life and do not realize that life presents us with different challenge/issues not to appease the flesh, but rather to help the spiritual man to grow. For example, if each of us thought back on our lives, we would see certain issues that always pop up. That's because each of us is born into this classroom (world) with issues to overcome so that we can eventually awaken to our true selves. Although we live in linear time, we are aligned within universal cycles. Everything in the universe is affected by these cycles. 'As above, so below.' Believe it or not we all are made from the same elements as the planets and stars. We are affected by this relation to each other as well as the relation to this earth. *Richard, Beeville, TX*

Christianity as Mystical Fact

Rudolf Steiner

As I traveled through this book, I came to see *Christianity as Mystical Fact* as the explanation of ancient cosmology. This opened up to a new understanding of Christianity and the true mystical explanation of those writings. For example: the 'Miracle' of Lazarus, was that an actual death or an allegory of an initiate dying to earthly things and awaking to a spiritual truth? Understanding this life is not actual life, just a stage to a greater purpose. I like the parable in Luke with the fig tree and how it symbolized the uselessness of the old teachings. My question is, is Christianity an old teaching now? Is there a new Christianity? Should we be learning new ideas and understanding in this day and time? This book opens one up to things in the bible that could be taken literally. This book by Rudolf Steiner has re-energized my thinking when it comes to religious texts. *Peter, Joliet, IL*

New Ways of Thinking, Feeling, and Willing

Anthroposophy has armed me with understanding, more patience than I once had, and the ability to see my anger before I feel it. It has better prepared me for the world. I now find that some people just want to be listened to, so I listen. It is surprising how much I can help change my environment just by listening. *Glenn, Troy, NC*

Anthroposophy has helped me become more patient with others and be helpful towards those on a similar path. I have come across more people of like minds too. I am taking my time to learn new ways and things that are going to affect my daily life and influence others. When I walk laps around the track at yard time, I always try to read positive books and share my time with people when they have questions: practice real listening. I'm thinking more positively, feeling more happy, and free. I am doing more spiritual seeking within myself and helping others. *Lou, Coalinga, CA*

I am learning to be patient, to listen more and to empathize with others. A guy I used to argue with from cell to cell has noticed my changed attitude because I don't entertain his foolishness anymore. Anthroposophy has helped stimulate deep thought patterns before I act upon things. Now before I take action, I go internally to question and review. *William, Raleigh, NC*

I think clearly, I feel stable, and I go about things slow with feeling. I practice slowing my thinking down to snap shots. I feel at times I am being tested to be able to stay calm. I like reading about the ancient mysteries. I now have more insight and knowledge on how all religions are tied together. *Valentine, Carson City, NV*

I don't think like I used to before I got into the APO program. I'm not feeling the anger I was feeling about two years ago. After starting the APO I'm thinking, feeling, and doing things a lot differently. I'm not the same old mad man. I've started a new way of doing things such as meditation for about 50 minutes to an hour each day. I feel stress free and I'm practicing my speaking skills to speak without anger in my voice. Something has come over me. People say I'm different now. I'm not one quick to fight. They see me reading and studying a lot now, and they don't have the fear to come speak to me or ask what I'm reading. *Dewayne, Beaumont, TX*

I am much more considerate of the perspective of others before I rush to judge their action or character. I feel connected to a much more loving and wonderful strain of life than the hate fueled bitterness formerly chewed daily. I have come to see how interconnected we all are, and how much harm even negative thoughts can have. *Christopher, Smyrna, DE*



~So What's Your Experience?~ We welcome your comments on previous newsletter articles

Spiritual Self-Care with a Daily Rhythm (Issue 30)

I really liked Eileen Bristol's article titled *Spiritual Self-Care with a Daily Rhythm*. It has really helped with a more earnest and informative desire for spiritual attainment and change. I am trying mindfulness in a daily practice and occasional meditation but my mind acts as if in tidal waves. The first time I tried these meditative techniques it made my day go much better. Since then however, I have not been as successful, and it is very hard for me. I will keep trying once every couple of days. *Devin, Ionia, MI*

Loneliness can be a Communion, Christ-Experiences in a Broken World (Issue 31)

The first time I read the article *Loneliness can be a Communion*, back when I got your letter and the books, I honestly didn't know what to say, I couldn't help but wonder why I have a tendency to push away things that talk about Christ, so I just put it away. Today, a sequence of events led to the folder with the newsletter so I figured 'what the heck', I will read it again. I didn't know what to think at first, then I happened to glance over to the very next page, and I saw my name. It was the Book Review I sent you for *The Great Initiates*. Now isn't that something! What came to my mind first of all was, being in an open bay, I don't get much alone time. As for being lonely, sometimes I do feel like an alien. I thought about times when I was a kid playing alone in my room and then I'd have the feel-

ing as if someone was watching me. It's been a long time, but could it have been Christ's presence? *Elliot, East Palatka, FL*

I really wanted to break out in tears. Not long ago I had the most profound dream that I know could not have been a dream. Every occurrence where I found myself in light praising Christ so deeply, it was as if Christ was there. I felt love, peace, and I never wanted to leave. I finally awoke in tears praising Christ while hearing heavenly singing. The whole experience left a deep impression within me. I know I am not alone. What is real, lives within. All of my life I lived in the dark ages. I had to come to prison to find the truth, the way, and the light. Is that ironic or what? Actually, I am not a criminal at all. I have no desire whatsoever to harm anyone, or anything. I guess my circumstances moved to bring about my needed correction of soul. *Wayne, Richmond, TX*

The article in Newsletter No.31 titled: *Loneliness can be a Communion, Christ-Experiences in a Broken World* was such an eye opener. Thank you, I am learning so much on my journey. I've been doing prayer and meditation every morning for about two years now and my life has been changed so much. The renewing of my mind is a journey in itself. It is such a joy to be able to live in the here and now. The anthroposophical view is the truth that I've been searching for and it makes sense. I know in my heart that the truth was out there and I'm so glad I found it. *Shawn, Henderson, TX*

The little sparrow was collecting for repairs, I guess

Due to last night's storm having disrupted its nest

Twigs and debris were probably easier to see

On the concrete security, so austere,

That covers all earthly ground here

Watching this tiny creature flutter about its activity

It came to me how freedom is just a matter of energy

Purposeful vitality gives being alive a certain liberty

That even those captive can gain the ability

To engagingly soar above or transcend

Whatever conditions might be fencing them in

I felt immensely lighter once my muse flew away

Knowing the same sun giving it vigor to scale walls

Was too, shining my way

Then, down on the ground is where I found

This single tail feather left starkly behind

Maybe as tangible reminder that

I too, can fly!

Thomas, Lillington, NC

Illuminations

It is so awesome, the growth that I have experienced within myself, many thanks to all of you. I experienced a long dry spell where things just didn't seem to come together for me, but thankfully I have moved on from that. *David, Wrightsville, AZ*

My name is Richard, I am 70 years old and have spent the last 40 plus years in solitary confinement (segregation). In this time, I have changed my life and am no longer the person I used to be. I now seek only to do right, become a better person, help others selflessly, and pay my debts (karma) with the strength and courage of my inner God. My friend, Daniel has been teaching me about anthroposophy and the mysteries of the Kingdom of Heaven. He has been here in solitary with me for the past 10 years and we are grateful to have each other in our time of pain and suffering. *Richard, Ionia, MI*

In Reincarnation and Karma, the ideas in the lecture really struck me and could not be truer. I have come to really enjoy reading the words of Rudolf Steiner. I find myself intrigued by each lecture and that I must clear my mind of all other thoughts before reading. It's as though I need every brain cell focused to process the messages given forth. There were times where I re-read paragraphs over just to be sure I absorbed it. I feel that I'm finding what I've been searching for all of these years. There are times where I'd have questions while reading the Bible and Mr. Steiner seamlessly answers my questions. I am absolutely excited to receive and read more about anthroposophy and the works of such a brilliant man who was way ahead of his time. What a blessing to have access to this program! *Chad, Joint Base MDL, NJ*

I have been reading for a few years now. I fell off because I went from ACI to a mental health in-patient for all of 2019. I could not receive any books from the outreach. I have no family or support from the outside. My mental state was very poor. I'm doing a lot better now. I'm practicing meditation again and am in a mental health program where there are less distractions, violence, and drugs. It's more peaceful. I am ready to get back on the anthroposophical path and start studying Rudolf Steiner's teachings again. I get out, June, 2021 and I'm working harder than before to strengthen my mind, body, and spirit to its fullest potential to meet Christ in the cosmos and bring my micro-cosmic body together with the macro-cosmic heavens for my liberation into the infinite. *Robert, Crawfordville, FL*

I have changed my life by growing and evolving more and more everyday to be at peace. I want truth, peace, love, and my freedom so I wait on my I AM to fully shine. How do I pray? What do I say? Do I continue to pray The Lord's Prayer or the Psalm The Lord is my Shepherd? I am a hurting man who needs the truth from someone like you. I understand Rudolf Steiner's book and I thank you for the read. I also love Kristina Kaine's book, *The Virgin & the Harlot, Secret Guide to the Apocalypse*. It gave me the truth on Revelation. I truly understand what she is teaching. I want to be free with a free spirit of love. Please walk with me. I need you. I'm just someone calling out in the wilderness. *Claude, Lebanon, OH*

Thank you for allowing me to participate in your prison outreach. I'm able to figure out how to quiet my soul for meditation through prayer. I must say the nights are the hardest once the lights are out and it is silent, that's when the noise starts up in the brain. I'm learning though, I just wish I knew about you years ago. I guess with my age we begin to slow down. What I have left with my life I want to be content and happy. I do have a date in 2029. I've been down 11 years. I just got an application for a reduced sentence. I mentioned your program and that I'm enrolled in self-study. I hope and pray it all works out. *Rubio, Soledad, CA*

The corona virus pandemic has made an already chaotic situation worse. I have shared these books with a few people who are open to suggestions, self observant with self discipline and self control. These readings are helping my relationship with myself and those around me, including my family outside of these walls. *Alex, Hartsville, TN*

I've always been interested in esoteric and occult philosophy. I was reading a book of the kind when suddenly, some mail was slid underneath my door. When I got up, I saw that the mail belonged to my next door neighbor and was given to me by mistake. I called my neighbor through the back window and told him he had mail and who it was from. He explained he receives newsletters from you and offered to let me read it if I wanted. I did read it and it was the strangest thing because I had never discussed the subject of esoteric or the occult with my neighbor and for your newsletter to simply land in my hands at the very moment it was on my mind seemed like divine intervention. *Jamari, Waycross, GA*

Art and Poetry

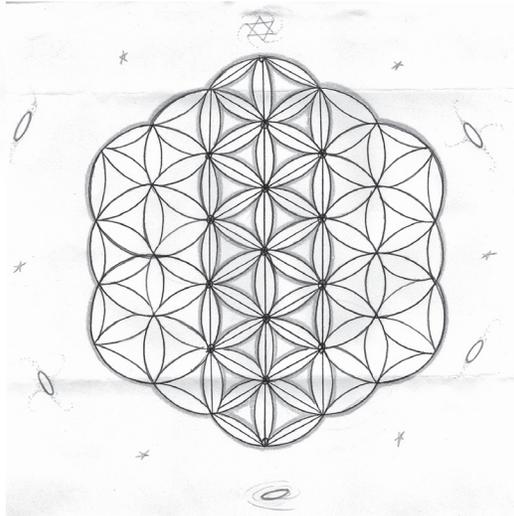


Jeremy, Wrightsville, AR

Earth

Essence of fire shines bright upon our mother,
Us the beloved ones chosen for no other.
My words sculpt our home as
precious as it is,
Within our paths upon it wisdom and
knowledge we must give.
Good or evil, black to white
Our purpose on earth has reason and right.
What we choose to become and what we choose to ignore,
Shall reward us either less or more.

David, Napa, CA



Adrian, Tehachapi, CA



B.J., Corcoran, CA

My Work

My work is on the inside
Where no one needs to see
I strive to make the change
I need
To be a better me
Days go by and time
moves on
They flow as life unwinds
Some things I keep out front
in sight
Some things I leave behind
The rolling waters never stop
Nor will they ever slow
They tumble through and
out of sight
To where – nobody knows
I learn my lessons as I grow
Each one brings something
new
I hope the next one helps
me see
The best that I can do
I pick up what I can each day
And save what I may find
Improve myself and
do my best
In body, soul and mind

David, Wrightsville, AR

WHAT ARE THE FRUITS OF ANTHROPOSOPHY FOR YOU?

WITH THIS PROGRAM I see things through many more perspectives and points of view. I look at people and see them differently than before. I'm still somewhat judgmental, and look for others' flaws, however I am more patient and forgiving now. I used to be angry and reacted to others' comments without thinking. I have finally seen a noticeable improvement. Patience! Reviewing my day at bedtime helps, this is most important. Now I have more insight, mindfulness and a lot less chatter. I can focus more and remain calm. *Jeffery, Union Springs, AL*

MY INTEREST is in the occult history of the earth and man throughout the different periods. That information helps me understand the origin of humanity. I learn how to correct my faults and the ways and means of spiritual growth. I have replaced bad habits with good ones. Virtues are fruits of the spirit. I no longer judge situations, people or events. I now keep my emotions at bay and have empathy when dealing with others. I am learning that I am on the right path and my meditation has gone much deeper to where I can center my consciousness. I have now taken my life in my own hands (destiny) and strive in the direction that I want it to go in.

Roderick, Crawfordville, FL

ROSIKRUCIANISM and the Mysteries inspire me. Rudolf Steiner's writings have gotten me to see from a different angle. Reading and studying his writings has actually helped me to 'grasp' deeper meanings of the Rosicrucian Philosophy and the Esoteric Sciences. I am thinking more pure thoughts, I am feeling freer energy and I am staying closer to the divine laws. *Earlie, Corcoran, CA*

ANTHROPOSOPHY has given me encouragement. The fruits it has produced are tremendous to say the least. Yes, and it has given me reconciliation with my family and peace of mind. *Ulyus, Memphis, TN*

I WOULD LIKE to explore further the different aspects of astrology because I know that our bodies are constructed from the same energies and elements of the earth and thus subject to the same environmental influences. I know our sense of reality is based on our thoughts, beliefs, and concepts that are subject to change when understanding is gained. *Kendric, Swanquarter, NC*

THESE TEACHINGS inspire me because there is no other that brings the cosmos and Christian teachings together. I see life and all of its contents in a different view. I feel as if I am evolving in mind and spirit. I can think more clearly. I feel confident in myself. I don't react to situations first. I analyze before making choices. *Joe, Chouchilla, CA*

I TRY to work out problems in a logical manner now instead of reacting. I'm at peace. I try to lead by example where I once bullied and beat others to my will. I strive. Through meditation and sharpened perception I am able to see and control not only my own passions, but read and redirect my response to others. This has helped me avoid violence and conflict. Each morning I focus on daily goals. Each night I review my day. This has had a profound effect on my well being; physically, mentally, and spiritually.

Richard, Tennessee Colony, TX

ANTHROPOSOPHY transformed my consciousness through meditation, self-study and a desire to productively and positively affect mankind. I have a more enlightened association of friends now. My karma (good) returned is more. The way I look at 'the truth of reality' compared to how I previously viewed reality feels spiritually mature. My poetry, writings and artwork reflects surprisingly what I'm learning with Anthroposophy!

Keith, Michigan City, IN

IT PROVIDES a more in depth study of many subjects previously studied such as biblical knowledge. The newsletter is inspiring because it shows the inspiration gained by others to follow the path. Others inquire about my studies, they ask how I remain so calm in the midst of chaos. I have tried to live the teachings in *How to Know Higher Worlds* which helped two white supremacists become seekers of spiritual initiation. They severed all ties to their old ways and have come to me for guidance, I'm African American! I have made some form of mediation a daily practice. *Bobby, Victoria, VA*

I HAVE MADE attempts in every area of my life to be the "observer" and not the "observed" constantly applying new methods and always in a state of refinement. My mother can see and hear the difference in my actions and speech. *Joseph, Bomifay, FL*

I HAVE BEEN LEARNING about the 'spiritual self' and how it relates to the external. It's a lot going on. It has been 3 years since I began studying

and it has changed my outlook on life and how I view the world. My favorite books are about Rosicrucianism, the mysteries, reincarnation and karma, sleep and dreams. These have been eye openers of knowledge about life, the cosmos, the spiritual soul, and how it all works. It opened my mind to another level of understanding that affects my life in a certain way. Now I know what it is that I'm feeling. I read into things in life differently than I had. Yes! I do not have anger issues any longer; I just don't have it anymore, no desire for it! I'm more at peace with myself now. I am not letting anything bother me. I have a good friend with whom I share knowledge and information. He is a Muslim and is very perceptive to what I share with him. He likes it and gives me feedback.

Darrell, San Luis Obispo, CA

THE MYSTERIES and Rosicrucianism studies have awakened the divine spark within myself. I no longer despise other humans and am more social. I no longer cuss everyone out just because. I've even been told 'You're not the same dude'. I have turned a complete 180. *Robbie, Galesburg, IL*

READING and studying anthroposophy has greatly increased my spiritual understanding of myself and the world around me. Since applying the knowledge I've acquired in these studies I have noticed positive changes within myself. I used to feel disgruntled and angry at the world and others, but since fully applying the meditations to my daily routine, I no longer feel those negative aspects of myself. My ways of thinking have also greatly improved. I now see clearly the path before me instead of being clouded by the negativity that once ruled my thoughts, I now apply myself to creative and positive means. I do morning and evening meditations to help start and finish my day. *C.J., Wrightsville, AZ*

IT HAS OPENED my mind to another level. I see things as they are and it lets me see me as I am, a person full of sins. I am not perfect just like the world around me. But, if I can change myself, I change the world already. I meditate more. I seek to forgive others more, so I may be forgiven in the future. I had a bad temper and I can say I was a bit greedy. I learned how to listen and think before I speak. I learned to give with the heart and not with the thought to expect anything back. I think about others, not just about myself. I think with my mind and much with my heart even if I do sometimes let my heart win. I feel with my soul and spirit, not with the body. The body is just a car, my soul is the driver. I do as I want to be done to me. I humble myself. *Eddie, Defuniak, Spring, FL*

THE CYCLES of my life have changed. I am applying what I have learned in anthroposophy, I now speak less and think more. Most days, I have an active meditation and breath work is important. *James, Walla Walla, WA*

THROUGH ANTHROPOSOPHY I have definitely become more spiritually aware. I feel as if I have increased my levels of acceptance, love, and understanding of mankind. I have found a peace in and through all the teachings offered. There is no sugar coated special effects. Information is set forth and we are all given the chance and opportunities to experiment for ourselves. This is truly making it spiritual science. Some affects and fruits that have been yielded would include a higher love for others and a higher regard for my fellow man along with an inner peace. *Jared, Midway, TX*

I HAVEN'T BEEN out of solitary confinement for a very long time due to my anger and lack of self control. I wonder how far along I'd be with distractions if I were on the yard as much as I was in the hole. I feel fortunate for the time I've had to develop myself this far. I've studied all the literature you've sent me. It's actually been beneficial to my self development. My favorite areas of interest so far are meditation, self-control, and mind broadening through daily practices. I'm slowing down, relaxing more and not taking myself so seriously. I've begun the practice of taking different pauses around the same time each day that I never had before and randomly placing things like my comb or toothbrush in different places to strengthen my memory. *Steven, Mt. Olive, WV*

THE LIGHT IS NOTICED when it shines bright. Prison is mostly darkness. It's hard to fathom the amount of seeds that have been planted. Everyday my covenant with my creator is true and correct, praise the Christ consciousness. Four years of beauty with some really tough times, but there was beauty in the hard times. I had two years of shock and suffering and now four years of meditation. Six years of total awakening. Physical life has not changed, except my spirit leads me through problems. *Freddie, California City, CA*

Inspired by your Reading

My thoughts on *Facing the World with Soul* were awakenings that expanded my thinking processes to be open for deep understanding of healing through concentrating, meditating, imagining, and contemplating life in a better way. *Understanding Your Temperament* brings understanding of self and others by recognizing the personalities and how to understand the ways each of them work toward personal and interpersonal relations. It brings me back to the reality deep within myself. *Issac, Homer, LA*

I enjoyed the book *Spiritual Beings in the Heavenly Bodies in the Kingdoms of Nature*. I like how it gave insight into the spiritual world and how it relates to physical astronomy and the material world. It also mentions hierarchies in the spirit world from Angels to the Seraphim and Cherubim. It spoke on the sun and its beings as well as luciferic beings. I wonder if this book was purposely chosen for me. It helps me see a time in my life in a different view. I've seen, at different times, a dark shadow entity and it seemed to stay around at home after I left. At times they still let their presence be known to me. Other than seeing things move by themselves, I shouldn't have been able to see it with my physical eyes, but I have before. This leads to more questions than answers for me. *Ezequiel, Iowa Park, TX*

I have been on a spiritual quest for a few years and it has really transformed my life for the better. In Rudolf Steiner's book *Intuitive Thinking as a Spiritual Path* I believe the type of philosophy spoken of is the exact thing society needs. I also like the ideology of the Rosicrucians. After having a few years to really discover my thoughts of my true 'self', I have to give special thanks to occult studies for its enlightenment and support for making my transition to a higher level of consciousness even possible. *Jesse, Jackson, MI*

My name is Jeffrey. I am serving life without parole in PADOC. I just finished reading the book *How to Know Higher Worlds* by Rudolf Steiner. I love the book and I am very interested to learn more. I want to meet the Guardian of the Threshold. I have experienced bliss and different colors from mantra meditation. I want to learn more. *Jeffrey, Bellefonte, PA*

I'm returning the books. Thank you for trusting me with them. The books *Life beyond Death* and *The Inner Work Path* enlightened my mind and perception of the spiritual world. They also helped me understand myself and others better. Some of the points in the books had deep profound meaning but I figured them out. *Jeremy, Snyder, TX*

I've struggled for quite some time. I've had to quiet my thoughts to make sense of the words. This is a different form of self-education. I could be home in a year if all goes well, which helps me to focus more because this (Prison) needs to come to pass. A good friend of mine, Jeremy, referred me to you. I'm glad he did. I've felt life is crazy. There are no easy answers. I think it's the direction, and we together find the answers. *Raymond, Calico Rock, AR*

I just read *How to Know Higher Worlds* by Rudolf Steiner. The book was excellent and really made me stop and think deeply about what will come next in my life. Something deep down inside of me stirred and the connections that I made with Dr. Steiner's revelations have been, to a degree, pleasantly disturbing...I can feel the truth in his words. *Brian, Corcoran, CA*

Becoming Aware of the Logos is amazing. I was made aware of this concept years ago and have always seen it as another word for prana, chi, light or whatever particular cultures named it. This is the Greek word for it adopted by the Christians. The realization of the truth of the *Logos* gives the believer knowledge of God within them. This brings a responsibility that few choose to accept. *Dustin, Teague, TX*

Wow! I feel so fortunate for having stumbled across Steiner and the APO. I have come to understand and accept my current condition for what it is. This is a brilliant opportunity to transcend normalcy and find purpose in the most defiled of places. Some of the points from *The Rose Cross Meditation* were the ideas of conquering over base animal instincts in order to experience your true potential. Also the idea of dying and becoming means to me the death of your lower ego in order to unite with the Christ Principle and your true self. I took significant notes for my studies. *Nick, Sturtevant, WI*

I am reading *How to Know Higher Worlds* for the third time. I've been reading the book about once a year and it never fails each time I read the book, I pick up new insights. *How to Know Higher Worlds* is a great book from Mr.

Rudolf Steiner. Thank you for the Newsletter. It always proves to be good reading material, especially when hearing from other prisoners. *Jerry, Ione, CA*

I really enjoyed reading *The Etheric Christ and the Risen Christ* book. It talks about how the bodies of man were turned back upward in healing and how we as the 10th hierarchy are a part of helping the etheric Christ shine, and how important we are for the hierarchies as well! *The Path of the Soul after Death* was so enlightening. From his knowledge of the unseen realms, Steiner seeks to enlighten us of the importance of our conscious influence on the so-called 'dead' as their influence on us on earth continues as well! He describes the processes and experiences that we undergo after death. This is a subject that I am greatly interested in. *Brandon, Punta Gorda, FL*

The book *Give Us This Day* by Rufus Goodwin gave me a different understanding of the differences between meditation and prayer: Learning to concentrate and focus is about relaxed meditation. Faith and belief is about experiences of prayer. It is a great book that gives a history of not just prayer, but an understanding of what religion was like in certain eras of time. Rudolf Steiner's book, *Life Beyond Death* gave me a great understanding and education into spiritual science. It's so us in not paying attention to the countless possibilities that exists in the world of actual events. Thank you for giving me a chance to educate myself in anthroposophy. Both books made me have an open mind about life. *Tyrone, New Boston, TX*

The books that I read were highly interesting and spiritually valuable. I shared them with my cell-mate, as we share the same interest. Matter of fact, we have a motto that we always say: 'There's no such thing as a coincidence.' Therefore, it was no coincidence that I received your books at the start of spring. We read and learned the ancient meaning of Easter; then we took notice of world news segments. Briefly mentioning certain ceremonies/events taking place around the world in different cultures and peoples. Before such news segments would have made no sense. I'd developed an opinion that Cain and Abel represent two separate streams; Rudolf Steiner's *Freemasonry and Ritual Work* confirmed it. My cell-mate and I had a profound and positive experience, yet unexplainable, as we read and shared our thoughts and opinions on your books. *Paul, Soledad, CA*

When I read something that really means a lot to me, I read slowly and try to absorb every word. I want to become one with the essence of the spirit that I sense behind every sentence. I am halfway through the Start Now book. It is amazingly informative and detailed. I can understand how all the different pointers will help people progress on their spiritual journey. In my experience anytime that I have read or heard anything with spiritual truth in it, I am overwhelmed with an unmistakable notion that deep down inside I already knew the seed that was being revealed to me. Consequently, I am repeatedly splashed with this notion while reading this book. I have been particularly touched by the Seven Moods: Planetary Mediations. They exposed in me an undeniable love for the spirit. The aphorisms and meditations are priceless. Having been raised with Christian and Rosicrucian roots, the Christian-Gnostic information was wonderful to learn as an integral part of my understanding. *Oscar, Milton, FL*

I struggled with *Theosophy*. It took me several readings to fully grasp its teachings but it was an awesome book and I appreciate the opportunity to study it. *Christianity as Mystical Fact* was also wonderful to study. I recommend these books to anyone on the path to higher learning. Both of these books have deepened my understanding and strengthened my commitment to knowing higher worlds. *Russell, Indian Town, FL*

The books *The Secret Stream*, *Cosmic Memory* and *The Northern Enchantment* came about at such a perfect time as to give me a feeling of cosmic harmony. It was all so beautifully in tune with the basic laws of initiation: one, which is that 'no esoteric truths shall be revealed to one who is not yet ready for it' On the same token, 'no esoteric truth shall be withheld from one who is ready for it.' These three books are exactly the pieces of the great mystery puzzle that I was searching for...for 'the hand' of the higher spiritual realm is paradoxically concealed and revealed at the same time. Only those who hold the key within them to that impenetrable door can unlock it and step beyond it into the light of that glorious sun to the great mystery school where my spirit dwells. You are a ray of light on the path. *Luke, Crescent City, CA*

SELF AWAKENINGS

EduCareDo Correspondence Course Response Summaries

Lesson 3: The Twelve Senses, Part 1

The senses were broken down and explained by saying how the upper, middle and lower senses are interconnected yet separate. One must be mindful of all of our senses, and once you are aware of them you can begin to use them. The exercises really put these into focus because now we/I truly evolve. We/I must improve from within, first by being mindful not mindless. I will try to spend a little time each day focusing on one of my senses and trying to improve my overall awareness and mindfulness. I've focused on muscle relaxation exercises, feelings and sensations. I've meditated twice a week successfully. *William, White Deer, PA*

Lesson 3: The Twelve Senses, Part 1

I observed that it is common for modern men to perceive other humans through the middle senses. It seems that this is humanity's inherent animal instincts, and without the upper senses to synthesize the percepts recognized in the middle and upper senses, one can only perceive the animal nature of mankind. This lesson gave me a new-found hope in humanity's social affairs. I now understand that the average human has not developed their upper senses, which compels them to only perceive and express their animality. It is possible to educate and cultivate the upper senses in men so that the communities can develop and compliment better social activity. If I wish to see a development in the social affairs in man's communities, I believe I must first become the change I wish to see in my fellow human being. Not only will I begin to synthesize my middle and upper senses, but (if the upper senses will assist in perceiving reality more accurately) I will practice cultivating the upper senses to be more dominate and to develop a more whole human nature. *Torrance, Defuniak Springs, FL*

Lesson 4: The Twelve Senses, Part 2

It was new for me to understand that 'With the gradual development of the polar upper senses the human consciousness evolves according to the quality achieved in the various stages of development of our senses during our life'. Also it was important to learn that the upper senses can best be developed by human interaction (I am a bit of a loner), and for human spiritual culture it is important to perceive and understand the word, thought, and ego of our fellow humans. I will attempt to be more social. *Isaiah, Connell, WA*

Lesson 6: The Threefold Constitution

It was new for me to think about what and how the 'threefold human constitution' applies to me, I never stopped to break this down for myself. I now realize that there is more to this mind, body and soul. The most important part in this lesson is the information, the knowledge, and wisdom that is in doing what you learn. I will apply this information to enlighten my skills and wisdom for a new way of thinking and change in my life. I will also teach others if given the opportunity. I did a lot of open-minded ideas and research about higher learning. I am applying new work ethics, study habits and follow throughs with everything to the best of my ability. This study is helping get a direction to a path of wisdom. *Karl, Soledad, CA*

Lesson 7: The Human Being and its Relationship to the World yes

I learned a better way to define the feeling senses, the procession of the equinoxes, and rhythm of "breaths" equals the years of platonian or great year. Close to my heart is the connection of the number of breaths we take in a day to the number of years in a cosmic year. I'm working on my *Thinking, Feeling, Willing* soul forces. I'm also thinking about the rhythm of breathing in a year's time. Is there a connection between heaven and us? I will continue to work with the senses and also the observation exercises. *Brian, New Boston, TX*

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

The new and profound outlook in the threefold perception of nature and universe was new for me. And being able to perceive this in a new depth gave me a stronger connection to life. I sit in a cage, completely cut off and separated from the world. I can now renew what I thought I lost. To be engaged and completely separated from nature, but yet to come to discover such a strong connection is remarkable. This helps me to emerge from this cruel confinement. I shall continue

to venture into this connection, traveling as far as possible to explore all realms and discover all beauties to be had. Nature reminds a captive that these walls only contain the physical sense; however, while confined – one is able to ascend to new heights of esoteric knowledge. It is in the dark depths that one comes to strive to emerge, knowing how high he is able to flourish. Coming to this study only strengthens my position in this marvelous journey!

Jeremy, Lucasville, OH

Lesson 11: The Elements, Ethers, their Origin, and Evolution

I learned that the plants and stars create the individual substances of an element. I also learned about curative eurythmy, sound, speech and the process in which we as humans have in association with the cosmic universe. The concept of the photosynthesis was most important to understand. This associates with the human concept of life, and how the life cycle repeats. Also, the four ethers: life, tone, light, and warmth in association with formative force, form, process, and substance. I would like to form a group with those who may take an interest for studying with the same awareness, perception, and conscious as I do. *Charles, Dixon, IL*

Lesson #12: Experiments with Elements and Ethers and their Effect in Nature and the Human Being

What was really new for me in this lesson was how you tied things together through sound. And the closest to my heart was the 'creative word' and the Gospel of John. I will try to feel for others, and understand more. I want to keep reading and studying. *Aaron, Jessup, MD*

Lesson #13: Experiments with Elements and Ethers and their Effects in nature and the Human Being

The true relationship between light and our discriminating faculty was new and most important to learn.

It changed my understanding of the universal teachings on the mystic meaning of light. From the east to the west, great sages referred to light in relation to the divine in their teachings. I've learned that visible light divides and division is a crude function. Thus, divine light is the not visible light. I will examine mystic teachings with respect to this understanding. *Waldo, Raiford, FL*

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

Reading the United Nations petition made me realize that there are a lot of like-minded people out there, so there may be hope for us yet. It was important to learn the fourth exercise of 'positivity', as I have been practicing 'Right Thought' and 'Right Action' for some time now. It's nice to see a difference in perception of it. I have begun looking for the 'beautiful teeth' (finding the positive) moments throughout my day. *Terry, Victoria, VA*

Lesson 18: The Arts, 6th Exercise, Living Words and Speech

Architecture expresses the manner in which man wants to be received by the cosmos. In my thoughts, the buildings represent our foundation, from time past where the buildings were solid, to now, where they are more flexible. Thus giving way to the resurgence of awakening. The most important concept learned was how man himself is the perfect instrument. This is the very reason why it is so important to have self-expression. Yet when society shushes it or does not teach constructive expression, we are left with the alternative to make its presence known. I will find new creative ways to express myself, even if it is not so constructive, by using words of positive power and influence. I've started adding new words to my vocabulary that take the blunt force out of criticism. I'm holding onto my peace and I enjoyed this lesson. *Clay, Tennessee Colony, TX*

Lesson 26: Review, Exercises, Future

To learn about the mystery of the blood and bread was new for me. Most important to me was the way the lesson solidified everything as a whole. This lesson gave health, nutrition, substance, and spirituality a new meaning. I can and will take all of this into my being and digest its nutrients so that it can create the energy that will aid the willingness that aids humanity. *Jimmy, Winnfield, LA*

Inhalation requires effort. Where does that come from? As your lungs have no muscles, your whole rib basket and diaphragm are involved in opening up your chest. Who directs that cooperative action? Your brain? Yes, and before that? Your soul—which animates you from entry at the first breath of your life to exit at the last. What you take in from the outside is far more than oxygen. There is energy—prana, or ki—in that air—the soul of the world. The soul of you invites in the soul of the world. The soul is the part which says, “I’m awake—I’m here—I see and smell and think—‘I am here!’” So you invite in soul-nourishment from the big world—from the oxygen and energy generously offered by the trees and vines and grasses, and their energy-charge, supplemented by the waterfalls and streams, by lightning and rainbows—into your body. Each inhalation builds you up inside. In sleep, the conscious part of you has gone on an adventure into a much greater world. Sometimes it brings back snippets of that adventure in the form of dreams or insights or deep feelings. If the soul (what we term the “astral body”) is gone on an adventure, who then governs your breathing? A bit of that soul is left behind, indeed the greater bit, a bit of the most cosmic part of the soul—and that’s why you breathe the same number of breaths in a day as the Great Year of Plato—because in sleep your breathing is governed by the soul of the world, which is interconnected with larger cycles and with smaller ones. For these reasons, sleep is sacred, special to you and to everyone else. When you see someone sleeping, you see their simplicity. You can sense their connection with the larger order of creation. Mountain climbers have a saying: “Climb high, sleep low.” Climb during the day as high as you dare. At night, when you sleep, and your daytime consciousness cannot attend to the needs for oxygen by forcing your breathing, when your sacred interconnection with cosmos takes place, then come down off the mountains and protect the sacred time of sleep, as you breathe the free air.

The lungs have no muscles, well worth repeating: The lungs have no muscles! Breathing works by the strong muscles of the

diaphragm pressing down, and the intercostal (between ribs) muscles pulling up and out, thus creating space, and drawing the lungs open. These criss-crossing muscles are very strong, and yet delicate. In an animal slaughterhouse, the lungs are called “the lights,” as they have very little weight and—here’s another hypothesis—they let in the energy-light that is inherent in nourishing air.

To feel this area around the ribs, put your fingertips to your collarbones, then slowly roll them down to feel how your ribs expand (out and up), and note how this rib basket protects your heart and lungs. To reinforce this protection, you need to move flexibly around these curves. Here’s an exercise to work with the essential movements of breathing: I stand with feet apart giving me a good foundation. I relax my shoulders and neck. I begin to twist my torso from one side to another, to face my right, then my left, letting my arms swing free. My right hand flops against my left thigh, and a full second later my left hand flops against my right thigh. If they swing out and flop against my thigh, I know they are relaxed. There is a twisting movement in my ankles, knees, hips, and along my spine. Each rib moves slightly in relation to its neighbors, and the rib-muscles (“intercostal” muscles) are gently stretched. I have done this in preparation for mowing with a scythe. Indeed, this illustration is from my *The Scythe Book: Mowing Hay, Cutting Weeds, and Harvesting Small Grains with Hand Tools* (written some years back). We’ve connected sound, sleep, time, echoes, the ribs, the spine—as they all are connected in our breathing of the generous air.



Some further references in Rudolf Steiner’s writings: The importance of the development of air and breathing are brought forward in chapter 4 of An Outline of Esoteric Science.

David Tresemer, Ph.D., teaches in the certificate program in Anthroposophic Psychology (www.AnthroposophicPsychology.org) which offers courses in coming to know oneself—preparation for being able to help others. He also teaches various courses through TheStarHouse.org, including a course on the twelve senses.

~ STEPPING ONTO THE PATH ~

I READ ABOUT your organization in the Prison Resource Directory. I’ve been struggling extra hard recently and feel I am on the verge of giving up. I have an extremely long road ahead of me and honestly, I don’t know if I have it in me to keep fighting. If there are resources on self transformation, perseverance during times of struggle and prayer it would be greatly appreciated. *Tristan, Boone, NC*

I’M LOOKING FOR personal strength and better control of my actions and responses. I’m kind of hoping this can help me get closer to finding my center. I’m always looking for knowledge, and trying to improve myself. *Robert, Dannemora, NY*

THE NAME ANTHROPOSOLOGY, meaning knowledge of thy self drew me. I am currently trying to change my outlook on life and other people. To briefly explain, I used to be a closed minded member of a white racist gang. I have since moved on in trying to broaden my horizon. Years of drug abuse left a mark on my mind to say the least. I hope to gain knowledge to pass on to my daughter, who is now my world. First, I have to know myself. This seems like a good beginning. I’m trying to wrap my mind around understanding and I like the results. *Anthony, Sicking, MD*

AT THE INTAKE PRISON I read *How to Know Higher Worlds* by Steiner. The inside cover was stamped with your address. I would like more knowledge about myself and through that, knowledge of other people and the universe, and an ability to be practical in my everyday application of this treasure of information. It appears that what the APO has to offer is a compilation of studies and practices that will assist in my journey of understanding truth. *Neil, Sturtevant, WI*

I READ RUDOLF STEINER’S *How to Know Higher Worlds*. I want to know who I am, what my purpose is, and I want to help humanity play a part in the educational process. Currently, I’m interested mainly in knowing thyself, and history (because I like to learn about prior civilizations).

Ultimately, I hope to gain enlightenment. I would like to be taught a way to live while understanding who I am and where I came from. *Courtney, Homer, LA*

I LEARNED ABOUT you in a Newsletter someone threw away and I picked it up and it caught my attention. I want to learn about Anthroposophy and how the spirit in man connects to the spirit in the universe. I’ve been incarcerated for the last 21½ years. All these years I have tried to make sense of my experience through this prison sentence. I honestly do not know what to make of it. I acknowledge that I made some very bad mistakes in my life and regret many of them. I know that I have bettered myself a whole lot. I’m not a religious person but I do aspire to become a more spiritual man. *Gustavo, Corcoran, CA*

I HOPE TO better know myself, to grow as a person and to grow spiritually and I want to become healthy mentally, physically and spiritually. I was glad to find your Newsletter in the facility library. *Melissa, Frederick, MD*

I WANT TO utilize the material and services of APO with the ability to create change. Ultimately, this will be to reduce recidivism with helping others in their wisdom. I want to create projects for the youth on South Dakota Indian Reservations. The wealth of knowledge in your writings and the services offered will be helpful. *Yellow Eagle, Rapid City, SD*

I HAVE BEEN a member of the APO but lost my way. Your program helped me personally by opening my mind to a different way of viewing the world and my life more positively. I just really want to get back into the studies and deepen my understanding of myself. *Victor, Nashville, TN*

I HEARD ABOUT YOU from a fellow inmate. I would like help in learning how to forgive myself, and to free my mind and body to quit drugs and replace them with positive activities. I hope for a new understanding of myself, and better mediation practices. *Paul, Badin, NC*

Illuminating Anthroposophy
Anthroposophical Prison Outreach Newsletter

Meditative Verse

*Sun, thou bearer of rays,
Thy light's power over matter
Magics life out of the Earth's
Limitless rich depths.*

*Heart, thou bearer of soul,
Thy light's power over spirit
Magics life out of the human being's
Limitless deep inwardness.*

*If I gaze upon the Sun
Her light speaks to me in radiance
of the Spirit, filled with grace,
Wielding through the beings of worlds.*

*If I feel within my heart
The Spirit speaks its own true word
About the human being, loved by him
Through all time and eternity.*

*Looking upwards, I can see
In the Sun's bright disc
The mighty heart of worlds.*

*Looking inwards, I can feel
In the heart's warm beat
The human Sun ensouled.*

~Rudolf Steiner