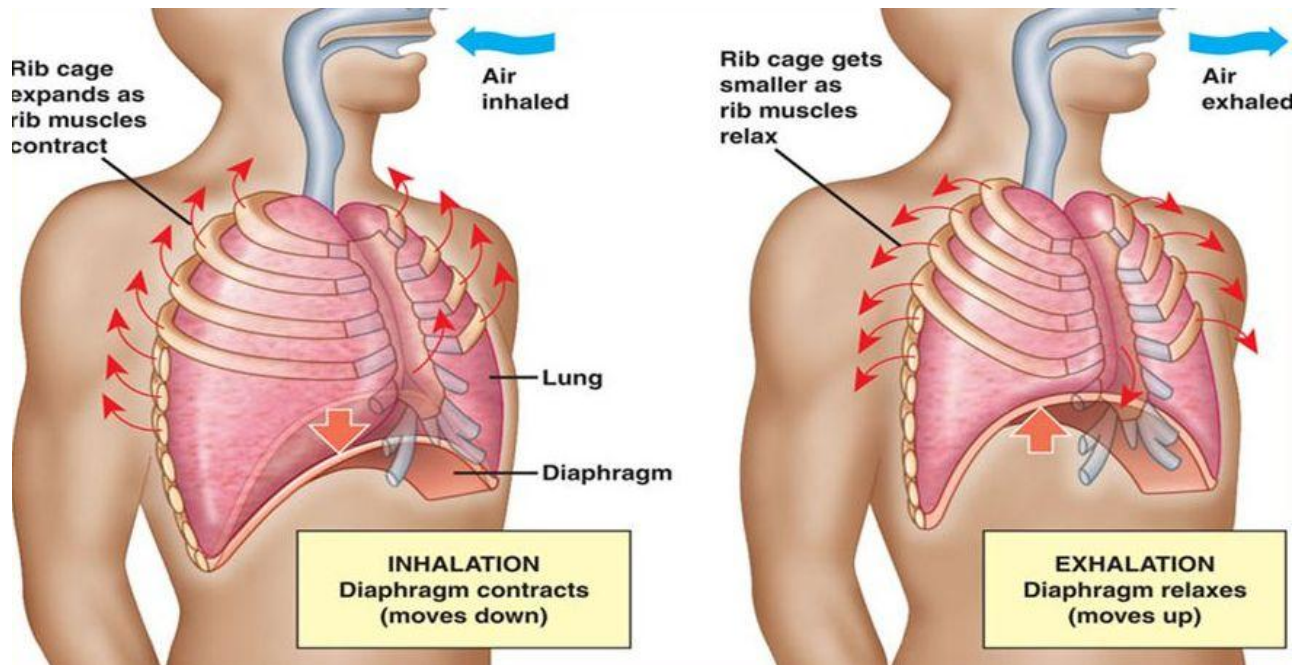


REFINED BREATHING

And Sense Perception

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INHALATION

- Natural Science: we inhale oxygen
- Spiritual Science: we also inhale formative forces w/*air*
 - Is a human being coming into being in the element of air
 - An activity directed by the astral body
- When asleep, microcosmic astral body leaves thus macrocosmic astrality is all the more active
 - Control of inhalation during sleep comes from outside
 - That is why breathing during sleep is different
 - Close to the earth, climate and other factors can make cosmic astrality abnormal



EXHALATION

- Natural Science: we exhale carbon dioxide
- Spiritual Science: not a passive process but active
- Process occurs in the *fluid* element through etheric body
 - When asleep, etheric remains with physical body; no change



FROM COARSE TO REFINED

- Middle breathing is ***air*** (inhale to lungs) & ***water*** (exhale)
- Below breathing is more coarse
 - Digestion: modified exhalation
 - Metabolism:
 - What remains behind of inner activity from exhalation
 - Active in the element ***Earth***
- Above breathing is more refined
 - Nerve-sense process: modified inhalation
 - Active in the element ***Warmth & Light***



REFINED BREATHING

- In head: process *not in the element of air* but **warmth**
 - Macrocosm: breathing-in but **not a breathing-out of warmth**
 - What is *exhaled by the nerve-sense system* becomes united with what is being *inhaled by the lungs*
 - The nerve-sense system carries on inhalation as a taking-in **light** from outside
 - What is taken in is *not released again* to the outside
 - It is given over to the coarser breathing process of the lungs
 - To the air inhalation and thus carried farther into the organism
 - Cosmic **warmth** enters the human organism by way of breathing
 - *Carried by the inhalation of warmth* into the human organism:
 - Light, macrocosmic chemism, and macrocosmic life
 - Inhaled Vitality: **Light ether, chemical ether, and life ether**



KNOWN BREATHING

1. Outer Inhalation

- Union of what is inhaled with what comes down from above
- Sense-perception is only a breathing through the sense-organs

2. Outer Exhalation

- Leaves forces behind for metabolism; something not taken up
 - It gives something away



INNER BREATHING

1. Inner Inhalation

- Light unites with breathed-in air when it penetrates the eye – warmth is between them
 - Thoughts can only live in us if they are illumined by the light, if breathing is illumined by the light
- Actual metabolic digestive process is the union of inner inhalation with what the physical body does
- Light coming in by way of the warmth ether, and then coming to a stop
- Where the breathing enters, it comes to a “stop!” for the light
- The light spreads itself out. It is not carried farther by the human organism; it can spread out as light
- We carry within us a pure light organism, a light organism that **thinks**
- Thought, ideation is upheld by the Thinking system of man

2. Where inhalation borders on exhalation

- We find the chemism is carried in to that point through the nerve-sense process
- Now the chemism comes to a stop
- It is an inner chemism, a chemical organism in us that **feels**
- Fancy is already very close to the rhythm of blood-circulation’ a very inward breathing that comes into connection with the system of metabolism and the limbs, reaching into the Will

3. Inner Exhalation

- Life ether goes in and is taken up by the human being through the interplay of exhalation and metabolism
- Where exhalation leaves the digestive-metabolic process behind — not the external metabolic process of food consumption, but the inner metabolic activity
- There is a “stop!” for the life ether
- The life ether forms a human organism that **wills**



FOUR PATHS

1. Above: Nerve paths are the external, physical paths for thinking
 - Incoming activity
 - Karma from previous earth-life
2. Upper: Arterial circulation
 - Karma for between birth and death flows in
3. Lower: Venous circulation: takes place between exhalation and metabolism
 - Karma for between birth and death dams up, accumulates, mysterious waves
4. Below: Lymph system and formation: process by which the life ether is taken up from below, from outside
 - Lymph goes into the blood (they are similar except for red corpuscles)
 - Beginning of the path of future karma driven into subconscious as a seed



INFLUENCES

- Ahrimanic Power counts upon those human beings who are especially developed in the sphere of fancy — whose perception of sense-reality quite naturally transforms into the pictures of fancy
 - To cut off the evolution of mankind from the past, carry it on in the direction of its own intentions
- Luciferic Power reckons on those human beings who, while naturally more developed in the sphere of Will, are inspired by an inner love for the ideal world-conception to transform their vision of sense-reality actively into pictures of creative fancy
 - To keep human evolution entirely within the impulses of the past
 - Keep mankind from diving down into the sphere where the Ahrimanic Power **must be** overcome
- In this our earthly existence, we stand between two opposite poles
 1. Above us spread the stars
 - From there radiate the forces which are connected with all things calculable and regular in Earth-existence
 - The regular alternation of day and night, the seasons, the longer cosmic periods, are the earthly reflection of the real process in the stars
 2. Below us radiates the interior of the Earth
 - Irregular activities are at work in it.
 - Wind and weather, thunder and lightning, earthquakes and volcanic eruptions, are a reflection of this process of the inner Earth
- Man himself is an image of this existence of the Stars and Earth
 - In his Thinking system lives the order of the Stars; in the Willing system of his limbs the chaos of the Earth
 - In the Rhythmic system he experiences in consciousness his own earthly being, in free balance and interplay between the two



END

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3. Rudolf Steiner, Anthroposophical Leading Thoughts: Memory and Conscience, GA 26
4. Rudolf Steiner, School for Spiritual Science, Esoteric Lesson 6, Dornach, March 21, 1924, translation by Frank Thomas Smith