

Working Together - Group "G"

Introduction to Anthroposophical Meditation

Facilitators: Robert McKay

Over six sessions, Robert McKay will provide an introduction to the purpose and practice of anthroposophical meditation, adhering closely to Rudolf Steiner's explanation in *Knowledge of the Higher Worlds and Its Attainment* and other key texts. The sessions will include explaining how the meditative practice leads to the transformation of the individual as she moves toward becoming capable of independent research in the elemental, astral and spiritual realms. Each session will include opportunities to practice meditations and share relevant experiences with group participants.

Section Affiliation: General Anthroposophical Section

Number of Participants: 20 – 30

Robert McKay



Robert McKay is a student of Rudolf Steiner's work with a special interest in the meditative path. Robert provides workshops and lectures on anthroposophical meditation, always beginning with the important caveat for participants that he is not qualified as a spiritual teacher. He offers his partial and incomplete understanding of anthroposophical meditation as a basis for honest conversation among seekers. He believes a student of the path must be a student of the path, meaning that in addition to meditating, it is critical to strive to understand meditation in the context of anthroposophy in general. With some meditative practice comes better questions which lead to a closer study of Dr. Steiner's writings which in turn leads to more effective meditative practice. Robert is the Chair of the Board of the Rudolf Steiner College Canada and a member of Anthroposophy in Toronto.

Friday, August 11

3:00 pm **WTG1** Introduction to Anthroposophical Meditation
Robert McKay, General Anthroposophical Section

You are Designed to Achieve Enlightenment

The spiritual world has created human beings such that it is entirely natural, provided we are trying to be a good person, to move toward enlightenment over successive earthly incarnations. We are designed to achieve enlightenment and supported through the workings of karma to reach this developmental goal. In this session, we will come to understand this context and then examine how the meditative path accelerates this natural process. We will consider what is required of the person who decides to undertake this work and how this decision forms a critical moment in the path of human becoming. Specific meditations that will be included:

- The path of veneration
- Listening to past enjoyments

Saturday, August 12

11:30 am **WTG2** Introduction to Anthroposophical Meditation
Robert McKay, General Anthroposophical Section
Occult Doorways are Hidden in Plain Sight

The anthroposophical path of knowledge begins by identifying aspects of everyday experience that have unnoticed developmental potential. Much of the path consists of the spiritual teacher identifying these occult doorways that are hidden in plain sight and showing the meditant how to focus on these aspects of everyday experience so as to set development forces in motion. Specific meditations that will be included:

- Meditating on the forces of growth and decay
- Listening through sound to soul

3:00 pm **WTG3** Introduction to Anthroposophical Meditation
Robert McKay, General Anthroposophical Section
Working with an Anthroposophical Verse

Dr. Rudolf Steiner provided many verses or mantras for people interested in developing higher consciousness. In this session, we will learn what a verse is, how an initiate creates a verse, and how to work with them. The session will include an overview of key anthroposophical verses as well as an opportunity to work with one or more verses.

- Verse: Morning and Evening Verse (In purest outpoured light ...)
- Verse: Michael Verse (Michael, Lend me your sword ...)

Sunday, August 13

11:30 am **WTG4** Introduction to Anthroposophical Meditation
Robert McKay, General Anthroposophical Section
Some Specific Meditations: The 8-Fold Path and the 6-Fold Path

As the meditant proceeds along the path, they are bringing their soul nature into a higher degree of order and regularity. This eventually leads to the creation of new organs which are required for the opening of a life in the soul/spiritual realms. In the third session, we will look at the attributes the meditant must acquire in order to support two of these higher organs – the 8-fold path which supports the development of the organ that develops in the region of the larynx, and the 6-fold path which supports the development of the wonderful spiritual heart organ. Specific meditations that will be included:

- The 8-Fold Path
- The 6-Fold Path

3:00 pm **WTG5** Introduction to Anthroposophical Meditation
Robert McKay, General Anthroposophical Section
Some Specific Meditations: Thought Focus, Virtue Focus, Image Focus

The anthroposophical meditative path requires the development of “I” forces to a high degree. Nowhere is this more evident than in the exercises that can be described as thought-focus, virtue-focus, and image-focus. Specific meditations that will be included:

- Thought Focus: Wisdom lives in flowing light.
- Virtue Focus: Working with the mobile soul shapes of the human virtues
- Image Focus: The Rose Cross – Meditation and subsequent image focus

Monday, August 14

11:30 am **WTG6** Introduction to Anthroposophical Meditation
Robert McKay, General Anthroposophical Section
Preparing to Meet the Lower Guardian

Achieving knowledge of the higher worlds requires the development of the entire human being. This necessarily includes moral development. The meditant must come to align themselves more and more with divine purpose, which for human beings means a commitment to truthfulness, loving kindness, and practical service/achievement. Gradually, the meditant gathers the strength to see who they really are – a spiritual work in progress, a mixture of talents and weaknesses, suffused with both good and evil. The meditant must take responsibility for who they really are, without self-deception or excuses, if they are to work alongside higher beings. The path prepares the meditant for this journey of self-discovery and self-possession, leading eventually to the meeting of the Lower Guardian. Specific meditations that will be included:

- Seeing Yourself as a Stranger
- The Golden Rule of Spiritual Training