

Warmth Meditation Preparation:

How do I find the good?

1. Can I think the good? I cannot think the good. Thinking is brought about by my ether body. My ether body works in the fluid of my body. Therefore in the fluid of the body I do not find the good.

2. Can I feel the good? I can indeed feel the good, however it is not made present by me if I only feel it. Feeling is brought about by my astral body. My astral body works in the aeriform of my body. Therefore in the aeriform of the body I cannot find the good that exists through me.

3. Can I will the good? I can will the good. Willing is brought about by my ego. My ego works in the warmth-ether of my body. Therefore in the warmth I can physically realise the good.

Meditation: I feel my humanity in my warmth.

1. I feel light in my warmth. (Take care that this sensation of light emerges in the region where the physical heart lies.)
2. I feel, sounding, world substance in my warmth. (Take care that the peculiar sensation of tone goes from the lower body towards the head but spreading out into the whole body.)
3. I feel in my head world life stirring in my warmth. (Take care that the peculiar sensation of life spreads from the head to the whole body.)

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