



THE MEDITATIVE PRACTICE FOR A SUPERSENSIBLE STATE OF CONSCIOUSNESS II



EVENING EXERCISE

In the evening, start with retrospection of the day's events.

The following is to be added to the previous exercise, The Meditative Practice for a Supersensible State of Consciousness II.

This exercise should come directly at the place where "**He wills**" streams over the entire surface of the body:

From the surface of the body streams, or rays, are to be created and drawn toward the heart at the center point. All of this is to be done slowly and with the still calmness of consciousness.

During this process, meditate upon the thought (from Light on the Path):

SEEK THE PATH

Rest quietly with all your feeling in your heart while meditating upon:

Seek the path in inner deepening.

Then the stream is to be directed back again to the surface of the body while meditating upon:

Seek the path, in which you boldly step out of yourself.

A time will soon come when you will perceive the indicated streaming or rays as a real stream of warmth.

These exercises prepare the connection of your own personality (microcosms) to the greater world and its secrets (macrocosms) just as the exercises already given are to prepare the awakening of your own individuality.

In the future, the human being will live in a much more intimate connection with the lawfulness of the world than at present. And the esoteric seeker anticipates this intimacy in future development.

The head with its brain is only a transitional organ in the evolution of human knowing. The organ that will actually be able to see deeply and powerfully into the world has its rudimentary seed in the present-day heart.

But ***please note***: in order to become an organ of perception, the heart must still be transformed in manifold ways. But this heart is the source and fount of future stages of humanity. When the heart is the organ of knowledge, knowledge will be warm and intimate as only feelings of love and compassion are today. But these feelings will have to struggle out of the darkness and obtuseness in which they are only groping about today, into bright clarity, which only the subtlest logical thoughts of the head possess today.

The true seeker is preparing him, or herself, for such things. And this preparation is only



proper when seekers are preparing themselves with the indicated attitude in their souls. This attitude is the mother of the perspective that they need. Please bear firmly in mind that we only attain what we should attain in our meditation and concentration exercises if we perform them permeated by our great, sublime goals in bright, full clarity

Continually regard and undertake the exercises in this way. Thus you place yourself in the community of spirits who, out of their incarnations in the present time, are to become the seers and helpers of the future.

For the future development of the world there is nothing better that we can do than

to develop ourselves further. However, **we** must do this. And we will not for a moment doubt that we must do it, as soon as we have recognized the truth concerning our own being and the connection of this is being with the world. However, this knowledge can be acquired only gradually. It is a child of the will and patience.

Please attempt to bring together the content of the various lessons and the four first sentences of Light on the Path, and then, without compulsion, write down your thoughts about them.

You will find that these four sentences:

1. “Before the eyes...”
2. “Before the ear...”
3. “Before the voice can speak...”

4. “Before the soul can stand...”

contain an unlimited amount, and that the most important theosophical teachings about the world and self-knowledge will gradually appear before your soul intuitively when you live entirely within these sentences. These sentences are not mere sentences but powers that awaken truth, strength and life when you devote yourselves to them.

