

Dear Members of the Anthroposophic Psychology Community:

The arrival of spring heralds the return of light to our part of the world after a long winter of cold and dark. As mental health practitioners we meet many people who experience an inner battle of the soul every year during this period. We experience these feelings too, within our inmost being. A darkness of mind seems to rise up, at times, and threatens to overwhelm us. Professionals whose task it is to guide others through the sometimes-overwhelming circumstances of life must constantly cultivate an inner composure and absolute faith in the inner spirit of those individuals with whom we work. When those in our care experience the sometimes epic battle in the soul between mind and matter it is our place to walk beside them carrying a lantern, to hold it steady, simply shedding a constant, unwavering light so that they will find their path ahead.

Where is it that we find the source of this unwavering light? Is it in our self? Or does it come from somewhere else? How can we access it? How are we to use it? These are some of the questions that can be answered either directly, or indirectly by studying psychology as if soul and spirit matter. (One receives insights and much to ponder in the 3 Year Certificate Program offered by the Association for Anthroposophic Psychology.)

As light returns to the northern hemisphere we can experience light overcoming darkness in the deepest recesses of our soul, the victory of the spirit overcoming the fetters of a mind that can become entangled in self-created illusions, or drawn to overwhelming desires. In order to experience the resurrection of our thinking, wrenching it from the grasp of our lower self, the human being must bravely tread the dark path, the counsellor holding the lantern steady, identifying truthfully all there is to behold in there. In this way, with the counsellor emanating warmth and providing illumination, forces will be enkindled within both human beings.

Through the relationships between people, unfolding in this manner, humankind will experience a renewal of life. We will live into our connection with others as spirit beings that do not simply live out one life on earth and die, but continue to meet again and again. We will recognise each other and develop the bonds of eternal connection, continuing to help those who still struggle to overcome old ways of thinking. A self is not static. A self is always becoming. Spirit endures.

Outer nature reflects inner jubilation at this time of year when, after a long winter battle with inner demons, the persistent, striving individual rises up with new strength, not to be distracted by the outer beauty reflected in nature, but with a new inner strength that enables one to see the truth and walk the path of life with

confidence. Every moment a new reality is being formed and it is I who decide how it will unfold. The vision of human beings as three-fold beings of body, soul, and spirit, and learning to relate to each other as such is an essential task for our time. The alternative is to slowly forget that we are something more than a body, becoming tragically entangled in a web of false thinking.

This is a call to become something more! Let us ponder our options and choose to become strong and pure in our own inner being so that we may be helpers to those who still struggle. Let us build an indomitable will to work together, in love, for the future of humanity.

Love is for the world what the
sun is for outer life.

No soul could live if Love
departed from the world;
It is the moral sun of the
world...

To spread Love over the earth,
To the degree possible;
To promote Love-
That alone is wisdom.

--Rudolf Steiner

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