

Conscious Living, Conscious Dying and the Journey Beyond

Sacred Gateway Conference, April 17-19, 2020

Resource List for:

**“The Lemniscate Journey: Exploring the Relationships in our lives from Birth to Death and Death to Rebirth Through Biography and Social Art”
with Jennifer Fox and Sandra LaGrega**

Books:

The Uprising in Dying; Words and Verses for those close to the experience surrounding The Threshold of Death, Adonis Press, Hawthorne Valley, Ghent, NY

A Christian Book of the Dead; Accompanying their journey after death
Margarete van den Brink and Hans Stolp, Hawthorne Press

Citizens of the Cosmos; Life's Unfolding from Conception through Death to Rebirth
Beredene Jocelyn, Steiner Books

Borning In and Borning Out, Marnie Muller, MLC Heartwisdom Publishers
excellentwordworks@gamil.com or PO Box 367, Leicester, NC 28748

Cosmic Child; Inspired Writings from the Threshold of Birth, Selected and arranged by Eve Olive, Wrightwood Press

The Human Life, George and O'Neil and Gisela O'Neil, Mercury Press

Festival Images for Today, Carlo Pietzner, Camphill Publications

Unborness; Human Pre-existence and the Journey toward Birth, Peter Selg, Steiner Books

Why On Earth? Biography and the Practice of Human Becoming, Signe Eklund Schaefer

Crossing the Threshold; Practical and Spiritual Guidance on Death and Dying,
Nicholas Wijnberg and Philip Martyn, Temple Lodge

The Occult Significance of Forgiveness, Sergei O. Prokofieff, Temple Lodge

Books by Rudolf Steiner:

Staying Connected; How to Continue Your Relationships with Those Who Have Died, Anthroposophic Press

Life Between Death and Rebirth; The active connection between the living and the dead, Anthroposophic Press

Life Beyond Death, Selected lectures
Rudolf Steiner Press

Verses and Meditations, Rudolf Steiner Press

Lectures:

Karmic Relationships:Esoteric Studies-Volume V, Lecture VI

Karmic Relationships:Esoteric Studies-Volume VI, Lecture VI

Magazine:

Lilipoh; the spirit in life, "Approaching The Threshold", Fall 2018

Artists:

Painting: "*The Great Mystery of Coming and Going*"

Artist: Elizabeth Porritt Carrington 2017

Website: www.elizabethcarringtonart.com

Fiber Art Web

Artist: Kathleen Bowen

Painting: *The Heart Alignment*

Artist: Jo Leeds

Painting: *Community* (in Orange)

Artist: Iris Sullivan

Website: <http://movingthesoulwithcolor.com/home>

Video:

"The Art of Natural Death Care" <https://www.katelynlagrega.com/documentary>

Quotes & Poems:

“We are asked to accompany the dead on their further destinies. - Memento Mori”

-Rudolf Steiner



“The souls of those who have died are interwoven with and are part of the spiritual world. As the individuality continues its journey and the incarnation just completed on earth is handed over to continue its work in the spiritual world, the hierarchies of divine-spiritual beings receive the fruits of earthly life and transmute them so that they , too, can continue to work for cosmic evolution.” ...”it is important ...that we bear witness to this process with prayers that are ‘simple and good, wonderful and beautiful’.” Chris Bamford, (page 201) *Staying Connected*, Rudolf Steiner



Life after death---

Life before birth;

Only by knowing both

Do we know eternity.

Rudolf Steiner, dedication 1914



“The purpose of earthly life is to develop connections and relationships that can be continued after death.”

Staying Connected; How to Continue Your Relationship with Those Who Have Died (page 46) by Rudolf Steiner



“They (the dead) cannot “live” without these images. Images that we have, the images we make for ourselves of the dead on which the dead depend.” “Without them they would look to the earth and it would appear to them as voids the surface of the moon, empty, totally without anything alive to behold.”

Festival Images for Today, Carlo Pietzner



“Our images are the cathedrals, the works of art, by which the dead can see the earth.” *Festival Images for Today*, Carlo Pietzner



“We have to learn image making as a deliberate activity of our souls.”

Festival Images for Today (pages 24-25), Carlo Pietzner



“Life can only be understood if we see it in its entirety, not if we consider only the short segment of time between birth and death, for that particular segment depends intrinsically on spiritual occurrences before birth. In our entire essence we depend on what happened in the spiritual world before we were born.”

Rudolf Steiner from *Unbornness: Human Pre-existence and the Journey toward Birth*, Peter Selg



“It is self-knowledge which helps us forward, which makes us strong for life between death and a new birth.” “The Human Being’s Experiences Beyond”

Life Beyond Death (page 171), Rudolf Steiner



“What a human being goes through between death and a new birth corresponds in spiritual existence to what he experienced among earthly beings between birth and death.” <https://www.rsarchive.org>, Karmic Lectures, Volume 5, lecture 5



“Your task is not to seek for love, but merely to see and find all the barriers within yourself that you have built against it.” - Rumi



“And if we manage to keep alive and awake the memory of our dear ones who have died, if we can keep our thoughts of them constantly and vividly before us during our waking life, then the, then the memory-pictures we lovingly carry within us will enable the dead to have an influence upon our world, to pour their will into it, so that their will lives on in the will of those who are still alive.”

Life Beyond Death (page 182), Rudolf Steiner



“The nature of the experience of the moment of death is such that it leaves impressions of deepest impact for the entire life between death and a new birth.”, ...”death appears as the brightest beginning of spiritual life, as something which radiates sunlike over the entire life between death and a new birth.”

Theosophy, Rudolf Steiner



“Everything we are able to accomplish on earth with devotion, with love for the task at hand so that we are completely involved in what we do and realize that what we do is worthy of (hu)man(s), contributes to making us after death servants of the spiritual beings of the higher hierarchies who send healing, constructive forces from the spiritual into the physical. This shows the importance of enthusiasm in (hu)man’s deeds here in the physical world.” *Life Between Death and Rebirth* (page 233) , Rudolf Steiner



“It is important for the dead that we carry every evening thoughts of the spiritual world with them into sleep. The more thoughts about the spiritual world we carry with us into sleep, the greater the service we perform for those we have known on earth who have died before us.” *Life Between Death and Rebirth* (page 269), Rudolf Steiner



**May love of hearts ray out to love of souls.
May warmth of hearts ray out to Spirit light.
Even so would we draw near to you,
Thinking with you thoughts of Spirit,
Feeling with you the love of worlds,
Consciously at one with you
Willing in silent being.** - Rudolf Steiner



“More than finding heaven on Earth, we are asked to release Heaven by living here on Earth.” - Mark Nepo



“The mold in the catacomb of our memory does not suggest that our praising is less, nor deny that the god’s cast shadows. We are friends who do not go away , who still hold through the doors of the tomb trays of shining fruit.” - Rilke
Favorite Quotes of Janet Hampton book



“It is probable that the next Buddha will not take the form of an individual. The next Buddha may take the form of a community, a community practicing understanding and loving kindness, a community practicing mindful living. This may be the most important thing we can do for the survival of the earth.” - Thich Nhat Hanh



“In ancient times the sacred art was Temple building: in the future the highest will be social creation - taken out of instinct and practiced consciously - And that future time is now!” - Christopher Schaefer



**Spirits ever watchful
Whose help we desperately need
Whose presence we take for granted
Look kindly at our efforts,
To carry out intentions;
Intentions that were
Born in our hearts,
Illumined by our thoughts,
Set on their path by our will.
If these our intentions are good
If we are to prove worthy of them,
Inspire us,
Guide us,
Strengthen us,
So that
The divine spirit spark in us
May unite with the Spirit of the Earth,
May kindle
A light, however small,
In the present darkness.
- Rudolf Steiner**



**Listening provides the soul of the listener the practice of self-overcoming...We
dethrone ourselves from the center of our world and put the other there."**
- Karen Armstrong



**"Social Art offers us invitations to develop interest, empathy, and ultimately, acts of
compassion."** - Chris Schaefer



From Starry Realm

**From starry realm
to green earth
I come**

**Dreaming through sphere
of planet and moon
I draw near**

**Falling asleep
to the home I have known
I awake
here on the earth**

**From the All
to the One
I
Fall**

Cosmic Child, Inspired Writings from the Threshold of Birth - Eve Olive 1934



“Someone I loved once gave me a box full of darkness. It took me years to understand that this too, was a gift.” - *The Uses of Sorrow* by Mary Oliver



“Forgiveness is the fragrance that the violet sheds on the heel of the one who has crushed it.” - Mark Twain



“Forgiveness is not an occasional act. It is a permanent attitude.” - Martin Luther King



“The problem with taking offense is that it’s really hard to figure out what to do with it after you’re done using it. Better to just leave it on the table and walk away. Umbrage untaken quietly disappears.” - Seth Godin



“Let your loyalty to another human being come about in this way: there will be moments — quickly passing by — when they will seem to you filled and illumined by the true, primal image of their spirit. Then can come, yes, will come, long stretches of time when your fellow-being seems clouded, even darkened. But learn at these times to say to yourself:

**‘The spirit will strengthen me; I will remember the true, unchanging image that I once saw. Nothing at all — neither deception nor disguise — can take it away from me.’
Struggle again and again for the true picture that you saw. The struggle itself is your faithfulness. And in those efforts to be faithful and to trust, a human being will come close to another as if with an angel’s power of protection.” - Rudolf Steiner**



“When you practice self-knowledge you can behold what the starry heaven bestowed upon you between death and a new birth-the best and finest powers of your soul.” - Rudolf Steiner



**Forgiveness is an out-breath
Sand sifting through my hands
A giving way, a passing through
Relaxing a weary stance.**

**I am less. And more myself
Without that thing I’ve held
As if my life and it were one
And it made me who I am.**

**Forgiveness is an out-breath
Sand slipping through my hands
A step aside, a passing by
Laying down a weary stance.**

**I gave it back so easily
To that from which it came
In just one gentle shift of mind
As if I’d never blamed.**

**Forgiveness is an out breath
A sigh across the sands
A step aside, a passing by
Uplifted, open hands.
-Marca-Maria Boggiano**



“To contemplate the destinies of human beings with reverence and awe - that is something our times demand of us.” - Rudolf Steiner



“The responsibility of being human is to bring life, light and love. The way we do this is through connections with one another.” Orland Bishop @ AGM 2018 keynote address



TOUCHSTONES FOR CIRCLES OF TRUST

- ***Extend and receive welcome.*** People learn best in hospitable spaces. In this circle, we support each other’s learning by giving and receiving hospitality.
- ***Be present as fully as possible.*** Be here with your doubts, fears and failings as well as your convictions, joys and successes, your listening as well as your speaking.
- ***What is offered in the circle is by invitation, not demand.*** This is not a “share or die” event! During this time, do whatever your soul calls for, and know that you do it with our support. Your soul knows your needs better than we do.
- ***Speak your truth in ways that respect other people’s truth.*** Our views of reality may differ, but speaking one’s truth in a circle of trust does not mean interpreting, correcting or debating what others say. Speak from your center to the center of the circle, using “I” statements, trusting people to do their own sifting and winnowing.
- ***No fixing, no saving, no advising, and no setting each other straight.*** This is one of the hardest guidelines for those of us in the “helping professions.” But it is one of the most vital rules if we wish to make a space that welcomes soul, the inner teacher.
- ***Learn to respond to others with honest, open questions instead of counsel, or corrections.*** With such questions, we help “hear each other into deeper speech.”
- ***When the going gets rough, turn to wonder.*** If you feel judgmental, or defensive, ask yourself, “I wonder what brought her to this belief?” or “I wonder what he’s feeling right now?” or “I wonder what my reaction teaches me about myself?” Set aside judgment to listen to others—and to yourself—more deeply.
- ***Attend to your own inner teacher.*** We learn from others, of course. But as we explore poems, stories, questions and silence in a circle of trust, we have a special

opportunity to learn from within. So pay close attention to your own reactions and responses, to your most important teacher.

- **Trust and learn from the silence.** Silence is a gift in our noisy world, and a way of knowing in itself. Treat silence as a member of the group. After someone has spoken, take time to reflect without immediately filling the space with words.
- **Observe deep confidentiality.** Trust comes from knowing that group members honor confidences and take seriously the ethics of privacy and discretion.
- **Know that it's possible to leave the circle with whatever it was that you needed when you arrived.** Know that the seeds planted here can keep growing in the days ahead.

(Adapted from Parker Palmer's Touchstones for Circles of Trust. More information can be found in his book *A Hidden Wholeness*, or at The Center for Courage and Renewal: www.couragerenewal.org.)



“The souls of those who have died are interwoven with and are part of the spiritual world. As the individuality continues its journey and the incarnation just completed on earth is handed over to continue its work in the spiritual world, the hierarchies of divine-spiritual beings receive the fruits of earthly life and transmute them so that they, too, can continue to work for cosmic evolution.” ...“it is important ...that we bear witness to this process with prayers that are ‘simple and good, wonderful and beautiful.’ - *Staying Connected: How to Continue Your Relationships With Those Who Have Died*, Rudolf Steiner



“The so-called dead and the so-called living must learn again to live together inwardly.” *Cosmic and Human Metamorphoses*, Rudolf Steiner

Technology Support/Graphic:

Joyce Rice, rejoycerice@gmail.com

Clarissa Hanna, clarissahanna@gmail.com

Workshop Presenters:

Sandra Crater LaGrega, sandraclagrega@gmail.com

Jennifer Fox, jenfox5875@gmail.com