

Researching and exploring my (& humanity's) connection to Archangel Michael

The relationship of Michael to Psychophonetics

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Introduction

In this paper I would like to look at the question of engaging more closely with the Archangel Michael and give an overview of some of the thoughts and observations that I have come to in my own way. I will give an overview of my understanding of the present need to engage our thinking, our feeling and our will in the Michaelic battle that is taking place before us in our lives and to engage even more fully in the work of anthroposophy and Psychophonetics in the effort to help change, transform and heal humanity. I have kept my research to a rather personal level to give it meaning from a place of subjectivity but have also widened the scope of my research to include the thoughts, ideas and insights from other people who I see as people taking up an act of courage to speak more openly in the world. The first of these is Rudolf Steiner who spoke out with courage in a time when it was difficult to be heard. He faced much opposition, physically, mentally and spiritually but continued his work in a true Michaelic fashion.

FOR THE MICHAEL AGE

(Rudolf Steiner)

*We must eradicate from the soul
All fear and terror of what comes
out of the future.*

*We must acquire serenity
In all feelings and sensations
about the future.*

*We must look forward
with absolute equanimity
to everything that may come ... and
we must think only*

*that whatever comes is given to us
by world direction full of wisdom.*

*It is part of what we must learn
in this age, namely
to live out of pure trust ...
without any security in existence.*

*Trusting in ever present help
of the spiritual world.*

*Truly, nothing else will do
if our courage is not to fail.*

*Let us discipline our will
and let us seek the awakening
from within ourselves
every morning and every evening.*

My motivation for choosing this subject and writing this paper is that I feel compelled to open up more fully to what this current time really means for me and the rest of humanity and to question and find answers to what it is to be here on this planet right now in this time and to see the connection between myself, anthroposophy, my work as a Psychophonetics practitioner and the Archangel Michael.

I dedicate a lot of time and energy to the study and work of anthroposophy and spiritual investigation and I feel compelled and motivated to question for myself how to connect to the spirit and task of the Archangel Michael and to the Christ Mystery, named by Rudolf Steiner as the Mystery of Golgotha, in a deeper way. This is a collection of thoughts and insights that amount to a small part of the bigger picture. The topic is vast and this is a small beginning to the task of full understanding.

I became a member of the Anthroposophical Society 15 years ago, in 1992 after connecting to Waldolf/Steiner education and Bio-dynamics in Tasmania. In 1998 I became a member of the School of Spiritual Science, the spiritual esoteric study class of the Anthroposophical Society that is part of the Michaelic stream; it is also connected historically to the very old and secretive Rosicrucian stream of esoteric study. I attended many meetings, study groups, retreats, lectures and workshops with various people associated with anthroposophy over an 8 year period before joining Persephone Institute (then known as Persephone College) in Melbourne in 2000. I was a committee member for the Victorian branch of the Anthroposophical Society in Melbourne for 2 years and was very involved with local study groups and co-facilitated an anthroposophical study group for 3 years from 1998-2001 where we studied various works of Rudolf Steiner. I was, and still remain today, very involved with Biodynamics which I find to be a very deep way to connect to Rudolf Steiner's cosmic and spiritual views.

Psychophonetics as a therapeutic process

Taking the work of Rudolf Steiner and anthroposophy into a therapeutic and more personal dimension with Psychophonetics and applying it experientially through my body as well as in my mind helped me to open up my spiritual imagination and senses still even further,

enabling me to get a deeper and more conscious picture of my own soul and spirit, giving me a deeper understanding of the layers of the etheric and astral bodies that were for me before, not much more than words on paper that I was believing because someone else had written. I had not come across anything else in anthroposophical circles that explained, exposed or showed me the information in such a clear or experiential way, it suited my tactile and kinaesthetic nature very well and met my enquiring mind in a way that I found easy to accept. The closest I had got to working with the inner realms of my being on this level and experiencing my astrality and inner world so objectively and clearly was when I attended a few workshops in the early nineties, in Process Orientated Psychology, the work of Arnold Mindell, who was a student of Jung.

In Psychophonetics, we use the phrase 'we go there'. We open ourselves up to the experience of the phenomena and embrace the theories and indications that were given by Rudolf Steiner with regard to human/spiritual development and anthroposophically based therapeutic processes and fully engage in them. We put ourselves into the equation, we become part of the experiment, part of the process and put ourselves into the boiling pot fully with our body, mind, soul and spirit, lifting ourselves out of the limited dry intellectual realm that have, in my opinion, kept some aspects of anthroposophy on the dusty bookshelf and off the streets for too long. In our training we are challenged to 'go there' to become the experiment, to become the thought form, to become the visible representation of the many aspects of our being, both the positive and the less positive.

We use the language of anthroposophy to create a deeper understanding of ourselves as human beings and the spiritual world and take anthroposophy into a new realm of understanding by becoming part of the experience, by becoming the apparatus that is experimented on and becoming the living expression of what can otherwise be just a mental/intellectual picture or concept that lacks a living element.

Involving one's self as a human spiritual being in the process is where I believe we, as Psychophonetics practitioners, can make a difference. It is by working in a new more conscious way that we can help to guide people into opening up to the spiritual realities that we live with every day. We can start our work by working directly with people to help bring about more consciousness to what is happening in the world from a deeper, clearer spiritual

perspective. By encouraging people to take up their own inner courage and to look at ways of improving their own lives and that of others around them, is a Michaelic task in itself. Encouraging people in the Psychophonetic therapeutic process is, as I see it, a Michaelic act in its self and to get others to find their inner courage is also engaging them to find a connection to the Michaelic impulse in a subtle way. Finding a connection to Michael and ultimately to the Christ impulse, is one of the deeper anthroposophical aspects that have arisen through the impulses of Rudolf Steiner and his connection to the Archangel Michael. More could be said on the whole Mystery of Golgotha but it is not in the scope of this research to do so. Suffice to say, that one can see the central core of anthroposophy as being a message and direction to connect to this mystery. Rudolf Steiner's writings are so very often connected to this and the more I read and study the works of Rudolf Steiner the more I can see and become aware of the theme of Christ streaming through his work.

In the therapeutic application of anthroposophy through Psychophonetics, we as practitioners can bring about a change in our own, as well as in others, thinking as to what these Michael and Christ impulses are. We can begin to work to establish a link to our deeper spiritual connections and begin to replace or put into place clearer understandings of why we act, feel or think in certain ways. We can begin to see that without a spiritual connection our lives can take on a dull, empty, more materialistic or Ahrimanic way of being. It can also be true that we can take on a very Luciferic, off the planet attitude to life as well. Connecting to the wide polarities of Lucifer and Ahriman and to the central Christ impulse, we can begin to understand how and why our lives go from one polarity to the other. It is interesting that the name for the medical/psychological phenomena of living a life of ups and downs is bi-polar. Is this not a very good and clear picture of not being connected to the middle realm (Christ) and being pulled and tempted by the two opposing polarities either side? It would be an interesting topic to investigate and study from an anthroposophical phenomenological perspective to see what forces are at play in the bi-polar personality (also see William Bento's book: *Lifting the veil of mental illness: An Anthroposophical approach to psychology*, for a different background perspective).

In the Psychophonetics process the client often is faced with a situation of confrontation or battle with Courage versus Fear. This is often the reality and the process of what people have to engage in during a therapeutic session. When a client is faced with a situation of fear,

either from a fear of something in the future, a past fear that is in the memory or a current fear that is lurking in their soul, then we as practitioners can help guide the client who wishes to enter the battleground to confront the fear with courage. This courage is found by working with two things in mind that dictate and determine the outcome of the process. These two things are the presenting issue from the client (what it is they want to deal with) and the Wish, or desire (what they want to do about it). With these two things the client can then begin to explore and then overcome, transform or heal the situation. This battle of the will is staged or put on show for the client so that they can see from new and different perspectives; so that they can get to grips with what it is they are dealing with. The one thing that is always required when dealing with fear, is to face it. This takes courage. Once the fear has dissipated then the client can think, feel and act in a new and clearer way and from this place of no-fear, can make new choices in their lives. The fear of speaking for instance, can be explored through a Psychophonetics process and old situations or experiences can be found that triggered the fear in the first place and then through a series of exploring, unblocking, invoking and/or empowering the client can move through the fear with a new found courage and be less overwhelmed by the feelings of fear and be much freer to speak what needs to be expressed.

The Anthroposophic therapeutic process of Psychophonetics is very much based on the Ego (Higher Self or 'I am') and not on engaging in tricks or illusions of the mind or entertaining the Astral body. The human being is made up of several bodies. A four fold picture of this can be described as being one part Physical, one part that we can call the Etheric, another part called the Astral body and finally the fourth part, the 'I am'. In his book *Man on the Threshold* Bernard Lievegoed (1983:152) describes the connection of these four bodies that constitute the human being.

The ego works on the astral body in a way that brings order and gives direction. The astral body works on the etheric body by acceleration and deceleration, and can also be the cause of disruption of vital rhythms. The ether body, in turn, works on the physical body by keeping it in movement, building up and breaking down, preventing decomposition. In these four interactive principles the self-conscious, living human being manifests himself".

By working with this knowledge we can, as practitioners, meet the whole human being when in a therapeutic process. We can have a sense of where the client is in their soul and be open to working on any one of these four levels, always striving to work with the 'I am' as the

intelligent and informed one and the one that we take our orders from as Psychophonetics counsellors. It is through this higher Self that we can connect more deeply with the realm of Spirit, to the realm of Michael and it is through working with our own higher self that we can begin to be more aware and understanding of the Michael impulse and his mission.

Forming an imaginative spiritual picture of Michael

The picture and imagination that we must form and come to in our own being of the Archangel Michael is a mystery and a task in itself. Rudolf Steiner said that the Archangel Michael has to now fulfil his mission to bring to humanity and to human consciousness, the wisdom and full understanding of the Golgotha mystery (The story of the crucifixion and resurrection of the Christ being) for us to be able to move forward in our evolution and to help make the world a more pleasant place to live.

I take several of my reference for this project from the book *The Archangel Michael, His mission and ours* which is a selection of lectures and writings by Rudolf Steiner that was first published in 1994 by Anthroposophic Press. In this collection of Rudolf Steiner's writings and lectures there is a great deal of information and insight into the Archangel Michael and his mission. Reading this book gave me many moments of rising dread and rising feelings of insignificance and despair but it also gave me deeper feelings of courage and hope when I grasped the idea that I could make a choice about what role I take in this Michaelic mission, this Michaelic story that we are in, and put myself forward with more fervour to work as one of Michael's warriors. Reading and re-reading the Michaelic verse was a good reminder for me to keep faith and hold the courage for this work.

In my work as a Psychophonetics counsellor I am always looking at ways to improve my connection to my clients and to my work, working to get a better understanding of the deeper spiritual aspects of applying an anthroposophically based therapy in the world. In the Michaelic verse I am reminded once again that I must continue to allow the awakening to happen from inside and can then bring this awakening into my work by allowing myself to trust the unfolding of the process without the fear of making mistakes or having feelings of inadequacy or feelings of failure. This self-assurance, this level of trust in the process is an act of will, an act of courage, and can be further strengthened with the knowledge that we are

part of a higher connection; that is, that there is a connection to the spiritual realm through the Michael impulse.

To try and grasp a deeper conscious understanding of what an Archangel is and what Michael represents to the present world and to humanity and to grasp what Rudolf Steiner meant by this Michaelic mission, one has to, to some degree, have developed a certain level of spiritual awareness, insight and understanding to entertain and grasp a picture for one's self in the first place.

To help us on our journey of opening up more fully to spiritual insights and understandings Rudolf Steiner gave us many indications and exercises. Some of the indications and insights that he gave for us to grasp and work with are what he calls Imagination, Inspiration, and Intuition¹. To find or create an Imagination or impression of such a universal being such as the Archangel Michael takes a lot more than mere ordinary day consciousness, years of spiritual investigation, schooling and development are often needed to open fully to be able to perceive and begin to communicate with such beings.

When one begins to take serious steps on the path of spiritual development and insight we can begin to gain glimpses of the spiritual world and the beings that reside there, we can begin to open ourselves up to the world of Imagination and insight and open ourself up to

¹ Imagination - Rudolf Steiner gave indications and direction on three things that he said would especially help us with our Spiritual research and understanding, these were what he called Intuition, Imagination and Initiation:

To have knowledge of a sense-being means to stand outside it and to judge it according to the external impression. To have knowledge of a spiritual being through intuition means to have become completely one with it, to have become united with its inner nature. Step by step the student of the spiritual ascends to such knowledge. Imagination leads him to sense the perceptions no longer as outer characteristics of beings, but to recognize in them the outpouring of something psycho-spiritual; inspiration leads him further into the inner nature of beings. He learns through it to understand what these beings are to each other; with intuition he penetrates into the beings themselves." [Occult Science, p. 310] -- And further: "What is released after death from the human bodily nature goes through various states in the subsequent period. The states directly after death might be described in some measure through imaginative cognition. What, however, takes place when man advances further into the period between death and rebirth would have to remain quite unintelligible to imaginative cognition, if inspiration did not come to the rescue. Only inspiration is able to discover what may be said about the life of man in the land of spirits after purification....Whoever wished to fathom the nature of man by imagination and inspiration alone, would miss the innermost processes of his being that take place from incarnation to incarnation. Only intuitive cognition, therefore, makes possible an adequate research into repeated earth lives and into karma. [Occult Science, pp310-311]

communication on some level with our spiritual companions. It seems obvious to me that Rudolf Steiner had a very close communication with the Archangel Michael through his spiritual clairvoyance and his ability to penetrate deeply into spiritual matters.

For me, the beginning and first important stages of spiritual investigation and research are to open oneself up to the possibility of it being real in the first place, being open enough to the possibility of receiving a connection and teachings that are offered from Michael and other spiritual beings. There has to be a starting point for us and finding the strength inside to speak about such possibilities is, I believe, a gateway to this connection. I think also that a good beginning to this work is to make a connection to our own Angel and to take that seriously.

The Archangel Michael, a lofty being of the 3rd Hierarchy² is no small illusion or fantasy and cannot be taken lightly. Rudolf Steiner indicated that Michael is a time spirit that will be around for another 3 hundred years or so. Since 1879, when Michael started his rule over humanity, he has worked to bring about a change in peoples thinking and spiritual awakening. Michael helps to reshape our thinking so that we can enter the world of spirit from our world of senses. Michael counts on us to act out of inner morality and counts on our courage and enthusiasm to fight materialism (and other Ahrimanic tendencies). Michael is currently in a transition period of his own development and is now moving on from being an Archangel to that of an Archai, the next level of the Spiritual hierarchy. The current task for humanity, that Rudolf Steiner so clearly states, is the grasping of a fuller consciousness and clearer understanding of the cosmic event that he calls ‘The Mystery of Golgotha’, bringing a greater awareness and understanding to human consciousness so that we can understand more clearly the mission of the Christ being and to also understand the mission of Michael and that of his adversaries, Lucifer and Ahriman. This is the task of Michael, to help bring about this new spiritual awareness in humanity.

Creating recognition, acceptance and courage in the world

How do we speak about these events? How do we find the courage to speak openly about spiritual aspects in the present world without being labelled mad, insane, fanatical or evil?

² The 3rd Hierarchy is the lower level of the 3 levels of Hierarchical Spiritual beings that form the 9 Spiritual families that are often spoken of in Anthroposophy and other Spiritual streams. The 3rd Hierarchy includes The Angels or Angeloi, the Archangels and the Archai. The 2nd include the Excusiai, Dynamis and the Kyriotetes and the 1st include the Thrones, Cherubim and the Seraphim

There are currently thousands of people working in spiritually based initiatives around the world but how many speak openly about the current spiritual events that are happening around us outside of their own small spiritual circles? How many people are really aware of what is happening on a greater cosmic scale?

If we are to speak more openly about spiritual, cosmic events, how do we do it without being labelled or branded as being crackpots? This is a dilemma and choice that has to be faced. I believe that finding the courage to speak out is all part of the Michael mission. This is part of the mystery, part of the complexity of things for us to grasp. Daily we are challenged to make this connection and to speak out. Humanity and our humanness is being challenged and distorted, taken from us and we are being dehumanised. It seems that the more we try to stand in our humanness the more we are seen as mad, as crackpots, as the crazy ones!

Materialism and bestial acts of the crudest and cruellest kind are all around us. War, famine, rape, child abuse, drug addiction, alcoholism, racism and pornography are prevalent and run rampant like a grotesque plague through humanity. If these perverse, barbaric and evil actions were the actions of a few individuals in our community or even of one single person, then it would be condemned as mad, psychotic or even insane, yet we have it all around us every day and on and on it goes like a raging bull. How can we put this in the context of spirituality and speak out about it?

The war against Humanity

I would like to add some words said by Rudolf Steiner in a lecture on July 19th 1924:

In the course of the twentieth century, when the first century after the end of Kaliyuga has elapsed, humanity will either stand at the grave of all civilization - or at the beginning of that Age when in the souls of men who in their hearts ally Intelligence with Spirituality, Michael's battle will be fought out to victory. (Karmic Relationships Vol 6:163)

We are standing today on the scales of this precarious balance, perhaps already the scales are starting to tilt downwards in favour of the grave of all civilization or perhaps we will find the impulse to unite intelligence with spirituality in our hearts, either way there is a battle in our midst and by adding our weight to the side of Michael we will help to tilt the scales in favour of a better place for humanity in the future.

The many spirits and humans who work under the influence of Ahriman, the mighty spirit of money, falsehood, lies and hindrances, get into our lives and into our souls through our being asleep to life and to what is happening around us, they help to keep the battle in the fog and away from humanity's eyes or senses. Our senses and our spirit can become numbed by the way we conduct our daily lives and by the way we disconnect to the middle stream of the Christ consciousness, that can if we wish to choose it, pour through the human soul and keep us from being pulled or pushed, beckoned or lured into these dark realms and led down the path of corruption, materialism, lies and deceit.

When worked with in a positive and balanced nature then the influences of Lucifer and Ahriman are gifts to us and can bring about positive aspects of living, but it is when these energies are used in excess and with an evil intent that they start to become rampant and out of control and take on a deeper negative impact. These invisible and near impossible to see spirit beings, these energies, are working away at stripping us of our humanity and we are, more often than not, very asleep and unconscious to it happening.

It takes much courage to enter into the school of Michael and to become a pupil, warrior or follower and speak or act in his name. By taking up the courage to speak of Michael and having the courage to say that one is part of a Michaelic stream, a Michaelic school, is the very courage that I believe one needs to adopt to face these beings of adversary. Courage versus fear!

Around us right now in our own communities, cities and countries and right across the world the spiritual world is busy. It is busy in battle. It is busy battling to destroy or restore humanity depending on which side is doing what. Human beings are part of this battle; in fact the battle would not be fought if we were not human. The battle is about us, is us, it is our battle. It is the battle of humanness itself. We battle this internally and externally every day. The inner battle is reflected out in the wider cosmos and the cosmic battle is reflected back to us in our souls, they are one of the same. We face an inner battle with our 'Double' everyday, we face the beings of light and dark every day, we face the edge of sanity every day and we join the throngs of humanity in bringing humanity down in our unconscious actions, words, thoughts and deeds and with our reactions, projections, judgements, and lack of compassion for other fellow human beings. When we work in a therapeutic way with people we as

practitioners can begin to work more closely with exploring the ‘Double’ and our difficulties with morality, obsessions, addictions and negative traits and begin to develop new ways of overcoming them.

By engaging in the therapeutic application and process of anthroposophy and Psychophonetics we can begin to see that there are many ways to explore, see and change the way we act in the world that require little effort or time. The simple, yet profound and accurate action process of *Enter-Exit-Behold*, that is used in Psychophonetics to explore and see any given inner situation or experience that the client is having, can give us a very clear and more objective picture of what is happening on the inner soul level for the client. By allowing the client to Gesture (show with hands and/or body the sense or feeling of the sensation or experience) what is happening on the inside (subjective) and then stepping away and observing the (Astral) imprint of what is left in the space, the client can go on to describe what they see from a more objective and less contaminated perspective. This new perspective gives the client a whole array of new possibilities to work from. This is one of the many Psychophonetic methods or sequences that can be used to further develop our consciousness and awareness of the inner dynamics of the human being.

Rudolf Steiner said in very clear and strong terms that in about 400-600 years’ time around the year 2400 a new Archangel Oraphiel, will lead mankind and the preparation now, for humans to serve him, will demand much of anyone who wishes to be of service to him. He says:

Anyone who feels an urge to participate in spiritual life under Michael’s guidance is called to serve Michael and learn from him. This is the preparation for service under Oraphiel’s terrifying rule. Sacrifice will be required of those who want to consecrate themselves to the spiritual life. The willingness to put oneself at the service of humanity is the necessary prerequisite from anyone who seeks to receive the spiritual life will be put in the service of Oraphiel, so that humanity can be saved. If the people who assume the leadership then have not prepared for it by holding their own against the troops of mammon, they will not be able to play the role assigned them under Oraphiel. Then humanity will not be raised from its misery. Therefore, we must set to work now with the utmost seriousness. (Rudolf Steiner, *The Archangel Michael*, p33)

9/11 and other world events and happenings

We can become more informed about what is happening on the planet by looking at alternative and less regulated videos and reading alternative articles that expose these

Ahrimanic (and Luciferic) events and can join forces with others who are also part of the Michaelic battle to inform and change humanity.

I have been watching quite a number of videos and looking at various pieces of information on the internet more and more these past few months, especially on the 9/11 story. There is so much information to look at that it can become a confusing and almost off-putting task to delve into. There is more and more speculation about what really happened on the 11th of September 2001 and there are an increasing number of what I believe to be very credible documentations of it being an American inside operation. Many questions have to be asked about how and why it happened and in many of the films and writings that I have viewed and read; it becomes increasingly more possible and credible to me that the whole thing was a plot by the American/Bush government/ administration/world leaders.

What type of (human) beings could make such a decision to injure and kill thousands of (its own) people in such a dramatic way? Lies, deceit and powerful might from the American establishment have spread across the globe in an alarming rate over the past 100 years like a virus that cannot be contained. Almost every country in the world is involved in warfare on some level and in most of these the Americans have a role. It has even affected my own family with my eldest son joining the Australian Army and now serving in Iraq for 6 months!

Trying to understand what is happening in the world by listening and deciphering the non-sense that we are fed is very difficult as we are dealt mixed messages from the media and the world spokesmen and women. It was interesting to hear David Icke who is an investigator, writer and orator on world events, speak in a recent video presentation that I watched pointing out the double messages that we are fed that keep us confused and in the dark. I then come across a similar warning from Rudolf Steiner's in one of his lectures on Michael in the book *The Archangel Michael* where he said "There is actually a method now – perhaps I should say, an anti-method – for veiling our instinctual understanding by setting up one concept and then sliding another over it, so that it is impossible to assess anything accurately" (p174). The same message 100 years apart!

The question is: can we really claim to see and know that the people making these decisions are influenced by dark (Ahrimanic) spiritual beings? Can we be bold enough to say it? Can we be sure that this is the reality of what is happening? Can we as spiritual investigators

make these claims? If we do, what then and where does it lead us? And if we do not make these claims and speak out and just sit idle and quiet, what then?

What is our task in the scheme of things? One, quite out of ordinary consciousness thing to try and grasp for me was the report that David Icke speaks about. He reports on other people's reports and stories of reptilian beings that are shape shifters that can transform from reptile like beings to humans. Is this so very different from Rudolf Steiner's descriptions of Ahrimanic beings? How can we embrace these assertions and find the truth behind them? How can we join forces to learn the truth?

As anthroposophists and seekers of spiritual truths it is easy to accept the words and pictures that Rudolf Steiner gives us and almost like that of a guru his words are often treated with little challenge or question. If he were alive today and we went to listen to him lecture how would we take his presentation? Is it because he is no longer here physically that we can so easily accept his words and can we accept the words of people such as David Icke so readily?

There are many people right now in the world putting their thoughts, questions and observations out in the world to challenge the actions of people like George W Bush, his administration and his close circle of collaborators, showing another side of the story, another side to the so called official stories that we are fed through the (unfree) media. Most of the reports are made from a non – spiritual perspective and there is no mention of Ahriman or Lucifer because that is a language that is kept to small circles, kept almost hidden from mankind except to people who are connected to spiritual investigation, like anthroposophists. This is one of the difficulties we face as students of Michael and as anthroposophists and spiritual investigators, how do we work in a way that is real for the rest of humanity, how are we to work with people who have not opened their eyes or ears to the spiritual world or to the anthroposophical jargon that we use?

It is important that we learn to distinguish truth from fantasy to help us on our spiritual investigations and journeys. Beginning with the search inside of our selves, in our own souls, for our own truths and fantasies and confronting our own battles that happen continually day to day, we can begin to learn this distinction. Our thoughts, feelings and actions in the world are what make us into the personality and person that we offer out into the world. Our

thinking and our feelings, although coming from inside, become manifest in our daily actions out in the world, we might think that our thoughts and feelings have no impact on the world but our thoughts and feelings are just as strong and powerful as our actions and do play a big part in how we portray ourselves in the world.

In the chapter '*The Seven Conditions*' of human development that Rudolf Steiner wrote in his book *Knowledge of the Higher Worlds*, condition three states that thoughts and feelings are a reality and they are as real as our actions outside of ourselves in the world. Being present to our thoughts and feelings can bring us to a greater sense of our own inner truths and fantasies. We can check for ourselves what is true for us and what is not once we begin to be more aware of our inner thoughts and feelings. It is when we bring them to our consciousness that our thoughts and feelings can be checked against our actions and then we can see how our inner morality connects to it. We can begin to get a clearer picture of ourselves and our relationship to the world when we take a closer and more honest look at the way we think and feel and the way we act or live in the world. Do they match up; do they resonate with each other? This is a sure way to do a self-evaluation of our distinguishing between truth and fantasy, truth and lies.

Other resources and information

In some of the recent videos and articles that I have come across there are some interesting observations and insights about insignia and emblems and certain phrases or words that the world leaders are using and displaying whilst they address the world. Not too far removed from what Hitler and the Nazi party were using to deceive and control the world only 60 years ago with their emblems, signatures and phrases, and now there is a mounting stream of evidence to show that the American establishment/world government are doing similar things now. It is only when we begin to open our eyes for ourselves and listen to the observations of others (like David Icke) that we see behind the veils of deceit, subtle control mechanisms and the dangers.

Disseminating and sharing information about what we see and hear, experience, think, know or Imagine can be a good starting point to connecting to like-minded people who are working towards creating a better future for humankind. There are many people already sharing

information across the world about 9/11, our world leaders behaviour and other interesting topics. I see this as a growing army of Michaelites!

There are right now, many esoteric (mystery) schools right across the globe as there have been for many centuries, some of them work with the dark arts and some work with more positive aspects of esotericism, like the Michaelic Mystery School of the Anthroposophic Society. It is reported that there is an interesting group in America that calls itself 'The Skull and Bones order'; it is reported as a secret society that is in Yale University. It is reported and documented that one of its members is George W. Bush and that his family has had many members for many years and according to sources that have investigated this, there is from what they say a dark aspect to what happens in this society. (see Internet search for Alex Jones and the Skull and Bones order).

Another organisation or 'club' is Bohemian Grove, a meeting place for many of America's elite. This meeting of the Elite has some strange rituals that could be seen as Satanic. The burning of a human effigy is common practice according to the reports of Alex Jones, a reporter/journalist who took secret film footage of a meeting in Bohemian Grove and has made a very interesting film about it that is now available for public viewing. Once again we can close ourselves off from what is possibly happening in the world or become educated in it and see it from a different and even higher (spiritual) perspective.

The average person in the western world watches TV for many hours a week, some for many hours a day, being bombarded with information, news, advertising and propaganda and are numbed by what they see and experience. When we watch the news on TV and watch it with a more open and conscious mind we can see the negative side of TV and see how it is used to keep people in fear and asleep. Being awake or being asleep is on some level a choice. It is a choice that we make at certain times of our lives. Even the act of how we view and experience things is a choice. We can watch the TV and choose to fall asleep in the watching or we can fight this impulse (choice) and be more aware of what it is that we take in and experience. How many people see or are aware of the (esoteric/satanic) insignia surrounding the president of the United States as he speaks on TV? How many people are awake to the spiritual realm that is all around them? When people are under the influence of others, either human or from a spiritual dimension, in a ritualistic or mind or fear based way then the

people under these influences are in a sense de-humanised and have had part of their being taken away or diminished.

What happens to people when they are under the negative influence of others and when they are numbed and asleep to the spiritual world?

To put it simply, when we are under the influence of people or spiritual beings we are torn from being fully integrated in our being, we are severed apart so that we are not fully conscious of what is happening around us. Our Ego or 'I' is challenged and diminished and we are left as an empty shell and with the tools of trickery, deceit and lies the masters of control play games with our minds and our soul forces and can keep us asleep, deluded, ignorant and in fear. The choice to be fully awake lies dormant inside of our being and if we can find a small chink of light through the walls of deceit, lies, terror and fear that are used to control us, then we can grasp this piece of light and use it to illuminate our senses, our minds and our spirit to overcome the control, sleep and unconsciousness that take hold of us. The act of regaining and strengthening the Ego or our spirit can be challenging and a lengthy process especially if dark magic has been used against us. In the therapeutic process of Psychophonetics we work with clients who have had experiences of being controlled and being asleep for many years at a time. Although most of these were not subject to the dark arts of Satanism or other sinister acts or experiences, they were none the less subject to being controlled or were feeling diminished or disempowered by someone else. I have had experiences with clients who felt possessed by spirits or demons and have worked with them to re-find or regain their full human centre or spirit. This has been especially true with clients who were under the influence of heavy drugs.

Empowering people to take control again of their own lives and reconnecting to their Ego or spirit is a large part of my work in the therapeutic application of anthroposophy through Psychophonetics, I see many clients who feel dis-empowered, empty, lack spirit or will and say that they feel like they have a demon inside of them and this is people who have little or no connection to spiritual matters. For those that do, then the language gets broader and conversations around astral parasites, demonic forces and entities becomes quite common place.

When people are feeling and experiencing these negative impacts, then the best way to deal with them is to build up the human spirit and find the will and courage to shake the negative imprints off and face them and then find new boundaries to stop them returning. Through the Psychophonetics processes we can find ways to help and guide people safely and thoroughly through these experiences and can do this because we have at least some understanding of anthroposophy, and sometimes other spiritual paths, to help us deal with these issues.

Many prescribed and un-prescribed drugs are used by people to numb out pain and feelings and of course, essentially the spirit. This too, is a choice. There are many alternative ways to help with pain control, emotional and sensitive issues, stress and mental and physical fatigue, but many people choose to use medication to numb themselves and remain asleep to the under-lying issues or causes. Some people might argue that there is no choice and that is the way that it is, that they cannot cope without the medication, cannot bear to face what is underneath. I still say that this is a choice one can take and that underlying most of this is fear. Fear of facing the pain, fear of having to be different in their lives, fear of losing the attention or stigma that they choose to carry, etc. Underneath all human actions there is the freedom of choice, sometimes it just takes another person to educate, or point it out. This is a role that the Psychophonetics practitioner takes on time and time again, as he or she takes on the role of educator, guide or the agent of change for humanity. It can take but one person to bring a clearer, more conscious perspective on things that are going on in the world and to speak to others about it for it to become common knowledge and start a chain reaction to change the way it is seen, accepted, or not accepted. This speaking is a Michaelic act.

Many people can get caught up in the dark arts or in evil acts because they have been de-humanised on some level. If their souls and minds were less contaminated, less confused, less de-humanised then these people would not act in such evil ways. Acts of love and compassion, generosity and peace would prevail and there would be no hatred amongst each other. It is through a loss of the self, a loss of what it is to be fully human, that can lead humanity to acts of atrocities and evil. Once again, on one level it is a choice and on another it is a controlling factor by external forces, either human or non-human that can diminish this choice and make it more difficult to stand and make another, more moral and human choice. Underground esoteric groups and organisations that indulge in the dark arts know how to use their power and can use it to control and influence others to get what they want in the world.

There are many links to stories about Adolf Hitler and the Nazi party using esoteric means to instil fear and control into the people of Europe during their reign. If we open our eyes we might catch a glimpse of it happening in our world right now too! Is the propaganda being used over Iraq and the middle-east any different?

Through the use of drugs, from family, group or peer pressure, loneliness, confusion, inquisitiveness or perhaps some karmic or past life need, it is possible and easy to fall into the darker arts, especially if one knows that many personal (materialistic/sadistic) gains can be had. We must be mindful and vigilant in our spiritual pursuits and remain in the stream of courage and stay centred so that we can see what is happening around us in the wider world.

Literature and the connection to the Archangel Michael and the battle between good and evil

There are many things around us right now that can open us up or close us down to the spiritual world. One medium into exploring and understanding the spiritual world on a deeper level, which has been with us for the last few centuries, is literature. Apart from the most classic of stories that give us a picture of the Archangel Michael and his battle, the legend of St. George and the Dragon, we have other, more modern stories by certain individuals about ‘spiritual battles’. Stories such as *Lord of the Rings* by J. R. Tolkien and more recently the stories of *Harry Potter* by J. K. Rowling have given us pictures of the fight between good and evil. Many of the descriptions in *Harry Potter* and *Lord of the Rings* have very detailed descriptions of positive (Michaelic) beings and of beings of more sinister and evil character (Ahrimanic). One can see in *The Lord of the Rings* that the creation of the Orcs is a picture of beings that are soul-less and sub-human, they are a new breed of beings that feed on hatred, foul language and destruction. If we can look at the negative side of the human race right now what do we see? We can see that the actions of the Orcs in *The Lord of the Rings* are not too different than some of the actions of (human) beings that walk the planet today. Some of the horrific acts against humanity that happen daily are surely non or sub-human and are acted out of either an absolute soul-less place or are acted out of being under the influence of some greater force, perhaps both.

In the more recently written books of *Harry Potter* we can read descriptions of Voltemort, the Dark Lord (Ahriman?), Dumbledore (Michael/Merlin?), Dementors (Azuaras?), Death Eaters

(A Secret Dark Order like that of Skull and Bones), Harry Potter (A Michaelic warrior) and many other descriptions of spiritual characters, events and beings, there is even an army of fighters called Dumbledore's Army that to me signifies very much a picture of a Michaelic Army ready to do battle with evil counter-forces. Harry Potter can be seen and judged as just a children's novel or can, if we choose to see it in another way, be seen as a classic piece of spiritual text that is timely and helpful to awaken peoples' consciousness to what is happening in the world. I believe that it can also unfortunately have the opposite effect and keep people unconscious and asleep to the spiritual realms by keeping them thinking that spirituality is just what they see and judge Harry Potter as, a children's novel that is pure fantasy.

For me the Harry Potter series is a fascinating series of books that give a very real picture of what is happening around us. The fact that it portrays beings such as the Dementors and throws light on how the dark arts can be used against humans is very poignant and timely and can, I believe, be a very positive and open message for a whole generation of young people as there is more and more openness and discussion, literature and information about spirituality coming out.

It is very common these days to hear words like karma, soul, consciousness or reincarnation used in conversation even amongst young people, whereas even 20 years ago these were less heard of and in less use. As long as we do open up to the world of spirituality in a conscious and focussed way we can deepen our understanding of what is currently happening around us from a deeper spiritual perspective. We can take the pictures created by J.R. Tolkien, J.K. Rowling, Rudolf Steiner and others and build concepts and mind pictures of the beings that they describe or we can take our spiritual Imagination and recreate them in our spiritual Imagination from our understanding and insight into the spiritual world and meet them in a more fully conscious and real way through movement, sound, Sensing and Gesture, learning to face them with courage and determination.

By bringing our inner thoughts and pictures into a new space and into view in front of us through the use of Imagination we can then see and name what it is that is before us and get to know it from a more objective view point. This is one of the powerful aspects of Psychophonetics, we do this work consciously. We *Enter* into the experience, *Exit* out of it

and then look more objectively (*Beholding*) at the imprint or impression that we have standing before us.

In the wonderful Harry Potter stories, J.K. Rowling has very cleverly, in my opinion, described the battle of Michael. Harry Potter refuses to fall into the fear of not naming You Know Who and defiantly and bravely speaks the name of Voltemort - this could easily be the name Ahriman. It is interesting to note the way in which J.K. Rowling's depicts the Dementors and the many members of Voltemort's army (who call themselves the Death Eaters). The interesting descriptions of these dark beings could be likened to the Asuras³ and the humanly demonic beings that work to de-humanise humanity.

Community, individualisation and the building up of our heart forces

Rudolf Steiner wrote many words on the way in which America would rise up under the influences of Ahriman and dominate the earth and if we open our eyes, even just a little bit, we can see this unfolding right now in our life time. The President of the United States of America, George W. Bush was elected president falsely with blatant deceit and lies, he went to war in Iraq illegally and against the rule of the United Nations and has, I strongly believe, caused terror to his own people by being part of the 9/11 massacre and has now got a foothold in nearly every corner of the planet either with military occupation, political (Ahrimanic) allies, including Australia, and according to some reports has the American economy propped up with drug money from trading narcotics through the CIA. There is much speculation and possible evidence that the war and the connections in Afghanistan are drug related and that the Opium that is grown there is trafficked by the CIA and keeps the cash flow moving in the USA.

In short there is merging speculation, evidence and acceptance that the Bush/American administration is part of a league or Corporation that is starting to take charge of the planet. It really is now heading into a One World Order, like a new Third Reich! If we tie in the spiritual aspect with the world events and tie in the picture of Ahriman and all that Rudolf

³ The Asuras are beings that are linked to Ahriman and work through the human being by diminishing the human Ego or 'I'. Rudolf Steiner mentioned these beings as beings of the future (that future is now). They work through the Consciousness Soul realm of our being and work on our morality, especially through the avenues of sexuality.

Steiner has to say about him then we can see the reality of what is happening from a spiritual perspective. It is happening, it's not about to start sometime in the near future, it is happening now, right here in front of us, right here in our lives, right here in our homes, on the TV screens and in the newspapers, blatant and real. Rudolf Steiner said that this would transpire in the near future almost one hundred years ago. That future is now!

Death, destruction and the de-humanising of the human soul is happening every day right across the planet and we are part of it, we are part of this present history, part of this Michaelic battle and we have a choice to stand and fight just like our friend Harry Potter did, or become part of the huge Ahrimanic machine that is churning up and destroying the human soul and humanity as we know it. To build on my previous comments on finding the courage and will to speak, I would like to say that our continual isolation in the world, our continued path of individualisation makes it more difficult to discuss, speak or join forces with others who might have similar views and opinions. If we look at people in the streets, especially in the big cities we can see more and more people isolating themselves by being pre-occupied with technology (I-pods, MP3 players, mobile phones (especially those with games, etc), laptop computers, etc), with their materialistic trends and needs and their image and to their isolation with regard to sharing their thoughts, emotions and feelings (especially men). At home pornography and computer games are destroying families and making children into even lonelier human beings than their parents. This isolation, this individualisation of the human being is making us easier prey for human and non-human beings to get control of us and for humanity to be taken as a group or species along the road of de-humanisation.

Through communities, such as a community of Psychophonetics practitioners, we can learn how to strengthen our individuality in positive ways whilst being part of a community. There is a real need for group or community development training in such matters and there is a real need to be aware of this breakdown in the social fabric. Connecting to our deeper heart forces, to our heart and emotional intelligence is a way in which we can meet with other people who want and are willing to become more active in their lives and in their souls to finding better ways of living together on this planet. Opening up to our heart forces and trying to connect to people without the usual reactions, projections, judgements, fears, doubts, hatreds and prejudices takes effort and will and takes quite a degree of self-education, discipline and schooling. A true path of anthroposophy can offer this possibility and much

can be found in many of Rudolf Steiner's writing to help us along this path. Institutions such as Persephone can offer people the opportunity to share this path with others as they work and study together with a common goal in mind. The therapeutic application of Psychophonetics for groups starts within its own training institution with the students, giving them a real experience of group heart -soul work.

Harry Salman (1999:168), a writer and lecturer on anthroposophy and spiritual events, writes in his book, *The Social World as Mystery Centre*, that:

Modern people can bring their forces of cognition, courage, morality and heart forces to development in the new era. Then they become Michaelites. All these new forces allow light to shine in the spiritual battles of our time. Rudolf Steiner saw the darkening of culture in 1933 and he hoped that the Anthroposophical movement would be strong enough to rescue European culture. That same year would witness Christ's new revelation in the etheric and the first repetition of the 33-year-rhythm since the beginning of the new era of light. It was then that Nazism crossed this rhythm. The second repetition occurred in the sixties. Many people opened to the spiritual world and a new sense of life developed...at the end of the 20th century the 33-year-rhythm appears for the third time [and] again we see attempts to divert the forces of light.

Harry Salman goes further and says:

The social world has become a mystery centre where good and evil forces press into consciousness. We have to build communities to service the good forces. The Archangel Michael expects us to be armed for an inner battle against the forces destroying our soul and to found a new spiritual culture in culture – islands. These are comprehensive tasks and take many centuries to complete. We are only at the beginning and do not yet have the social and spiritual forces at our disposal that need to be developed in the next centuries. Modesty and understanding of our own as well as others' inadequacies are necessary. It is still rather difficult but will become easier for future generations if we try and associate in soul and spirit. (1999:163)

In many institutions and organisations around the world, there is a true beginning of what Harry Salman speaks of - a beginning towards forming a culture – island and we are developing the soul and spiritual forces that we need to fight this Michaelic battle. How easy is it to speak to people outside of anthroposophical circles about a Michaelic battle or of Ahriman? How easy is it to speak about the deceitful events of 9/11, the illegal invasion of Iraq or the CIA involvement of drug trading to people? These are the difficult tasks we have

to face. This is what is set before us; this is what we must face if we are to work in the world as Michaelites!

Conclusion

To conclude I would like to gather a few points together and bring them into a single context of understanding. I would like to draw upon the beginning and the question and purpose of the paper that was the question of my own (and humanity's) connection and personal relationship to the Archangel Michael and his relationship to Psychophonetics. I then wrote about topics and issues that related to Rudolf Steiner, the Archangel Michael and highlighted some other people's opinions, presentations, stories and lives and then went on to write about a few thoughts and feelings of my own around what I see and experience in the world around me. In this project I asked many questions, gave some personal views and opinions and referred to other people's views, opinions and comments and tried to bring something fresh and current and somewhat challenging in order to bring about a way of thinking and feeling that engages us to think about our own connection to the world, to our community and to our spiritual approach and practice, especially to the spiritual events of our current time and to the mission of the Archangel Michael.

I see the therapeutic application of anthroposophy through working with Psychophonetics as a new (Michaelic) way forward in bringing awareness and consciousness to humanity in our current time. I see the mission of the Archangel Michael very much connected with this work and can see that now and in the future there will be a greater need to speak of the greater spiritual picture and of the events taking place around us. As a community we have the potential to gather our heart forces and other strengths collectively, seek to use them wisely and stand up in the world as a peaceful, yet forceful, collective of people to be reckoned with.

Throughout this paper, two words kept standing out above the rest, two words that kept playing in my mind and in my soul. These two words repeated themselves through my writing and sat apposing one another on either side of my thoughts, feelings, actions and spiritual beliefs and understandings. These two words are *Courage* and *Fear* and are the basis, I see and experience now, of this whole project. Throughout the project courage and fear have shown themselves in many different ways and have repeatedly been at the forefront of many of the issues and questions that I raised and explored. It has been a real trial of

working between the realms of courage and fear to complete this project, it has been a battle of courage and fear to complete the training in Psychophonetics, it has been a task to reach inside and find the inner courage sometimes to speak, write and portray my thoughts and feelings of my personal connection to anthroposophy, Archangel Michael and Psychophonetics. It has been and continues to be a challenge to walk the fine line of insanity and spiritual truth and of owning one's own spiritual truths.

That space between fear and courage that we have to guide and encourage people to go to on their personal journey towards finding their own courage is often a time of finding our own inner courage to assist them when we embark on the mission of being a practitioner of Psychophonetics and a Michaelic warrior or helper. It is to the edge of this abyss of fear that we have to go and stand and be observant and keep a watchful and guiding eye on our clients, family, friends and fellow community members, allowing them to learn the art of self-empowerment and self-transformation so that they can find their own inner strength and courage in the world.

It is between the place of fear and courage that I often find myself, it is in this place that I can hear, experience and observe the inner battle of choice, the inner battle of my humanness, the inner battle of all that it is to be a thinking, feeling and doing human being. In the striving to overcome my fears, by drawing up out of the thinking depths of my fearful mind and finding the heart-felt warmth of my own courage I can use my limbs to take me forward in my will, holding with my hands the sword of Michael high above me whilst speaking from deep within the words of the Michael verse by Rudolf Steiner.

*We must eradicate from the soul
All fear and terror of what comes
out of the future.
We must acquire serenity
In all feelings and sensations
about the future.
We must look forward
with absolute equanimity
to everything that may come ... and
we must think only
that whatever comes is given to us
by world direction full of wisdom.
It is part of what we must learn
in this age, namely
to live out of pure trust ...
without any security in existence.
Trusting in ever present help
of the spiritual world.*

*Truly, nothing else will do
if our courage is not to fail.
Let us discipline our will
and let us seek the awakening
from within ourselves
every morning and every evening.*

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