

Six Basic Exercise Practice Group *in just 15 minutes a day*

You are invited to join with a group of students and friends who have created an online practice group to support our personal transformation and world healing. Each weekday we meet for 15 minutes to turn our attention to developing our highest selves in a supportive community.



We begin the time each day with a 5-minute leading thought focusing on one aspect of the practice. We will practice each of the 6 basic exercises for one month. We follow that with a 5-minute period in which we turn off our cameras and create a personal practice space. After the 5-minute bell, we take 2-minutes to journal about our experience and the end the call with a 3-minute closing thought. We are a diverse group of newcomers and old-timers, and we welcome anyone interested in trying out or taking up these essential exercises.

Beginning on Monday, September 19, 2022 and continuing until Good Friday, April 7, 2023.

We'll meet every weekday for 15 minutes each day (with a break during the Holy Nights)

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

The schedule each day (based on Eastern Time Zone(ET):

12:00: Opening thought/reading – everyone invited to take a turn leading the call
12:05: 5-minute individual practice space
12:10: Journal time
12:13 Closing thought/reading
12:15 Close the space

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

Join Zoom Meeting

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

Six Basic Exercise Practice Group

Schedule for 2022-2023:

September 19 – October 14 (4 weeks): Clear Thinking

October 17 – November 11 (4 weeks): Focused Willing

November 14- December 9 (4 weeks): Balance in Feeling

December 12 – 16 (1 week): Review Exercises 1- 3

December 19 – January 6 (3 weeks): Break for Holy Nights

January 9 – February 3 (4 weeks): Positivity

February 6 – March 3 (4 weeks): Open Mindedness

March 6 – March 31 (4 weeks): Harmony

April 3 – April 7 (1 week): Review all 6 & Holy Week

Helpful info:

This is a **practice group** AND a **research group**! We experiment and learn together.

Our resource page to track our progress: <https://padlet.com/angelaARC/6BEgroup>

If you are new to these exercises or need a reminder, this 12 minute video presented by Brian Gray with WiseCosmos is an excellent summary: <https://vimeo.com/308654968>

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 this practice group experiences co-creating the practice vessel, with each other and the spiritual world. We all need each other to show up in order for the vessel to be real and evolving. All participants are invited to bring in a leading or closing thought. We have an online signup sheet.

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 a valuable lessons can be revealed through time. We intend to stay as close to time as possible.

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Topic: Six Basic Exercises Practice Group

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

PLEASE MUTE YOURSELF UPON ENTERING

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Meeting ID: 266 986 103

Passcode: 345338

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