

Karma and Biography Research Circle Report

Dec. 10, 2024

Purpose and Overview of the KB

The interest of the group is in following a path of inner development by working with exercises given by Steiner for recognizing karma in our biographies. Emphasis is placed on taking an exercise and working with it, using our own life paths. The focus is on our personal discoveries and on developing the capacities required, rather than on reading and presenting Steiner's findings.

Methodology and Summary of meetings to date

An invitation was sent to a small group. Interest was expressed by Leah Walker, Cindy Sas, Susan West-Kurz, Eileen Jones, Paulette Arnold, and Diane Piette. Sarah Putnam made the seventh group member and led (loosely) the initial meetings.

Our method has been to work with an exercise from a lecture by Steiner, creating an image of a person or event from our lives and taking that image into sleep for three successive nights. We then meet on the fourth evening to share our experiences. The exercise is discussed in a 1 ½ hour meeting on Sunday evening, and the sharing on the fourth day is scheduled for an hour on Wednesday evening.

Our meetings to date

Sept. 15 and 18, 2024, text Karmic Relationships, Vol. VI, 1, GA 240, 25 January 1924, Berne. Exercise: Choose a situation or person that you met recently that you would like to investigate karmically.

Oct. 20 and 23, 2024, same lecture: Karmic Relationships, Vol. VI, 1, GA 240, 25 January 1924, Berne. Exercise: Choose a defining moment in your life that you would like to investigate karmically.

Nov. 17 and 20, 2024, text Reincarnation and Karma: Their Significance in Modern Culture, GA 135, 3. "Knowledge of reincarnation and karma through thought-exercises," 20 February 1912, Stuttgart. Exercise: Choose a person you met at age 30 who became very important in the course of your life, possible former or future life blood relative, and investigate karmic connection.

Dec. 15, 2024, feedback and planning

Findings

We have found our work together to be intimate and inspiring. These exercises with reincarnation and karma seem to form the inner foundation for a deeper, expanded social awareness.

There has been varying success with the nightly research aspect of the group. Some of us have found the process of finding a person or event in our biographies that fits a particular description to be difficult or cumbersome. If no image comes during the meeting, then there is no image to take into sleep on the succeeding nights. For others, the precipitating event is quickly decided upon and pursued.

In several instances, the images a person worked with over the next three nights became more detailed and clearly recalled, additional memories emerged, and the investigator felt that the memory gained a luminous quality, olfactory or other sensory memories arose.

Additional benefits/learnings:

- strengthened sense of connection between members of the circle
- those who are willing to examine their stories in detail find the most learning
- objectivity concerning one's life story is essential to examining events and relationships for karmic resonance
- the work is not psychotherapy. It is strengthening our capacity to be awake in the spiritual world.