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# THE MEDITATIVE PRACTICE FOR A SUPERSENSIBLE STATE OF CONSCIOUSNESS I

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## MORNING EXERCISE

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The attainment of a supersensible state of consciousness can only proceed from everyday waking consciousness. In this consciousness, the soul lives before its elevation. Through the training the soul acquires a means of lifting itself out of everyday consciousness. The training that is under consideration here offers among the first means those that still may be designated as functions of everyday consciousness.

In the morning after awakening, when no other impressions have yet passed through the soul, one directs one's attention away from all sense impressions, from all memories of daily life. One seeks to become entirely free from all cares and worries, etc.

If this inner stillness of soul has been achieved, then one should:

### FIRST FIVE MINUTES

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Let the following seven lines live in one's soul:

***More radiant than the Sun,  
Purer than snow,  
Finer than the ether,  
Is the self  
The spirit in my heart,  
This self I am; I am this self.***



### SECOND FIVE MINUTES

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- 1.) Concentration on the point between and somewhat behind the eyebrows while meditating on:

***I AM***

- 2.) Concentration on the inside of the larynx while meditating on:

***It thinks***

- 3.) Concentration on both arms and hands while meditating on:

***She feels***



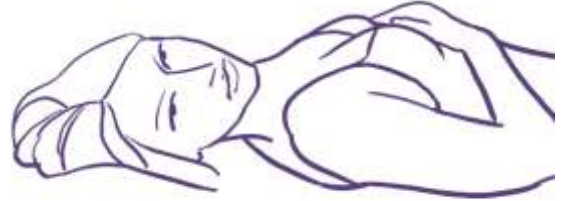
In doing this the hands can be folded, or the right hand can be laid over the left. After a while one feels how the hands want to separate through their own power. Yet under no circumstances must one ever bring this about through self-delusion.

- 4.) Concentration on the entire surface of the body while meditating on:

***He wills***

- 5.) Concentration on the pit of the stomach while meditating on:

***Divine life***

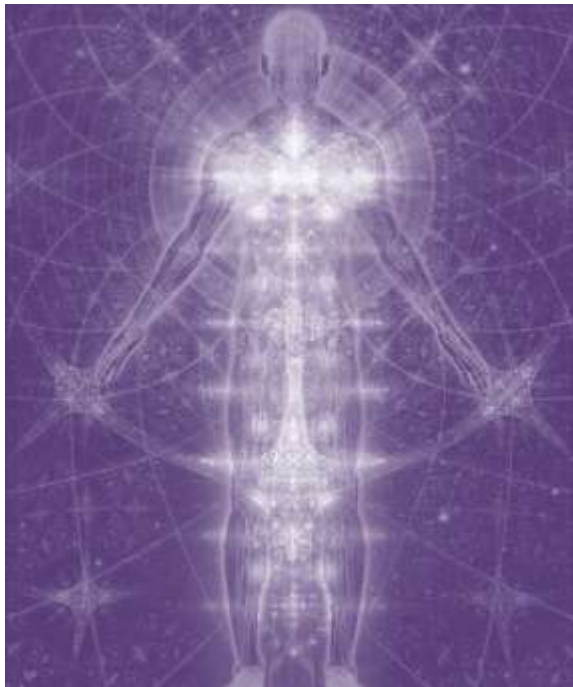


*Allow yourself to slowly awake and resume your daily routine.*

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## FINAL FIVE MINUTES

Finally, there follows a five-minute devotional immersion of one's own ideal of the Divine.



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## CREDITS

This meditation was originally published in  
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by Rudolf Steiner

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