

Six Basic Exercises Practice Group & Support Community 2025-2026

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 22, 2025
and ends on Friday, March 27, 2026.**

This group will meet every weekday for 15 minutes.

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

We will practice each of the 6 exercises for one month. We begin each time 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 22, 2025 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.

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 2025-2026 continued

Concentration/Clear Thinking

September 22 – October 17

Focused Willing

October 20 – November 14

Equanimity

November 17 – December 12

~ Break for Holy Days ~

Positivity

January 5 – January 30, 2026

Open-Mindedness

February 2 – February 27

Harmony

March 2 – March 27, 2026

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

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

Our resource page: https://padlet.com/angelaARC/6BE_2025_2026

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.

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/508054DAFA72AAA8-57674192-6bepractice>

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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+16465588656,,266986103#,,,,,0#,,345338# US (New York)