

*From astrology to astronomy to astrosophy,
our unfolding relationship with the world of planets and stars*

BY MARY STEWART ADAMS

When looking into human history, we find that the greatest achievements in literature, science and art have always stemmed from the human being's quest to know itself in relation to the surrounding cosmos: Who am I? Why am I? Where did I come from? And where will I go from here? These are fundamental questions that, once asked, open a conversation that speaks in deep and personally specific ways. For former cultures, this conversation appeared as though in story form, in mighty mythic images of gods directing human activity from on high. This period of history was the time of the "astro-logos", the mighty star (astro-) word (-logos) that spoke through the initiates of the time about how life was to be lived in harmony with the heavenly world.

This conversation of the stars speaking to humanity through astrology held sway from ancient times until about the Middle Ages, when the idea was introduced that the Earth was moving around the Sun, together with all of the other planetary bodies. Just imagine for a moment what it would've been like to consider the Earth solidly beneath your feet, and all the heavens circling and embracing you. Now imagine that this safe center is moving, and not only is it moving, it is no longer central to a living cosmos! This sense that things are not as they seem resulted in a certain fear about the destiny of the human being which resulted in a striving to embrace the stories and experiences of the divine while also learning to understand the physical, material world. Notice the flourish of master works of art from this period, such as Michelangelo's mighty image of the creation of heaven and Earth, created within a few generations of these new thoughts, where Earth was as though cast out from its central role in the cosmos.

From this time in the Middle Ages until the present, a star knowledge developed known as "astro-nomy" which refers to the body of knowledge (-nomy) regarding the physical being of the planets and stars: their distances; the chemical composition of their atmospheres; the number of moons each has. In fact, during this time, scientists moved from naming stars to numbering them, so that the stories that were told by the names faded, and the starry word, the Logos, ceased to be recognized.

Then, in the 20th century, new ideas were once again introduced regarding the human being's relationship to the starry world, and the ancient knowledge that both Sun and Earth are moving in relationship to one another was reintroduced. Now, rather than there being a dictate from the stars about how humanity was to live, and rather than there being an interest only in the physical mechanics of the movement of the cosmos, there opened an opportunity to speak with the stars about what it is to be a human being descended to earthly matter from a place of spiritual origin, from a particular star. Through anthroposophy the human being was given the means to recognize itself as the mediator between the heavenly world of the cosmos and the world of physical, earthly matter. But this conversation is not the same as sitting to chit chat with one's neighbor, it is a conversation that involves, among other things, what we take with us across the threshold of sleep each evening, and what we bring back from sleep each morning, and this according to where we are in the seasonal and majestic cycle of the year.

A study of astrosophy, the star knowledge of the human being that is informed by anthroposophy, seeks to understand the wisdom (-sophy) governing the relationship between the movements of planets and stars during the gestational period of a soul coming to birth and the nature of life experience that soul will endure, as well as what fruits the soul will then restore to the spiritual cosmos at its fulfillment.

From astrology to astronomy to astrosophy, great epics of human history have unfolded, each bringing their own answers to the questions: Who am I? Where did I come from? Where will I go from here? The ancient philosopher Plato described it thus: "And after having thus framed the universe, He allotted to it souls equal in number to the stars, inserting each in each...And He declared also, that after living well for the time appointed to him, each one should once more return to the habitation of his associate star, and spend a blessed and suitable existence..." Plato "Timeaus"



Michelangelo, creation of sun and moon

The Stars spake once to Man

It is World-destiny.

That they are silent now.

To be aware of the silence

Can become pain for earthly Man.

But in the deepening silence

There grows and ripens

What man speaks to the Stars.

To be aware of the speaking

Can become strength for Spirit-Man.

Rudolf Steiner

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Our featured article is titled: *Who is the Being Anthroposophia and what is her Relationship to Human Beings?* In it we become aware of the layers of spirit enveloping us and the elevating effect Anthroposophia has on humanity. She is available to every heart as embodiment of our developing conscience, cleansing us through reverence and devotion to become truly human. A set of articles; *From astrology to astronomy to astrosophy*, and *Humanity and the Stars* lay out the idea behind the practice of star wisdom. All three articles are connected by the words of Rudolf Steiner; “spiritual awareness is a matter of directing your attention to it”. If astrosophy seems interesting to you, our new library book list carries a few books on this topic. In *Polarity and Paradox of Contraction and Expansion* Julia Williams describes some of the effects of prison life on the threefold processes of the human being and offers practical advice for Steiner students behind bars.

Alexis, from Oklahoma wrote to us about a meditative exercise he worked with and took to heart through art; creating pictures illustrating the concept of growing and withering. Through this he notices the descending in, and ascending out, of the life spirit and becomes aware of its existence as a result. We are glad to see many of you continue to work with meditative exercises, so we have reissued the *Self Development in the Penitentiary* booklet (many of you have received them with your book requests and others will soon have the new booklet as well). This booklet supports your work with the basic exercises which help you focus your thinking, harmonize your emotions and strengthen your will. Additionally in this issue we have a *Perception Exercise* for you to try. The nature of this exercise makes it easy to practice during the course of the day, anytime you have a few minutes and can hold a small natural object, such as a seed from an apple, or a pebble or leaf in your hand. You will develop increased ability to be open and listen which will help you to be centered and open to spiritual inspiration.

Many of you have begun taking the *EduCareDo Self-Awakening Correspondence Course*. In the *Self-Awakenings* section of this newsletter you will find connection with others who are taking this course from their summaries, artwork and poetry. In addition, readers who continue to read books by Rudolf Steiner are likely to do so because they have come to feel he can offer answers to many of life’s riddles through the development of powers of cognition (which, he maintains, are accessible to anyone). Some of you also write *Book Reviews*, this inspires others who then select a particular book to read as a result of the review. Thank you to all who contribute to this newsletter and inspire each other!

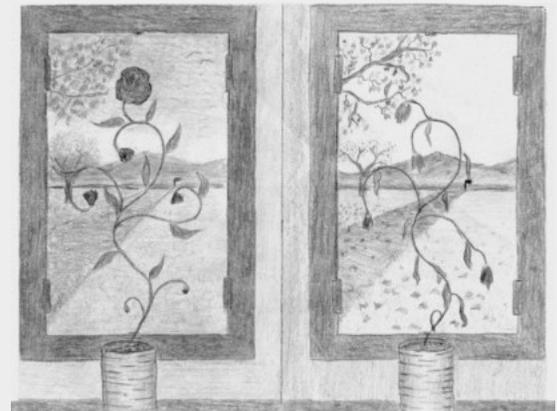
Blessings on your inner work, Kathy Serafin

Meditations

I LIKE SOME OF THE MEDITATIONS FOUND IN THE NEWSLETTER. I have been trying to keep myself into an everyday schedule with the meditations. It gets hard sometimes because it gets really loud in here at times. But I know that I am getting good at it because I am learning how to “not hear”. *Joshua, Abilene, TX*

I FOUND *START NOW* TO BE AN EXCELLENT BOOK that has got me interested in meditation.
Bryon, Hagerstown, MD

I BEGAN RE-READING *HOW TO KNOW HIGHER WORLDS*, this time slowly, taking in all that I could. As I got to Chapter 2; Stages of Initiation, under ‘preparation’, Dr. Steiner describes how one must “direct the soul’s attention toward certain processes in the world around us”. These being broken into two categories: growing and withering away. These will then be used in our thinking and feeling to become the focus he describes. A few pages on in a footnote it begins explaining the importance of artistic feeling or sensitivity to be developed alongside our inner development previously mentioned. I read that several times but this time I felt impelled to put these together and the result is the picture I’ve enclosed with this letter. I must admit that I’m not the best artist but I did enjoy using the colors not only to express these two themes of growing and dying but also to connect these two themes as one process. In the picture on the left, following the growth of the flower, we find that the forces of life came from the forces of death (represented by the two shades of green). On one hand, had it not been for the crystallization of spirit in matter there would be no manifestation of life on the left. On the other hand, had it not been for a departure from flourishing there would remain no medium through which the continuation of the manifestation of spirit in matter could be actualized; withering and dying provides the medium for spirit to re-emerge. *Alexis, Cushing, OK*



*Poems, Artwork
and Letters Welcome.*

WHO IS THE BEING OF ANTHROPOSOPHIA AND WHAT IS HER RELATIONSHIP TO HUMAN BEINGS?

BY ADRIANA KOULIAS

*Human beings were experiencing wisdom long before intelligence was felt to be a personal possession. In those ancient times, when intelligence was something to be attained only in the future, human beings were guided by a spiritual being whose reflection was radiated to earth from the cosmic region designated by the zodiacal sign Virgo, the region of the Spirits of Wisdom or Kyriotetes. The ancient priests called this Cosmic wisdom, Soph-*ea*, 'the wisdom which is all'.*

She was known in the mystery centers by many names (Gaia, Rhea, Demeter, Hera, Aphrodite, Artemis, Pallas Athene, Persephone, Isis) and the priests consulted her in all practical aspects of human life: her wisdom directed farmers in sowing their seeds or harvesting their crops; indications were given for conceiving children; she was the one who guided them to heaven after death and in life she was the one who comforted the grieving, mediating their pleas to a God too lofty to be addressed directly. But humanity was falling deeper and deeper into matter. The elaboration of the Intellect necessary to create human freedom meant that a time would come when humanity would be cut off from spiritual realms and a veil would descend over the human connection with the Divine Cosmic Wisdom.

The great Sun being was descending toward Earth; He was seen as Ahura Mazda, Apollo, Krishna and Dionysus. It was His task to undergo a human evolution as Christ and die a human death in order to redeem thought, and prevent this downward trend from continuing so far that human beings would never regain their connection with the spiritual world. Human consciousness however, had to be prepared so that human beings might understand the Christ, His Intelligence and His sacrifice; otherwise the most significant event of Earthly evolution might not be recognized. This gave rise to a question: How will human beings form a faculty of understanding when they were cut off from the Cosmic Wisdom which can help them to achieve it? It was decided by the wise guidance of human evolution that since human beings could no longer connect to the Wisdom that was pouring down from out of spiritual worlds they would have to find the Wisdom within their own souls. To facilitate this, the Cosmic Sophia sent an emissary to Earth who could carry the Sophian wisdom, not into the mystery centers as before, but directly into the human soul to prepare human consciousness from the inside out.

How did the emissary of the Divine Wisdom do this?

Rudolf Steiner spoke of the above being for the first time in an outward way in 1913. Later on the 10th of December 1915 he gave a lecture entitled "Perception of the Nature of Thought" and in it

he gave not only a biography of this being but also indications that she had the nature of an Archangelic being. As Archangelic beings work less directly with human beings, the emissary of the Divine Cosmic Wisdom had to sacrifice her Archangelic nature, and discard what she had attained in her own evolution and begin again afresh on earth. She had to undergo a human evolution, in complete freedom, though to begin with, in a purely spiritual way as an 'invisible' human being.

What do I mean by this?

She would have to descend through stages from Archangel to Angel from Angel to Human Being.



Virgo as depicted in the New Image of the Zodiac by Imma von Eckardstein.

*As a representative of the Divine Feminine
Virgo is one aspect of the new Sophia.*

In the above lecture Rudolf Steiner indicates that this descent had its beginning in Egyptian times, when this being entered directly into the feeling aspect of the soul and inspired human beings to gain a knowledge or Wisdom of God. This knowledge manifested as a deep devotion and was seen objectively in the world as Theosophy or Theosophia. When this being entered into the thinking aspect of the Soul in Greek times she inspired human beings to gain knowledge or Wisdom from the world around them. This was the time of the Philosophers, when Philosophia was seen as an objective being. In Roman times she incarnated briefly as Mary of the Luke gospel, the Madonna, a physical manifestation of heaven on earth, the mother of God.

Each time the emissary of the Cosmic Wisdom entered into human beings she not only created the conditions necessary for a development of human consciousness but she also underwent an evolution herself, which enabled her to fashion her own physical, soul and spiritual sheaths.

This is such a beautiful picture of interconnectedness, isn't it?

In our times, what Rudolf Steiner calls the Anglo/Germanic times, this being has entered directly into the moral aspect of the soul to inspire a knowledge or consciousness of morality, what we call, 'Conscience'. What is seen objectively in the world as a result of the rise of 'Conscience' in the human soul has also been given a name. Rudolf Steiner called her Anthroposophia, the wisdom that enables human beings to become truly human - truly moral beings.

*Isis-Sophia,
Wisdom of God:
Lucifer has slain her.
And on the wings of the
World-wide Forces
Carried her hence into
Cosmic Space.*

*Christ-Will
Working in human beings;
Shall wrest from Lucifer
And on the boats of
Spirit-knowledge
Call to new life in souls
of man
Isis-Sophia,
Wisdom of God.*

Rudolf Steiner

At the Christmas conference in 1923 she became the 'Guardian Angel' of the General Anthroposophical Society because through humanity she had evolved from a human being to an Angelic being; this means she is at present working on her own Spirit in advance of humanity in order to lead us in the future.

The above indicates to us how directly connected she is to us and makes clear Rudolf Steiner's statement that Anthroposophia is an individual being, "... towards whom we have the greatest conceivable responsibility", she "bears within Herself the being of man" and she shows us what we are and what we have created from out of our souls depths.

This is true self knowledge! We see out in the world what we have created from the inner wisdom she has made available to us!

It is Anthroposophia's hope that we develop a relationship with her that is intimate and *conscious* and this is only possible if we take that modern preparatory path to the spirit given to humanity by Rudolf Steiner. We *become* Anthroposophists the moment we make a gesture of commitment towards this striving on behalf of humanity.

The world today is once again seeking a connection with the Cosmic Sophia, the Divine Feminine; we see glimpses of her in literature and in film. However

because there is a lack of spiritual consciousness her image is seen through a glass darkly, it is distorted. A subconscious longing for the union of the Virgin Sophia (Anthroposophia) in the human being, with the Being of Christ, the mystical marriage, finds its expression in materialistic outward forms: the marriage of Mary Magdalene and Jesus of Nazareth; or the idea of sacred bloodlines etc. This happens because the spiritual aspect is not understood or is ignored. Those of us who have a relationship with Anthroposophia are responsible for making known the path developed by Rudolf Steiner that can lead to a *conscious* and living relationship with Anthroposophia, and through her, with the Divine Wisdom capable of shedding a light over the marriage of the human Soul Bride with the Groom of Christ. For it is only this spiritual marriage, this union, that will enable us to *know* and to understand the being of Christ and His great sacrifice.

The light of Wisdom once experienced by a few chosen ones in the old mystery centers, has in our time, been made available to every individual human being who, with conscious will, strives to found in their heart a living and breathing relationship with the being of Anthroposophia.

In her spirit, Adriana Koulias

1 Rudolf Steiner The Being of Anthroposophia Berlin February, 1913

- SELF-AWAKENINGS -

EduCareDo Correspondence Course Response Summaries; Lessons 1, 2, and 3

I've never given too much thought on the abilities to walk upright, think and talk. I've always considered them just a part of human nature. After reading this lesson, I see how these can be considered divine "gifts". It is through these 3 abilities that we function in this world. These are the main instruments by which the 'within' finds expression in the 'without'. Upon further contemplation, I also feel that the ability to use ones hands could also be considered a "gift" (i.e., to write, to build, to make art, etc.). For 30 years they've meant nothing more than human nature to me, now thinking of these functions as divine gifts gives me a sense of duty and responsibility to use them for good. I think it not a mere coincidence that the latter part of this lesson deals with changing one's own perspective to discover deeper levels of truth about a certain object, concept, etc.. I've had to practice this many times in prison in order to grow and survive in here! I enjoyed the exercises with the pictures and indeed felt a sense of "oh, I see!" when, after a period of looking with participatory consciousness, I came to a realization of something new. *Cory, Miami, FL*

This was a thought provoking informative lesson. We often never think of our lesser known senses as senses and never fully develop them in a balanced way. This lesson and all the EduCareDo lessons promote the development and growth of the whole person. The experiments and exercises gave me a degree of insight about areas of myself I have not previously thought of in the way presented here. All in all this was an excellent lesson and learning experience. *Michael, Iowa Park, TX*

I looked around me to see how other individuals, as themselves, were using the input of their senses. I came to realize that the majority of the human race uses their senses automatically and subconsciously. I now understand why some people act as they do; they do not take the time to

conceive a brighter picture of a bad situation. One must understand that one limits themselves because it is within your own mind to come to "greater" understanding. Given the free will, we can only feel in trying to comprehend the sensations that are the true inhabitants of this existence. The senses we are given are *doorways* to a more enlightening life and a more understandable existence. We are in one big bowl of soup, mixing and swirling around one another. We all came from the same can, and we are all heated in the same pot. All of humanity is one big sense organ and we must all become one in mind body and soul. This lesson has showed me a new image of this world and of myself. I thank you for this insight and for this understanding. *William, Teague, TX*

The Twelve Senses was very new to me and I did the experiments and now am somewhat more aware of them. People take things in life for granted, myself included. Reading each lesson brings me peace. And I've really learned to be more patient and evaluate my surrounding more. I am starting to be more consciously aware of the beauty and joy there is in life. Thank you for all the knowledge that I've learned so far. *Adrian, Beacon, NY*

Thank you for including me in the *Self Awakening Correspondence Course*. It has given me the opportunity to see anthroposophy broken down in an easy to understand format, and is set at a pace that allows for easy digesting of sometimes very difficult concepts. I understand how difficult it must be to show people how to develop themselves, so I was very surprised when the course not only tackled these problems but made them very easy to understand. I've only been taking the course for a few months but I can see a very firm foundation being laid out and I would recommend the course to anyone interested in self development and awakening. *Terry, Lewisburg, PA*

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Book Reviews



GIVE US THIS DAY; THE STORY OF PRAYER

I come to the fine work of Rufus Goodwin, *Give Us This Day; The Story of Prayer*. I must say that the chapter that I really liked was the *Celtic Prayers*. The Celtic, some of the Muslim prayers, and the ancient prayers of Egypt stirred my soul and moved the heart. Steiner's words have always moved me when he puts them to verse. His meditation phrases are so very potent that these could even be a separate chapter. The book is a keeper! It is an excellent work on the phenomenon of prayer. True, it is Christian-centric, but it teaches about the ways of prayer both over time and over the spectrum of faiths, predominately of the Middle East. The most important point of this work is the prominence of prayer in daily life of all people. Prayer is important because it takes you beyond your own self into the world of spirit; takes you to one who is higher and more powerful than yourself. Not to provide an escape from one's responsibilities as a human by putting it on the shoulders of one greater than you, but to get one's own thoughts and feelings clarified, tried and true, and in

focus with the problems of life. Prayer also is the means to seek guidance when one has exhausted all their own ideas and is at a loss of what to do. It is the source of inspiration, of enhanced imagination, of getting in touch with the "Wise One Within", of our higher-self. *White Eagle, Tennessee Colony, TX*

EGYPTIAN MYTHS AND MYSTERIES

I have finished reading *Egyptian Myths and Mysteries*. WOW! In these lectures, Rudolf Steiner challenges everything I was taught in school and church about spirituality and the creation and evolution of humanity. The truly amazing thing is that it somehow seems right at home with me. I am hungry for more! *William, Newark, NJ*

HOW TO TRANSFORM THINKING, FEELING AND WILLING

I like Mr. Smit's *How to Transform Thinking, Feeling and Willing*. When Mr. Smit speaks of "wonder" and how we need to see things through the "eyes of a child" rang true for me. That's just it: we need to put aside our biases, preconceived notions, and even our very perceptions as we deal with experiences each day, because if we don't put these things aside we are actually living in the past and not the present where we need to be. I very much liked the "empty consciousness" section, its explanations and the suggested meditations. *Lance, Petersburg, VA*

ANTHROPOLOGY IN EVERYDAY LIFE

Thank you for sending the book *Anthropology in Everyday Life*. I especially appreciated chapter one. It cuts to the root of our chaotic lives, namely 'impractical thinking'. Steiner provides many down to earth exercises we can do almost anywhere and anytime. We find out, if attentive, that these practices cultivate healthier thinking and memory. Many things about our character are discovered, pushed to the forefront of our consciousness, but previously hidden. In this way we can find through this struggle a kind of freedom: a new road of choices that cannot be inhibited by the fact that we are in prison. The cultivation of our inner life can only be limited by ourselves – there is no one we can blame and realizing this can go a long way toward developing healthy lives. Realizing this is actually only where the road begins, *living it* is where the strength comes from. I took notes that I'll continue to refer to as an aid in developing the skills and faculties mentioned. *Alexis, Cushing, OK*

START NOW AND MAN ON THE THRESHOLD

I especially liked the introduction to *Start Now*. It contained such evident truths as "often the people facing us are hardly with us at all because they are under the control of forces that lead them this way and that into life's trivialities. Gradually these then become the nerve center of their lives," and "all that we do out of sensuality, instinct, lust, and passion serves only the egotistic individual. The chapter entitled: *The Way of Thinking* was most enjoyable, as well.

In *Man on the Threshold* I was most interested in the inward and outward paths which used the Northern and Egyptian mysteries as examples. I liked how Aristotle's "golden mean" was visible, so to speak, throughout. Also, the chapter: *Escape Route*, dealing with addiction, really hit home. I had never really looked at addiction from that perspective before. Though thought provoking, to say the least. *Carl, Soledad, CA*

HOW TO KNOW HIGHER WORLDS AND FIRST STEPS IN INNER DEVELOPMENT

Rudolf Steiner's *How to Know Higher Worlds* is one of the greatest and most useful books I have had the privilege to read. In a day and age where many are told 'you can't', in a spiritual sense, Steiner says 'you can' and then also proceeds to tell you exactly how. And not only how, but more importantly, why. It describes the major stages on the esoteric path (preparation, illumination and initiation) then goes further into the ways and means of each one, while at the same time providing the effects the exercises cause, and you can accurately check your progress. Now all these things show the path, but to me, the words of wisdom and wonderful insights are total gems.

First Steps of Inner Development by Rudolf Steiner is somewhat like an extremely condensed and summarized version of *How to Know Higher Worlds*. In short, it's an excellent introduction to the most fundamental and vital principles, steps and practices of spiritual science. I truly believe it is a must read for the many seekers out there. With an open mind and heart on the part of people, I think it could have a great effect on the world. *Mitchell, New Boston, TX*

A WAY OF SELF KNOWLEDGE

A Way of Self Knowledge was a condensed comprehensive study of the "spiritual world", it showed that "the un-seen" is actively and benevolently involved with the "seen" and anyone who want to experience a fuller life must obtain an understanding of how "the spiritual world" animates the physical. *Michael, Westover, MD*

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Art and Poetry



Robert, Corcoran, CA

Do Not Look Down Upon Our Fall

You remember Cagliostro,
The initiate sublime?
He worked many wonders
That some would call divine.

Many time he healed the ailing,
Turned metals into gold.
May have followed St. Germain
(at least so I've been told).

But is it known to you as well
That before he gained the Light
He was in and out of prison
For a string of different crimes?

A hoodlum in his younger days,
Unruly, full of strife;
Even chased out of Italy
Before the age of twenty-five!

Yet illumination WAS achieved,
This we know full well.
But many a day in his wild youth
Was spent inside a cell.

Please pay attention to these words
Understand them if you might,
Different lessons for us all;
Some heavy, some light.

So just because we've seen the Dungeon
Do not look down upon our fall;
For you never really know WHO truly
Sits within these walls.

Richard, Palestine, TX



Mark, Anthony, NM

The Shadow

The shadow seems like me,
But, but,
It was kind and friendly,
But the words were of understanding,
"Care to join me?" the shadow says,
You're so funny and with true hope,
The song came to see us,
Your eyes are so strange to me,
Maybe it was the soda I drank with the
shadow,
Oh, now I miss the shadow,
The sun – it is coming up,
While it was setting to the West,
I saw a figure in the sky,
It was teaching me something,
The home, the home,
The shadow seems like me,
But, but.

Joseph, Florence, AZ

*Spirit is immortal,
It is outside of time,
Undeterred by hopes and desires,
Released of boundaries and fears,
Torn from the clutches of complexity,
A simple thing really,
It just is.*

Terry, Lewisburg, PA



Sebastian, Lincoln, IL

The Polarity and Paradox of Contraction and Expansion

A Prison Environment

BY JULIA WILLIAMS

Rudolf Steiner in his book *Archangel Michael; His Mission and Ours* describes the human being as a threefold organism; conceptual, feeling and willing. The sensory/nervous system based in the head is the seat of the conceptual activity and the seat of Holy Spirit/wisdom. The rhythmic system in the chest includes the heart and lungs which represent feeling and the seat of the Christ Consciousness. The motor/movement center based in the limbs and digestive system relates to the will and the Holy Father. When all three aspects of the human being are in rhythmic co-operation, then we are able to have a conscious breathing between our interior selves and the exterior world. However, when the Christ center of the rhythmic system is disassociated from the head center we participate in a Luciferic Intelligence instead of the Wisdom. The head center becomes refined intelligence without compassion (expansive forces; breathing out without a balancing force). When the Christ center is disassociated from the motor/limbs center then we participate in an Ahrimanic Will instead of the Will/Inspiration. The motor system becomes a will to act without compassion (contractive forces; breathing in, without a balancing force).

Outside of prison on a daily basis, every person faces and must learn to cope with Ahrimanic forces (materialism) and Luciferic forces (stark intelligence without compassion) both internally and in external situations. In prison, however, we are faced with an intensity of these forces in a physical manifestation that can become a great opportunity for a type of personal growth that cannot be duplicated in any other location due to a requirement to face, simultaneously, an environment that is both expansive (breath-out) for our thoughts and contractive (breath-in) for our motor/limbs/physical. This article will discuss how we as individuals can learn to be expansive with the contractive forces and be contractive in the expansive forces. By consciously observing and acting every day to combat the intensity of our environment, mentally and physically, we can make great personal gains in our strength of personality and emotional balance by paying attention to that which is unproductive and harmful and with full consciousness learn to act in ways that will ease and modify our internal environment (since we have few opportunities to modify our external environment).

Consider first how our physical bodies are restricted in space, direction and location. My prison included a two person cell of about 6'x12', a hallway that led to the dayroom and an outdoor courtyard. Our entire day (unless we had group class, gym or meals) was spent walking on a single axis of direction. Space was restricted by the number of people in the hall and dayroom. If all 28 people were in the dayroom, we were as tightly packed as any French café from the movies of World War II. As for locations, we could have only the options of cell, dayroom or outside courtyard. This physical environment illustrates the constrictive effects to the motor/body system which both negatively impacts the Will/Inspiration and benefits the affects of Ahriman. By reducing (contracting) our physical mobility and directional sensorium we become, in a sense, physically sclerotic; effecting our entire human organism.

Consider next how our thoughts and senses are bombarded with stimulation through the constant high levels of noise, the necessity of perhaps 24 hours a day interaction with others (lack of privacy), the agitation, tension, fears, angers, resentments, sorrows, feelings of loss and frustration that are felt in some degree by every single person and which can be incendiary and causes a feeling of loss of self (expansive forces). With such 24/7 mental distraction it can feel like our thoughts and abilities to focus are floating out away from us in sparkling diatoms of potential; forever lost.

What can we do to remedy the loss of our potential in growth with fruitful accomplishments as human beings? First, by knowing that our physical bodies need to express themselves in direction, space and location. We need to take advantage of every option that the prison offers to us. If we have a gymnasium we need to be conscious about using the facility so that we are walking or running in every direction. We need to participate in classes and the library which will take us to other areas of the prison (location). Sit in different chairs. We might be able to study Rudolf Steiner's Eurythmy (the poses in newsletter #5 helped me). Most especially we need to be outside, no matter what the weather. Our physical bodies, to reach their holy potential, requires that we participate with the sky, the air, the earth; plants and animals (if possible); both the sun and stars (if possible). We need to act consciously with the understanding that we are keeping our motor abilities as fluid and responsive as possible so as to strengthen the Christ aspect and weaken the Ahrimanic. Next, for our thoughts and ability to focus, we can physically extend our arms and grasp with our hands and with strong intention draw back those "sparkling diatoms" and say to ourselves "I will bring my focus (breath-in) back into my head to be a capable vehicle that will be strong in Self, in cooperation with the Christ Impulse". Then we can go about activities that will sharpen our focus and thoughts so that they will remain ours in Christ. *cont. on pg 11*

Clouds

Clouds are dancing in swirls
of white and gray
Ever changing appearances
throughout time of day
Merging and parting with
sweetest of grace
Never again showing us
the same face.

What a display of life drifting
above our heads,
The dreams of a child in
cinematic spreads
Just for mere moments
do these fantasies exist,
Unending stories fading
into angelic mist

Clouds are quite similar to
portions of our very life.
Life is like flashes of light
before death's dark night
Dreams of today may be viewed
in wondrous cloud,
Blessed essence of life captured
in moments so proud.

Look up, beloved child,
at this high heavenly sight
Do you see hope in dark ominous
cloud pierced by light?
Dance in your world
expressing equal joy
Today is too soon child's discarded,
forgotten, toy

Dance on, dance on, clouds touching
our watching mind
Show us this precious treasure
God's children love to find
Fly us up and away to this high,
heavenly, above
For you are that coming out of
God's eternal love.

Dennis, Corcoran, CA

Illuminations

It is my desire to transform my current prison experience and life into something better, something freer, and something more independent. I like reading about the “wiser person” and the “inner being” within my human make-up. *Benjamin, Ione, CA*

I found the first part of *How to Know Higher Worlds* most insightful. I had not realized just how judgmental and critical of others I am. It really opened my eyes about how much I am missing by not listening to others because I automatically assume they are not as intelligent or do not have as much knowledge about a subject as I have. This is something I will have to really work on to improve. Thanks for everything. *Shawn, Brownfield, TX*

Thank God for Rudolf Steiner, a seer who was an instrument of higher powers and born to raise the level of consciousness of those who are open enough to receive instructions. You speak to me from the teachings he created. Isn't that amazing? Reaching all the way in to the depths of madness to find and inspire me, not give up on me, my hidden potential, and the beauty which is within me. I understand that any resource of light is extremely important, this is the hope of spiritual evolution. Desiring inner peace, but with little or no understanding of where it is found, we don't realize that the true essence is in Giving. *Larry, Pinckneyville, IL*

I am a 41 year old Caucasian male and I am serving a life sentence. I have been in solitary confinement for 16 years. Of course, the normal Joe can't even imagine this type of aloneness. It's all ok. I'm fairing pretty well, all things considered. In fact, I feel and believe that my unusual situation has been a blessing in disguise. My situation has allowed my mind free reign. The book, *The Soul's Long Journey*, hit home with me on a number of spots. And so I am interested in more reading. Before I even came to prison, I had been visited three times by the Christ spirit, soul individuality: once consciously and twice in dreams. Pretty interesting encounters! I was given your info from one of my Christian brothers. He and I also believe that evolution and creation coexist and that reincarnation is also a part of our soul and that spiritual growth is key in order that our souls and spirits can achieve the elevated spiritual awareness that is the goal of life; God experiences through us and calls us back to being one with Him. Thank you very much. *Randall, Tennessee Colony, TX*

I learned a lot from *First Steps in Inner Development*. I learned about the value of routine and meditation and also how to find the good in any situation no matter how much bad is in it. Just from reading this book and following the instructions given, I am starting to see a change for the better in myself. *Derrick, Manson, NC*

I was given your address from my brother. He made mention that you all had some interesting literature on learning about the inner soul. I see today a lot of people are too busy trying to make it day by day. It's not really common to see the average human being listening to their inner self. These days we are far away from the divine beings we used to depend on. Now people believe that they control all events that occur in their lives. I was really impressed with the *Art for Health* exercises and the simple dedication practices. It's really helped me to get my focus back. I also enjoyed your newsletter, *Illuminating Anthroposophy*. I would just like to say keep up the excellent work, and may the most high God continue to bless APO. *Samuel, Americus, GA*

First Steps in Inner Development was exactly what I needed. While reading, I felt as if Rudolf Steiner was speaking to me personally. In the first lecture he exposed all of my weaknesses and challenged me to overcome them. This was the kick in the butt that I needed. I have been struggling lately with my self-development exercises and now I know why: I try to intellectualize everything but my will and my emotions are not under my control. Consequently, I have no real control over my thoughts or my fears. Well, I am not going to allow myself to fall this time. I am going to continue with the *Self-Development* exercises. I am also in the middle of reading *In Place of the Self: How Drugs Work*. I have never heard drugs or their effects described from a spiritual standpoint. It put my drug use into a completely new perspective. Everybody who has used, is using, is thinking about using, or knows someone who is using, should read this book! Reading *In Place of the Self: How Drugs Work* has given me insight into why I started using drugs, why I chose the particular drugs I had liked to use (alcohol and cocaine) and the effects they have had on my soul. I realize now that I started using alcohol because I am a very introverted person. The book explains how alcohol cuts off your connection to the spiritual world and causes you to withdraw more fully into yourself. I realize now that this is why I feel so comfortable and confident when I am drinking, I am withdrawing from a world that I am unsure how to deal with and need to get into my “comfort zone”. This is the source of my “artificial courage”. These insights have shed new light on old behavior patterns. I realize now that the pleasurable highs and the “artificial courage” they temporarily provide have come with an exorbitant price tag. Namely that since I have been hiding from challenges instead of facing and overcoming them, I have not grown spiritually or emotionally beyond where I was at 15 years of age. This has cost me dearly in terms of friendships lost or never growing past the superficial stages, romantic relationships lost, potential romantic relationships never starting, and numerous career opportunities lost because of poor communication and shying away from uncomfortable situations. And now I found this book while in the NJ Prison System, how's that for irony? Everyone who uses drugs should read *In Place of the Self* so you will know exactly what you are getting into. Forewarned is forearmed. Parents should read this book as they will be able to speak to their children intelligently about drugs before somebody else sells them pie-in-the sky fantasies. Counselors and psychologists who deal with drug addicted patients should read *In Place of the Self* to gain insight into why people take drugs in the first place. This book should be required reading in every high school for teachers and students. Even if you don't use drugs, you probably know someone who is and are just missing the “signs”. *William, Newark, NJ*

Unbelievable! Hello, I thank you for your response and hopefully this study leads to a better way of living in (and then out of) prison! The information that you provided is astonishing. I can tell you as I begin the steps in the *Self Development in the Penitentiary* exercises I will be able to start focusing on the most needed question in my life. Why?! I really needed this and hopefully, the way I see it, that this is in fact “the best time.” I'm in the hole, by myself, and will practice the 6 step exercises while I'm in here so that I can hopefully have some positive tools to take back out to the general population. *Jerome, Ionia, MI*

I am an inmate at the Big Muddy River Correction Center in Ina, Illinois. There are close to 2,000 men housed here. There are 150 of us living inside the prison in a therapeutic community striving and thriving towards recovery of a serious addiction. I am blessed in teaching a spiritual healing class as part of our program. Jacob received your introduction material and shared. At our spiritual healing class last night we read *Self-Development in the Penitentiary* by Fred Janney. The class went well! Tom, Ina IL

First Steps in Inner Development is elemental in helping me lay out the way to reach the state of inner calm before coming to understand higher consciousness. Freddy, Coalinga, CA

I am very glad to have been informed about this program. I can tell I'm in for a journey and the reading experience of a lifetime... I also want to thank you for the newsletters you included with my book order... I found so many answers to so many questions I had that I did not even know how to formulate into words and express. I know that understanding these esoteric studies will not come easy, or over night. But I do wish to gain a stronger spirit and keen understanding of mind, life, the soul, and the world in which we live, both seen and unseen. Anthony, Parchman, MS

I am currently reading *The Soul's Long Journey* which helps me in understanding the parables and metaphors of the Christian Bible. Up to this time the Bible made no sense to me. I can grasp esoterica, such as your anthroposophy and Rosicrucian concepts. They make absolute sense. So, now I am re-exploring the Bible with a more understanding mind. It speaks of the same three-fold human being, the body, soul and spirit; and also the etheric, astral, the ego, reincarnation, and the great "I AM". Linnie, Newport, AR

This is the 9th month for me in solitary (ad-seg) and my days are filled with many challenges. Reading esoteric type books has helped strengthen my mind. *Rosicrucian Wisdom* and *The Quest for the Grail* opened my eyes to the method of perceiving lessons of a deeper kind from ancient myths and legends. Terrance, Coalinga, CA

I would like to convey my gratitude for the packet of information you so kindly provided. It is groups such as yours that are a godsend to individuals like myself, whom are trying to strengthen their minds and strive to self rehabilitation while incarcerated and after. The exercises contained in *Self-Development in the Penitentiary* are of great interest to me as I have been on an ongoing quest to exercise these since the beginning of this month. Already it is something I look forward to each morning. My appreciation also for the excerpt from *Anthroposophy in Everyday Life* by Rudolf Steiner (i.e. *Facing Karma*), this one small chapter thoroughly intrigued me. The concept that there is a wiser being that is inside and a part of us that seeks pain by exploiting our shortcomings in

order to bring about positive change, whether that be manifested in knowledge or abilities, most definitely struck a chord with me. I can see that I will enjoy the books you have to offer. Carl, Calipatria, CA

The book, *The Veiled Puke of Time*, was helpful, especially the section about the rhythm of the planets and the human body. I have tried the meditation exercises. I have found them to be very relaxing and to generate a strong sense of focus as one progresses throughout. James, Pampa, TX

I've only checked out 2 books which were *A Way of Self Knowledge and Personal and Social Transformation*. Since reading both of them I've noticed that I have a whole new outlook on life now. I know this might seem some what of a rapid change being that I've only read two books, but Rudolf Steiner books are so deep. It's like you can imagine his every word like you are present at the places he mentioned in his books. Am I making any sense? Well, I'm hoping to learn even more. Thanks for having me in your program. Basil, Delano, CA

I was glad to have read both *What is Anthroposophy* and *With My Heart in My Mouth*. It is amazing that with each book I read on anthroposophy my understanding of things becomes more profound. Sometimes I have some difficulty comprehending some of Mr. Steiner's abstract writings, but I remain steadfast in hopes that I may attain true inner enlightenment. Bryce, Arcadia, FL

The book, *The Friend of God*, was specific about the way of initiation in the fourteenth century, the sacrifices and the struggles to obtain inner insight. It made me realize that I need to work harder on these paths, especially in the situation that I am in and of the people that surround me. They are not that open. I have a big decision to make if I want to continue in my spiritual path. Juan, Soledad, CA

By accident I happened to come across a copy of your Spring 2007 Newsletter. I do not know who it was mailed to, for the forwarding address had been ripped out. I found the item in a trash can while I stood beside it, waiting to be called out for chow. However, "something" compelled me to reach for it and put it in my pocket until I was able to sit down and read it slowly. That moment came later that evening as I lay on my bunk. I was so amazed and enlightened by what I read that I wished I knew more. If possible, please send me any information. Arturo, Beeville, TX

I took notes! Like the 3 stages of spiritual schooling; *Preparation, Illumination, and Initiation*. I am truly ready to become a pupil and embark upon a path of higher schooling of true knowledge. Quietly and unnoticed because I know this is my destiny and direction toward my preparation in life as a bud grows and flourishes. As a pupil in esoteric school I will strive very sincerely for the ability to do inner learning. With this effort, I know I can develop my inner faculties and shall reach my goals. Robert, Corcoran, CA

Perception Exercise

By Eileen Bristol

Take a small, simple nature object such as a seed, a stone, or a leaf. You can also seat yourself so you can comfortably look at a leaf or a flower on a living plant when you're able to be outside. First relax for a moment. Then, with a soft and gentle gaze, begin looking at your chosen object. Other than staring at it in a hard way, "I am looking at it", try and look with a mood of "It is letting itself be seen". Look with an open and true interest, as if you are asking it to reveal itself to you, not demanding it, but with an openness of heart, such as you might feel if a young child came up to you with something special to say. If any thoughts or words rise into your consciousness, let them fade away and give all your attention to your object. Listen calmly with all your being. Sustain this mood for as long as comfortable, up to 5 minutes. You can also periodically close your eyes and either try and picture the object inwardly or simply let the mood of the nature object resound for you. Experiment by observing different kinds of nature objects in this way.

Humanity and the

By Roberta van Schilfgaard

Astrosophy, or Star (Astro) Wisdom (Sophia), is a spiritual scientific understanding of our renewed and enhanced relationship to the world of the stars. Rudolf Steiner spoke of the stars that we perceive as the physical manifestation of a complex and exalted world of spiritual beings who have guided humanity in its evolution. In ancient times, we in our earthly lives were conscious of these beings and their guidance, as can be seen in the pantheon of gods described in ancient religions. As part of the greater divine plan for humanity, this awareness of the guiding beings gradually was lost as we became more deeply conscious of the material world of the senses and less aware of the spiritual world of beings. As described in an image from Norse Mythology, the “Bifrost Bridge” was destroyed—the direct connection to the spiritual world that humans at one time had in their consciousness was no longer there. Our gaze was turned toward the earth as our primary focus for becoming human.

During this gradual descent into earthly consciousness, human beings were not left totally without guidance. Mystery schools and temples were maintained in which select pupils were specially trained and led on a path of initiation. Some of these mystery traditions can be seen in ancient cultures such as Persia, Egypt and Greece, where initiates ruled according to their vision and knowledge of the world of the gods. These initiates received guidance from the heavenly beings, who revealed their workings through the rhythms of the stars. Thus the initiates had a practical knowledge of the time-rhythms of the planetary spheres within the fixed stars, as the “speech”, so to speak, of the heavenly beings guiding humanity. This knowledge extended not only to matters concerning daily life, but also over processes of immense ages of time. With this understanding, the initiates could know the timing of important future happenings. The prime historical example is the three Magi (or Kings) who went to Bethlehem, for they were great initiates who knew that the Child to be born there would become the bearer of the Christ.

As in all knowledge in human evolution, this once direct and grand astrosophy was gradually replaced with a purely mathematical and mechanical star knowledge, which became what we know as astrology (astro=star, logy=logic). Over time, the focus became oriented toward individual biography and forecasting rather than to the perception of the greater guidance of humanity in its participation with the worlds of the gods. The ability to reach “behind” the angular relationships and mathematical processes to the beings standing behind them was lost as humanity descended further in consciousness toward a purely sense-bound science.

Yet the great paradox is that the loss of the direct spiritual perception of the gods was necessary so that we human beings could fulfill our task in world evolution. This task, according to Rudolf Steiner, is that we, unlike all other beings in the cosmos, should become beings of freedom—beings who do deeds purely out of love for the deed. To achieve this, humanity must traverse a long evolutionary path that has descended into isolation, separation from the world of the spirit, and it will be our struggle to find our way back, in freedom, to a relationship with the gods. As in old stories of great heroes such as Parsival, every human being must leave home (union with the gods), become lost and adrift, but then, out of individual striving find again a relationship to the world of spirit. The words of John the Baptist in the New Testament, rightly translated, express this human condition that was already experienced by many at the time of Christ: “I am the voice of one crying in the loneliness (spiritual wilderness).”

The core knowledge revealed by Rudolf Steiner was about the turning point in world evolution that would give human beings the power to find their own renewed, free relationship to the divine world and in this freedom learn the true meaning of love. This turning point was the world-changing event of the deed of Christ. Through His death and resurrection, He united with the Earth and with humanity, imparting the power, not only knowledge, but the power to find our way back to the divine world.

Within this context, Steiner addressed the need for a new Christianized cosmology. What does this mean? During the time that Christ walked on the Earth, He performed many deeds—deeds of which we only begin to glimpse the full meaning. These deeds were not only earthly “miracles”. They were also archetypal deeds, bringing new forces of primal power into the cosmological rhythms and giving birth to a new relationship of the human being to the cosmos. Thus they continue to work on in history through the lives of human beings. This relationship is new, because it is not as one of a child to his father, who tells him what to do. Rather, it is a brotherly relationship. Christ came to be the Brother of humanity: Through His deeds each human being is capable of becoming a brother/sister to the gods, participating eventually as a partner in the divine plan of creation. This new relationship is not one ruled from above by cosmic law but one that is shared through truth and grace. Astrosophy does not seek from the stars the answers to what we should do. Instead, it is one in which we learn how to give back to the spiritual world what a maturing humanity has to offer to help create the new cosmos. Christ’s deeds, seen in relation to the cycling starry movements, are models, containing strength for us to “go and do likewise.” Based on our own karma, as we descend through the planetary spheres to a new Earth life, we gather into our astral and etheric bodies all that we will need in a new life, which includes all of the challenges and obstacles we must face to grow. Once here, though external events may seem to compel us, we can inwardly choose how we meet those events as spiritual human beings in order to use them fruitfully for our own higher calling and for the greater human community. We also have the freedom to go our own way and not listen to the inner voice guiding us through the wilderness.

Steiner’s researches into the spiritual world have been the basis for scientists, artists and scholars of all kinds to take up their work in a new way. Willi Sucher (1902-1985) was just a young man of 17 when he asked his uncle about the value of astrology, to which his uncle replied, “Oh, we’ll have to wait for something to come out of this

Stars: Astrosophy

and Jonathan Hilton

anthroposophy.” “Why wait?” asked Willi, who then immediately devoted himself to the study of astronomy and anthroposophy. He became friends with Elizabeth Vreede (1879-1943), whom Steiner chose to be the first leader of the Mathematical-Astronomical Section of the School for Spiritual Science at the Goetheanum in Dornach, Switzerland. She recognized the quality of his research and invited him to speak there. In time, he developed a new, comprehensive astrosophy which has as its foundation the archetypes implanted in the rhythms of the planetary spheres, in their movements through the zodiac by the life and death and resurrection of Jesus Christ.

Both from anthroposophy and his spiritual researches into ancient and modern star events, Willi Sucher developed a new astrosophy. As a deep student of the Bible, of history, of philosophy, of current events, and of the biographies of historical individuals, he conducted far-reaching research into the star configurations for the birth, life, and death of such individuals. (What were their gifts? what did they implant in the stars? what can we learn from them?). Willi worked for years with children with special needs in Camphill Schools (especially created for such children), to assist their teachers in understanding their challenges and for use in their treatment. During his life, he gave countless lectures and wrote a number of books and monthly letters that were later collected into books, doing this to help all of us, knowing that, if we choose, we can, in our individual ways, respond fruitfully to impulses from the cosmos.

The groundbreaking work of Willi Sucher in his life's endeavor of building understanding for the deeds of Christ in relation to the movements of the stars can serve as a foundation for the greater work of creating a new astrosophy—star wisdom in which we speak to the stars, uniting consciously with the Christ Will at work in the cosmos in order to fulfill our evolutionary task.

~ A Mentors Voice ~

About 30 year's ago I wrote that I thought prisons were the new monasteries. Now I really know they are! When I read the APO newsletter and the stories, poems, experiences of prisoners I am awed and humbled by the incredible spiritual work so many are doing and how much stronger it is than any I do myself. And as a mentor, I have such gratitude to each person I have corresponded with and for all each has brought into my life, how each has taught and inspired me over the past years. I'd like to thank Barry, Roland, Daniel, and Malachi in particular. It is hard for me to imagine a life of incarceration, and how easy it must be to feel that one can make no difference in a world gone to hell in a handbasket. But I am absolutely certain that the work of APO members has and can continue to have a profound effect. I met a British nun once who had decided to go live on the San Andreas Fault and pray for the rest of her life in the hope of minimizing earthquakes. Well, they haven't been that bad in the past 20 years! Really all the work we do is a "give away", not for ourselves, but for the earth and humanity. When I tend to despair, I try to remember that there are many of you struggling to meditate, even succeeding in mediating or overcoming some obstacle, or writing a poem (that's what is keeping many prisoners in Guantanamo Bay alive), or painting a rose, and then I get encouraged again. As Steiner said, this is a seed time, we won't necessarily see a harvest, but we'd better plant good seeds now, for the whole of future evolution. Thank you all for doing just that! *Lee Sturgen-Day*

The Polarity and Paradox *cont. from pg 9*

In the Autobiography of Malcolm X, he spoke of his 8th grade education and how he, in prison (under circumstances we can only imagine) wrote out every word and punctuation in the dictionary. From this practice in mental focus and discipline he became an ambassador of humanity with international recognition. We can use Malcolm X's example to say to ourselves something like "regardless of the noise, the intentional interruptions, humiliations, or incitements, I will work on this project for a set amount of time because I want to" Then, we choose our projects; reading the Bible, studying anthroposophy, memorizing poetry, and the psalms, drawing, croquet, studies in certifications for GED and college, other.

Contraction

With the Christ heart influence we can bring back aspects of thought and self with conscious acts with attention-in-thought.

Expansion

Loss of self; Luciferic aspects are benefited by loss of focus and unintentional thinking



Heart: The heart and lung's Rhythm keeps the head and body Rhythms co-coordinated in Christ, If we are heart-centered

Expansion

With Conscious awareness of our physical body and movements, we can keep our physical composition fluid and malleable which keeps us accessible to the Christ Consciousness.

Contraction

Aspects of Ahriman is benefited by the contraction of physical movement, direction space and location.

So now we can say that the Polarity of Contraction and Expansion is less of a paradox because we can actively involve ourselves in the interplay of one aspect of a primary physical and divine law that is associated with our very breath.

Note: Rudolf Steiner refers to *centripetal* and *centrifugal* forces which I have spoken of as *expansive* and *contractive*.

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Illuminating Anthroposophy

Anthroposophical Prison Outreach Newsletter

Michael Imagination ~



*Springing from Powers of the Sun,
Radiant Spirit-powers, blessing all Worlds!
For Micha-el's garment of rays
Ye are predestined by Thought Divine.*

*He, the Christ-messenger, revealeth in you –
Ye, the radiant Beings of Aether-Worlds,
Bear the Christ-Word to Man.*

*Thus shall the Herald of Christ appear
To the thirstily waiting souls,
To whom your Word of Light shines forth
In cosmic age of Spirit-Man.*

*Ye, the disciples of Spirit-Knowledge,
Take Micha-el's Wisdom beckoning,
Take the Word of Love of the Will of Worlds
Into your souls' aspiring, actively!*

Rudolf Steiner