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## **1 How and Why FC (Facilitated Communication) Works**

By Hilke Osika, music therapist and FC teacher.  
Hilke Osika describes how the sense of movement is disturbed in many autistic people, so that they cannot perceive and therefore control the movements of their limbs, of their facial expression and their speech organs – and therefore frequently cannot speak. She also describes, however, how they can be released from their imprisonment by means of computer-aided communication, and can then express themselves in writing like any ordinary person.

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## **2 How Can One Help Children with Autism?**

Conversation between Hilke and Erik Osika.  
In this initial conversation between the autistic man Erik and his mother, which took place at New Year 2009/2010, Erik gives detailed advice relating to autistic children: what can help them, how one can nurture their interests, and how very helpful FC can be in enabling them to communicate. At the same time he points out that many autistic people are intelligent and perceive everything going on in their surroundings – both the human world and that of nature beings.

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## **3 An Autistic Person's Thoughts about Christ** Conversation between Hilke and Erik Osika, with an addendum by Martin.

In these conversations, which took place in the first half of 2010, Erik speaks of his last life in the Third Reich, and of being killed at Bergen-Belsen concentration camp because he did not wish to betray his Jewish friends. These experiences meant that he no longer wished to be incarnated. But he also speaks of his after-death experience of Christ and of how Christ affirmed him and encouraged him to incarnate again. Martin, also autistic, complements these accounts with his own clairvoyant perceptions and his experiences at Dachau concentration camp.

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#### **4 Questions to Erik and Martin**

by Wolfgang Weirauch

Since the above accounts left some questions open, Wolfgang Weirauch here probes further in questions relating to Erik Osaka's last life, Ahriman and Sorath, the Cathars and Erik's pre-birth encounter with Christ.

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#### **5 How Can One Perceive the Elemental Beings?**

Three conversations between Hilke and Andreas Osaka.

In these three conversations with Andreas Osaka, which took place between autumn 2010 and May 2011, Andreas speaks about elemental beings or nature spirits, and how we human beings can better perceive and relate to them. He gives much practical advice about developing more inward contact with flowers and nature spirits, and also about the kind of music that can support and sustain the work of such beings. Andreas also speaks of Christ's working in nature and his second coming.

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## **6 My Life in Dornach During Rudolf Steiner's Time**

by Erik Osika

Erik Osika describes his last life as a worker on the first Goetheanum, his path to anthroposophy, his meeting with Rudolf Steiner, his anthroposophical work in Hamburg and his death at Bergen-Belsen concentration camp.

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## **7 Threshold Experiences**

Andreas, Martin and Erik speak of the processes that unfold in us when we approach the threshold to the world of spirit through meditation, and meet with initial supersensible perceptions.

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## **8 Waiting at the Threshold**

Interview with Jos Meereboer, curative educator and tutor in anthroposophical institutions.

In this interview Jos Meereboer describes the world of autistic people, and the tendency for their inner and outer worlds to merge and be reversed. He explains why autistic people are not properly incarnated, what causes their distinctive characteristics, and why they are unable to fully realize their will. He also describes the anxiety they commonly suffer, their lack of interest in living things on the one hand but, on the other, their highly developed interest in supersensible realms, and shows ways in which one can help them.

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