

## Eurythmy: Meditation in Movement

BY RUTH TSCHANNEN

*If you are a musician and you are asked to play, you pick up your instrument and you start to perform. What about the idea that one's own body is an instrument and that life's circumstances provide the music?*

Or in words expressed by Novalis, a German poet of the Romantics: "There is only one temple in the world, and that is the human body. Nothing is more sacred than this high form". Going back to the image of the instrument we might say that our bony structures serve as the frame for this most remarkable instrument, and the nerves provide the strings on which life's mysteries are played. The human body on the other hand can also be experienced as a trap if we feel pain or if we realize its limitations. How can we break through this wall that hinders us to go beyond the mere physical reality of the material world? We are often tempted to use drugs to break the walls of our own limitations, but only for a short time. What happens if the trip is over and we are faced once again with our own self? In our time of the 21<sup>st</sup> century the understanding that there is something more than what the eye beholds is more and more spoken about. Meditation workshops, yoga classes and other forms of self development are offered everywhere in Western society. What role does Anthroposophy play in this expanding awareness and how does eurythmy contribute to this?



*From the luminous heights  
of the Spirit*

*May God's clear light ray forth  
Into those human souls  
Who are intent on seeking  
The grace of the Spirit,  
The light of the Spirit,  
The life of the Spirit.*

*May he live*

*In the hearts  
In the inmost souls  
Of those of us*

*Who feel ourselves gathered  
together here*

*In His name.*

by Rudolf Steiner

I am asked almost daily to explain what eurythmy is about. I have many different answers depending on who is standing in front of me. I might say: "Eurythmy is a meditation in movement", or "speech and music made visible". Many listeners let it go at that, but those who want to know more might say: "show me something." Rather than demonstrating at first I might say: "lift your arm up above your head." This seems fairly easy, anybody can do that. Now I say: "Try to do the same movement and experience as you move your arm up, that there is the same arm movement going down as an invisible counter stream." So now when we lift our arm we try to pay attention to this space underneath the arm. We might notice that by doing this simple exercise our otherwise heavy arm can become almost weightless without using our physical muscles. Have you ever wondered how a conductor can lift his/her arms for over two hours without feeling tired? Where is the buoyancy coming from? What is the secret? The secret is the life forces or etheric forces. The same forces which open the buds and blossoms in spring and are involved in all growing and becoming. Eurythmy works with these very same forces.

How did eurythmy come about? In a lecture given in Wales in 1923 Rudolf Steiner sums it up in the following way: "Eurythmy within the anthroposophical movement has come about like a gift of destiny." Because, much earlier, in 1912 he was asked the following question: "Would it be possible through certain rhythmic movements via the etheric body (the body which is the seat of all rhythms as well as health and illness) to work into the physical body in a healing, strengthening and regulating way?" Rudolf Steiner didn't only enthusiastically affirm this question; he immediately offered to give instructions. And so from this one question asked at the right moment, it became possible to bring into being the new art form of eurythmy ("eu"- well or good, "rhythmos" - rhythm, movement). I have lived and worked with eurythmy for a long time and have come to know the great power and

*cont. on pg. 6*

# Dear Readers,

- 1 Eurythmy: Meditation in Movement**  
Ruth Tschanne
- 2 Greetings; Letter From the Editor**  
**Meditative Work**
- 3 Featured Article; The Seven Fold Nature of the Human Being**  
Edward Smith
- 4 Art and Poetry**
- 5 Illuminations**
- 6 Eurythmy: Meditation in Movement** cont. from pg. 1
- 7 Book Reviews**  
**Library Notes**
- 8 Virtues**

*Poems, Artwork  
and Letters Welcome.*

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

In recent newsletters you have seen articles about Form Drawing as a path to inner movement and Handwriting as a path to inner transformation. This time you will find an article about Eurythmy as a path to inner harmony. Eurythmy can be helpful and healthful if one realizes that speech and music can be seen as a condensed form of physical movement. Specific movements in Eurythmy, act on each part of our threefold organic body (nerve-sense, rhythmical and metabolic-limb). Each of these in turn is connected to thinking, feeling and willing. Eurythmy movements bring harmony to each of these spheres and are both quieting and enlivening. If you decide to try them, let us know your experience, as well as with any of the other article exercises from previous issues. Also for this issue, we have asked *Edward Smith* to write an article that is titled *The Sevenfold Nature of the Human Being*. We hope that this article will be helpful to put this key concept under the clear light of his writing. Mr. Smith has authored several books including, *The Burning Bush* which reflects his years of studying the Bible in the light of anthroposophy. We are pleased to provide this platform where you can share your experiences. In this issue you will also find letters expressing gratitude about the progress experienced on the journey of the spirit. Whichever path you are on or program you follow, the path of spiritual development is open to all. Life turns every rocky road humankind can journey into a spiritual path. For those who come to the wish to tread that path, anthroposophy offers practical help and guidance to a conscious spiritual life.

*Blessings on your journey, Kathy Serafin*

## Meditative Work

THE RETROSPECTION EXERCISE to be performed before going to sleep is a wonderful way for each of us to “take up our cross”. After just a relatively short time of nightly reviewing, in reverse order, the events of the day and judging ourselves objectively we will see that little by little we make subtle changes in the way we live our lives thus making progress – and no matter what our place in life this we can do! *Alex, Hinton, OK*

*Alex, your observation of subtle changes being made is right on! It does happen and we can't be in a hurry about it. Although the exercise 'reviewing your day backwards' is to be done objectively as if you were watching someone else, nevertheless you can't help but notice things about yourself. The trick is not to judge yourself or others in the process, simply observe. Steiner describes that this detachment helps us to develop love and soften selfishness. A slightly different growth exercise and one that can also take place at the end of the day is to reflect on your inner and outer life and your personal growth experiences. This can be done every night or once a week, as you please.* Eileen Bristol

THE DAILY EXERCISES? Well you were right. They sound easy, but they're not. However, I find that it's easier to keep my mind focused now than when I first started. Actually, the bigger problem is trying to do them the exact same time every day. I'm sure that in time it will come to me. *Bruce, Atlanta, Georgia*

*Bruce it is encouraging to hear that it is becoming easier to focus. Takes time, we don't go to the gym for 3 days and expect to double the amount of weight we can lift! With the 'will exercise' being done at the same time every day, I can suggest a couple of things. One is that during the course of the day you remind yourself 3pm is my exercise, just like you might do in remembering an appointment. Also, it can help to give yourself a window and say I will do it between 2:50 and 3:10. It can also be done that every day in a row that you remember you add one more action... if you exercise is to touch your ear, do it 2 times the second day, 3 the third and so on. That can make it more like a game as you keep up with your progress. Then when you forget, back to one time!* Eileen Bristol

IN RESPONSE TO THE LETTER Brian at East Lake, MI wrote (issue no.3), I would like to expound upon Fred Janney's response to Brian's meditation dilemma. I've had similar experiences in my journey with inner work and enlightenment. In my experience, the way I've dealt with those annoying distractions such as those Brian described as “a noisy angry person pounding on the wall and screaming like a banshee,” is not to fight it. Here at Salinas Valley I meditate with a group once a week. Our group-leader always instructs us to focus on the breath (others may focus on a mantra, object, or sound), but regardless of the technique used, there will always be distractions such as thoughts which will come to take you off your focus. The strategy is not to emotionalize the thoughts by getting angry, sad, etc., but rather to simply observe them as one would a cloud (i.e. no emotions) and casually move back to your particular mantra or object. In my experience when I don't fight against those annoyances it seems to have less impact. If I allow myself to get consumed with it, it only magnifies the problem, but if I simply notice it for what it is, then it has a tendency to go away. We try to remember that our primary objective for meditation is to find peace. *Charles, Soledad, CA*

# The Seven Fold Nature of the Human Being

BY EDWARD SMITH

Human wisdom has long recognized the inherence of certain numbers within creation, and the seers of old perceived the human being as microcosmic reflection of the visible macrocosm; the starry sky. Significant here are the numbers three, seven, and twelve.

Each pervades the biblical account. We focus here on the number seven, but note that it is in creative harmony with the three and the twelve.

It is often said with much justification that seven is the number of creation, and within our solar system from the beginning has that been so, for there are seven “planets” visible to the naked eye (moving from the sun outward they are Sun, Mercury, Venus, Earth, Mars, Jupiter and Venus). The big “three” to our consciousness are the Sun, Moon and Earth, but each of the seven affects us within our solar system. According to scripture, the Earth was made in “seven days” (Genesis 1,3–2,3) and the Divine Wisdom built her “house” of “seven pillars” (Proverbs 9,1). And John’s Apocalypse sees the end developing first through four sequences of seven, i.e., seven each of letters, seals, trumpets and bowls of wrath (Revelation 2–11 and 16).

It is a mistake to interpret Genesis 1–2 or Revelation with the normal concepts our present existence gives us, for it is like trying to see something at an enormous distance. The farther away it is, the less our perspective reveals its nature. Moses’ vision was of primordial time and John’s apocalyptic vision was of far, far distant times. The Bible sees the human being as the pinnacle of creation within our solar system. What the distant spiritual vision of Moses backward and John forward both recognized was the pattern of ever-recurring, cascading sevenfold stages through which humanity and every human soul moves.

At the outset, we are given the names of “three patriarchs,” Abraham, Isaac and Jacob, but Abraham is told that if he can “count” (i.e., know) the “twelve” zodiacal star patterns then his descendants would be like them (Genesis 15,5). Thus through both Ishmael and Isaac he had “twelve” sons, and through the twelve from Isaac’s son Jacob (the “twelve tribes of Israel”) eventually came Jesus who had “twelve” disciples, and John’s Apocalypse moves from the “sevens” back to the “twelves” as humanity leaves the realm of earthly existence at the end of its long evolutionary journey. But the “sevens” are always integral within the larger system of twelves. Even our seeing and hearing is that way. The rainbow’s seven colors visible to our eyes are only half the circle, five colors being hidden as they pass beyond the infrared and the ultra-violet to complete the circle. And our scale comprises seven notes (white keys), but the full chromatic scale adds five more (black keys).

Paul spoke of our “threefold” nature—body, soul and spirit (1 Thessalonians 5,23), and properly so, but each of these is threefold, patterned after the nine ranks of the spiritual hierarchies (from the seraphim down to the angels). The “body” comprises the physical (tangible mineral), etheric (life) and astral (sense) bodies; the soul and spirit are similarly threefold, but in the sevenfold human being the threefold soul is considered as one. Other names for the soul

include the “Ego” and the biblical “I Am” (the higher “I Am” being the Christ Spirit and the lower “I Am” being the human being, for it is this element alone that is in the “image” of its creator [Genesis 1,26–27]). The Ego is a synonym for soul or “I Am,” and not what we think of today as egotistical character, though indeed there is a relationship in our imperfect Egos. Our three bodies relate to the three lower kingdoms, mineral, plant and animal, respectively; only humans have “I Am” consciousness.

The human being moves through life in “seven-year” stages. The first three are obvious. At seven years the infant sheds its maternal body for its own physical body, indicated by shedding its baby teeth. It completes its etheric or life body over the next seven years at puberty. It then begins to develop its sense (thinking, etc.) body in adolescence. It only reaches adulthood when it begins to work on its true “I Am” at age twenty-one. It takes twenty-one years to complete this, and during the final three seven-year segments it works on those aspects which bring its developed Ego to bear upon the three spiritual elements of its being. At age sixty-three one has fulfilled one’s karmically-patterned life, the remaining seven or more years (Psalms 90,10) being for new karmic patterns. Careful analysis of one’s life reveals these stages.

Today’s sevenfold human being consists of physical body, etheric (life) body, astral (sense body), and Ego (soul or “I Am”). The goal of Earth evolution is for each Ego, over many incarnations, to transform its astral body into the spiritual state of *manas*, the spiritual “food” or consciousness given from without as *manna* in the ancient day. Perfection of the etheric and physical bodies must await the “new heaven and new earth” which is beyond Earth’s evolution. Both Isaiah and John’s Apocalypse speak of this. The sevenfold human being thus comprises the three bodies, the Ego (soul or “I Am”), and the three still-germinal spiritual states to be attained as the Ego transforms (perfects) its three bodies. As Christ tells us in Matthew 5,48, the goal is eventual perfection and the pattern for us to follow on Earth is given in Matthew 5 as well as in 6 and 7 (the Sermon on the Mount), a lofty standard but the pattern to follow.

We progress toward this ultimate perfection to the extent we are able to take the “I Am” of Christ into our very being so that our “I Am” moves into full joinder with his. It is then that we receive the name “I Am,” the name “which no one knows except him who receives it” (Revelation 2,17; 3,12 and 19,12). It was Rudolf Steiner who first pointed out to us that this name is the “I Am” for no one else in all the world can speak that name except the one to whom it applies. Only that one “knows” it. I will only *know myself* (my *I am*) fully when Christ is fully within me.

# Art and Poetry

We are one  
From the distant Star  
To the nearby Sun  
We are one

From our sub-atomic core  
To our cataclysmic floor  
We are one

From celestial dust  
To thoughts held in trust  
We are one

From the petals of the rose  
To the path which energy flows  
We are one

From the rings within trees  
To the depths of a thousand seas  
We are one

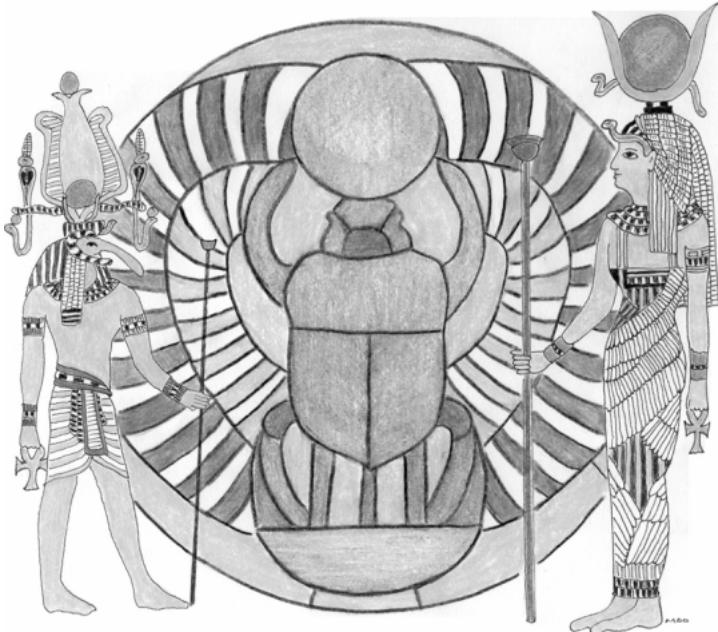
From the burning of the coals  
To the mysterious black holes  
We are one

From our descending experience  
To our soul's incarnation at birth  
We are one

From our darkest evil  
To the good deeds done  
We are one

When all that's ever been said  
Turns into all that's ever been done  
We are all a manifested microcosm of one.

Derek, Tehachapi, CA



Michael, Westville, IN.

The prisoner sits in a room all alone  
There's no one to care for or curse or moan.  
The prisoner whistles a tune, sings to a wall,  
Stares at a locked door, reflects on it all.  
The sun comes up. The sun goes down.  
Nothing much changes except light and sound.  
No sunrise can be seen, neither sunset, too.  
Much is hidden by the walls of the zoo.  
The day slowly drifts by and so does the longest of a night.  
There is time to consider the wrong and what could have been right.  
The mind meanders through myriad tunnels of thought.  
And reflects upon the price of what has been bought.  
The birds look inside. They wonder a lot.  
About this creature these walls have caught.  
"Why does it remain? Why does it stay...  
To watch us again day after day?  
The sound of a train so lonesome and blue  
Somewhere below people can be heard, too.  
They're kept out of sight of this mighty pen  
For the monster is feared as the most deadly of sin.  
But this cage is quiet. There's no jump and shout  
Where is this monster that raged all about?  
Whatever happened to the creature of unholy din?  
The monster is gone. Jesus now lives within.

Dennis, Corcoran, CA



Richard, San Quentin, CA

## 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

# *Illuminations*

I am slowly beginning to grasp some of Steiner's mysterious insightful wisdom, although this is all so foreign to my physical mind with all its layers of engrained cultural beliefs. Though my mind is not completely shrouded by the physical world, for there is a light shining through the darkness of my biases, just enough to allow me to consider the possibilities. And as that dim light brightens little by little, I find myself more and more thoughtful and in awe of the questions. I know that I have much inner work to do. I am two years until my release date and in a state of near constant preparation. As my awareness slowly unfolds I realize for the first time in my life that my sojourn here is much more profound and meaningful than I had ever imagined possible and with this comes a hunger that is never satisfied. Nevertheless, I believe patience and persistence shall win the day. *John, Phoenix, AZ*

Your philosophy has touched me deeply, thus this letter to you. It has opened my soul to the truth. It's true that every thought, word, and deed counts and it's also true that the journey is much more profound than most people imagine. So, each day I've been applying some of the things that I've read to my daily life and I've been like a new person. The things we've done to hurt other people are powerful teachings for us. You know, the opening feeling of humility shows us the need for self control and taking responsibility for our actions and makes us feel how deeply connected we are to all other human beings. Truly, this quest for truth is the most satisfying and rewarding action I have ever undertaken. These past few months have been the most meaningful, most real months, of my life. As I sit here now, I'm really here and I'm free. Who could ever imagine a man's freedom being found in a prison? There's an unfolding process within me now, an awakening to higher levels of understanding and to purer forms of love and service to humanity. So, my intention is to devote time and thought to Mr. Steiner's studies and to continue to the end of each book. Thank you very much for helping me to find my purpose. Your works are greatly appreciated by many of us, more than you will ever know. *Your friend and brother, Lavon, Diboll, TX*

My upbringing had instilled the guilt that thinking of a sin is the same as doing the sin. Well, like others, some times my thoughts run amuck. So imagine the guilt I've been saddled with. Through the good work and the writings of Dr. Steiner I've come to realize though, I am a complex sentient human being – flaws and all and that's plenty to work with. I have my thoughts! I do my behaviors but I am more than them. I will be karmically accountable for my behaviors and I will take responsibility for those, but that is not the same as guilt! So, the changes which Dr. Steiner's teachings have given me is this: I now see myself as an imperfect sentient human being that is

trying to improve himself but I am no longer guilt ridden and miserable. To say I am happy would be an over statement. But I am content! *Richard, San Quentin, CA*

*Richard, realize that you are not your thoughts. Your mind will always go forth spinning thoughts, but you can choose not to follow them and instead think about something else or do the meditative exercises. I am glad you mentioned the word content. Contentment is the absence of desire. Desire makes us run after what we want, or what we are conditioned to believe. Contentment is the beginning of inner silence...inner silence is an open door toward spiritual progress. Kathy*

The eight and a half years I've spent in prison has been an experience that I'm grateful for. Most people think that is a little strange. Change for me would have been very hard if I were caught up in the events of the day to day life out in a society that attracts with a materialistic, self-serving and superficial glow. If any of my brothers or sisters out there feel as if they cannot change, or have gone too far into the darkness, then I'm here to tell you change is possible for all of us and that after the darkness, the light comes upon the horizon as a sign of the new day. Spiritual progress will *come to us* who search for truth and for knowledge of self...spiritual perfection will *seek us* through being true to ourselves and nurturing our spirits. *With Love and Respect, Brother George, Leesburg, NJ*

I've been reading books provided by the APO for a little more than a year now and recently I've been reflecting just exactly what that means. To say that my prison experience since then has been one of transformation would be a gross understatement - my entire universe has been transformed. There is no way to articulate, within one or two paragraphs, the difference between my concepts and approach to life before and the life now that is being revealed before me constantly. I have a soul life now, it's active and becoming stronger. I have a mentor, for which I'm grateful and who is very helpful. But it is the anthroposophical insight and instruction that I've received from Steiner's (and other anthroposophical authors) books that has contributed the most to this path I'm on. The inner work I've learned to do has given my soul strength of feeling. I'm learning how to think clearly about life and the truths of existence. Also, I believe that it would be difficult for anyone to advance in anthroposophical work without an increasing sense of gratitude - as Steiner would say, "for all that reveals itself to us...gratitude toward the life that comes to meet us here". So, not only am I grateful to the benefactors for the opportunity to continue to access these books to prisoners, like myself, I'm grateful to them for my extended ability *to be* grateful. Surely the benefactors are aware of how splendid their contribution to humanity is in this respect. My simple, "thanks" seems insignificant in contrast to such a wonderful gift. *Curtis, Venus, TX*

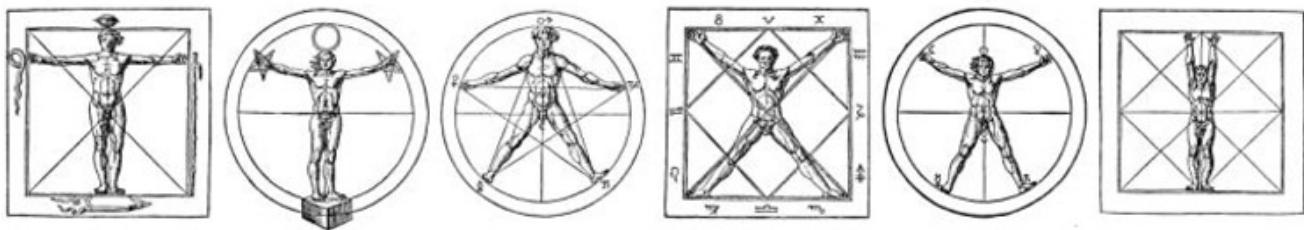
# Eurythmy: Meditation in Movement

*cont. from pg 1*

strength which can break walls spiritually. If eurythmy sounds interesting to you, here are some exercises you could try:

- Fix a sheet of paper to the floor and sit in a chair in front of it. Put a pencil or crayon between your big toe and second toe of each foot. The first thing to do is to place both feet at the top of the page on the midline of the paper and draw two parallel lines towards the bottom of the page. This movement can be done repeatedly until you feel that the lines become stronger. The next step is to draw a circle by starting at the top of the paper and draw both halves simultaneously bringing the feet together again at the bottom of the page. The important thing is to work with both feet at the same time, always mirroring the forms on the midline. A fun thing to do next is to write the alphabet in this way, keeping in mind that the right half is as we know the letters but the left is mirrored. What is the purpose of writing with our feet? First of all we change our habits. We usually write with our hands, and now our consciousness has to reach down to our toes. Our hands are the expression of our soul. The feet on the other hand connect us to the earth: they carry us through life. We are mostly unaware of the work of our feet. The drawing with our feet helps to penetrate our own instrument to the most removed parts of our physical body, the toes.

The next exercise involves the picture of the six figures below; called the six figures of Agricella von Nettesheim (This meditation should be done silently. The capitalized words -“I THINK SPEECH” etc- should be said inwardly.)



ORIENTATION  
IN SPACE:  
physical level

1 <sup>st</sup> position:	Feet are together, arms horizontally stretched out to both sides. <b>I THINK SPEECH</b>
2 <sup>nd</sup> position:	The feet move apart slightly either in a single jump or stepping with the right foot. Arms move to the level of the larynx. <b>I SPEAK</b>
3 <sup>rd</sup> position:	The feet move further apart with a jump or stepping now with the left foot. The arms move to the level of the heart, i.e. the line connecting the hands touch the tip of the heart. <b>I HAVE SPOKEN</b>
4 <sup>th</sup> position:	The feet are the farthest apart, again either in jumping or stepping with the right foot. The hands are equally far extended forming a direct line with the feet. <b>I SEEK MYSELF IN THE SPIRIT</b>
5 <sup>th</sup> position:	The feet come closer together approximately as the feet were in the 3 <sup>rd</sup> position or to be exact somewhere between the 2 <sup>nd</sup> and the 3 <sup>rd</sup> position, this time stepping with the left foot or again jumping at once. The arms move to the top level of the head. <b>I FEEL MYSELF WITHIN MYSELF</b>
6 <sup>th</sup> position:	The feet are together again, this time using the right foot in stepping, or jumping. Arms are brought parallel up above the head. <b>I AM ON THE WAY TO THE SPIRIT (TO MYSELF)</b>

METAMORPHOSIS  
:etheric level

When you become comfortable with these six positions, a next step could be to look at the metamorphosis from one position into the other and to pay attention to the stream/counter stream of the etheric. Compare the positions are of the 1<sup>st</sup>, 4<sup>th</sup> and 6<sup>th</sup> form compared to the 2<sup>nd</sup>, 3<sup>rd</sup> and 5<sup>th</sup>. How different they are from each other! In the first three we have the metamorphosis of the cross (from the horizontal to the diagonal to the vertical). And it is in the 4<sup>th</sup> position where we most easily perceive the invisible stream of the arms made visible within the movement of the legs. In the second three we mark important places within our body: larynx, heart, top of the head. The forms related to the cross are within a square, the others within a circle.

SOUL:  
astral level

In the words of Rudolf Steiner on July 12<sup>th</sup> 1924: "If one teaches eurythmy to adults, and one starts with this exercise, they will be able to easily find their way into the eurythmical element. And furthermore when the gestures in this exercise are made one after the other, they belong to the soul harmonizing, healing eurythmical gestures. Especially if people are so inwardly fragmented, that it manifests itself in metabolic illnesses, this exercise will be of great help in all cases."

Within this exercise we can find the three soul forces: **Thinking** expressed in the words of the meditation, **feeling** shown through the movements of our arms/hands and **willing** made manifest through the stepping of our feet.

The importance of this 6 step exercise can be understood when you realize that the “I” is working through each step at successive levels of awareness: physical (1<sup>st</sup> position), etheric (2<sup>nd</sup>), the astral (3<sup>rd</sup>), spirit self (4th), life spirit (5<sup>th</sup>) and spirit man (6<sup>th</sup>). If you practice these two basic exercises, you may have some interesting experiences of becoming conscious of your instrument, the temple of the human body, and to gain a different experience of your position in space.

# Book Reviews



## FOUNDING A SCIENCE OF THE SPIRIT AND THE EVOLUTION OF CONSCIOUSNESS

From the *Founding a Science of the Spirit* and *The Evolution of Consciousness*, I came out with valuable knowledge and "monumental" insight as well as an understanding in my spiritual path. Such as the differences between the approach in western and eastern spiritual teaching and other paths; the importance that imagination has for our advancement, including dreams and inspirations. Rudolf Steiner said that, if we look back to the imagination experienced of those early people, the imagination embodied in their myths, legends and sayings of the gods, which passed before them in a hazy sort of way as compared with our current clear perception of nature. Which is the same as saying that man can now only perceive that part of nature that is accessible to his senses, for the other is hidden. As Steiner said, our spiritual nature first reveals it self in the picture of the imagination and then through its own creative activity i.e. by inspiration. All of the above, true and good as it may be, has been as it were forgotten in the modern human. Instead, it

has sunk away conclusively, reducing us to dealing with selfish desire in the immediate environment. The senses have taken over and now rule human activity. However, since these earlier perceptions are no longer accessible, transcending must take place. That is, by way of the realm of imagination in which, for example, man can make a picture out of thought, and through it, he may attempt to a moral, emotional or a symbolic value which leads to inspiration and will take him to his or her own consciousness; listening as it were to the language of imagination. In my attempt to put all of this together, I sat with this for a moment with the intent to look into my heart through my imagination. This gave me a feeling, as it were, of eternity and of rejoicing. I noticed that it was not in my physical body, and neither was it in my immediate environment. Instead, it was up there, right up in the middle of the cosmic sphere... it was there, that I reached and knew true feeling. No wonder inspiration is called the culture of the heart. *Victor, Fort Dix NJ*

### HOW TO TRANSFORM THINKING, FEELING AND WILLING

This 52 page book gave me such an insight into my inner-self that during the course of the day I would implement the various thought/meditative exercises to deal with my new found strength. These self-sufficient exercises are now my tools that I have claimed during my study toward understanding of self and for my travel upon the path of knowledge... *Michael Jessup MD*

### HOW TO KNOW HIGHER WORLDS

As a spiritual student, *How to Know Higher Worlds* showed me how to go through a stage of spiritual initiation all by clearing ones thought's that means thinking right, and acting in accord to divine nature. In order to go through this initiation one must view people as the same. Some still stumbling in the dark, some further along the path than others and yet all of us the same, in "school". *Vurnice, Smyrna DL*

### THE MEANING OF LIFE AND THE VEILED PULSE OF TIME

I very much enjoyed these two books, in fact, both of them seem to complement each other. *The Meaning of Life* brings about the social understanding of human evolution, a true understanding of the human being and a practical knowledge of man. *The Veiled Pulse of Time* gives much insight into time and that in order to know you, I must know your story. I understand how a sense of path changes us psychologically, heightening our self-responsibility, personal sovereignty and deepens our personal relationships. So now I also look at the lives of others with more tolerance and objectivity. In fact, as I put these things into practice, I feel a new perspective, a new approach; a new consciousness has invaded my behavior. Consequently through the knowledge of anthroposophy I see the movies differently, I see other people differently, and I hear music differently, I read books differently. Nothing is as it was before! *Roderick McCormick SC*

## ❖ STUDYING TOGETHER ❖

When I was at another prison there were about 10 serious students, at various levels of understanding, studying in one form or another, esoteric science. We became aware of each other through the excellent (for a prison!) reference section of the prison library. We each began to request books from APO, to study them, exchange them amongst our group, and discuss them. I was transferred here to Jefferson and there were no readily visible students of esoteric science. There was a Buddhist Dharma teacher who visited every two weeks to give meditative instruction. From this small group, a few seekers have begun to emerge. Michael is by far the most serious of the lot. So here we are in mid 2004, two earnest investigators of the collected knowledge and wisdom associated with man's history to understand God and the Universe. A good example of the dynamics of our mutual exploration of Anthroposophy occurred during the study of "*How to Know Higher Worlds*". As one of us reads and encounters a passage or section of poignant interest the other is queried to offer his insights or interpretation of the material. As we are each regularly mediate and tend toward silent contemplation of deeper mysteries, the section that advised against discussing what is revealed when one crosses the threshold into higher realms intrigued us. What should be said or unsaid about the guardian for instance. *Always, Jim, Monticello, FL*

ANTHROPOSOPHICAL SOCIETY IN AMERICA

1923 Geddes Avenue  
Ann Arbor, MI 48104

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

## Illuminating Anthroposophy

Anthroposophical Prison Outreach Newsletter

### *Virtues*

There are three virtues in particular that must be developed that nearly turn man into a clairvoyant. Only they must be practiced with the necessary intensity and emphasis. They are:

- *Self-confidence paired with Humility,*
- *Self-control paired with Gentleness, and*
- *Presence of Mind coupled with Perseverance*

These are the great levers of spiritual development. The three, first mentioned virtues, however, will lead to dreadful vices if they are not each coupled with the three other virtues,

- *Humility Gentleness and Perseverance*

Rudolf Steiner  
*The Inner Development of Man*  
Lecture Date 12/15/1904