



Mantras for Strengthening the "I" and the Heart

**Important* –Please Print Out Before Reading–*

If at all possible also read away from strong WiFi transmitters etc, as the subject matter touched upon requires a certain amount of intuitive understanding which is not really possible when exposed to high levels of EMF radiation.

Our meditation words are like are like gateways into the spiritual world; they are winged messengers which bear men upwards into supersensible realms. They have power to unlock our soul so that the thoughts of our great leaders, the ‘Masters of Wisdom and the Harmony of Feelings’, can stream into us. For this to happen, the deepest inner silence must prevail.” Rudolf Steiner *Guidance in Esoteric Training*

1) "Wisdom lives in light"

To begin with, think this mantra in the region of normal thinking, which is usually the region of the head. When this is successful think the mantra in a circular form around the head. However, the mantra' should not be imagined as something circular outside of the head, rather the thinking activity should be localized there.

At first this circle can perhaps be thought to extend a few centimetres beyond the head. If this is successful then a gradual expansion of the circle should be possible. With time this circle can extend metres, even decametres.

2) "Wisdom shines in light"

Let the heart glow with this mantra. Think the mantra in the heart such that a warmth, like physical warmth can be felt. This can be intensified to a feeling of glowing warmth. The state remains pleasant. Not the physical heart is meant here but the heart-chakra in the middle of the chest.

3) "The wisdom of the world shines in light"

With sustained strength of will shift the mantra in a circular form from the region of the head outwards. As before, the mantra as text is not visible; the thinking activity is steadily expanded radially. At first this is only possible up to a certain radius, although increasing spiritual strength leads to expansion. This is comparable to training with a chest expander, which, with increasing body-strength, can be stretched further and further.

It is recommended to meditate with these mantras for strengthening the "I" for at least half an hour every day - each mantra for ten minutes

Mantras from *Rudolf Steiner*