

Workshop – Experiencing Sense-free Thinking

“If we are able to grasp the ‘I’ as a pure thought, we find ourselves at the centre
in which pure thinking essentially brings forth its material being within the same moment”
Rudolf Steiner - Philosophy and Anthroposophy 1904–1923

The workshop leads through 5 steps from observation through to perception of the thinking self.

- *Concepts and Perception – The two parts of reality*
- *Forming a Representation of Mental Picture*
- *Observing the Thinking Process*
- *Observing the One who is Thinking*
- *Observing the Observer*

Meditation

I look into the darkness.
In it there arises Light,
Living Light.
Who is this Light in the darkness?
It is I myself in my reality.
This reality of the I
Enters not into my earthly life;
I am but a picture of it.
But I shall find it again
When with good will for the Spirit
I shall have stepped through the gate of death.

From *Man as Picture of the Living Spirit*,
London, 2 September 1917

Basic Program

1. Introduction of Participants.
2. Percept, Name, Concept (everyone)
Creating a Representation or Mental Picture (each on his or her own)
Sharing (everyone)
3. Reflecting on the Thinking Process (alone)
Sharing 1 (small groups)
Sharing 2 (everyone)
4. Who is the Observer? (alone)
Sharing 3 (small groups)
Sharing 4 (everyone)
5. Who Observes the Observer? (alone)
6. Final Sharing and Closing (everyone)

Note: Participants need something to write – pen and paper