

Research about the Human Heart
for the ASA Annual Conference and AGM 2021

Building the Temple of the Heart

~compiled by Hazel Archer Ginsberg

“In my heart,
Sun-strength shines,
In my soul,
World-warmth works.
I will breathe,
The strength of the Sun,
I will feel,
The warmth of the world.
Sun-strength fills me,
World-warmth penetrates me.”

~Rudolf Steiner, Mantric Sayings, GA 268

"Every moral deed and every physical action in human life is connected in the human heart. Only when we truly learn to understand the configuration of the human heart will we find the true fusion of these two parallel and independent phenomena: moral events and physical events" ~Rudolf Steiner

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Heart Lectures by Ehrenfried Pfeiffer

[Heart Lecture 1 by Ehrenfried Pfeiffer on Vimeo](#)

“The radiation from this etheric organ of the heart is actually developing into a spiritual sense organ. A new sense organ is developing in this etheric heart, and this is the only organ by which man is able to sense and to recognize the Etheric Christ.

In our time there are certain changes taking place in the heart, by which gradually a fifth chamber will develop. In this fifth chamber man will have a new organ which will allow him to control life forces in a different way than is possible at the moment.

The heart is not a pressure pump, but an organ in which the etheric space is created so that the blood is sucked to the heart rather than pumped.

In discussing the blood circulation and the motion of the heart, Rudolf Steiner said that with some people the heart is not quite in its proper place. He said that in the case of dancers, the heart is moved from its proper position on the left to the right side. When this happens, it makes man more perceptive in an inner way to the influence of his surroundings.

Together with the wrong concept of the heart as a pump is connected to the fact that we have a wrong social life today. A healthy social life can develop only if the old pump-concept is removed and is replaced by the proper one. He said that only when people know that it is the invisible in man which moves the heart, will it be possible to construct proper machines and to solve social problems.

The heart is a different muscle because its fibers are laid down differently, and also it is a hollow muscle. The fact that it is a hollow sphere brings about an inner motion, because there is empty space inside.

Concentrate your entire God-made Cosmos to a center, and from this center radiate outward what will someday be a new cosmos. This is what makes the heart move, the motion which radiates out from the heart.

The etheric center of the heart draws the blood towards it and then pulses out again. Here is where substance is transformed into ether, and forms rise up to the etheric brain and thence to the physical brain so that it can function and so that there may be harmony in the organs of the body. The organs and their functioning are regulated by what takes place between the etheric heart and the etheric brain. Through this heart muscle, with a hollow sphere and etheric center inside it, pulses the blood. The blood enters the heart with its four chambers. Between the second and the third chamber it goes to the lung to be regenerated, and from the fourth it goes out to the body again. There is no pulse in the main vein which brings blood to the heart – there is no pressure – it is taken from every vein by suction.

In the lung, with its oxygen, the blood is touched by the outer world. The old, poisoned, used up blood goes back from the lung as regenerated blood. There is really a constant dying and regeneration. New blood is really born. The heart is the only muscle that only gets tired once (except if diseased) and that is in the moment of death. This shows the eternal youth force in the etheric heart; the heart lives entirely in cosmic rhythms.

Changes in the heart take place with everything we eat. The secret of digestion is that we do not take foreign matter into our system, but all foods are broken down and their forms are changed. Indigestion takes place when this process has not been carried out. This imposes action on the heart. The heart has the task of regulating everything and the blood mirrors everything that happens in our body. The kidney in a healthy person is able to filter out sugar from the blood. Then at another point, in the glomeruli, the blood reabsorbs the sugar. It is necessary that the sugar be out while the blood is being purified in the kidneys, then it is returned. Through the lung the blood is regenerated, through the kidney the blood is purified, and the heart cooperates in both these processes.

At the moment when a person becomes spiritually active, at that moment the composition of the blood changes again.

With every pulse of the heart a certain amount of substance is absorbed, is taken away as physical pressure and added to the etheric substance. This then begins to radiate outward. A clairvoyant can see the amount of radiation that goes up from the heart to the brain. The radiation from this etheric organ of the heart is actually developing into a spiritual sense organ. A new sense organ is developing in this etheric heart, and this is the only organ by which man is able to sense and to recognize the Etheric Christ. "Not I, but Christ in me" has to work through the etheric heart, transforming substance into pure ether, pure radiance.

If you become aware of the heart as a spiritual organ, you begin to develop the power to see the Etheric Christ. You do this by realizing that the force in the heart is the same as the force in the sun, physically as well as spiritually.

It is a peculiarity of the heart that it is the only bodily organ which is self-maintaining. This is because the blood going through the heart also nourishes the heart. The coronary vessels around the heart are like hands holding it. These coronary vessels nourish the heart and take away the used up substance. The etheric is not able to take up the impact of physical things on the heart. So it becomes stiff or clogged. We can then suffer a sudden end. Modern scientists also know that fear or despair bring about an increase of these diseases. These diseases come because the heart does not get proper spiritual nourishment.”

The Mystery of the Blood by James Dyson

“The blood is that organ through which all these substance processes are inter-connected, mediated, held in a condition of openness to influences of temperature, pressure, hormonal variations and much else of a more subtle, ever cosmic nature.

Red blood cells have essentially sacrificed their life, yet they carry on functioning. They are the only cells in the body which have died and are not excreted or metabolized. They remain in a state of suspended animation for about 120 days. They carry hemoglobin and combine with the oxygen in the lungs as one of the main gases involved in the processes of cellular respiration.

Within each of these red cells the iron prevents a death process which then allows the entire organism to continue to live through carrying the process of oxygen into the depth of the organism. White blood cells digest and sacrifice themselves in the process of dealing with foreigners in order to protect the integrity of the inner space of human

immunity; they maintain physiological integrity and separateness from the outside world.

They conceal some of the deepest mysteries of human existence and they guard the very foundations of our earthly life and destiny. Steiner connects the red blood cells to the phosphorus “substance process.” Phosphorus exists in a bound form in which its energy remains hidden in the realm of potential and in a free form after the energy has been released. Red blood cells are a kind of organ of breathing in their own right, holding the balance between the free and the bound phosphorus, between energy that is realized through a spiritualized process of combustion and energy which is held back as potential.”

The Dynamic Heart and Circulation by Craig Holdrege

“We cannot understand the heart’s activity unless we consider the blood, peripheral circulation, and the metabolic activity of the other organs. The heart is continually adapting its activity to the needs and state of the body and person as a whole. Changes in the blood’s pressure, viscosity, warmth, and biochemical composition are communicated to the heart. This communication is mediated by the nervous system, hormones, and heart and blood vessels sensory receptors.

The heart therefore exists as a perceptive center for the body via the circulation. The heart is a sense organ for the organism, enabling it to perceive what transpires in the upper and lower poles of the body. The heart does not just perceive what comes to it via the blood. It also alters its activity based upon its perceptions. The heart secretes a hormone in response to the changing consistency of blood. If the blood is too viscous, it secretes a hormone named natriuretic peptide into the blood, and the hormone stimulates the kidneys to secrete more water into the blood. The heart muscle itself is a source of warmth for the blood, while the peripheral circulation can expand and contract to give off or contain warmth.

Enlivening the Chakra of the Heart, by Florin Lowndes

“True human love is rooted in the spirit. Wherever such love is truly avowed and truly received, impulses will invariably be present which prepare the way for a real logic of the heart. The logic of thinking can lead to the greatest egotism. The logic of the heart is capable of gradually overcoming egotism and making all people part of an all-encompassing human community.

The six virtues (control of thoughts, control of actions, perseverance, patience, faith, and equanimity) combine to form the six lotus petals of the heart that are being developed in our time. The other six petals have been developed in previous incarnations.”

Formation of a New Etheric Heart Organ in the Light of the Michaelic Mystery Culture by Ruth Haertl

Full Text: [The Formation of a New Etheric Heart Organ in the Light of the Present Michaelic Mystery Culture as Rudolf Steiner Required it for our Age in his Lectures](#)

“Before birth etheric forces are drawn together to create the individual etheric body. These ether forces harbor substances which are taken from the entire cosmos. Rudolf Steiner tells us in GA 212 (May 26, 1922): “It is important to know that when we descend into the earthly world we draw into ourselves a kind of image from the cosmos.” This first etheric heart configuration regarded as provisional or as inherited. It remains with the child only until he loses his teeth as they ‘decay.’ It is cast off just as the teeth are discarded at age seven. The wonderful cosmic configuration of the starry images fades more and more as the seventh birthday approaches. This happens at the time when the child’s own etheric body is born.

Rays of ether configurations begin to form anew and strive from the periphery to the center. Here they accumulate around the physical heart and as they grow together, the

new second etheric heart is born. It is the individualized etheric heart of the growing young person who matures from age seven to fourteen.

It happens through a process whereby bit by bit the new etheric heart replaces whatever dies off from the inherited heart. The new heart is condensed from the entire world sphere.

The astral body is restructured in a new configuration. In the same area of the body in which the second etheric heart was formed as a reflection of the stars, sun and moon, the forces of the astral body establish an additional central organ. These two organs weave in and out of each other as one central organ and in it are inscribed all deeds, all moral motivations, human intentions and ideas. Rudolf Steiner speaks of a small box in which everything concerning our life is recorded.

In the above-mentioned restructured astral body is a picture of all that which man has experienced in the spiritual world between death and rebirth. Great secrets are being inscribed into the astral body at that time. During youth they merge bit by bit with the physical and etheric organs, which harbor our deepest cosmic secrets as if imprisoned. Out of the Ego which sympathetically connects with our astral body, these secrets as positive and less positive intentions and motivations are being engraved into the etheric heart organ. A joining together takes place of the ego with the etheric and the astral hearts. This means complete adjustment of individual karma with universal cosmic laws. The Logos in the human heart becomes an organ of destiny creatively working in harmony with the etheric and astral sheaths as well as with the ego of man. It is the creation of our awe-inspiring heart organ. We may stand in awe and wonder when we fully realize the extent of the possibilities that are laid into our own hands. In complete freedom we can work on the structural configuration of our own etheric heart; the new heart which began a process of separating from the physical heart in 1721.

Rudolf Steiner tells us in GA 190 (April 5th, 1919) that the physical heart swims in the sac of the surrounding separated etheric heart. The physical organization has no part in the

essence of thought because it withdraws and creates a space for thought. Man's thought is free and requires a "free space" to live. The will can be freed if the activity of thinking can be so strengthened that the ego is released slowly from the depth of the will. The majestic process of creating in freedom is deeply connected with the miraculous and creative work of the individual human being as he frees himself from that which hinders the rightful unfolding of the etheric heart. We are talking about the etheric heart as an organ for future lives, an organ with an eye for karmic cognition.

According to Rudolf Steiner, it is important that mankind creates a spiritual compensation, a counterweight to the past, when the heart was a God-given, a God-protected organ. Human beings must connect the separated etheric heart to the spiritual world through a transformed thinking and feeling life. In our age they need to find a new Michaelic (Archangel Michael) path on which they search for the truth, then they will find the right way to this cosmically created third etheric heart. This new spiritual and dynamic path gives man the possibility to structure his etheric heart organ as a sense organ ever more in the greatest possible diversity. As the third heart is created by the Logos in Michaelic freedom in conjunction with man, it grows in size as large as the entire blood organism. It is an invisible sense organ, an inner cognitive eye of the heart revealing the karmic chain of events throughout incarnations..

Rudolf Steiner has indicated how the spirit-pupil can learn to think with such a spiritual heart and how he can protect and care for such knowledge. When Michaelic thinking has truly been activated, spirit knowledge is gathered through the separated heart, not through the noble head which disregards the subjective as well as man's feelings; yes, Michael will open the path of thought from the head to the heart, and hearts not heads begin to have thoughts. All of this follows naturally the great revelation of the creating of the third heart after the loosening of the newly formed etheric heart.

It is Michael's intention that in the future, intelligence will stream through the hearts of human beings and that it will be connected to the same divine spiritual forces that helped to create man in the beginning of time.

It has become possible for souls connected to Michael to be engaged in a goal-oriented schooling for initiation and thus to enter into closer connection with the hierarchies and the etheric Christ, who reveals Himself today as an angel. It is Michael's aim that the spiritual schooling will lead to heart-knowledge and that the etheric eye of the heart will become an organ of cognition.

From Rudolf Steiner's Michael Letters

“Hearts begin to have thoughts, that is the new way of thinking with the heart.”

“The newly developed heart-organ slowly transforms into an eye or better a sensing-heart-eye-organ.”

“Everyone who strives in the light of spiritual science and connects himself with the creative World-Logos through heartfelt thoughts, sooner or later will learn to read karma. By doing so he adds to the substance of the etheric-youth or angel-being through which the etheric Christ reveals Himself today.”

For spiritually active pupils in the Michaelic stream, the third etheric heart becomes:

- an eye for self-cognition, the realization of the true self as the eternal being of man,
- it becomes the eye of the ego-sense, which perceives the other in his true being,
- an eye of cognition for supersensible beings and for the etheric Christ Himself, protected and cherished in the Michaelic mystery-culture of will as it is destined for our epoch,
- it will also become possible to perceive the karma of others as well as one's own karmic chain.

When Dr. Kaelin, a medical doctor and research scientist, asked Rudolf Steiner why there was such a rapid increase of heart problems he explained it with the fact that the etheric heart is loosening from the physical.

It can be seen from Rudolf Steiner's answer that we at the beginning of the 21st century stand at the focal point regarding the developmental process of the etheric heart. All the more we should work on unfolding our heart organ which allows us to ascend to imagination and inspiration and to forms of cognition where we may experience our own, cognitive eye of the etheric heart in the Sun-Logos.

Illnesses of the heart can predominantly be traced to a lack of spiritual activity. Moral characteristics affect the contraction and expansion of the capillary vessels, and our moral soul-life also influences the make-up of our blood. The powerful rays of the Spirit-Sun live in the new etheric heart organ. (GA 212)

Our blood, seen from a spiritual perspective, undergoes a constant process of etherization, creating a foundation for health and life. If enough spiritual activity is unfolded, it has a positive effect on the blood because used substance [perception/nutrition] can be etherized. This ether substance has its occult source in the etherized blood of the Logos. It is the heart-blood of the crucified and subsequently risen Logos. He is united with the Sun ether. If man inwardly connects with the Christ Being, there lives in him indeed in the etherized substance of his etheric heart and in his etheric blood stream the blood stream of the crucified. If a human being cannot connect inwardly with the Christ, if he rejects Him, the etheric blood of the Christ does not connect to the etheric blood stream of such a man. This is a profound occult truth, a prerequisite to the stupendous unfolding of the developmental process of the new etheric heart. These ideas arise from Steiner's lecture, *The Etherization of the Blood*, a lecture given in Basel, October 1st, 1911.

With each heartbeat, a certain amount of material substance is absorbed, taken away from physical pressure and added to the etheric substance. This etheric substance

begins to radiate outward so that we can become aware of the process in a picture. To begin with there is the human being on the physical cross of his body. Etheric rays stream out from the center of his heart. From the heart of Christ pinned to the cross of the Tree of Life flows His blood into the dying earth and into men's dying bodies. As etheric sun rays they stream far into the cosmos. We too can take into ourselves these rays so that out of a small etheric Sun in our new etheric heart organ likewise streams can flow far into the cosmos. We harbor in our ether heart a creatively active inner sun that radiates warmth and light into the surrounding, into the far reaches of the cosmos. It is the warmth ether that is predominantly active in the etheric heart.

Lecture VI The Formation of the Etheric and the Astral Heart

May 26, 1922

Full Text: [The Human Heart](#) - RS Archive

Audio: [The Formation of the Etheric and the Astral Heart By Rudolf Steiner](#)

The whole body of the young child acts as a sense organ; later in life this imitative process is confined to the sense organs. The importance of morality in the young child's environment. The ether body is an image of the whole universe. Between the change of teeth and puberty the ether body forms the individual's own heart. The astral body brought into incarnation contains many structures which slip into the organs. All man's actions become inscribed in the now undifferentiated astral body. To understand the human organs the astral body must be understood. In the heart both etheric and astral forces are concentrated. In the heart the human astral meets the cosmic etheric. The etheric-astral heart constitutes an organ for human karma

Rudolf Steiner- GA 205 (July 2, 1921)

“When we look into the inner heart, we find that there are forces collecting from the metabolic and limb system. We know that that which is connected to the etheric heart-forces has been spiritualized, it follows that that which has to do with our outer life and our actions is also spiritualized and woven into it. That which is being prepared in the heart as forces turns into karmic predispositions and karmic tendencies. It is simply outrageous to speak of a heart pump.

“There is another important nuance where morality plays a part. This moral nuance is indeed stored in the heart and carried over into the next incarnation. To study the total human being means to find in him the forces which reach beyond the earthly life.”

In GA 205 (July 2, 1921) Rudolf Steiner says:

“You can imagine what a tremendous difference there is, between that which lives in our heart during this incarnation and the condition in which we find ourselves in a new life after having gone through a long development in the time between death and a new birth. And yet when you look into your innermost heart you can assess quite well, of course in a hidden way only, not in a fully developed imagination, what you will do in your next life. One can, you see, not only say in an abstract way, my next life is being prepared today in all karmic detail, but one can point to the ‘little box’ in which the karma rests, awaiting the future.”

Rudolf Steiner- GA 161 (May 1, 1915)

On May 1, 1915 (GA 161) Rudolf Steiner speaks about the etheric heart in relation to its new position in the back of the head outside the physical body.

“It is quite important that this is taken into account. It arises as a mighty net of etherized blood which creates an individual thin little skin separating it from the cosmic

ether. With this we have made another step in understanding the size and position of the etheric heart.”

This new etheric heart organ, as sense organ or Sun-eye, will be able to develop for the future. When we look into ourselves, we can experience our etheric eye as a cognitive eye. It can become the organ for going into one’s own depth. Here we experience the flaming, scorching and burning emotions, desires, passions and drives on the one hand, on the other that in us which does not connect with them, because it is our eternal being. It lives alongside of it. Therefore we can say that the new etheric organ becomes cognitive for our eternal being in the depth of the metabolism and will organization.

While our head holds our soul as if buried within, we comprehend ourselves, our eternal being, in the dark depth of will purified from emotions and drives.

Rudolf Steiner - GA 212 (May 6, 1922)

Rudolf Steiner tells us in GA 212 (May 6, 1922):

“Now we enter the realm where the soul and spirit become one. In the head or brain man is physical. That which is soul-like has been buried there, it is like a corpse. This corpse is the area to which presently all natural scientific research regarding the soul is directed. But in reality the soul is true to itself and connected to the spirit below the heart. The new and wonderful sense organ which is as large as the blood organism finds the eternal being of man next to all that which arises from the depth of will as drives and emotions.”

That which we see as a vision through our heart, which has become a sense organ, that is our own eternal being. We experience our own self in our eternal being. When we continue to press forward into our own being, the Sun-like quality changes. We come to a definite point where we meet inspired knowledge and where we weave with inspired cognition in a real picture-world. Now in complete consciousness through a sudden inner jolt in our spirit soul it feels as if we fuse with the Sun itself. But at the same

moment when we come to inspired cognition, when our heart-sense becomes a cognitive organ, we suddenly feel as if our very heart is being transplanted into the sun, we feel as if we go with the sun, the sun is in us, belonging to us.

The Sun becomes our eye, our ear as well as our warmth organ. We are jolted into the Sun-like. Steiner puts it this way: "We stand within the light, we touch spirit-beings with our light-organs." Here supersensible knowledge reaches another stage, a little step further. Then we not only feel ourselves within the Sun but we perceive ourselves "on the other side of the Sun" as well. We have now moved fully into the Sun, we feel part of the Sun with our innermost being and we experience the world within our being, previously it was outside of ourselves, around us.

All this is the crowning of that which can one day be perceived and spiritually known by the new etheric heart organ as a Sun-eye, when the Sun as spiritual Super-Sun becomes the cognitive eye of the etheric heart.

It is the powerful esoteric call to each pupil of Michael, to help in the creation of a new Sun-Earth. This coworking can be undertaken when the etheric body and the etheric heart become increasingly Christianized out of the new faculties of the etheric heart-sun-eye, while the heart learns to interpret karmic events by reading within the actively creating Logos.

Sooner or later, the new etheric heart of man will become an active organ which through karmic insight can become increasingly helpful and healing in the social sphere. To the pillar of cognition the pillar of will must be added as a column of Christianized blood. In this way, the secret of the Grail lives in the magnificent occult soul spiritual unfolding of the etheric heart. The new etheric heart as the cognitive spirit-eye of man's eternal being is the place where the Grail-Cup, the etheric organ, lights up as the real force, as the blood of the Redeemer.

Matthew (6:19-25)

19 Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal:

20 But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal:

21 For where your treasure is, there will your heart be also.

22 The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.

23 But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness!

24 No man can serve two masters: for either he will hate the one and love the other; or else he will hold to the one and despise the other. Ye cannot serve God and mammon.

25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

Other Links

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[Chestahedron - The 7 Sided Etheric Geometry of the Heart - Frank Chester](#)