

# Warmth and strengthening the will

Article by Heinz Grill, posted 4<sup>th</sup> Feb 2021

## Two types of warmth

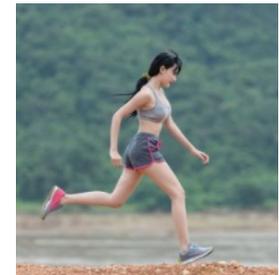
There are two types of warmth, which appear very different in their nature and which ultimately complement each other. Those, for example, who actively do sports or sweat profusely, in a direct way promote metabolic warmth, which rises centrifugally from their body and accordingly, as indicated by the perspiration, flows to the periphery. The second and very unknown kind of warmth forms the so called etheric warmth. This develops independently of physical activity. It arises through a meaningful work of consciousness and has an effect from above to below, or from outside to inside. According to the possibility of how the individual person shapes out ideas to ideals and practical social skills, or - in other words - how they lead esoteric contents into an exoteric practical direction of reference, so they can create a sphere of warmth. This develops, however, according to the activity of forming consciousness in the sphere, through the thought content. It has, therefore, a centripetal effect from the surrounding area back onto and through people. It does not arise primarily from the brain, but actually ignites from the power of ideas or from the thought with its universal sphere power and shines back, therefore, on the human being and on the physical body.

These two different conditions of warmth, the one which is developed directly from the metabolism through physical activity, and the one that is created from the power of ideas and their implementation from consciousness, are important for human health.

## Weakness of will and loss of warmth are typical signs of the time

If one were to follow a concept of artificial intelligence, such as the self-driving car, and develops it even further, so that people are literally incorporated into programs, which degrade them to a more functional and faster-thinking mechanism, so as a consequence they must use the warmth of their own creative power, that means, they lose their own primary spiritual movement. Whether a sporty compensation for this loss of independent creative power can balance and rescue their health is more than questionable.

For today's time, in which the individual personal structures are becoming increasingly de-individualized, dissolving in their centre, so develops with each passing day, to a certain extent, a weakness of will and at the same time also a loss of warmth. The will, that as an underlying basic force in the soul, is anchored with a constant temperature, it requires a certain strength in the internal organs of metabolism and also a solid structure of the nervous system. How much colder people become when they get on a train that does not have a driver, or how little work they have to do on the road when they get into a self-driving car. The autonomy of technology leads to a reduction in self and warmth in the human being. The more the individual is given to these predetermined computer controlled structures, so their synapse-network connections break down or it unfolds insufficiently, and with this their self-esteem suffers and they develop a feeling of increasing forlornness, without hope and perspectives. A time without self is a time without warmth.



The warmth that the body produces during exercise arises from the metabolism.

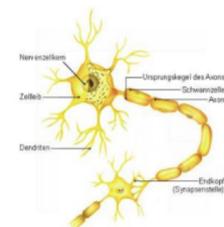


The warmth that is generated by forming of thoughts can be experienced, so to speak, as a sphere.



How does it feel to abandon yourself to a self driving car?

When a person has artificial intelligence, artificial teeth and artificial organs, everything seems to be in order.



As a result of logical thought processes, new synapses form in the brain. Development and degeneration arise from activity or from negligent passivity.

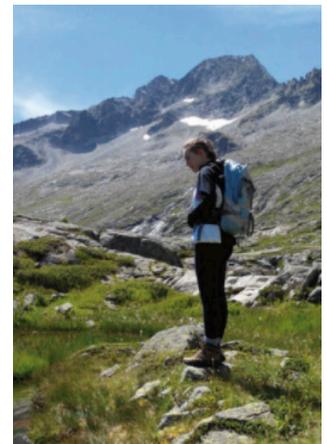
## Exercises to strengthen the will

One of the basic exercises and prerequisites for willpower, not only in sporty, but in the all-encompassing sense is, strangely enough, the activity of thinking, which the individual citizen no longer wants to do today because of exhaustion and despair. Rudolf Steiner, for example, writes in the chapter "The Initiation" <sup>1)</sup> about the so-called trial of fire, which is completed by the fact that the practitioner develops a more profound view of fellow human beings or of the various world phenomena. In general, the conditions of the outer world are always concealed by certain emotions and subjectively oriented sensory distortions, so that they don't reveal their true or ordered existence reality. The attention, therefore, should be directed longer to the objects of the chosen observation, so that they are not grasped emotionally, subjectively or covetously, but in their thinking they are effectively imaginative and full of light to the front of the soul.

This orderly and independently chosen forming of a view, must the practitioner on the path of meditation perform with every exercise approach, and beyond that, to a somewhat lesser extent, in every life situation. Conversations and encounters should, therefore, not take place according to spontaneous sympathies and antipathies, but rather they should always develop through conscious perception and empathic subtle feeling, and this, not only to those people who are personally rated as pleasant, but also to those who are experienced as unpleasant. The forming of a view in a conscious and more deeply chosen form leads the senses, as well as the thinking, into a growing warmth sphere, which can be freely shaped out, and allows the many subjective quick intuitions, prejudices or emotional evaluations to recede. It's about developing an attentiveness through thinking and through content, which however, must constantly be carried by the will. If one gave a free rein to their emotions and the many sympathies, antipathies and desires, if one, as so often and incorrectly says 'let your soul take a break' or 'only do the actions that the mind prefers in the moment', so one would never develop a relationship with the outer world and the sense objects, and the will, which anchors the personality power into existence, would decidedly weaken.

This activity of a more intense, orderly establishment of relationships, through the thinking imagination and consciously directed perception, generates in the sphere, the so-called warmth ether. For this reason Rudolf Steiner speaks in the paragraph about the more intensive formation of the so-called trial of fire, which represents a kind of combustion process.<sup>2)</sup> Subjective attachments burn up, as reality tends to slowly resurrect. The strengthening of the warmth ether first develops in the sphere around the human head and within the art and way in which an encounter touches its subtle sensory experience. This ethereal warmth, which has nothing in common with heat, but only opens up a kind of beginning sun sphere, slides into the organic existence of the human being, strengthens the organs, the cell system and on this basis can lead the will to its inner core. The most valuable willpower arises, therefore, not only by outer sporty activities, these do have their value, but not alone. The thinking activity, if over a period of time is really raised to the objects of the outer world, causes a sun-like strengthening of the sphere and this ultimately leads to a warming of the human being.<sup>3)</sup>

An orderly encounter with other people or with nature is a basic building block to form warmth.



## **Malformations in the confrontation**

Mistakes in these exercises of contemplation and intensification of perception are revealed precisely by the fact that the practitioner does not enter the encounters and meditation exercises with an interest and a real search for truth nor with a longing for objective perception, but rather, they enter into it for themselves and take it for pure subjective consumption. An exercise should not remain too tightly bound to the physical world, but should always open up that warmth-forming sphere that shines universally. As a result of the many states of exhaustion of the present time the practitioner seeks a way out in forms of mediation and from these wants to 'save' themselves, if one expresses it with this word. Escaping into yoga or meditation practice does not answer the questions of the time. The materialistic mind-set, which is so hidden in the root of the human being, uses the exercise too subjectively and inadequately enters into an objective relation to an object under consideration. Thinking about content becomes overwhelming. If an exercise remains in subjective consumption it cannot generate any warmth and even runs the risk of continuing to isolate people from the real sphere of encounter and interest, and creates a kind of coldness.

## **Practical suggestions to form warmth**

Basically, today's citizen, who wants to develop is called upon to be very active in this kind of sun activity of thinking and conscious perception. With every activity, which they do in this sense, they experience an increase in the establishment of a relationship to themselves and to their fellow human beings, while after just one day of neglect they will feel a considerable decrease in strength in their soul. Practicing requires, therefore, a consciously chosen effort and perseverance every day. The human being must today learn to maintain warmth, by consciously making their own creative activity in thinking and subsequent subtle feelings.

One can at best, create an orderly goal concept, and make a decision to not stop at the superficial consumption of information that time offers, but rather express and deepen some essential observations more intensively. One always chooses a phenomena, which one can study for a long time, or one could engage oneself with the imminent contacts to other people and prepare for the content of the conversation, so that emotional phases do not dominate too much. After a day has passed, a retrospective reflection should take place in the evening and any carelessness, which has taken place should be corrected with better intentions for the next day. The willpower is, at this level of the active, conscious forming of thoughts and content perception, noticeably gaining strength. At the same time the practitioner will notice, that they can create an ethereal warmth, which can have positive effect not only on themselves, but which can even show in the sphere and the weather.

### *Notes*

1. Rudolf Steiner: 'How to obtain knowledge of higher worlds'. GA 10 Chapter titled 'Initiation': The Trial by Fire.
2. Rudolf Steiner, GA 10, S. 92
3. Heinz Grill: Das Wesensgeheimnis der Seele. Der spirituell soziale Prozess als Herzprozess. Die Wärme, p, 159. (The mysterious being of the soul. The spiritual social process as a heart process. Warmth).