

Eurythmy: The Human Being as an Expression of the Cosmos
The Human Body: A Temple

BY RUTH TSCHANNEN

When Novalis, a German Romantic, made the statement that the Human Body is a Temple approximately 200 years ago, he went even further by saying: "There is only one Temple in the World, and that is the Human Body. Nothing is more sacred than this highly developed 'Gestalt'" (form of the body). Compare that in our own time, when the body is looked as something merely mechanical and the heart is referred to as a pump!

In the times of the Greek up to the Renaissance with Leonardo da Vinci, Michelangelo and Raphael the beauty and awe of the human body was still experienced and revered. With the dawn of science and the increase in materialism the body as a temple has been degraded as something to be measured only and taken apart to the smallest entity possible. The picture of the wholeness or of something spiritual has been lost. With this I am not trying to deny the remarkable accomplishments made by science. In no way would I like to say that the wheels of our time should be turned back. I only want to point out that something has to be added to make the picture complete again.

Through the remarkable work of Rudolf Steiner, a scientist himself, who with his insight and knowledge of the spiritual world can help us to see the human body as a temple in its three-fold aspects of body, soul and spirit. In a lecture to the curative educators he urged the listeners to pay attention to the smallest details, for instance the earlobe of a person, or the different shapes of noses. In doing such a simple exercise we can have a glimpse of the spiritual working directly into the physical. Are there any two earlobes or noses the same on the earth?

In eurythmy we have many different meditations, one of them (I Think Speech) has been discussed in a previous Newsletter, Spring 2005. Each of the different meditations has the human body as an aspect of the cosmos. On July 11, 1924 Rudolf Steiner gave this Eurythmy Meditation, found here to the left. Through the following words the inner mood of soul can find an entry to the secrets of the human organism: The following day he spoke about how the whole body through eurythmy can become soul imbued.

On July 11, 1924 Rudolf Steiner gave this Eurythmy Meditation (found here to the left in the side bar). Through these following words the inner mood of soul can find an entry to the secrets of the human organism:

The following day he spoke about how the whole body through eurythmy can become soul imbued.

Let us begin with the feet.

The feet are the furthest away from our head, our consciousness, and yet they carry us through life. We walk our destiny. With every step we imprint something on the earth, although mostly invisible to the outer eyes unless we walk on a sandy beach. Our feet are three-fold in their structure: toes, arch and heel. In eurythmy we have to bring our thoughts right down into our toes. This is a difficult thing to do but as mentioned in the previous article, Rudolf Steiner asked the very first students of eurythmy to learn to write with their feet. Another way is simply to pick up objects with one's feet. As children we would make up games in picking up our clothes before going to bed. The toes are our eyes for the earth. How quickly can we do harm with our feet by kicking somebody or doing good by placing the toes carefully onto the earth. With native people we can still see the care for the earth



Nike of Samothrace

Eurythmy Meditation

*I seek within
The working of creative forces,
The life of creative powers.
Earth's gravity is telling me
Through the word of my feet,
Air's wafting forms are telling me
Through the singing of my hands,
And Heaven's light is telling me
Through the thinking of my head,
How the great world in Man
Speaks, sings and thinks.*

Rudolf Steiner
July 11, 1924

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*Poems, Artwork
and Letters Welcome.*

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

Dear APO Readers,

In this issue of *Illuminating Anthroposophy* we explore one of Rudolf Steiner's teachings about the threefold nature of the human being: body, soul and spirit. Paul Margulies, in his article, *The Image of the Human Being*, helps us understand this basic anthroposophical picture. The concept of the human body as a temple was practiced by the ancients and is acknowledged in every spiritual discipline through the mists of time to the present day. The article by Ruth Tschannen extends this concept into the discipline of Eurythmy. She explains how body, soul and spirit are represented in movement. We look forward to hearing from you about your experiences if you decide to try these exercises.

How exciting that many of you have begun the EduCareDo *Self Awakening Study Course in Anthroposophy!* Your diary sheets and summaries are arriving daily. To keep things flowing we recommend two weeks to return your lesson responses, of course if it takes longer, we understand. If you are still contemplating taking the course you may find some help in the included article written by Erwin Berney, who developed and coordinates this course, based on the work of Rudolf Steiner. To enhance your studies you will soon be receiving a new and updated *Anthroposophical Prison Outreach Library Book List* which will have additional book titles, including a selection of the recommended books suggested for the correspondence course. Please know that you may begin the course at any time, when you are ready, send us your application and "diary" for the first lesson. If you are in need of one, please write us with your request.

A number of you have written in response to the Rose Cross Meditation in our last issue. It is wonderful to hear that many of you are practicing this meditation. You will find how Richard is working with it in the *So What's Your Experience* section of the newsletter. In addition, there are wonderful letter responses from many of you that we always look forward to including in the newsletter. We love to hear from you; - you who read, practice and apply with rising spirits.

Blessings on your inner work, Kathy Serafin

Meditations

I HAVE FOUND the Rose Cross Meditation very helpful. I practice meditating three times a day, in the mornings, at noon, and in the evening before I retire for the day. Although I practice the Zen method of gazing at a certain spot, I do at times switch to other methods, for instance now the Rose Cross Meditation. Meditation brings my spirit, mind and body into a harmonious unity, without which I doubt, I would be able to successfully deal with prison life. Have you ever done time in prison? If so, then you will know what I mean. *Ray, Brazoria, TX*

I FIND MEDITATION DIFFICULT because of my environment where constant loud noises reverberate through my body while trying to relax and clear my mind. I also am bombarded with thoughts that I find hard to control. Although I have noticed a slight difference at times by attempting to live by the philosophy, I don't seem to be progressing as I'd like. But, I haven't yet given up and, with inspiring moments from caring souls as yourself, I plan to continue towards my goal of finding truth. Anyway, I just wanted to reassure you that your efforts are worthwhile and whatever tomorrow brings, I've at the very least, experienced a break from the insanity that is my life. I know I've got to find ways to slowly expand the duration of this truth of divinity. I did find the material consisted of what I believe to be true. Now I've got to attempt to become consistent in application. *Dennis, Dallas, PA*

AFTER READING AND FOLLOWING THE EXERCISES I am feeling like a different person. I've been practicing meditation for over five years now and the teaching of the Buddha is very much like the teaching of anthroposophy. In the Buddha teaching you can say it is a philosophy and I can also compare it to psychology, it is very much about the human mind. It is why we experience suffering and happiness. Certainly, we all possess the potential to develop positive thoughts and to decrease our unhappy state of minds. The main causes of happiness and suffering are within us. I have really enjoyed studying and meditating on the six step exercises. It is quite challenging and also a profound experience in my life. I have been practicing this since receiving your information. I look into myself to seek knowledge from these teachings rather than seeing outside. As a result there has been a most comfortable change in my state of mind, truly seeing the higher understanding. Easy words to say, but hard to do! Nevertheless it is possible! Pardon me, but I am having an intense moment of happiness, truly the "truth" is setting me free. *Fabio, Railford, FL*

I HAVE STARTED MY DAILY MEDITATION PROGRAM. This is all new to me and I struggle a lot with finding that "quiet place" within at times. But when I do tune in, I feel spiritually strong... So I know the ancient teachings are very real. Everyone needs peace in their lives, thank you for helping me find mine. *Louie, Corcoran, CA*

I CONTINUE WITH MY INNER WORK EVERYDAY and I will continue with meditation until this material life comes to an end. *Thomas, Columbia MS*

My meditation work it is coming along nicely. I really like the Rose Cross method because it helps me see how I reacted to different situations during the day and if I could have reacted differently. Also, I'm trying not to feed into the negative gossip around the dorm that I'm in. A person doesn't know how much they participate until one tries to stop. Now if I don't have something good to say about someone then I don't say anything at all. At night when I meditate I look back at what I said or did to a person and if I could have done it better, then in the morning I remind myself to be a better person physically and spiritually. These things have helped me not only with myself but with my encounters with others in everyday life. *Theo, Brownfield, TX*

THE IMAGE OF THE HUMAN BEING

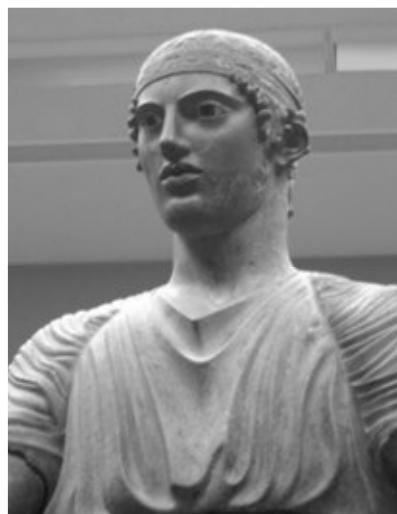
BY PAUL MARGULIES

How we view ourselves determines, to a great extent, how we behave. The psychiatrist, C.J. Jung once said, “We are all slaves of our own self-image.” How often do we excuse our actions with the thought, “oh well, it is just human nature.” Please. Human nature is incredibly complex with many opposing forces coming into play. Human beings are capable of infinite transformation. And it is just this that distinguishes us from animals. Human beings can change, animals can’t.

What does it mean to be fully human if not that we create our own worth? If I am driven to a conscientious act by some biological imperative, why should I care? Unless we adopt values on a conscious level, what possible meaning can my life have? There is in Steiner's anthroposophy indications for a path of development of consciousness that would recover for us the sources of meaning that can bring us to the reality, the experience of Jung's archetypes. This developed consciousness lifts itself from ordinary objective self-consciousness to three higher levels called, technically, imagination, inspiration and intuition. And as soon as one is able to accept this development of consciousness as a possibility, one can read with an open attitude what an initiate, such as Steiner, has to describe as experiences and observations of higher worlds.

In anthroposophy, Rudolf Steiner teaches us that the human being is composed of body, soul, and spirit. The distinction between soul and spirit is one of the main contributions of anthroposophy to an understanding of the human being. Steiner points to the year A.D. 869 when the spirit, formally acknowledged and taught to the Christian world, was eliminated from the image of the human being. It was then that the Ecumenical Council of Constantinople decreed that the human being was essentially body and soul, the soul having some attributes of the spirit, thus banishing the spirit from the image of the human being. Today the tendency is to deny the existence of the soul all together, limiting the human being to "body." With this view; our entire life of consciousness and feeling is seen as epiphenomena of the body, electrical nerve impulses responding to stimuli in the environment.

Anthroposophy understands body, soul and spirit as interdependent during life on Earth, and also interpenetrating, so it is difficult to define them neatly. It helps to see the body as providing the sense organs for the consciousness of the soul, and the limbs to carry out the intentions of the spirit. The soul mediates between body and spirit, bringing information about the physical world to the spirit through its experiences. The soul is the place of our feeling life, essentially sympathy and antipathy. Think of longing and you come close to pure soul. Follow this longing thoughtfully and you will experience it poised between body and spirit. Through instinct and sense perception, the soul works through the body. Through



Charioteer from Delphi 460 BC

thinking, the soul expresses the spirit. The soul is individual, particular, personal. The spirit is universal, ideal, eternal. The spirit is expressed primarily in thinking, especially the kind of thinking that is capable of giving direction to the soul and the body toward that which it recognizes as ideal: truth, goodness, and beauty, for example, if we can get past these as clichés or mere abstractions. Real thinking, pure thinking, the spirit, has a transformative effect. Insofar as the soul is immersed in sense perception and unexamined impulses, it lives in the transient world. It is concerned only with itself. When the soul turns to thinking and ideals, it touches the eternal. Real thinking is universal. The will in our thinking is our own. It is true that when the soul is concerned with the mundane and utilitarian, the thoughts about these things seem cold and abstract compared to the rich life of feelings. But the opposite is true of thoughts that lead to higher levels of existence.

*No feeling and no enthusiasm on Earth can compare with the sensations of warmth, beauty and exaltation that are enkindled by pure, crystal clear thoughts relating to higher worlds. Our loftiest feelings are not the ones that happen by themselves, but the ones achieved through strenuous and energetic thinking... Through thinking, we are led beyond our own personal lives; we acquire something that extends beyond our own souls. We take it as a matter of course that the laws of thinking correspond with the universal order. We can feel at home in the universe because this correspondence exists, and it is a weighty factor in learning to recognize our own essential nature. We seek the truth in our soul; through this truth, not only the soul but also the things of the world express themselves. Truth recognized through thinking has an independent significance, which refers to the things of the world and not merely to our own souls (Rudolf Steiner, *Theosophy*, pp. 32, 43).*

Real thinking is imbued with both will and feeling. Real thinking is the starting point for anthroposophy ("a path of cognition"), and this distinguishes it from most other paths to the spirit.

In his book *Theosophy* (pp. 26-83), Steiner approaches the image of the human being from many points of view. After the basic image of the human being as body, soul, and spirit, one can look at a fourfold image of the human being composed of physical body, etheric body, astral body and I-being or ego.

cont. on pg 4

THE IMAGE OF THE HUMAN BEING

cont. from pg 3

Any new readers wishing back issues of our newsletters, can request them when ordering your library books.

Thus:

1. *Physical/mineral body*, which we have in common with the mineral kingdom;
2. *Etheric body or body of formative forces*, which we have in common with the plant kingdom. This is the "body" that contains the forces that maintain our shape, just as the shape of a geranium leaf is always maintained in its uniqueness. The etheric body contains the life-forces characterized by nutrition, growth, and reproduction;
3. *Astral body*, or soul body, which we have in common with the animal kingdom. The astral body is the locus of our consciousness and our feelings;
4. *I-being*, or pure ego. This is unique to human beings, and separates us from the animal kingdom. Through the I, capable of thinking, we achieve self-awareness. This offers us the opportunity for self transformation. We can develop in ourselves the capacity to transform the lower members of our being so that they evolve into their spiritual counterparts; thus:
5. *Spirit-self*, as the transformed astral body;
6. *Life-spirit*, as the transformed etheric body;
7. *Spirit-body*, as the transformed physical body.

The transformed human being – *Spirit-self, Life-spirit, Spirit body* – represent expanded forms of consciousness,

capacities which enable us to work with higher worlds and with higher beings. The few initiates on earth today have already developed these capacities. Consciously or unconsciously, we are all on the path to such development.

To complete our image of the human being we must take into account karma and reincarnation. We could say that the physical body is subject to the law of heredity; the soul is subject to the law of karma, and the spirit to the law of reincarnation. Karma can be described as self-created destiny. The thoughts, feelings, and deeds of one's life - our relationships to other people, events, and surroundings in this life – determine the talents, dispositions, places, and whom and what we meet in the next. Reincarnation refers to the eternal aspect of our innermost being, our true I, or higher self, the entity that reincarnates on Earth, continuously for the purpose of evolving appropriately along with the evolving universe. This is our continuous journey as a human spirit in the universe. Living with the idea of karma develops the highest moral motivations in us. The concept of reincarnation fills us with the strength of infinite hope.

Article adapted from: *At Home in the Universe; The Afterword*.
Anthroposophic Press, Inc., 2000

Book Reviews

AN OUTLINE OF ESOTERIC SCIENCE eloquently describes the full nature of the human being and its relationship to waking consciousness, sleep, death, cosmic evolution and human evolution. I have felt a strong affinity for this masterful work. Rudolf Steiner includes many exercises and meditations that are, of course, designed at helping one acquire perceptions and knowledge of higher worlds and spiritual processes. One soul quality he describes as "exceptionally significant for individual development" is the feeling of reverence and devotion. This reverence, devotion or love is essential, from my perspective, for higher understanding to develop in the right way. Toward the end of this great book Steiner discusses "the independent I," Christ, wisdom and love. He speaks to the future when the mature love which develops from the seed of love planted by Christ in our inner most cores, flows out into all evolution. This cosmic love is none other than the spiritual knowledge and wisdom which has been transformed and reborn as love in the I. I believe that future time is now and we are the ones who must let this love flow out to transform everything and everyone it touches. Regardless of your personal life situation let this love impulse balance the Luciferic and Ahrimanic forces of life to help transform the cosmos through love. Steiner says: "The 'cosmos of wisdom' is developing into a 'cosmos of love'."

THE ARCHANGEL MICHAEL is a wonderful collection of lectures and writings by Rudolf Steiner about one of the seven Archangels who take turn guiding humanity. Michael's current reign began in 1879 and will continue for about 300 years. Steiner's extensive work on this subject indicates the level of importance which he places on our understanding this beings previous reigns, evolution, relationship to Christ and the mystery of Golgotha, his current mission, and his hope for the future of humanity. In this collection Steiner again discusses the Luciferic and Ahrimanic forces and beings at war, so to speak, within the spheres that human beings occupy. I enjoyed his psychological and physiological descriptions of these beings as they relate to human processes. The Luciferic beings relate to our heads and the potential to fantasize and lose our heads or mental balance and become "unfaithful to the spiritual beings whom we must regard as the true creators of humanity." Physiologically this relates to our blood which can drive us out beyond ourselves becoming feverish or prone to fantasies or hallucinations. The Ahrimanic forces in contrast are "everything that presses us down upon the earth, which makes us dull and philistine, leading us to develop materialistic attitudes, penetrating us with a dry intellect." Physiologically this relates to our bones which "are constantly trying to solidify, densify and assify us—to stiffen and harden and make us Ahrimanic in a bodily sense." Human beings and the Christ impulse are the fulcrum which balances these forces: the Luciferic pulling upward and the Ahrimanic pushing downward. Michael as the executor of cosmic intelligence and the countenance of the Christ being, which is the balance point of this triad, participated in casting down or letting these opponents loose upon humanity and the earth. Michael's strength and guidance will help humanity mature the necessary wisdom and ability to "absorb what united itself with the earth out of the spiritual world through the impulse of the Christ—which must unite with humanity to keep it from perishing along with the earth." Steiner says "We must see to it that human beings take up the spiritual, not just into their heads, but into their whole beings. We must permeate ourselves wholly with the spiritual. Only the impulse of the Christ can help us to do that."

Charles, Coalinga, CA

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Book Reviews



THE PHILOSOPHY OF FREEDOM

"A truth that comes to us from outside always bears the stamp of uncertainty. We can believe only what appears to each one of us in our own hearts," Rudolf Steiner, *The Philosophy of Freedom*. How we interpret truth; by the subjective influence of external morals based on a material concept of reality, or through the internal objectivity of a pure heart guided by divine compassion. How we determine truth, determines our actions when faced with a situation that requires decisive thinking. Our potential is limited when we refuse to embrace the full quality of freedom alive within our own being. So much so, that in our minds we sometimes confuse spirituality with material concepts based on external influences. This has served to twist our imagination and debase the human psyche to a facsimile of mundane ideas. Blind faith, like the fruits of materialism, is no longer enough. Rudolf Steiner in his book *The Philosophy of Freedom* addresses these problems' root causes and offers us a key to unlock our minds

and find our own answers. Steiner spoke to generations yet to come when he wrote "Again, we do not want any knowledge of the kind that has become frozen once and for all into rigid and academic rules preserved in encyclopedias valid for all time." Each of us by our rejection of dogmatic beliefs and materialist intimations are living Steiner's statement and making a statement of our own, a demand for transformation that affects the consciousness of all men and makes us as brothers in a spiritual revolution. Our struggle is for truth beyond the illusion of material concepts that limit scientific and religious understanding. Steiner says "Whoever appreciated only the pleasure of the senses is unacquainted with life's sweetest savour." We are each small parts of a greater whole; our efforts are not made to satisfy idle curiosity. Comfort is not to be found in acquisition of status and wealth. Science explains our existence as a matter of chance and religion can make us be exclusionist. Steiner's *Philosophy of Freedom* shows us a way to become independent in our spiritual practices and experience first hand divine consciousness, internal change and spiritual growth. *Michael, Iowa Park, TX*

ROSICRUCIAN WISDOM

I learned many things from *Rosicrucian Wisdom*. This book challenges me on different levels. The concepts of the planetary evolutions are new for me. At first impulse I wanted to reject and dismiss it (as we usually do with new and seemingly strange things). However, my logical mindset kicked in and I rationalized my way back into the text thankfully! A lot of things that were left unexplained by *Theosophy* were tied together for me and new understandings were awakened. The book is a work well presented, and I found clear, concise and complete. Steiner presents each thought without rambling and without trying to teach us a dead language (e.g. Sanskrit). His logic isn't too lofty, which makes it all the more convincing. *Rosicrucian Wisdom* left me excited, eager for more, and full of hope that there is direction in this sometimes chaotic world of materialistic and desire driven culture. It's a must read for all. *Kevin, Waynesburg, PA*

MAN ON THE THRESHOLD

In *Man on the Threshold*, Bernard Lievegoed opens our minds to actual phenomena. Surveying the ancient mysteries and up to the path of anthroposophy, Lievegoed is leading up to where Rudolf Steiner begins on the inward path. He prepares our imagination and council's patience (waiting for the inner process to take their full course). He introduces the important six fold path (control of thought, control of willing, control of feeling, inner tolerance, open mindedness, and equanimity of the entire soul). Mr. Lievegoed helps us understand that we are responsible for our own tempo, and for the sequence and conduct of our path. He discusses the human double, planetary processes in the cosmos and in man, the development of the consciousness soul and more. All this, only part one! Part two consists of a summary of anthroposophical psychotherapy, diagnosis, therapeutic treatment for soul development, and even some training of the therapist. This is a very enlightening book which set me on to deep consideration of its content. *Dale, Amarillo, TX*

THE MYSTERIES OF THE EAST AND OF CHRISTIANITY

The Mysteries of the East and of Christianity by Rudolf Steiner consists of Steiner's four lectures in February 1913. In the 4th lecture (page 63 to the end) everything Steiner had been saying was to lead the listener to the fact we are entering a new age of the soul. The Soul as well as the human physical and etheric bodies has changed physically in their nature and composition as a result of this evolution since the age of the Ancient Egyptian Initiates. The astounding part of the fourth lecture is how Steiner shows this evolution of body and soul to be part of the dual nature of man. Steiner uses Goethe as an excellent example of the dual nature of men in the modern epoch of initiation to the modern mysteries. I strongly recommend this 85 page book to anyone who has begun to know themselves and have found their dual nature confusing and difficult to penetrate in order to get to their soul. I now have a better understanding of how Ahrimanic and Luciferic influences are able to penetrate my being. And I can better know and nurture my soul from having learned from this book. *Ethan, Anthony, NM*

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Self Awakening Study Course in Anthroposophy ~ Spiritual Science

BY DISTANCE EDUCATION

EduCareDo International Research and Learning Center based on the work of Rudolf Steiner

EduCareDo is a new way of self-awakening and learning. It evolved in response to the needs of many people who are searching for new possibilities to develop their capacities in freedom on the path of self-knowledge. This path is not only for self-development, but also for the benefit of the world and fellow human beings.

The course is for people, who because of their life circumstances cannot attend regular courses, seminars or colleges. **EduCareDo** offers self-awakening study courses as a service in distance education mode.

The course is an introduction to anthroposophy in simple language with many experiments and exercises, including artistic and meditative work.

During many decades of teaching adults and trying to work through the hundreds of questions from them, it was evident that they often wanted a final answer so that they 'know'. At the same time, they also wanted to be told 'what to do'. Together with the students we worked through these issues.

We came to realise that we often seek answers to our questions, but one has to be very careful with answers, because they relate to the past. Now I have the final answer, so I can store it in a box as 'knowledge' but this knowledge could be dead.

We decided to look for answers with *life* in them, answers that allow new questions to emerge. To ask questions is a process that is creative and leads to the future. We present about 100 questions through the 26 lessons.



Rudolf Steiner

Rudolf Steiner gives us the foundation for this self-awakening work: "Anthroposophy does not seek to impart knowledge, it seeks to awaken life."

Working with *polarities* can become an important support for our self-awakening studies. When we face a problem we could ask, what would be the polar opposite of our dilemma? Rather than judging it as moral or immoral, we try honestly to find where we stand in our thoughts, feelings and deeds between this virtue and its polar vice. Through this process, we get closer to a more conscious understanding and evaluation of our problem and its possible solution. Through these steps, we often free ourselves from preconceived ideas.

We can look at Rudolf Steiner's insights: "A soul that wants to prepare itself for knowledge of the spiritual world gradually begins [...] to see polar opposites revealed in all things and the necessity for these opposites to balance each other. A middle condition cannot be a mere flowing onward, but we must find ourselves within the stream directing our inner vision to the left and to the right, while steering our vessel, the third, middle thing,

safely between the left and right polarities." [Rudolf Steiner, 'Secrets of the Threshold' Lectures V. and VI.] The **EduCareDo** course introduces this work of 'Threefolding' and applying it to the polarities of life. This presents a new way of *self-awakening learning* and as a multi level tool it also provides one with new possibilities of research in any area of one's private or professional life.

The course is directed towards 'salutogenesis', the origins of health. The course works with the strengthening and health creating capacities that are an integral part of Waldorf (Steiner) Education and anthroposophical Health Practice.

Other name for Anthroposophy by Steiner: "*Conscious Awareness of one's Humanity*", by a group of students: *Self Development for World Development*".

Rudolf Steiner in his '*Intuitive Thinking as a Spiritual Path*' [or *Philosophy of Freedom*] gives us a guide to the practice and experience of living thinking. If we ask the living questions: What do I know? How do I care? and What can I do? We are coming to the active meaning of **EduCareDo**, a Learning, Caring and Doing process. This is how the name came into birth.

There are plenty of *Ideas* in the world today, but how can they become *Ideals* and eventually fruitful *Actions*?

The students are encouraged to answer three questions after each Lesson in their diary: "*What was new to me in this Lesson?*" [To develop Inner Clarity]. "*What was most important and the closest to my heart?*" [To develop 'Heart Thinking']. "*What can I do, what will I do with this finding?*" [To develop Co-Responsibility for Deeds]. After 3 months and after 6 months: "*What have I done?*" and "*What is in the Process of being done*" To help *Ideas* to become *Ideals* and eventually fruitful *Deeds*.

Erwin Berney

SOME FEEDBACK FROM STUDENTS:

The endless connections and relationships between all things, how everything is tied into the Oneness; the artistic and beautiful feeling permeating the real human experience is heart warming. Tracy

I enjoyed savoring these contents. I experience the light that you have sent into the sleeping giants of Steiner's old lectures and the resplendence that has arisen from their awakening. David

The guidance you provide in the lessons and to be able to incorporate the teachings into my everyday life has been a highlight for me. Christine

It has only been in the past few years that anthroposophy has become active in my life and I liken the experience to "coming home". I feel blessed to have had this year of study through EduCareDo to add understanding, insight and momentum to who I am and how I choose to live this life. Keturah

In the Head the power of Faith,

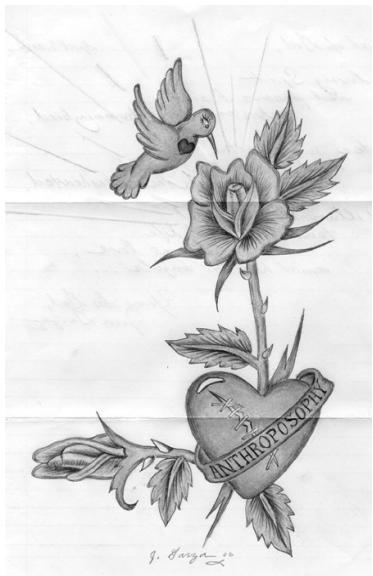
In the Heart the might of Love,

In the full human being

all-sustaining Hope.

by Rudolf Steiner

Art and Poetry



*B*eloved of God,
In loving Spirit
And passion of soul,
Nature's faithful hummingbird,
Tastes sweet nectar
Amid beauty so thorned
That mends the brokenhearted,
And, illuminates the soul
Toward eternal life
And glorious, love,
Amid heaven's angels...

Jesse, San Diego, CA

APo



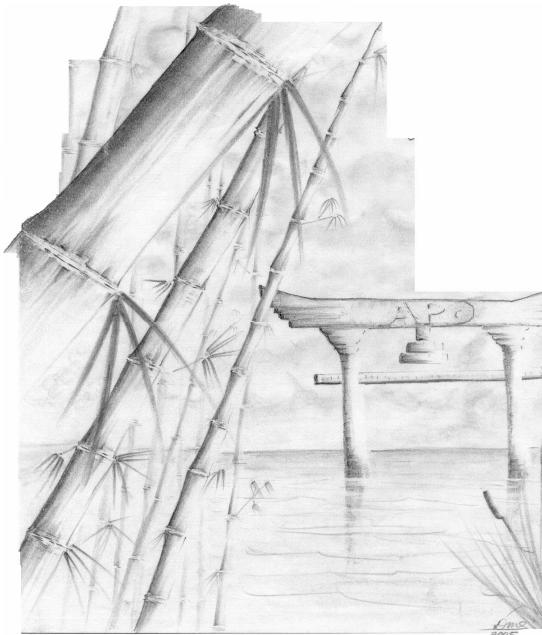
Richard, San Quentin, CA

The Monster We Make

Our actions can create nightmares;
Therefore, we must treat others with care.
For darkness is a depth hard to understand,
When our fears take the form of a bogeyman.
People will do and say hurtful things,
Thus, causing life to become a bad dream.
When children are cursed at and abused,
Mistreated, neglected and confused;
And when that child shivers in the dark,
Cold, hungry and of fragile heart;
Denied love, given the sour milk of sorrow...
How shall that child be on the morrow?

When those who are different get ridicule,
Ostracized and terrorized at school;
And those of deformities and disease,
Are made to feel ill-at-ease.
When people laugh at others with malice,
And look with fear at those who are queer;
A heart with hatred turns to stone.
How does it feel to be all alone?
For those filled with hurt and sadness,
Do often times seek solace in madness.
So let us be kind and forewarned,
And be this truth conveyed...
For monsters are not born,
They are made.

Malachi, Florence, AZ



Torii's are gateways at the entrance to Japanese Shinto shrines; they are everywhere in that country where there is an entrance or where there is a spirituality felt about the area. As a child, I spent several years in Japan and have many fond memories of the Orient. This drawing reminded me of the gateway of knowledge APO provides to me and others. Dale, Winnfield, LA

Stars of our Life

One spark of life
The light surrounded
By infinite darkness.
A beacon of hope
An idol for faith,
That all is not
Hidden in night,
Because we see
That little spark
Surrounded by chaos,
And cold are the hands
That try to grasp
The spark of life
To snuff it out,
So that all are lost
Without their light.
But we see the light
And not the dark-
There then it is
At the end of our path
If we choose to see.
That spark of life
A beacon of hope
An idol for faith
Beckoning us toward the light.

Jeremy, Corcoran, CA

Eurythmy: The Human Being as an Expression of the Cosmos

The Human Body: A Temple cont. from pg 1

when they place their toes first. The heel on the other hand is our will. In ordinary every day walking most people place their heels first. In between the toes and the heel is the arch: The sun space or the heart of the foot.

Three-fold walking or lift-carry-place is one of the well known exercises in eurythmy. We begin by placing our feet parallel on the earth, the right foot slightly behind the left. Both heels of the feet should be on the earth, which means our knees have to be slightly bent. Our weight is in between both of the feet. And now we loosen our right heel out of the heaviness of the earth, roll via our arch to our toes and lift them off the earth (lift). Now we are standing on our left leg and we bring our right leg passed our standing left leg in an arched movement, although not too high up, toes pointing to the earth (carry). Now the toes of the right foot are placed first, then the arch and lastly the heel (place). (Our weight is slowly shifting with the movement, and yet remains in between the two feet.) As our toes touch the floor on our first step we send with our consciousness the movement under the earth to our left heel, which in turn picks it up and starts the process now with the left foot. If balance is a problem one can also start by holding unto the back of a chair. One doesn't need much space. 4 to 6 steps forward and then one can turn around. It can also be practiced in hallways. I know of a doctor who does it in between seeing patients. After the forward three-fold walking has been mastered, one can try to walk backwards.

Now the hands:

The hands in eurythmy express the soul. The arms and hands are the most important aspect of the human body in eurythmy. We have gestures for every vowel, every consonant, every tone and interval in music. But in the context of this article it is not possible to go into all of it, maybe in another article later if there is interest. At the moment I would like to start the different aspect of the hand: the back and the palm of the hand. We can make a fist or we can stretch out our fingers. In the first case something of our soul is closed off, it has become dark. In the other case we open ourselves up. There is light. And with those two gestures we have the archetypal exercise of contraction and expansion. This can be done in sitting or standing. We place both hands in the region of our heart in a fist position but relaxed. We feel within ourselves. Our upper arms feel a certain buoyancy so that we don't feel tense. Our head turned slightly towards the earth. And now we open up our space of the heart by moving the lower arms out and up. As we do this our fingers naturally follow the movement opening up at the same time. We can extend this movement by widening our arms further and further into the light. With our consciousness we can expand beyond our physical body, the walls of our room, the building, the city we are in, up to the clouds, the sun, the moon, the stars.... There is no limit to our imagination, but be careful not to lose the connection to the earth! And then comes the moment of turning. We travel back into our heart space. This can be done in standing or taking a couple of steps forward and backward. It sometimes is referred to as "breathing out and breathing in". In this case our own breathing should be independent of the movement of the arms.

Here is a poem which can go with it: Start with both hands in front of chest, fingers curled in:

*In breathing
Life may twofold be (out)
We breathe life in (in)
We set it free (out)
The In breath binds, (in)
The Out unwinds,*

*And thus with marvels
Life entwines. (out)
So thanks to God
When we are pressed, (in)
And thank Him
When He gives us rest. (out)*

J. W. Goethe

End with arms and hands resting in front of the chest.

And lastly the head: the crown of the human body.

The roundness of the head resembles the firmament with the fixed stars. The head is the oldest part of our body, a three-foldness in itself with forehead, nose and chin. There is also the face which is oriented towards the world with the senses (earthly aspect) and the back of our head the cosmic aspect where there are no physical senses. We don't have the same mobility with our head as we have with our limbs, and yet positions of the head can express a situation without using words. What would it say if our head is turned downwards, our chin almost touching our body? "I don't understand." And what does it mean if our head is turned to the right or the left side? "I will" to the right side, "I feel" to the left side.

If we look back over a day and try to remember our movements, it is shocking to admit how very few are done consciously. It is therefore a deed for the world to do some very simple movements as turning the head imbued with consciousness. If we start doing it a couple of minutes a day, we will inscribe something of our soul into the cosmic script and therewith help to uphold the human body as a temple.

So What's Your Experience?

ROSE CROSS MEDITATION (NL #7)

In considering the Rose Cross Meditation given by Ms. Bristol, the hardest part for me (at first) was developing the inner soul mood of calmness. In a prison environment this is not easy (although I know it isn't "easy" anywhere). There are a thousand and one distractions to keep you from your goal. However, just as physical resistance builds physical muscles; our spiritual and/or mental muscles are strengthened by resistance as well. Thus, while it may be harder for those of us behind the walls to achieve the calm inner mood so necessary for further work, once this state has been achieved it is, for all practical purposes, unshakable. I've found that out of all the possibilities one could choose for the object of meditation, the Rose Cross is, by far, the best I know of. The deep symbolism of the rose itself is enough to leave one with a feeling of wonder and reverence when comprehended. But when you add the seven red roses to the black cross you have before your mind's eye a symbol that cannot be surpassed in its depth and beauty. In "Stage One" we were asked to picture the plant as contrasted with the human being. This was very enlightening for me. The chastity and purity of the plant is what we strive for. Yet, although the plant is sinless, it is not virtuous. It has no astral body; therefore it has no desires, urges, or choices to make. We on the other hand must overcome the passions in our blood and conquer the unruly nature of our astral body. When we succeed at this we become as the rose whose vital fluid is red like our own, and free from passion. Holding the image of the Rose Cross before my soul produces a feeling which I can only describe as adoration. It fills me at once with a longing to achieve that which is represented by this profound emblem and also with determination (and a little shame) because of how far I still have to go. The further stage in which you dissolve the image and refocus your attention on powers that created the image is a little tricky. At first your mind seems totally blank, and then it will begin trying to fill the void with other images. This must be guarded against. We must not let the mind fill the vacuum with other images or we frustrate our goal of focusing on the powers themselves. When I achieved this, I experienced the inner powers as a "weaving" force. It's literally like potential energy weaving in on itself. The last stage I am still working on. I can only hold the "weaving" before my soul for a short period before the whole meditation seems to dissolve before me, but persistence, persistence; persistence is the key to the ancient command of the Mystery Temples: "Know thyself." May we, each, reach this goal.

Yours in the Light, Richard,

Richard, Your insights into the challenges of meditating in a prison environment are certainly appreciated. Those of us who have the liberty to meditate in our own homes or out in the beauty of nature don't always appreciate that luxury. And your statement that learning to find the meditative state inside a prison provides an "unshakeable" state will hopefully inspire other incarcerated individuals to continue on their path. You have a strong relationship to the Rose Cross meditation and symbol which can provide spiritual nourishment for you on your quest to "Know thyself" throughout your life.

Eileen Bristol

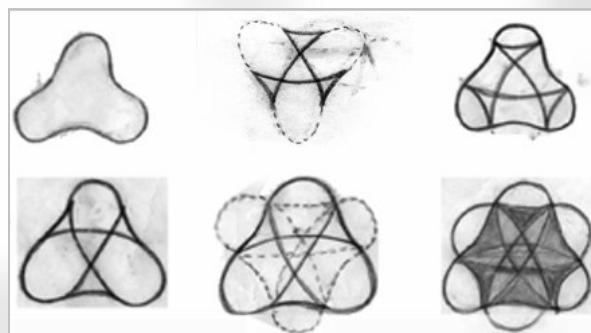
ART FOR HEALTH (NL #7)

The *Art for Health* series by Marietta Yeager has left a lasting impression. It is an activity that continues to cultivate greater appreciation for form drawing. This issue has four themes, each offering a particular point of view that we may come to understand by going through them one by one. After many repetitions the themes begin to coalesce into one much greater theme, Rudolf Steiner speaks of this in *Nature's Open Secret*:

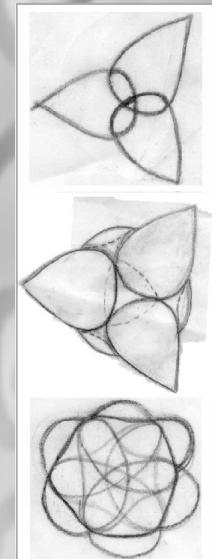
If sense experience provided us with something complete in itself, the process of knowing would indeed be useless. No combining, ordering or grouping of sense perceptible facts would have any objective if we do not regard the configuration given to the senses as complete, if we regard it as only half of the totality, bearing within itself something of a higher order still something, though that is no longer immediately perceptible to the senses... knowing means adding to the half reality of sense experience what we perceive through thinking so that our picture of reality becomes complete.

So beginning these exercises we may approach them with an attitude of anticipation thus allowing more and more to stream into our consciousness. They may be applied to what Steiner calls the four levels of individual life: perceiving, feeling, mental picturing and conceptual thinking, the latter being based on the principles underlying yet not limited to the forms of our perceptual content. For example when we work through the fourth series, Ms. Yeager turns our attention towards the balance needed for the lemniscate to reflect the best relationship between inner and outer poles. Balance then is not something that is the drawing per se but the drawing does provide an example of balance which is a concept or principle behind the form. As I worked with these exercises over and over again attempting to draw more from the experience, I was led to a new theme that would be seen in different ways. There is a symbol of antiquity that has meant different things to different people. Some see it as a balanced relationship between life and form, spirit and matter, God and Man. It has also been said to mean involution and evolution, as well as a sign for healing due to its numerical affinity with the sign Virgo or the Lords of Wisdom. It is the Star of David, commonly called a hexagram, if one applies all of the themes together this keeps returning in various ways, the hexagon also appears as does all the forms of theme one and two. It has been a very interesting exercise and I hope that there are more like it in the future.

Alexis, Hinton, OK



form drawing by Alexis , Hinton, OK



Illuminations

I've noticed some positive changes in my perception here lately. The meditative exercises are really helping a lot. I've been doing the Rose Cross meditation, this has been especially good for me, as one of my jobs here is the care of the Rose Garden. My other position is that I run the AA—NA program. I've been making copies of the spiritual practices for prisoners and passing them out. Some of the guys are getting a good insight from them. William, Epps, LA

I have received books and newsletters from the library outreach program and I've been studying them, absorbing the information they contain to become a better man. I've been studying religion for years now. Islam, Judaism Christianity Hinduism, Buddhism and Ancient Myths are just some of the religions I have investigated in my search for the understanding of life and why things are the way they are. The books we are able to check out from APO are books that will help me in my understanding of the universe. Carie, Lincoln, IL

I spent years trying to build a reputation as a "tough guy" and now it's taking a little longer than I thought it would to dispel that myth, oh what tangled webs we weave. Anyhow, I was given the opportunity to apply the science of the spirit and learned some more valuable life lessons. Admittedly, I've been pretty stressed out, but in the past, something like this would have knocked me off my square and brought out my dark side. My dark side was present, and let me know that he's still there, but I remained centered and was able to draw strength from our divine source. The "light" came to me in many ways. My brothers in here were there for me. Guys who I didn't even know very well extended themselves to me and I was also put into a few positions where I was able to extend myself to men who I never even met before in life. Through it all I'm left with first hand experience of humility and grace. By not letting go of some very basic spiritual principles and with a little bit of patience I realized much. George, Leesburg, NJ

Who would have thought that I would be doing meditation exercises or studying philosophy? Thanks again! Lee, Tennessee Colony, TX

The book, Christianity as Mystical Fact was very, very, great, like an old friend or lost dog. I had the overwhelming insight that some of the passages from the Bible were describing or making you aware of "waking up", "born again", "alive", "awakening", experience of thought or insights you may have during the process of inner change. Or you could say reflection. I say reflection (as in a mirror), because I haven't had such an experience for a while. However, I understand that if I could or try to cultivate a good foundation, by giving endlessly and selflessly it will come to me of its own accord. Needless to say I can't wait until I dip into the all pervading river of Life's consciousness that is the Great Truth, and One. Shannon, Albion, PA

I thought Mr. Steiner was the coolest and most understanding with respect to a beginner's process of understanding the mysteries and initiation into the higher worlds. He places much spiritual discipline on the reader, allowing us to realize what it takes to be a better individual. Personally, I've stayed up at night to study this work. I find it better for me to do some "late night reading" in receiving the total message. I've gotten a better understanding of the path of Mr. Steiner's concepts on life. My mind and soul are new to this spiritual path, but my desire has always been there. My quest for understanding is forever growing, and I believe it always will. Sometimes it's hard for me to "think" these principles daily, but I now acknowledge why, and knowing that it gives

me something to work towards. I realize I've been manipulated by illusional things and these illusions have kept me from being conscious. I desire to constantly grow by not looking at everything from a physical prospective, but spiritually, the essence of change in all things becoming complete. With my constant focus, I will manifest into beauty. Jermaine, Beeville, TX

The insights in Christianity as Mystical Fact were soul transforming for me. I read it several times. Steiner clarified many things for me such as a better understanding of the Mysteries and what they meant and how "God" is discovered or can be by everybody, and also how Christianity is a further evolution of the Mysteries. So much is contained in this book that I had to read/study it slowly, which led to hours of pleasurable study. Steiner's style is very attractive and highly intelligent. I found his comparative analysis with science and scientific thought very enlightening. In reading some books/lectures by Rudolf Steiner, I can easily discern a Buddha-like teaching technique. Steiner, like the historical Buddha, did not say or teach the same things to everyone. He would make adjustments according to his audience; hence in reading some of Steiner's works I am unable to connect. Yet, in other works the connection is very strong and direct. So I believe that everybody can benefit by studying anthroposophy. Malachi, Florence AZ

My pain and shame is deeply embedded in my blood stream for I see now the negative life I choose to live in opposition to the positive role I could have taken and so I can feel the wounds still that have carried me to seek knowledge of the purpose and meaning to life so as to come full circle and not only find myself at its higher level but find the very essence of life, love and gratitude towards all. Edgar, Crescent City, CA

Each of us has faced a crisis or decision that has left us baffled. Our predicaments may be simple or complex. Often what we decide at a moment's notice will have karmic consequences that we can not begin to comprehend. No matter what our situation is, or how big our problems may seem, the answers we need are inside us. By turning inward and placing our problems before the wisdom in our hearts we can overcome any obstacle, it can be the start of an extraordinary journey that will reach beyond a single lifetime. As we learn to trust our own inner voice of wisdom, letting it guide us in our actions, we will forge a conscious bond with our true self that can never be broken. The more we shine its glow on our problems, the more clearly we will come to see how to find a solution and avoid future mishaps. As the relationship between our ordinary self and our essential inner wisdom grows, we'll begin to learn how to meet our karma with patience and use the situations we find ourselves in to help others. By keeping in mind that our present conditions are the result of past actions, and that future conditions will be determined by our actions in the present, we will learn to look not at what has been, but what can be. Michael, Iowa Park, TX

It has been a real privilege to continue being a part of Prison Outreach, when I first began reading the newsletter, I could not help but feel a sense of connecting, of oneness. It is an activity that can become more alive with each passing season. We read about the struggles, aspirations and insights the student experiences at various points along the path of self knowledge. We also sense the transformations that are taking place in the lives of those who share through poetry and drawing what anthroposophy is building into their souls. It is truly a meeting place, a common ground for men and women to participate in the Love that is drawn from the life of the Spirit. Alexis, Hinton, OK

Illuminations

cont. from pg 10

I liked both books you sent. I learned a lot from First Steps in Inner Development about routine and meditations and most importantly, how to find the good in any situation. Just from reading that book and following the instructions given, I am starting to see a change for the better in myself. As for the book A Wound Awoke Me, well I love reading poems. Some of them I read three or four times because I liked them so much. I loved the poem Sonnet so much that I copied it down so I can read it whenever I want. Derrick, Manson NC

I appreciate the books you sent to me to read. They are opening up new avenues of thought and a new way to look at life and death. How to Know Higher Worlds was a very good read that I absorbed easily and enjoyed the knowledge I retained. I copied down a lot of the meditation instructions and exercises out of the book titled Start Now and I am putting them into practice. Clayton, Childress, TX

I felt a strong pull on my soul after reading the newsletter, and I tried the exercises. I realize that in order to fully understand these concepts, I must determine their meanings for myself. I used to think that it was difficult to study alone; to practice without having others who are on the path to practice with. But with anthroposophical books and a newsletter like Illuminating Anthroposophy, I feel all the more connected to a common thread and that is exactly what I've needed. Fabio, Railford FL

I spent 10½ years in prison and got released in 2004 and because I never learned how to deal with emotional stress, I began using drugs again and I am back in prison with a 12 to life sentence. I hope that as time goes on I will be able to incorporate many of these lessons into my life because I am in a lot of pain mentally and emotionally. I need to find a balance in my life. John, Comstock, NY

I like the concept of the three-fold human being; body, soul and spirit. It really allows me to see that I am a spiritual being on a human journey not a human being on a spiritual journey. Joachim, Jessup, MD

Just finished my books, both were a joy to read and I learned some things I did not know, which is good because I am always searching and I search through reading. The book Staying Connected is very good and I certainly

So What's Your Experience? cont. from pg 9

CLIMBING WITH ANTHROPOSOPHY (NL #7)

In an article in your newsletter No. 7 Mark Benson writes... There's nothing that can transport us that would save us the steps. Something tells me that without the struggle, the journey would not be the experience that it is. Thus I believe that steps are just as important as the summit to the climber". I am a seeker, whatever form Truth takes I must accept it. This quote is true in my experience and I do not understand the modern obsession with ease or profit without labor. The old proverb "you get out of something what you place into it in effort," is still true today as it has always been. This is truly timeless wisdom. Love the article and keep up the good work! Jason, Beeville, TX

HINTS ON HOW TO STUDY ANTHROPOSOPHY (NL #6)

In special edition No.6, (summer 2005), I came to an article "Hints on How to Study Anthroposophy": 1) Repetition. Read each chapter or printed lecture twice, then 2) Understanding. When I read these first two hints, I realized I was going about my studies the wrong way. I was just reading the words, not letting my mind understand the material. So I pulled out my book mark and started all over with a different outlook. The mediation stuff I was working on before this was well, how can I say it, a waste, not all of it but 85% was. The stuff I was doing said; you had to sit a certain way, breathe a certain way. This way, that way. But Rudolf Steiner states there is no wrong or right way to do it. Just do it the way you feel right about it. The only way you can get it wrong is not to meditate. In just these last few days I have noticed something right. Jason, Lovelady, TX

will put into practice reading to the dead. I usually just converse with the spirits but I see now reading to them will do more. The book Start Now is a book of instructions that is meant to be memorized and practiced on a daily basis so I started with the meditations. Denny, Beaumont, TX

The first days of reading anthroposophy, I was anxious and I could not focus that much on the books and sometimes I did not understand or grasp the meaning behind something read. At one point though, I got into the book How to Know Higher Worlds. It showed me to have reverence for the most insignificant creature that we think doesn't matter, to have respect for every living being, to pay a little bit more attention to our surroundings. Juan, Soledad, CA

I was overwhelmed with joy when I received your package because my spirit has been yearning for some spiritual food. I know I am supposed to have equanimity in the face of pleasure and pain and I profess to do this whole heartedly. Desmond, Columbia SC

The book titled Staying Connected stated the importance of sacred moments while falling asleep and upon awaking for receiving answers or asking questions. Sometimes, in my twilight sleep, I get answers to my problems. I have always felt as if this experience was more than that I am just relaxed and thinking clearer. Joseph, Amarillo, TX

Thank your for sending me the package with Self Development in the Penitentiary, since that time (about 8 months), I have been doing all the exercises A lot of things have changed completely in my life. I now seek all my answers from the spiritual world. Raheem, Bessemer, AL

Your books have given me a stable foundation for my spiritual growth. I can honestly say the Anthroposophical Society and Rudolf Steiner have changed my life for the better. Thanks to all. Chad, Columbia, SC

I want to tell you that the books have a positive influence on me. Since joining the Prison Outreach library and after reading only two books, my outlook on life has changed dramatically for the better. Thank you in advance for letting me read and experience a "new approach" to life while inside prison. David, Arcadia, FL

THE APPLE TREE (NL #7)

The Apple Tree, the parallelism unto a human life is an admirable concept. The blessings continue even after death. This is the sacrifice, the incense of life, God most enjoys. Wouldn't we all like to leave sweet incense, something from our life that might bless another...?

Eulogy to an Old Oak by Dennis, Corcoran, CA

Old oak tree as gnarled and worn,
Do you remember sweet day of born?
Smallest of twig entering world empty and forlorn
Your special purpose, to show life to those in sad morn.

You smiled, sang and laughed along path of trialed way
Even when strange forces tried to keep all joy away.
Today you look tired, so weary of a day,
But you still stand proud when God would have you stay.

As I lash upon your gnarls, cracks and twists
I see the Lord shining through earthly mists.
All of us began with these small baby fists
Striving to prove life as one of God's greatest gifts.

I look now with pain for I know you must go.
We fear for strong winds that might one day blow.
And the Lord needs the room for another child to grow.
I must take you now but as friend, not as foe.

Now in your first demise lives are warmed once again
Even in death you prove your life completely to an end.
Your gift of warmth shows exactly the love that has been
Back into the Light, beloved old Oak, beloved friend.

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Illuminating Anthroposophy

Anthroposophical Prison Outreach Newsletter

Meditative Verse

*Through the wide world there lives and moves
The essence of the human being,
While in the innermost core of the human being
The mirror image of the world is living.*

*The I unites the two,
And thus creates
The meaning of existence.*

Rudolf Steiner
1918