

# Six Basic Exercise Practice Group

*in just 15 minutes a day*



You are invited to join with a group of students and friends in creating 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. We are a diverse group of newcomers and old-timers, and we welcome anyone interested in taking up the exercises.

We will practice each of the 6 basic exercises for one month, with weeks in between where we'll focus on the Eightfold Path. We begin the time each day with a 5-minute leading thought focusing one aspect of the practice. 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.

**Beginning on Monday, October 11, 2021 and ending on Friday, May 27, 2022.**

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

## 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

*Eastern Time Zone (ET)*

- 12:00 - Opening thought/reading  
(Six Basic Exercise or Eightfold Path)
- 12:05 - 5-minute individual practice space
- 12:10 - Journal time
- 12:13 - Closing thought/reading
- 12:15 - Close the space

*We intend to adhere to the  
scheduled time as closely as possible.*

**Everyone is invited to participate. Come when you can and will. Free of charge.**

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

Call by Phone: 312-626-6799 | Meeting ID: 266 986 103 | Passcode: 345338

## PRACTICE SCHEDULE

Oct 11 – Nov 5	(4 weeks)	<b>Clear Thinking</b>
Nov 8 – 12	(1 week)	Daily Exercises/Eightfold Path
Nov 15 – Dec 10	(4 weeks)	<b>Control of Will</b>
Dec 13 – Dec 17	(1 week)	Daily Exercises/Eightfold Path
Dec 20 – Jan 7		<i>No meetings - Holy Nights</i>
Jan 10 – Feb 4	(4 weeks)	<b>Equanimity</b>
Feb 7 – 11	(1 week)	Daily Exercises/Eightfold Path
Feb 14 – Mar 11	(4 weeks)	<b>Positivity</b>
Mar 14 – 18	(1 week)	Daily Exercises/Eightfold Path
Mar 21 – Apr 15	(4 weeks)	<b>Open Mindedness &amp; Holy Week</b>
Apr 18 – 22	(1 week)	Daily Exercises/Eightfold Path
Apr 15 – May 20	(4 weeks)	<b>Harmony</b>
May 23 – 27	(1 week)	Daily Exercises/Eightfold Path & Celebration Week!

### Helpful info:

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

Our resource page to track our progress:

<https://padlet.com/angelaARC/q0ts0vqbiu4q2g0i>

If you are new to these exercises or need a reminder, this 12 minute

video presented by Brian Gray of 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 for the vessel to be real and evolving. All participants are invited to bring in a leading or closing thought. We have an online sign-up 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 valuable lessons can be revealed through time.

The Daily Exercises/Eightfold Path	
Saturdays	Right Opinion
Sundays	Right Judgement
Mondays	Right Word
Tuesdays	Right Deed
Wednesdays	Right Standpoint
Thursdays	To Become Habit
Fridays	Right Memory

**Come when you can and leave when you must. Invite your friends.**

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