

# **WORKSHOP - Parzifal, Trevrizent, and Anfortas and the three days: Good Friday, Easter Saturday and Easter Sunday:**

UNIVERSAL HEALING: WORKSHOP on Meditation given February  
2014 - Parzifal Trevrizent and Anfortas and the three days: Good  
Friday, Easter Saturday and Easter Sunday:

## **Parzifal: The Seeker:**

Thinking is the seeker.

Parzifal is the fool who, having gone to the Grail Castle, does not ask Anfortas, the wounded king, the question that heals.

‘What ails thee brother’.

Parzifal must then wander in the wilderness without orientation.

Parzifal’s journey through this wilderness is on a white horse which is the representative of clear thinking and it is ‘clear’ thinking that leads the way.

The faculty of ordinary Thinking has gifted us with independence from the gods and a sense of individuality. But in order to enter into the spiritual world it is this thinking that must become so conscious, that it is ‘clear’, like a window. We have to find ‘pure’ thinking or that form of thinking that is really a form of spiritual perception. This is not an easy thing because we have been conditioned to fashion our thoughts from what we see physically.

But the truth is, it is seeing what we think which brings us to the elemental world, and the first step is to pierce the Valley of Death with consciousness.

Parzifal’s name means pierce the valley. The Valley of death is the etheric body. It is that part of us that, in ordinary consciousness which uses thinking and memory, leads us to experiences that are only shadows, phantoms and ghosts of the true nature of the things we see.

In ordinary every day life we mostly perceive/feel the world through our physical senses and this perception enters us and makes an impression in us, and when the impression is deep enough it

becomes a memory and it is this memory that enables us to reflect or think about the world with our intellect: to compare what we see today with what we saw yesterday and make assumptions about what we might see tomorrow. But this thinking is only a reflection of what is behind or what is ahead, it is not conscious of 'what' thinks and what 'feels' in us in the present moment.

Why?

Because the present moment Passes in Time so that by the time we notice it, it is behind us. If we were always aware of the present moment we wouldn't be independent thinkers! We became independent because we stopped noticing the present moment and what lives behind all our thoughts and concepts/remembered images.

On earth we can orient ourselves because we know where we are in space – up down, side to side, front and back. We have a physical body covered by a skin and so we can tell what is in us and what is outside us. But the truth is, this is only so for the physical body, spiritually speaking we are always interpenetrating and becoming one with the spirit of everything in the world, we just don't notice it. Why? Because we are not conscious in the moment.

The trick is capturing the eternal and unchangeable (the spiritual) as it enters into the passing moment.

In the spiritual world, because we are interpenetrating every being and process, we are only able to orient ourselves when we know the difference between ourselves and the rest of spiritual world. In the first place, as a stepping stone, we need to understand what our etheric body looks like – and how it works, where it is - etc. : But what enters into the etheric body and would help us to locate it passes away from us and is gone in a flash.

How do we make what usually passes away inside us conscious so that we can locate the etheric body?

These exercises are designed to bring about this consciousness - they help us to pierce through the darkness of unconsciousness in that part of us that we usually reserve for thinking and memory - our etheric body. Not as an end in itself but as a stepping stone.

Firstly we have to learn to know ourselves, our etheric body, in a very practical way, because without our skins, without a physical containment (in the spiritual world) if we don't know what is a part of us and what is not a part of us, we become lost – we mistake ourselves for the world and the world for ourselves.

Spiritually speaking there is always a part of us in everything we see and these exercises were created to help us to discern the difference between ourselves and the world. This is an Easter Friday Experience. The Wandering into the Valley of Death.

I call this orientation in the etheric inner and outer world:

### **FINDING THE HUT.**

**THINKING lights up the WILL so that it becomes AN ORGAN OF PERCEPTION:**

### **QUIET THINKING.**

#### Exercise in Focus: Orientation

1. Earth/Life/Closed gaze: seeing the centre.Focus.

Hold your thumb up to look at it. Take note of everything you can see, each detail. This is the fixed or closed gaze. See your thumb very clearly. In order to see three dimensionally you have to have binocular vision, that is, you have to see from two different points, which intersect or cross at the object that is being seen. This gives you an idea of where you are in space. A sense of depth or three dimensions, above/below, side to side, front and back: Height, width and depth.

What does looking at your thumb at close range feel like. If we bring it closer and closer to our eyes we would become cross eyed.

When you do this you are essentially holding yourself in as an ego bearing being. You are making yourself separate from the world. Can you feel how this is a form of breathing in of light of holding your light in the centre. You are focused in earthly time and space. Selfhood. Everything you can think later about your thumb at this stage comes from your physical perceptions of it.

## 2. Air/Open gaze: Seeing the periphery. Out of Focus:

Now look at something in the distance but don't focus, surrender yourself to the distance. Note how your senses feel freer. Try and take everything in with your senses, everything that is in your field of vision without focusing on any one thing.

What does this feel like?

The fact is you are Selfless.

You have willed out your selfhood. It is now in the periphery. You have quieted your thinking and you have surrendered to the vista before you.

## 3. Sound/Water/Fluid gaze

Now look at the mid point between your thumb and the distance. Note how it feels in relation to the background and the foreground. Do this as many times as it takes to get a sense of what it really feels like to be in the middle – it is a constant adjustment and readjustment. The elasticity, the fluidity of going from self to selfless, centre to periphery is what is important. Bringing in your light and releasing it into the world.

This is a form of control, you are not too closed, that is, not too self-ish, and not too open that is not self-less.

You find the middle. This is the fluid gaze.

### Exercises in Seeing/Sensing the Etheric Body:

Outer Experience:

#### **1. Observation of the etheric body: Post/after image.**

Look at Blue dot provided at the end with the fixed gaze, and then at white paper with the middle/fluid gaze – relaxed but not fully out until you can ‘grasp’ the complementary image.

#### **2. Observation of the etheric body Co/with image.**

Look at the blue dot provided below with the fluid/gaze – do you see what is around the blue dot at the same time as the blue dot?

Inner Experience:

#### **1. Inner observation of the etheric body.**

Look at the blue dot and close the eyes– where do you see the complement? Try and locate it in the middle.

#### **2. Observation of the etheric body Pre/Before the Image.**

Try to mentally create a blue dot in that middle space with the fluid inner gaze.

The experience of the after-image and complementary colour inwardly and outwardly helps us to know our etheric body from the etheric world and nothing more at this stage.

We imprint our etheric body onto everything we see and this in a sense is Self Knowledge. We recognise ourselves in the outer world. We, likewise, understood that the reason we could see the blue dot on the paper is because it is now imprinted inside us, like everything we see, it enters us - this is World Knowledge which is inside us.

How do we tell what is ours then if we are in everything and everything is in us? The answer is: We learn to see both in and out at the same time. We learn to discern the physical blue dot from our own imprint of the blue dot.

We can postulate that this imprint, is the spirit of the blue dot which is now inside us - the world. The elemental being of the blue dot. We go out of ourselves with every perception we touch the world and it imprints itself in us, and this imprint we see is created on our etheric body inside us and the process begins again when we look out. This is the snake biting its tail. through the head (perception) we imprint on the will (tail) in order to think, and the will now sees the world through the head in a higher way (thinking that is perception).

One could say that the highest form of clear thinking is really a clear/clean etheric body which works like a light passing through a window, it is the window and the light which illuminates and grasps the spirit in the world - through it one experiences Grace.

This learning to discern the etheric body from the etheric world I call finding The Hut or finding the etheric body or that part of the spiritual world that belongs to you.

Who is in the hut?

### **The Hermit: Trevrizent:**

In the Parzifal tale, Trevrizent is the Hermit, he is the one who lives in the hut (our angel) and he works with the Astral body – the astral body can, if we work with it, become an instrument of the spiritual world and it is through conversation, that is, through the spirit working in speech by way of the larynx, that Parzifal learns what he must do from Trevrizent or the element of Inspiration. Trevrizent in the Parzifal story was the messenger of higher wisdom, which was mediated through him from the spiritual world through inspiration.

Inspiration leads us to experiencing the inner spark that fires up the light - The CREATOR in the soul.

This is an Easter Saturday Experience - entering hell to find heaven.

### SILENCE AS AN ORGAN OF INSPIRATION: ACTIVE LISTENING.

Now that we have our orientation and we have seen the creation in the moment passing (afterimages/complementary colours), we can become more focussed on Inspiration – or listening to the spirit within.

We can take what we have learnt in our focussing exercises and how we found the etheric body in order to become creative there, to create our own images with the Astral body, which have nothing to do with real life. Like the Rose Cross Meditation for instance.

‘Red roses on a cross are the symbol for new life springing from death. The red roses are in the deepest sense the symbol holy blood of Christ. Evil powers must withdraw from anyone who places this black wood cross with its seven blooming dark red roses before his soul. That's why one should let it come to life within one after every



meditation. It's a symbol from which we can draw endless strength.' Rudolf Steiner.

The Rose cross Meditation is an experience of the Etheric body coming to life – becoming conscious and pure. What was black (the spiritual unconsciousness due to the physical senses) has come to life and bloomed red because the Astral body or perceptions and thinking - have risen to a higher level.

The Larynx is an Astral organ and it is particularly related to the ears. Larynx and ears are like one organ. They actually were one organ once.

We know now that everything we see also enters us and resounds in us as inner music through our ears and larynx, (because our larynx moves with everything we hear – even when we are not speaking). Pause for a moment to consider that what enters us by the medium of air as sounds and tones, when it enters into our etheric body by way of the vibrations of the astral ear and larynx, they become Tones/ light/dark, colours and intensities which are sounds, melodies and harmonies.

So in the inner soul everything we see – the complementary colours and after images - enter like visible sound inside us. Inside us they resound and reverberate from out of the things themselves: the things we see actually speak their inner qualities to us in our etheric bodies but this has been veiled from us by Michael, because we have to rise up to the experience of the spirit through effort and moral purification, otherwise these beings would compel us and take from us our freedom.

The fact that we can see these after images and complements at all, points to a crossing of the threshold without full consciousness (this was not always possible). The colour and form, the rhythm of the spirit enters us and is like a conversation, a symphony but we must not allow this experience to compel us at this point, but only allow it to instruct us on finding our hut (etheric body) and in orienting us in our inner meditation and our efforts in creating our own images.

When we become cognisant of this process of imprinting that we experienced above, there is a great temptation to think we have achieved imagination inspiration and intuition. In a sense it is true, but it is Luciferic. If we stopped here, materialising the world inside us, we would become angels but imperfect ones. We must realise that we inspire the spirit into us but that understanding and freedom can only occur if we build the soul forces to achieve this not passively but actively.

How do we come to a higher form of inspiration, an inspiration that we have worked towards by way of imagination?

Let us now close our eyes and in that place, not the horizon, not the centre of the nose between the two eyes, but somewhere in between, our Hut, and sense feel, as if it were a complementary colour, a shinning long staff.

Sense/feel a black snake on one side. This black snake is the solidifying of all your shadowed thinking. The thinking of the physical brain that reflects only the memory created from a mirror image of the world: everything you have seen in the 'real' world and remembered. Feel how it winds around the mercury staff.

Now sense/feel a white snake. It is akin to that light which you see inside you before it becomes thought, that complement which is the pure spiritual complement of that black snake.

Tell yourself, only when the two are entwined through your own efforts that you will really know the full truth in freedom, that you really see the holistic view of the world and of yourself. These two are akin to what is lower and what is higher – but both are necessary.

One is brought about by a passive thinking, the other by a passive will. One is the more connected to the brain and the Astral body, the other to the heart and the etheric body. One is Ahrimanic, the other Luciferic.

In between lies the feeling of strength, of uprightness that is vertical – it is the feeling we have when we are not in or out but in-between, we are both earthly and heavenly and we must learn to live in-between. It is what we feel when we adopt the fluid gaze, we are not surrendering completely but we are not selfishly holding ourselves in. This in-between place 'the hut' is found because we have learned to control our 'thoughts' and our 'feelings'. This brings us closer to Christ who lives in the middle of above and below, of right and left, of ahead and behind, of in and out. This is the Autumn/Spring experience of the soul, whereas the fixed gaze is like winter and the open gaze is like summer.

Now after we have created the image with all intensity, we must try to dive into what we have created and in doing so destroy it, this is like digesting it so to speak: the pre/image we created with our sense feeling dies away in us.

Why?

Because we are not interested in what we have created but in what has created it. Our thinking has used our memory in a different way in order to create an image that does not exist in the world. In other words we have created a light image and now we must the spark that ignited it. We must find what thinks in us. When we use our etheric body creatively it is like breaking the 'memory' mirror - or getting beyond the physical brain to find not only the etheric template, but what wills and thinking in the etheric body - our ego which is shown to us by our angel.

When we saw the post and co/images this was an imprinting exercise. It was a passive process. This leads us to Lucifer.

To actively create our own images requires an activity of the will - an active process. This leads us to our angels.

Inwardly this is how we find our angel – in our will. Our angel thinks in us. All that spiritually enters into us is only experienced because of

the action of our angel according to Rudolf Steiner. Our angel guards us and protects us in that space where we usually are not conscious. He also shows us how far from the ideal we are, here at the place where we meet him in our will. Here he shows us what we have made of our thinking feeling and willing in this life and in past lives. This composite is our lower ego, which has been built up from our material perceptions/feelings and sensations and abstract thinking/memory. Our double is the composite of thinking feeling and willing which is connected to the Ahrimanic and Luciferic powers in us. It now becomes increasingly visible to us and our moral work alone can ennoble what we find inside us - what makes our etheric body like a smokey topaz.

This stage can take some time to get beyond, but it should compel us to work on our moral life related to our astral bodies: thinking feeling and willing, in order to clean up what has entered from it into etheric body to become 'eternal' in us. But we do not fear evil when we enter into this dark space, left behind after our creative image making, because we know our angel is with us here in the valley of death. Trevrizent is guiding us through our Easter Saturday experience.

Eventually we will get past this point, to quieten thought and use it as a organ of will/perception to enter into the silence, the darkness, and use it as an organ of feeling/listening. Then we will feel ourselves at the periphery and from the darkness, the death, the abyss at the centre of our being in that in-between place - an inner inspirative experience of our will rises up as a spark that brings to us eventually, not all our ordinary thinking feeling and willing about the physical world, but what actually allows thinking (as the highest form of soul activity before consciousness happens) to occur in freedom.

As an outer exercise in Active Listening one can listen to a person's voice with eyes closed and try to sense/feel the colour and rhythm living in what they say, and to feel how it points to their inner being, the angel and ego living in their will. Every word we hear enters into us and has an unconscious life there unless we become conscious of it and its inner nature.

One can also listen to a piece of music and sense the light and darkness, the blues and reds, greens and yellows, purples and sense the intentions of the composer.

We can also practise thinking/feeling, seeing/hearing outwardly when we have developed a strong conscious will.

Practise fluid gaze observation by gazing at a tree to see its aura and then perhaps observe how at first one sees only its light or life of the tree and later the astral colours around it, the beings and processes of the astral world which work upon it. One can observe the leaves rustling in the wind paying particular attention to how the movement we see with our eyes enter into us to move us inside without any sound. How we perceive crescendos, diminuendos, the rhythm inside.

This spirit can now lead us towards a true healing. But only through love. A spirit filled Etheric body is Glorified.

What is love in spiritual terms? It is intuition. Uniting with the being itself, its warmth, its ego, not merely its soul/sound body - colour, or its light/tone body.

GRAIL KING: Anfortas.

### **WARMTH AS AN ORGAN OF INTUITION:**

Now we have found the element of light and colour inside us and outside us, and the spark of the inner 'I', we can leave Trevrizent and return to the Grail Castle to heal the wounded king.

Who is the wounded king?

The wounded king is the physical body or rather what has become of it due to the Sentient Soul's activity on our etheric bodies - that is,

the dead images of the world that we take into us and from which we create memories and abstract thoughts have wounded us physically - illness and death come from Luciferic Temptation: taking the physical world into our inner being to thereby create an inner life and to gain freedom thereby.

Only Love can heal this wound. What is love spiritually speaking, what is intuition?

Uniting with the spirit consciously. How does the spirit feel inside us?

It is the element of warmth.

We must learn to know warmth inside us as an expression of our inner spark.

Spark/Life = 'I'

Warmth = expression of the life of the 'I'

Light = manifestation of the expression of the life of the 'I'.

We must learn to discern when a higher spirit is entering us and quickening us and how it makes us feel.

How?

Practice, with eyes closed.

Feel your warmth by putting palms together.

Slowly spread them apart, bit by bit still maintaining the feeling of warmth.

Now allow the warm to travel to your arms, and to your heart. Feel your heart warming with love. Move this warmth to your legs. Back to your heart again and to your head.

Practise sensing where this warmth is cooler, warmer, feel if it that it

has a colour and rhythm, find its light.

Now Let's take a seed and apply to it all we have learnt.

Look at the seed with a fluid gaze, a little out of focus - not too far out and not too far in.

Allow your warmth to pour out of you to the seed.

As you look around it think to yourself (without allowing any other thoughts to impinge on it) how this seed holds within it all that the plant will one day become, that it will one day become a tree seeking the sun's warmth. That in that tiny seed there is a warmth like the warmth of the sun and so the warmth of the Sun attracts it. This warmth is the life which holds the 'blue-print' for the plant within the seed, it is a 'drop' of sun in the plant.

But the plant not only has warmth and life it also has light like the sun. You may begin to see this light if you allow yourself to feel how this warmth and life is also in you, if you allow yourself to 'feel' this warmth. In you, you have life, warmth and also light. You have the sun inside you! This life, warmth and light was once a seed - an embryo and it contained everything that you have become and are yet to be. You share this life, warmth and light with the plant. Feel the warmth, your warm life and allow it to unite with the plant's warm life.

You will begin to see a light, a blue/violet flame a very faint glow around the plant. This is the plant's etheric body of warmth, life and light. You can only see it because you have an etheric body too - it is a body of life, light and warmth and it has become a vehicle for vision. The thinking/memory body is now a light, warmth and life body that moves out of you to perceive. You share this etheric body with all human beings - and this creates a physical community. Your etheric body is one with the etheric world and all elemental beings and angelic beings and this creates a spiritual community.

Sense that it is imprinting itself in you, that you are touching this light

life and warmth and now it is also in you.

Becoming one with the life, warmth and light of a being is at the same time allowing the being to enter into us simultaneously – their innermost being becomes our innermost being and when this leads to understanding intuitive thinking becomes intuition - this is an expression of the highest love. The greater the consciousness, the higher the love.

When we add to our seeing, and hearing by entering into the warmth of another being it is the same as practising the fluid gaze because our warmth, our etheric body in which lives our ego passes out of us and into what we see all the time, but now we are conscious of it, we don't lose ourselves ecstatically and we don't separate ourselves off mystically, we retain our own ego and we live between ecstasy and mysticism experiencing the passing moment. We are in the spiritual world where time is spatial.

We end by feeling this warmth as gratitude.

These three steps will eventually lead us to the Easter Sunday Experience, that is both a connection of the body and soul with the spirit of Christ and a perception of Christ in the outer etheric world. This results in the healing of Anfortas our wounded king, our physical body, if they are practised with enough 'love' and 'faithfulness'.

More on this later.

