

# Six Basic Exercises

## Practice Group & Support Community

### 2024-2025

You are invited to join with a group of students and friends to create an online practice group to support personal transformation and world healing. Each weekday we meet for 15 minutes to practice the six “basic exercises” as described by Rudolf Steiner.

<https://us02web.zoom.us/j/266986103?pwd=bXU4a0EvMmJkMDZTR0Rqcm0xZ0pUZz09>

**This Regular Practice begins Monday, September 30, 2024  
and ends on Friday, March 28, 2025.**

**This group will meet every weekday for 15 minutes each weekday.**

The schedule each day (EasternTime/US):

12:00: Opening thought/reading  
12:05: 5-minute individual practice space  
12:10: Journal time  
12:12 Closing thought/reading  
12:15 Close the space

Rudolf Steiner's Six Basic Exercises  
Daily training for the soul

#### Our Challenges

- Uncertainty
- Lethargy
- Mania or Depression
- Negativity
- Isolation / Narrow Mindedness
- Chaos

#### Benefits of the Practice

- Clear Thinking
- Will Power
- Equanimity
- Positivity
- Open Mindedness
- Harmony

We will practice each of the 6 exercises for one month. We begin the time every day with a 5-minute leading thought on one aspect of the practice. We follow that with a 5-minute period in which we turn off our cameras and practice or meditate individually.

After the five-minute bell, we allot 2 minutes to journal about our experience, and the end the call with a 3-minute closing thought.

**\*On Monday, September 30 2024 we begin anew** by taking up the first exercise. This day will also serve as an introduction and might take longer than 15 minutes.

We are a diverse group of newcomers and long-time practitioners;  
we welcome anyone interested in taking up these exercises.

**Everyone is invited to participate. Come when you can and will. Free of charge.**  
We intend to stay as close to time as possible.

## Six Basic Exercises Practice Group 2024-2025 continued

### **Concentration/Clear Thinking**

September 30 – October 25

### **Focused Willing**

October 28 – November 22

### **Equanimity**

November 25 – December 20

~ Break for Holy Days ~

### **Positivity**

January 6 – January 31, 2025

### **Open-Mindedness**

February 3 – February 28

### **Harmony**

March 3 – March 28, 2025

This is a **practice group AND a research group.**

Our resource page: [https://padlet.com/angelaARC/Our6BEPages2024\\_2025](https://padlet.com/angelaARC/Our6BEPages2024_2025)

Why we journal: You are encouraged to bring a journal to make notes and keep track of your progress. We acknowledge that as students on the path we can become spiritual researchers. Our daily practice and our own biographies can become research when we are conscious of what we are working towards. When we write notes in our journals, we bring more focused will to our practice.

Co-creating the space: The intention is that we all co-create the container, with each other and the spiritual world. We need each other to participate so that our vessel will grow and evolve. All participants are invited to bring in a leading or closing thought. We have an online signup sheet and anyone can take a turn!

<https://www.signupgenius.com/go/508054DAFA72AAA8-51134783-6bepractice>

Short & Sweet: By keeping the entire call to only 15 minutes, we hope to make it accessible to everyone in the middle of daily life. Bringing leading thoughts that are limited to 5 minutes, allows us to hone “**what is essential**” and trust that valuable lessons can be revealed through rhythm and time.

Time: weekdays 12:00 PM Eastern Time (US and Canada)

**PLEASE MUTE YOURSELF UPON ENTERING**

Join Zoom Meeting

<https://us02web.zoom.us/j/266986103?pwd=bXU4a0EvMmJkMDZTR0Rqcm0xZ0pUZz09>

Meeting ID: 266 986 103 Passcode: 345338. One tap mobile:

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