



Recognize your treasure

High Sensitivity

HSP Course 2

A boat sails on the soul's lake.

Sometimes the little ship also sails out to the high seas.

This can become turbulent.

Who is the helmsman and where is he heading for?

Is his interest knowledge and power?

What lives in his heart?

High sensitivity

In our first course, HSP-1, you began to accept and affirm your experiences of high sensitivity. Although these can be very irritating and painful, the experiences may become more manageable for you. In this manner it's like creating roots for your way of life.

Your further development enables you to get to know the deeper layers of your being. The aim is to live without fear and to contribute helpfully in life. You can begin to experience and appreciate your high sensitivity as a liberation from personal limitations. This advanced course aims to contribute to the growth and blossoming of your special abilities and potentials.

Many of the suggestions in this course are based on the work of Rudolf Steiner. He felt that we are approaching a time when natural abilities and capacities to look into the spiritual worlds are awakening. In his interpretation of the Beatitudes of the Sermon on the Mount, he says, that some people will experience the incurring of a divine-spiritual world into our physical-sensory world in full self-awareness. Saul was transformed into Paul on the road to Damascus in this way. For many people, this will become the normal state of being.

On eurythmy

Eurythmy invites us to dive deeply into the realm of the life forces. The quieter I become, the more grounded and centered I am, the more I come into an awareness of life forces with my sensitivity. Example: With the movement of my arm (stretching) and the accompanying sensation (radiating), I stimulate a process. If I pay attention to it, I can experience its answer in the counter-current.

By listening to the aftermath of our exercises, we can get an idea of the complex interweaving of the life processes. What comes into our consciousness is a message of what is happening naturally without our awareness in order to preserve our body.

You may discover how the body becomes your teacher.

Isn't it amazing how you become ever slower and more guided in your movements? You will be encouraged to try out and discover new things. A whole world of currents and forces is waiting to be explored by us. We begin to sense how creative beings reveal themselves in it. The deepening questions of the eurythmy exercises can be a stimulus for our attentiveness, to cross borders of experience.

I, Ilse, will now tell you about what I learned and experienced with eurythmy. I am sure that each of you will come to his or her own experiences and discoveries!

While practicing the seemingly small eurythmic sequences in an unbiased way, take your questions about the mystery of man and his connection with the world into this practice.

In eurythmic movement, we can experience different forces, systems and dimensions with the help of our body. With these experiences the possibilities of our souls grow. We learn to move more consciously in areas that in everyday life we know as reflections, as impressions of a world outside the sensorially tangible: in the dream world, in the world of fantasy, in the non-tangible world.

If you practice looking for the subtle touches of countercurrents and afterimages over and over again, you will increasingly sense a feeling of security in your body and soul. The strengthening effects are created by stimulation of your etheric body (life forces), which you address. (*Remembering Spirit*).

Through particular eurythmy exercises, you will learn to create balance and build up inner strength. For instance through the exercises with the vowel "I", you may attain courage and self-confidence, and become more flexible in dealing with the various challenges of everyday life.

The concentration while practicing can foster a new dimension of perception, of which you become more and more aware. This will be fruitful in situations which demand a letting go: Let go to receive. Experiencing this leads you to trust in an ever-present force that you can reach at any time. Your I is in communication with your etheric body (life forces). (*Contemplating Spirit*).

When practicing, the answers from the depths, where we find the origin of our emotions and fears can be very impressive for us. The living spirit responds to each of our endeavors, however initial and imperfect they are. Through such experiences, we overcome all doubts that may come up from time to time. (*Perceiving Spirit*).

Endowed with an unexpected gift, a joyfully astonished feeling may carry us to gratitude and inner fulfillment.

I seek within me
The working of creative forces,
The life of creative powers.

The might of Earth's weight
Tells me
By the word of my feet

The forming power of the air
Tells me
Through the singing of my hands

The strength of heaven's light
Tells me
Through the sensing of my head

How world in us
Speaks, sings, senses.

Rudolf Steiner

1. PERCEPTION

U

Life in connectedness

When you live that which makes you truly human, that which is your deepest and highest at the same time, you bring something to Earth that will transform it. If you are slandered and maltreated for this, it cannot take away your inner hold.

In the first course, by practicing amazement, you worked to suffer less from overstimulation. Perhaps you have noticed a more conscious and fulfilling experience of your perceptions. Maybe you have become less reactive.

You have practiced to use your attention more and more consciously at the level of the sense of life, the psychical and mental level. This helps you to observe your physical sensitivities, changing sensations, feelings, thoughts and memories without them having a direct impact on you and developing their own independent dynamic forces. If you decide for yourself what you're paying attention to, you will suffer less from overstimulation and be more able to gain the distance you need. You increasingly feel an inner space to deal with the outer stimuli that penetrate you.

In this course, we expand our view of the inner aspects of our perceptions. Pick up the exercises as they suit you. Take as much time as you need. Be patient with yourself.

The world in its complexity

Take a look into the world, wondering how the outer world also lives in you, in your body, your soul, your spirit. Look at the mountains and feel them in your bones. The light, the warmth, the air, the waters, how do they feel? Can you feel that the outer world is also alive?

The basis for this extended kind of attention is the willingness to wonder. Thereby something flows into your senses that nourishes them, strengthens them from within, and gives you a subtle perception of your Self. The outer stimuli that have afflicted you before can now be seen differently and be digested from within.

If you look into the world with a willingness to marvel, you will notice how more and more of that which is not sensory becomes accessible to your perception. Your inner life unfolds like a whole new world. Every new impression enriches you. Try to be amazed about what is changing in you! The power of your attention grows and in turn strengthens your perceptual organs. Building ourselves up instead of tearing ourselves down!

If you want to experience the complexity of your perceptions, your thinking may not remain passive. Try to watch thoughts arise. How do you grasp, organize, connect them? If you can observe that, you watch yourself and strengthen the power of your Self. This is only a beginning. If this partially succeeds – the willingness to take small steps is what really brings you further.

Have the courage to be amazed!

Eurythmy: **Resting in yourself. Overcoming boundaries.**

The Eurythmy exercises with the **U** can connect you to your body in such a way that you experience yourself strengthened in your uprightness from the head to the feet and at the same time you feel permeable and connected to a wide radius around you.

Everyday exercise: **Amazement**

Be amazed about what can be perceptible in the outer world, but also in your inner world.

- Why are you encountering this or that right now?
- A smile on a person's face: what does it call forth?
- Find coincidences and turning points in your biography!
- Try to remember a childhood event or emotion.
How does this memory appear in your consciousness?
- Why do you have these or those life interests?
- How did you succeed at something that you did not believe being capable of?

And when you look back: How good that some things didn't turn out as planned. Amazing!

Meditation: **Self and World**

If Man recognizes himself:

His Self becomes the World.

If Man recognizes the World:

The World becomes his Self.

Rudolf Steiner

2. LOVE OF TRUTH

Au

Your understanding is deeply rooted

The impulses for the future that you carry in you and have absorbed into your sense of life are often not understood. Stay true to yourself, it fills and strengthens you and opens the gates to what really carries.

The Language of Life

In earlier times, there were various methods to help those who suffer by loosening the connection of soul and body. This enabled the soul to immerse itself in areas that are life-giving and to absorb healing powers. These are conditions that we still know today.

You experience pain or suffering in your consciousness. Your life organism is disturbed. You certainly know many situations in the past which made you joyful, happy or sad, and how your body reacted to them. Psychosomatic research tries to discover how moods affect the body and its life-processes.

When do we actually know that something is "right"? Something in us agrees with what is happening.

The life of your soul is influenced by your thinking. Uplifting or depressive thoughts have their effects.

How do you experience comforting words or thoughts? How do you feel when you suddenly understand something inwardly? If you feel understood by someone, can healing come from this experience? Can it have a strengthening effect in your soul?

A stream of thoughts is constantly running automatically, unnoticed and without being asked. Putting something into this stream, or even stopping it, is difficult at first. But over time you can consciously take up more space in your thought-life yourself. The more you approach this practice with play and humor, the better!

Have you already discovered that you can create free space in your soul for yourself? Try for once to decide what you want to think. This needs some effort at first, but it is worth cultivating this experience.

Consciously determine what you consider to be essential. Experience the difference between feelings which tell you which thoughts are true or false. You will notice that this strengthens your life-forces. In daily life, this strengthening is helpful in making decisions. Your fellow human beings will notice your growing inner certainty.

Take hold of life-enhancing thoughts!

Eurythmy: **Overview and creativity. Space for freedom.**

In the Eurythmy exercises with the **Au** you will become familiar with force-fields and dynamic-relationships that can expand your experience in all directions. You experience how a space for freedom is created. You increasingly gain inner security and serenity.

Everyday exercise: **Get advice from the voice of conscience**

We know our inner voice very well. If we have done something that is somehow wrong, for which we are ashamed, we call it the conscience. That can be quite disheartening.

But there is something new to discover! Try to get into a conversation with your inner voice! You can ask for points of view from it, get advice and broaden your view of a situation.

Just ask yourself:

- How do I deal with inner messages?
- How do they come about?
- What language do they speak?
- Can I distinguish different qualities?
- Which messages are enlightening or comforting?
- How do I judge what is conducive to my connection with my inner voice or inhibitory?
- What do I do if I feel oppressed?
- Do I have an inner space? How am I consciously reclaiming my inner space?

A deeper layer of your soul can help you make decisions or carry out an action.

Meditation: **World Thoughts**

To grasp the World's Thoughts,
Tears the Soul from the Body
And dissolves into her the Spirit.

Igniting the Soul's will
On World-Thought, and in Will -
Returning to the World,
To give Thinking that which she is able:

Liberates in creative power of Love
Man through the Worlds,
The Worlds through Man.

Rudolf Steiner

3. DEPTHS OF EMOTION AND INNER CALM

Ei

Really open up

If you take your humanity to heart, and take the time to perceive it, you become aware of the divine power of your Self. Then, thanks to you, love and harmony can arise between others and bring about reconciliation.

Find the supporting force in your feeling life

You have started to practice creating an inner space. How do you feel about that? Have you succeeded in finding this freedom in difficult situations? Or in meeting the pain with serenity? Can you experience liberation when you recognize fixed ideas and then let them go? Or when you change well established habits?

In this module, we will deal with the fact that your sensitivity immediately recognizes any imbalance, both in your own soul life and in your environment. This creates a strong need for balance.

Strong emotional storms can arise from this experience. Self-regulation, through careful handling of your own inner resources, is becoming more and more important for you.

Consciously cultivate times of retreat and inner silence! This will help you to connect to supportive and life-affirming forces. Increasingly, this may allow you to approach other people or unfamiliar situations more easily.

Trust in the help from your inner depths!

Eurythmy: **Care and gentleness. Arrive at yourself.**

The eurythmy exercises with the **EI** make you familiar with different structural forces and types of movement, their transitions and their interaction. Approach your practice mindfully, with a tender touch and gentle arrival. You may experience a power of trust that is slowly growing within you.

Everyday exercise: **Connect to the world through compassion**

Try to approach everything you meet with inner calm, interest, and compassion. Try to experience the warmth that arises from peace and equanimity. Can you sustain this attitude for a while and go through the world like that?

Sit down at a quiet point in the day or in a quiet hour in the evening, and let your daily experiences reappear and resound within you. Ask yourself what you experienced through your compassion today. Have you been touched inside? Do you have the impression that through your devotion you have given more or received more?

Can you experience the inner resonance in your body as you recall the situations in which you showed compassion and empathy?

When you open up to the environment in this way, does it also change the way it meets you? Did situations arise, in which you felt emotionally accepted?

- by friends and colleagues,
- by strangers,
- by animals,
- by plants,
- by stones,
- through ideals,
- by impulses?

Try to experience empathy and compassion emerging out of inner calmness. Stay in touch with yourself and your soul may grow with your experiences.

Meditation: I carry peace of mind in me

Calm I bear within me
I bear within myself
The forces that strengthen me.
I want to imbue myself
With these forces' warmth.
I want to fulfill myself
With the power of my will.

And I want to feel,
How calmness is pouring
Into all of my being,
When I strengthen myself,
To find the calm as force in me
Through the power of my striving.

Rudolf Steiner

4. CONSCIOUSLY FORMING RELATIONS

E

Interest in the other person

Wake up in the heart! This develops your perception for the other and for what flows between human beings. Gratitude and compassion arise without you losing yourself. Separation ceases.

Feel the sun in your heart!

The power of your interest, your attention, leads you into a great wealth of perceptions. Do you notice how your soul constantly goes back and forth between being with the other and being 'home'?

When you anchor yourself in your center, seeking connection to the earth, you experience your uprightness inwardly. Your body helps you not to lose yourself: in the heart all impressions come together. Here they are looked at and ordered. Your sense of truth helps you with this. You might notice different sides of truth depending on perspective and context.

The soothing power of inner calm is the basis for you to establish balance in your soul. If you succeed in this, you may notice the gentle touch of enlivening forces. Let this silent presence fill your whole heart! This allows you to perceive this special quality more and more often, for example, through connecting to the beauty in nature or to the kindness of other people. You look around and your heart is filled. That's where your sense of truth is at home.

To wonder at beauty
To protect the truth,
To revere the noble,
To decide for the good.

It leadeth the Human
In life to aims,
In doing to good,
In feeling to peace,
In thinking to light;

And teaches him trust
In guidance Devine,
In all that is:
In the world as a whole,
In the ground of the soul.

Rudolf Steiner

Nurture your sense of truth!

Eurythmy: **Establishing relation. Connecting opposites.**

The Eurythmy exercises with the E allow you to experience and work with touch, encounter and exchange of powers. You learn to know opposing forces in their effectiveness, their dynamic relationships and their balancing ability. Your connection to the ground and to your body gives you the necessary support to guide the inner movements emanating from the heart.

Everyday exercise: **Resonating encounters**

Meeting other people leads us to special challenges:

Do you have clarity about your motives? Are you honest with yourself? Where do you restrict yourself unnecessarily? Where do you have reservations that are not necessary? Where do you follow biases instead of deciding from the heart?

In every meeting, in every conversation, a lot happens in your soul and in the soul of your counterpart. These movements influence each other. That's why it's important to know: how does your intellect behave; what do your feelings say about it; is there an emotional topic arising that needs attention?

Can we find each other? Do we meet each other eye-to-eye or heart-to-heart? What about the warmth, the rhythmic breath of speaking and listening, of giving and receiving? Can we really understand each other?

Where do tensions arise? Do we notice when something comes between us? Do we talk about it? Can we clarify it, or will it be ignored and suppressed? Is there tension building up between you and the other person? Can you truly "see" or perceive the other in such a situation?

At some point soon after experiencing a tense encounter, or later in the evening, sit down and let what you experienced in the encounter resonate within you.

Close your eyes, feel your body, feel how you sit, your feet on the floor, your breath. Let the encounter briefly flow through you again and ask yourself afterwards:

- What was it actually all about?
- Who wanted what?
- What thoughts and moods did you add to the encounter?
- Did you have enough time to give space to the encounter?
- Do you notice sensitivities of your soul and how judgments arise?
- Were you asked a question, or should you have asked a question?
- How did you deal with the distance and intimacy you experienced?
- Would the interaction have benefitted from more subtlety?
- Could a balanced give and take unfold between you?

What was the encounter like as a whole: was it trusting, open and animated? Was it tense, stagnant, cramped or obscure? What remained unclear and why? Can you accept it as it was and let go, to be free for new experiences?

If, over time, you practice observing the reverberation of challenging encounters, you will increasingly succeed during an encounter itself. You will become more and more conscious of interacting from the heart in conversation. Your encounters with others will become more satisfying and fruitful.

You will find that encountering others from the heart is also good for you physically. In this sense, compassion can be seen, not as a moral demand, but as presence and rhythmic capacity – as heartiness.

Meditation:

I feel in my heart

When I feel within my heart,
The Spirit speaks his own word
About man, whom He loves
Through all time and eternity.

Looking upwards I can see
In the bright round of the Sun
The mighty Heart of the World.

Looking inward I can feel
In the warm beat of the Heart
The ensouled Human Sun.

Rudolf Steiner

5. FIND THE CENTRE IN YOURSELF

I

Steadfast in the tensions of life

We can curb, tame and purify our own emotions and passions so that they become perceptual organs that let us stand powerfully and courageously in life.

Your Self receives essence and meaning from what you connect with.

The more versatile and agile you become, the more you will notice that you are being pulled in many directions. You have to be careful not to fall into one-sidedness. In your versatility, a tendency toward excessiveness can seduce you to lose yourself in moods, in fantasies, in exuberant activities, or in work.

Don't forget to be centered and stay connected to the earth through your body awareness. This will allow you to maintain uprightness and stability, and remain with yourself.

By observing different moods within yourself and in your environment, you will sense two conflicting powers living in your soul and around you. One force takes you more away from yourself, carries you away and lets you get absorbed in your fantasies or in the outer world. The other force works in a suppressing manner, making you compressed and tight.

Instead of giving either extreme the lead, try to guide them to a place of inner balance, creating an inner space for yourself. This process of finding the middle again and again, always anew, makes us human beings. We achieve it with the warmth in our hearts.

When you get into difficult situations, remember your happy heart and don't let yourself be carried to an extreme: neither into paralysis or fear, or into absorbing moods.

Stay in touch with the voice of your heart in your decisions and actions, and care for the balance of these powers which you experience so strongly. Then you can pass on what lives in you with warmth to your surroundings. What you have learned for yourself, becomes fruitful for others.

Experience your heart as a mediator of balancing forces.

When calm smooths the waves of the soul
And patience spreads out in the Spirit
Gods' Word flows
Through the innermost of Man
And weaves the peace of eternities
Into all life in the course of time.

Rudolf Steiner

Eurythmy: The happy heart. Movable and centered at the same time.

The eurythmy exercises with the vowel I give you a variety of suggestions for playing together and balancing one-sidedness. You will learn how your heart is stimulated and rejoices in it. Your happy heart can radiate.

Everyday Exercise: Discovering forces of the soul

Due to your sensitivity, you will often have experienced how thinking, feeling, and willing can become independent. For example:

- Thinking runs in circles or cannot be stopped in its unfolding, doubts do not stop gnawing, or certain thoughts have an obsessive character.
- Feeling raves enthusiastically, or you feel completely frozen and numb, unable to feel anything at all.
- The will can become independent and things happen that you don't really want. Sometimes something can make you stiff and completely paralyzed. Or there are fears, which can grow to the point of existential anxiety.

Don't get confused when you notice which thoughts, moods, impulses are coming up in your soul. It can be very astonishing to experience what surges up and down in the soul. Through your meditative practice, you develop the strength to say "stop". And then you find an inner realm of peace.

If you create a home for your I, your sun power, in your soul, you will never feel abandoned or alone. You find out that your heart is your real strength. Your presence in your middle can give measure and direction to the ups and downs of your soul forces.

Create moments where you come to yourself completely. For example, withdraw for a moment and find a place alone, or remain silent in a conversation for a short time recollecting inwardly. Be aware of the thoughts that pass through your soul in such undisturbed moments. Perceive them and question them:

- With what intensity are the thoughts arising?
- Do they come without being asked, or were you unaware of them before you questioned them?
- Which of them did you yourself consciously call in?
- Are they mobile, flexible?
- What is their relation to light, to warmth, to liveliness?
- What colour do you give them?
- If you want to let them go again, do you succeed?

With appropriate attention, you will notice more and more often, that you are being helped in various ways, not only in your inner world, but also in small or large incidents in everyday life. You are anchored in your heart, living with increasing certainty of a non-sensual reality that is always present.

Meditation:

Morning Call

Awaken in thought.
You are in the Spirit-light of the world
Experience yourself shining,
Touching the Light.

Awaken in feeling.
You are in the Spirit-deeds of the world.
Experience yourself feeling the Spirit-deeds.

Awaken in will.
You are in the Spirit-beings of the world.
Experience yourself thinking the Spirit-beings.

Awaken in the I.
You are in your own Spirit-being.
Experience yourself, receiving Being from the Gods
and giving to yourself.

Rudolf Steiner

6. DEVELOPMENT OF POTENTIAL

O

The inner fullness

*To be imperfect, to endure it, to want to go through it,
and to find the key to progress and becoming whole
for oneself and the others.*

Lively cooperation

If you can find true understanding of your perceptions and experiences with the help of your heart's forces, great and constructive connections can open up for your consciousness. You are seeking this not only for yourself, but so as to let others participate in your life and promote their life aims.

By cultivating a loving gaze at yourself and your surroundings, you will experience much, because then you observe without prejudices and preferences. Your values and ideals, your spiritual guidance, your inner voice, all give you security. In this way, you develop more and more courage and strength to face challenges and obstacles, even if with hostility. Even in hopeless circumstances, you can find strength to withstand them, maybe even to find a way out.

You will probably also experience that sometimes you fail to restore calm in your soul and that you need help. Admit this, maybe you stand in front of a door without knowing it! Can loving interest open this door? Maybe something unknown waits for you, which you can receive positively and without prejudice.

You can receive inner advice and help from friends and loved ones who are spiritually close to you. Seek the connection to your angel. He's waiting for you to turn to him. He can support you when you ask.

How fruitful togetherness can arise

A basis of trust is needed for cooperation to succeed. Trust arises from the effort to accept and to carry each other. This basis of trust is very precious and needs attentive care. Your striving to bring warmth and interest for the others and their life situations will help them to engage and will allow community to grow. This mood brings about an openness and receptiveness for the helping beings who accompany and promote all development.

Who contributes the helpful suggestions is no longer important for you in your collaboration. What counts are the steps taken together. Most important is your striving to create balance and peace when misunderstandings and conflicts arise, and to cultivate the means to do so. For this it is helpful to find and to share inner images for your emotional and spiritual experiences. Because of your rich soul life, it is easy for you to put your pictures into words so that they can be felt by all. This is invigorating, inspiring and meaningful.

Just as self-reflection is necessary for your inner personal development, your experiences of fruitful cooperation need review. This step is an important thank-you for all the help you have received along the way. Through review of your interactions with others, you will perceive themes and insights into the feelings of those involved. Perhaps this information will reveal ambiguities, inner conflicts, or personal needs that still need to be resolved for you (or with others).

Practicing such skills and learning such social tools will help you to bring your heart's powers in a helpful and beneficial way into your interpersonal relationships. A richness of colours will unfold in the soul, which opens up a wide range of creative ways of dealing with situations: a rainbow unfolding as a bridge for further actions.

Work for love and harmony in yourself and around you!

The World-Aim is achieved,
When each one rests in himself
And each one gives the other,
What no-one wishes to demand.

Rudolf Steiner

Eurythmy: Light and warmth. Harmony in abundance.

The eurythmy exercises with the **O** can create a special harmony in the body feeling. You can experience inner spaces, which are held and supported from a dynamic center. Potential for change is revealed by the calm and activity of the lower system.

Everyday exercise: Bringing perception and action together

In this module we suggest that you use your meetings with friends or other groups of people as everyday practice opportunities.

In the interpersonal relations of our time, there are various destructive forces, for which we must compensate if we want to achieve positive relationships/interactions. Even as we are just learning and practicing the skills we need for this, we can still have a positive impact.

The exercises will show you that you already have significant capability within you. If you have peace and courage, your special perceptual capacity can become an enriching source for fruitful encounters between people.

We have grouped different types of encounters and how you can contribute, so that you can orient yourself better:

- Visit your friends and see how they are doing. Take your time to create a real inner image of your experience, that you can put in front of your inner eye. Then think about what you can do for them, what they would like. It can be something very small. And then do it, without being intrusive in any way.
- At your work, on the bus, or in the supermarket, look at those around you. Where do you notice discord in faces, attitudes, or conversations? How can you behave in a way so that the mood slightly changes? Is it enough that you have merely drawn your attention to it? Kindly looking at one of them? Saying a casual word? How does this change the mood of the situation?
- When you meet other people, first notice each of them carefully and pay attention to what is going on between them and what moods arise. Take this into yourself without judging, so that it feels like a fine inhalation. Especially in the first few minutes of meeting someone, you can

contribute greatly to creating a relaxed climate, only by your attentiveness. Your inner calm and alertness will help you to intuitively know what to say that creates a light and relaxed mood.

- In group situations it is valuable when everyone present contributes to a conversation. With your sensitivity you can gently stimulate this, even if it is not an articulated concern for the group's dynamic. You'll see how the conversation is enriched. Everyone benefits from this.

In all of these situations, if you have a longer conversation or exchange of ideas with several participants, you can practice at an even deeper level. Participate more by listening than speaking. Observe the following:

How relaxed is the conversation? How comfortable do people feel? How and in what circumstances does the climate of discussion change? Are we coming together, complementing and inspiring each other? What arises and grows between us?

Your body tells you what's going on. Take this seriously and stay in touch with your body as you make your own contributions. Dare to speak! Your observations help you to take part in consciously and creatively building fruitful togetherness.

Your courage is worth it!

Meditation: In the Realm of Thoughts

In the realm of Thoughts,
In the flowing Life.
In the realm of Feeling,
In the flooding Light.
In the realm of Willing,

In fiery Warmth -
Where Deeds arise,

There are Beings,
Who want to unite,
To serve Mankind,
When Wishes die,
Born of selfish Desires.

Rudolf Steiner

7. MINDFUL IN EVERYDAY LIFE

A

Devotion to the small as a key to inner wealth

Living here, in the physical body, even if it is arduous and sometimes hesitant and slow. Seeking spiritual knowledge and accepting it gratefully. Thus it becomes the content of the Self.

Receiving in calmness

There is so much that can obscure the soul, harden the heart and harm the body. If you learn to know that there are beings who originally worked for us humans and even put their own development on hold for us, you may develop a completely new perspective. Suddenly you discover that these resistances ultimately guide your self-founded development toward freedom and love.

Consciously turn to the light that belongs to the shadows or hardships you experience. This gives you the possibility of recognizing and dissolving imprints and habits that restrict and bind you. You develop understanding for yourself and for others and go through intimate processes of knowledge that liberate you, strengthen you and release powers of the soul. This may help you not to avoid looking at your own weaknesses. You meet distractions and resistances with generosity and gentleness.

Despite misunderstandings with other people and some inner conflicts, your quest to transform adversities and to creatively resolve tensions with others is expanding. You experience that sometimes pain can be a midwife to finding a new step or stage in your life. Your inner security and your space for creativity enfold.

There will be people who don't like some of your ideas and actions; who believe they have to fight these and thus can make life difficult for you. In your peace of mind you are connected to the light and you feel carried by love. You will find ways and means, to accept these attacks without self-denial. The destructive forces are successful sometimes, but you don't let yourself be confused or daunted.

The more there is balance in your body, in your life forces, the easier your soul receives support. That's why over time it can become a need for you to shape your environment, your diet, and your way of life so as to positively increase your life forces, your body harmony and soul life accordingly. It's not what happens to you, but how you respond to it that matters.

Your ability to rest in yourself creates spaces of freedom for yourself and others. Your sympathetic care inspires confidence. You feel dormant talents in others, discover developmental seeds and help to develop and nurture them. Fruitful ground is coming into being.

Live with attention and understanding!

Eurythmy: **Remain receptive, be grounded.**

In the eurythmy exercises with the **A**, we open up to the wide periphery, the light-space from which we come. We feel far out, open our hearts and invite these powers. When this light flows into the earth, it comes back to us as warmth.

Everyday exercise: **Devotion as a perceptive ability**

In some life situations it is necessary to accept and endure the unchangeable. When resistance only increases the attacks, true humility is required. In such situations try to maintain your devotion to future-orientated thoughts and deeds. Thus, you are connected to the forces of the future, which live within you and carry you, and you remain strong inwardly.

Practice your sensitivity for the essential and the future by careful treatment of nature. In your heart you carry the love for the Earth and for all beings connected to it. This helps you to perceive and to wake up. Maybe a handkerchief on the sidewalk asks you to be seen and tidied up. In this way, you help to compensate for past damage and to create living spaces for the soul.

Through the power of devotion you connect with the inner being of what spiritually surrounds you in nature. Children are familiar with this immersion through the world of fairy tales and the elements: fairies, Rumpelstiltskin, bears, storms, thunderstorms and ocean waves. By transforming your outer perceptions into vivid inner images, you begin to practice the language of the heart. You will notice that anything you encounter can turn into speaking images:

- A tiny herb has settled in a crack in the concrete and shines at you with its three pink flowers. A delicate breath of air makes it beckon.
- On the coarse granite-gravel tiny pads of moss spread. The sun makes them shine in beautiful shades of green.
- Strawberries grow between rails, full of delicious fruits. Who will enjoy them?
- A sparrow hops on a sign and brushes its beak. Then he starts fluttering - what adventures does he have in mind?
- Someone painted their house fiery red. What do they mean by that? Do they need protection?
- A grisly image on a billboard. How does this affect the children? What pain!
- Two girlfriends have an infinite amount to tell each other. Their lightness lifts you up out of heavy thoughts.
- Every leaf and blade of grass shines in the sunlight. Soul-greetings touch you.
- You walk on the beach. Hundreds of thousands of years lie under your feet. You look back at your tracks in the damp sand. Tenderly the wave comes, reads your thought-traces and carries them out into infinity.
- You ride your bike along a river, listen to the current and chuckle, look at the mountains, let yourself be enveloped by the green of the tall trees; the singing of the birds sounds to you like a multi-voiced jubilation – and your soul becomes very wide. Then you suddenly hear loud thunder and see a row of lightning bolts rolling menacingly toward you. You see a dark, threatening cloud-bank in the middle of the blue sky. This can bring a storm and hail in a few minutes. Immediately you turn your bike and hurry to go back. Arriving at home, only two droplets of rain meet you, the sky is blue above you and the storm-cloud moves in a different direction. Thoughtfully you enter the house. What does all this want to tell you?

When your attention awakens for such impressions, you will very often have surprising experiences in everyday-activities. You may for instance feel that you not only see, but also ‘hear’ a plant tell you its needs.

Meditation: **Light and Love**

The weaving Being of Light, rays forth
Through widths of space
To fill the World with Life.

Love's blessing, it warmeth
The courses of time,
To call forth all World Revelation.

And Spirit-messengers, they wed
Light's weaving Being
With Soul-revelation.

And when with both may wed
The human being his own Self,
In Spirit-heights he lives.

The weaving Being of Light, rays forth
From man to man,
To fill the World with Truth.

Love's blessing warmeth
From soul to soul
To create all Worlds' Blessing.

And Spirit-messengers, they wed
Man's works of Blessing
With World-aims.

And when with both may wed
The Man, who finds himself in Man,
Spirit-Light rays through Warmth of Soul.

Rudolf Steiner

8. Free action from insight

TAO

High sensitivity as natural clairvoyance

The wonders of perception carry you through your inner world and show you the richness of your environment. You stand in amazement at the secrets of creation in you and around you.

Connectedness

Looking back at the different levels of your high sensitivity, you begin to feel that your striving for harmony in your own soul life and your longing to contribute to balance in the interpersonal sphere, are not only important to yourself, but to the world around you. Your experiences have an effect beyond your personal realm. Your continuous spiritual work to gather fruit from your high sensitivity becomes part of your everyday life.

If you look at what we have practiced and observed over the past few weeks, you might experience the following:

As your alertness and your radiance are increasing, you are less vulnerable to destructive influences. Even in difficult times you feel connected and lovingly accompanied. You experience yourself accompanied by deceased friends and feel their support. Your questioning reveals contexts of destiny to you. Your experiences can indicate knots from previous lives, giving you insights into how to resolve them.

You begin to understand the meaning of rituals. You can consciously participate in them and develop them accordingly. Through communication with the non-sensual worlds external events also become inner experiences for you. Your high sensitivity grows more and more to become a perceptual organ. Religious and spiritual texts reveal their deeper meaning. In the Beatitudes of Christ's Sermon on the Mount human ideals of the future resonate.

You can deeply see how everything is in development. You feel your connection with the evolution of the world and of all humanity. You live your life and look at your experiences in wider contexts. An inner certainty of the meaning of life arises. Your heart-connection to healthy life forces carries you through necessary transformations.

You enjoy all artistic efforts which build bridges to the spiritual. Discovering your own impulses and abilities leads you to take up your individual tasks for the good of the whole.

Act freely and in harmony with yourself!

I receive myself anew from the depths of the earth - TAO

In the practice of the **TAO** you seek the connection to heaven, to which you open your heart. You carry the received forces into your inner depths as an offering. Your heart is answered from these depths in the countercurrent. You feel yourself as a true human being, standing between heaven and earth.

In the Mystery of Golgotha, the Son of God was connected with earth's life. Man must now orientate his inner activity during his or her life in such a way, that he feels the light and life rising in him and the warmth of love rising in him as the Christ Impulse weaving and living in him. With this, he can pulse through the mere thinking with inner life and inner warmth. Then he gets within himself the strength to grasp the fully human in free inner soul life and to enter after death into higher stages of development.

Rudolf Steiner, GA 221, 2.2.1923

Everyday exercise: **Fraternity – brothers and sisters**

An old word takes on a new meaning when you try to find a deeper understanding of the other person and begin to live it. The forces of the heart, which are so important for this, are allowed to unfold without predetermined family relationships. You feel very clearly whether you can come into an inner relation with someone you meet.

Do not give up hope of finding people around you who share your highly sensitive impulses; with whom you can spiritually exchange and complement; with whom you want to feel a fraternal connection.

In a certain sense, the highly sensitive can experience themselves as the new siblings. Exchanging experiences, discovering impulses and ideas that you can communicate with others, give your life new and meaningful perspectives. Because you trust them, your new family members may sometimes lead you into completely unknown fields, just as you do for them.

When true togetherness can be experienced, when feelings harmonize, you experience this as a precious gift with deep joy and gratitude. You know by now, that each of you has been led through endurance and pain. The willingness to let go is the real source of strength, so that connectedness and warmth can arise.

You begin to feel the immeasurable sacrificial processes, through which life on earth was created and through which it is constantly maintained.

Meditation: **The washing of the feet**

I thank you, oh you silent stone,
and stoop to you below:
My life as plant to you I owe.

I thank you, oh you ground and green,
and bend to you below:
You helped me up to creature's state.

I thank you, oh stone, herb and beast,
and bow to you below:
You helped me, all you three, to Me.

We thank you too, oh human child,
and lay devoutly at your feet:
Because you are, we could become.

It thanks from God the One -
It thanks from God the All.
In thanks all Being intertwines.

Christian Morgenstern

The Beatitudes of the Sermon on the Mount

Interpretation by Rudolf Steiner

"Blessed", makarios (gr.): God-filled, spirit-filled, life-filled and love-filled, godly

The Beatitudes of the Sermon on the Mount (Matthew 5:1-12) describe the human beings of the future, both in the development of their moral and physical sensibility. Relationships to the Eightfold Path of the Buddha can be found. Correspondences to the members of man's being were added by Rudolf Steiner.

In our HSP-1 course we begin with the first Beatitude which corresponds to the physical body, and progress from module to module until the ninth Beatitude, which corresponds to Spirit-Man. The HSP-2 course begins with the ninth Beatitude and develops in the opposite order. In it the tasks of the first course find their fulfilment.

In both the fifth and third modules two Beatitudes come into effect (in correspondence to Sentient Body/Sentient Soul and Consciousness Soul/Spirit Self). In the encompassing gesture of the eighth module, we find again in the closure of the Beatitudes. A similar encompassing principle we also find in the eighth step of the Eightfold Path.

In Eurythmy4you's HSP courses, these levels have been developed into a self-help concept for highly sensitive people.

In the annex you will find:

- The theme of the module
- The claim of the module
- Our understanding of the Beatitude in relation to high sensitivity
- The Beatitude from the Sermon on the Mount ¹
- Rudolf Steiner's remarks on the Beatitude ²

¹ Translation from <https://www.bibleserver.com/ESV/Matthew5>

² Translation from <https://www.rsarchive.org>

1. Perception - U

Life in connectedness

When you live that which makes you truly human, that which is your deepest and highest at the same time, you bring something to Earth that will transform it. If you are slandered and treated badly due to this, it cannot take away your inner hold.

Ninth Beatitude: Blessed are you when men revile and persecute you for my sake, and speak all manner of evil against you, and lie in the process.

GA 118: In connection with this, we find references also to the special mission of Christ Himself, in the sentence that reads, "Christ's intimate disciples may consider themselves blessed if they must suffer persecution for His sake." This is a faint allusion to spirit man or Atman, which will be imparted to us in the distant future.

In the Sermon on the Mount, therefore, the great message is proclaimed that the kingdom of heaven is at hand. In the course of these events the mystery of human evolution was fulfilled in Palestine. Man had reached a degree of maturity in all the members of his being so that he was able with his purified physical forces to receive the Christ impulse directly into himself. So it came to pass that the God-man, Christ, merged with the human being, Jesus of Nazareth, and they permeated the earth for three years with their united forces. This had to happen so that man would not lose completely his connection with the spiritual world during Kali Yuga.

Kali Yuga, the Dark Age, however, continued until the year 1899. This was a particularly important year in human evolution, because it marked the end of the 5,000 year period of Kali Yuga and the beginning of a new stage in the evolution of humanity. In addition to the old faculties present during Kali Yuga, man would now develop new spiritual faculties.

GA 123: The ninth and last Beatitude has especial reference to the most intimate disciples only. It is associated with the ninth member of man's being — the spirit-man: 'Blessed are ye, when men shall revile you and persecute you for my sake.'

2. Love of Truth - Au

Your understanding is deeply rooted

The impulses for the future that you carry in you and have absorbed into your sense of life are often not understood. Stay true to yourself, it fills and strengthens you and opens the gates to the new forces, that really carry.

Eighth Beatitude: Blessed are those who are persecuted for righteousness' sake; for theirs is the kingdom of heaven.

GA 118: Further on, mention is made of what will be brought about in the future, but it will encounter in ever-increasing measure the opposition of the present time and be fiercely rejected. This is indicated in the eighth sentence of the Beatitudes, "Filled with God or blessed are they who are persecuted for righteousness sake, for they will be fulfilled in themselves with the kingdom of heaven, with life spirit or Buddhi."

GA 123: In what follows it is clearly shown that only exceptional beings can attain to what is spoken of in the eighth Beatitude, those who fully understand what the future is to bring to the whole of humanity. This, the 'complete reception of Christ into a man's inner being,' is only for a few chosen ones. Because these are exceptional individuals, they are persecuted, for others are unable to understand them. Hence, referring to the persecution of these representatives of the future race, this Beatitude declares: 'Blessed are those who are persecuted for righteousness sake; for in themselves they will find the Kingdom of Heaven.'

3. Depths of Emotion and Inner Calm - Ei

Really open up

If you take your humanity to heart, and you take the time to perceive it, you become aware of the divine power of your Self. Then, thanks to you, love and harmony can arise between others and bring about reconciliation.

Sixth Beatitude: Blessed are those who are pure of heart; for they will see God. (6)

GA 118: The next sentence of the Beatitudes refers to the consciousness soul. Through it the I comes into being as pure I and becomes capable of receiving God into itself. If man can therefore elevate himself to such a degree, he can perceive within himself that drop of the divine, his I; through his purified consciousness soul he can behold God. This sixth sentence of the Beatitudes must, therefore, refer to beholding God. The outer physical expression for the I and the consciousness soul is the physical blood, and where it brings itself most particularly to expression is in the human heart, as expression of the purified I. Christ said, therefore, "Blessed are the pure in heart, for they shall behold God." We are thus shown how in the most intimate sense the heart is the expression of the I, the divine in man.

GA 123: In the sixth Beatitude, which refers to the spiritual-soul, we arrive at that principle in man which enables the ego to attain full expression, after which he can make further ascent, in a new way. You know that at the time of the coming of Christ the rational soul first came to expression; in our time it is the spiritual-soul that is destined to find expression — the soul by means of which man will ascend again to the spiritual world. While human self-consciousness first dawned within the rational soul, it is in the spiritual-soul that the ego attains full development and rises once more to the spiritual world. The man who becomes a receptacle for the Christ-force, because he experiences the Christ in himself, will, by pouring his ego into the consciousness-soul or spiritual-soul, and experiencing it in its purity for the first time, be able in this way to find his God. Now it has been said that the blood is the expression of the ego in the physical body, and that its centre is in the heart. Therefore this sixth Beatitude has to express in a practical way how the ego, through the qualities with which it endows heart and blood, can partake of divinity. How does this verse run? 'Blessed are those who are pure in heart for they shall see God.' Though not an especially good translation it serves our purpose. This is how Spiritual Science pours light on the whole structure of these wonderful sentences in which Christ gives instruction to His most intimate pupils, after He had withstood the Temptation in the wilderness.

Seventh Beatitude: Blessed are the peacemakers, for they will be called God's children.

GA 118: Now let us advance to what is higher than the consciousness soul, to Manas, Buddhi, and Atman. Contemporary man may well cultivate the three members of the soul, but not until the distant future will he be able to develop these higher members, spirit self, life spirit, and spirit man. These cannot as yet live in themselves in man; for this to occur he must look up to higher beings. His spirit self is not yet in him; it will flow into him only later. Man is not yet sufficiently evolved to receive fully the spirit self into himself. In this respect he stands at the beginning of his development and is like a vessel that is gradually to receive it. This is indicated in the seventh sentence of the Beatitudes. At first, the spirit self can only weave into man and fill him with its warmth. Only through the deed of Christ is it brought down to earth as the power of love and harmony. Therefore, Christ says, "Blessed are those who draw the spirit self, the first spiritual member, down into themselves, for they shall become the children of God." This points man upward to higher worlds.

GA 123: The remaining Beatitudes refer to a man's raising of himself to the higher principles of his being; to the spirit-self, life-spirit, and spirit-man. They give but an indication of what it will be possible to experience in the future, of what is only possible in our day to a few exceptional individuals. Thus the seventh Beatitude, referring to the spirit-self, says: 'Blessed are those who draw down into themselves the spirit-self, the first of the spiritual principles, for they will be called the children of God.' The first of the higher triad has, in this case, entered into these men. They have received God into themselves; they have become an outer expression of the Godhead.

4. Consciously forming Relations - E

Interest in the other person

Wake up in the heart! This develops your perception for the other and for what flows between human beings. Gratitude and compassion arise without you losing yourself. Separation stops.

Fifth Beatitude: Blessed are the merciful; for they shall receive mercy.

GA 118: The next member is the rational or feeling soul (Verstandes- oder Gemuetseele). In the sentient soul the I slumbers dully; it awakens only in the rational or feeling soul. If we slumber with our I in the sentient soul, we cannot find in another person what makes him a true human being, the I. Before a person has developed the I within himself, he must allow his sentient soul to grow into higher worlds in order to be able to perceive something there. When he has developed himself in his rational or feeling soul, however, he can perceive the person next to him. Where all those members previously referred to are concerned, we must bear in mind what was given them in earlier realms. It is only the rational or feeling soul that can fill itself with what streams from man to man. In the fifth Beatitude the sentence structure will have to take on a special form. The subject and the predicate must be alike, since it concerns what the I develops within itself. The fifth Beatitude says, "He who develops compassion and mercy shall find compassion in others." This is a test of the cross (Kreuzprobe), an indication that we are here dealing with an occult document. Christ has promised everything, harmonized everything, in relation to the single members of human nature.

GA 123: The fifth Beatitude is especially noteworthy, as might be expected, for it refers to the rational, or intellectual soul. Those who have studied my books, Occult Science or Theosophy, or have listened to the lectures on Spiritual Science given during many years, are familiar with the idea of the ego holding together the three principles of the human soul — the sentient soul, the rational, intellectual or mind-soul, and the consciousness-soul or spiritual soul. The ego, though present in the sentient-soul, is as yet in a dulled condition; it comes to life in the intellectual-soul, and through this, man first becomes a complete human being. While man's lower principles and even the sentient-soul are dominated by divine spiritual beings, he becomes an individual in the rational-soul, in it the ego awakens. Therefore we must speak of the reception of the Christ-force into the intellectual or rational-soul in a different way from that used when treating of the lower principles. In the lower principles — the physical, etheric, and astral sheaths, and also in the sentient-soul, divine beings are at work, and to them anything in the way of virtues man has acquired are again taken up. But the qualities evolved in the rational-soul, when this has developed what it receives from the Christ, must above all be human attributes. When a man begins to discover this soul within himself he grows less and less dependent on the divine forces around him. We have here something that belongs to man himself. When he absorbs the power of Christ into this soul he can develop virtues which go from like to like, which are not besought from Heaven as a loan, but go forth from man and return to a being similar to himself. We must try to feel that something streams forth from the virtues of the rational soul in such a way that something similar streams to us again. Wonderful to relate, the fifth Beatitude actually shows us this distinctive quality.

Even a faulty translation cannot conceal the fact; it is different from all the others in that it says: 'Blessed are the merciful for they will receive mercy.' What goes forth returns again — as it must if we accept it in the sense of Occult Science.

5. Find the Centre in Yourself - I

Steadfast in the tensions of life

We can curb, tame, and purify our own emotions and passions so that they become perceptual organs that let us stand powerfully and courageously in life.

Third Beatitude: Blessed are the meek; for they shall inherit the earth.

Fourth Beatitude: Blessed are they who hunger and thirst for righteousness; for they shall be satisfied.

GA 118: Of the astral body He said, "In former times those whose astral bodies were beset by wild and tempestuous passions and impulses could be subdued only when equanimity, peace, and purification streamed to them from divine-spiritual beings." Now, however, human beings should find the strength within their own I's, under the influence of Christ, to purify their astral bodies. The place in which the astral body can be purified is now the earth. Thus the new influence in the astral body had to be presented by saying, "Blessed and filled in their astral bodies with God are those

who foster calmness and equanimity within themselves; all comfort and well-being on earth shall be their reward."

The fourth Beatitude refers to the sentient soul. He who thoroughly purifies himself in his sentient soul and undergoes a higher development will receive in his I a hint of the Christ. He will notice in his heart a thirst for righteousness; he will become pervaded with godliness, and his I will become sufficient unto itself.

GA 123: And what of the astral body? When men of an earlier day endeavoured to suppress their emotions and passions and the egoism of their astral nature, they sought power from the Kingdom of Heaven; they submitted themselves to processes by which the harmful instincts of the astral body were destroyed. But the time had now come when through the act of Christ man had received power into the ego itself by which he could bridle and tame the passions and emotions of his astral body. So the new truth concerning the astral body must read as follows: 'Blessed are those who have become meek through the power of their own ego, for they will inherit the kingdom of earth!' Profound indeed is the thought contained in this third Beatitude. Let us examine it in the light of Occult Science.

The astral body was incorporated into man's being during the Moon evolution, and the Luciferic beings who had gained influence over him had established themselves especially in this body. Therefore man from the beginning was unable to reach his highest earthly goal. These Luciferic beings, as we know, remained behind at the Moon stage of evolution, and hindered man from progressing in the right way; but since the descent of Christ to earth, when it has been possible for the ego to be impregnated with His power, man has been enabled to fulfil the mission of the earth by finding in himself the power to bridle his astral body and drive out the Luciferic influences. Therefore, it can be said: 'He who can curb his astral body, who is so strong that he cannot be moved to anger without the consent of his ego, he who is even-tempered and inwardly strong enough to overcome the astral body, will fulfil the purpose of earthly evolution.' So in the third Beatitude we have a formula which Spiritual Science has made comprehensible to us.

How can man succeed in controlling the remaining members of his being and bless them through the indwelling Spirit of Christ? He can do this when his soul-nature is controlled by the ego as truly and worthily as is his physical body. Passing on to the sentient soul, we can say: As man gradually evolves to a consciousness of the Christ, he must arrive at experiencing a feeling of longing in his sentient soul similar to what he previously experienced unwittingly as the physical longing we call hunger and thirst. He must thirst for the things of the soul, as the body hungers and thirsts for food and drink. What can be attained through the indwelling Christ-force is that which is described comprehensively in the old-fashioned phrase as thirsting after righteousness; and when a man has filled his sentient soul with the Christ-force he can reach a point where it is possible for him to satisfy this thirst through the power that is in him.

6. Development of Potentials - O

The inner fullness

To be imperfect, to endure it, to want to go through it, and to find the key to progress and becoming whole for oneself and for others.

Second Beatitude: Blessed are those who suffer; for they shall be comforted.

GA 118: Then he said of the ethereal body: In the past, people could be healed of physical and emotional suffering by ascending into the spiritual world by means of ecstasy. If they become God-filled, godly, then those who suffer can be healed, comforted, and can find in themselves the reason, the comfort.

GA 123: The blessedness of the etheric body is expressed differently. The etheric body contains the principle of suffering as you can find in many of the lectures. A living being, although it has an astral body, can only suffer through injury to the etheric body. If the healing which formerly poured into the etheric body from the spiritual world were to be described according to the new teaching it would be said: Sufferers can now find comfort not only by passing out of themselves and being united with the spiritual world as in earlier days, but they can find comfort within themselves by entering into a new relationship with the spiritual world, for Christ has brought a new power to the etheric body. Hence the new truth concerning the etheric body declares: 'Sufferers can now be blessed, not only through entering the spiritual world clairvoyantly and allowing the outpourings of the spirit to come to them in this state, but they can be blessed when lifting themselves up to Christ they fill themselves with the new truth, and find in themselves the solace for every sorrow.'

7. Mindful in Everyday Life - A

Devotion to the small as the key to inner wealth

Living here, in the physical body, even if it is arduous and sometimes hesitant and slow. Seeking spiritual knowledge and accepting it gratefully. Thus it becomes the content of the Self.

First Beatitude: Blessed are the poor in spirit, for theirs is the kingdom of heaven.

R. Steiner: Blessed are the beggars for spirit; for they shall find in themselves the kingdoms of Heaven.

GA 118: Christ Jesus Himself expressed the fulfillment of the times in the most penetrating teachings in the Sermon on the Mount, as it is called. This was by no means a sermon for the masses. The Gospels read, "When Christ saw the multitudes of people, He withdrew from them and revealed Himself to His disciples." To them He revealed that man, in ancient times, could become filled with God during ecstasy. While outside his I, he was blissful and had direct experience of the spiritual world from which he could draw spiritual and health-giving forces. Now, however — so said Christ Jesus to His disciples — a man can become filled with God by permeating himself with the God and Christ impulse and uniting himself as an I with this impulse. In the past, he alone could ascend to the spiritual world who was filled with streamings from the spiritual world. Only such a person, rich in the spirit, could be called blessed. Such a person was a clairvoyant in the old sense, and he was a rare personality. Most people had become beggars in the spirit. Now, however, those who sought the kingdom of heaven could find it through their own I's.

What occurs in such a significant epoch of humanity always affects all people. If only a single member of a man's being is touched, the others all respond. All the members of man's being — the physical and etheric bodies, the sentient, rational, and consciousness souls, the I, and even the higher members of the soul — receive new life through the nearness of the kingdom of heaven. These teachings are in complete accord with the great teachings of primeval wisdom.

To enter the spiritual world in earlier times, the etheric body had to be slightly separated from the physical body, which was thus formed in a special way. Christ Jesus therefore said this when alluding to the physical body, "Blessed are the beggars, the poor in spirit, for if they develop their I-ruled outer bodies in the right way, they will find the kingdom of heaven."

GA 123: Men could say: 'Looking back into olden times we see men endowed with vision of the spiritual world; but now, through the advance of evolution, they have become poor in the spirit, beggars for the spirit. But Christ has brought this great Mystery into the world, that into the ego — even into the ego of the physical plane — the forces of the Heavenly Kingdoms can enter; thus those who have lost the old clairvoyance and with it the riches of the spiritual realms can yet receive the spirit within themselves and be blessed!' Hence the wonderful declaration Henceforth not only those are blessed who are rich in the spirit through the old clairvoyance, but those also who are poor or beggars for the spirit; for when Christ has opened the way, into their ego will flow what may be described as the Kingdoms of the Heavens!

In ancient times the physical organism was of such a nature that a partial withdrawal of the soul could be brought about even in normal conditions, and through this withdrawal men became clairvoyant, that is, rich in spirit. With the gradual densification of the human body, which however is quite imperceptible anatomically; is associated poverty as regards the Kingdoms of the Heavens. Man had become a 'beggard for spirit;' but through the Event of Christ it is now possible for him to experience the Kingdoms of the Heavens within himself. This is a possibility that can be rightly associated with the physical body.

If we were now to describe what takes place through the ego-man, we should have to show how each principle of human nature can be blessed in itself in a new way. The sentence: 'Blessed are the beggars for the spirit, for within themselves they will find the Kingdoms of the Heavens!' is the new truth as regards the physical body.

8. Free Action from Insight - TAO

Highly sensitive as natural clairvoyance

The wonders of perception carry you through your inner world and show you the richness of your environment. You stand in amazement at the secrets of creation in you and around you.

Closing of the Beatitudes: Rejoice and be glad, for your reward shall be great in heaven.

GA 118: We thus approach a period in which new natural faculties and possibilities for looking into the divine-spiritual worlds will awaken. Before the first half of the twentieth century has passed, some people will, with full I-consciousness, experience the penetration of the divine-spiritual world into the physical, sensible world in the same way as Saul did during his transformation into Paul before Damascus. This will then become the normal condition for a number of people.

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