

## Open Letter: Formation of a General Research Group

Dear friends,

For many years I have made a more-or-less consistent practice of the Subsidiary (Supplementary) Exercises – Control of thinking, willing, feeling, and so on. I have found that in the moments when I am able to lift myself up out of the usual, every-day kind of consciousness - through either the conscious application of one or more of the exercises, or through simply calling up the streams of activity that are described as resultant from the exercises – something quite novel and intimate (a picture, concept, understanding, feeling, etc.) reveals itself to me out of the phenomena that I am meeting, that previously I had not experienced or known. This experience has repeated itself in different manifestations over the years now, to the point where the intentional and fully-conscious application of, and living-within, the Subsidiary Exercises has become a methodology for the observation of phenomena that I can call-up at will, which repeatedly produces certain results.

It is these results that I am interested in, and whether anyone else has used, or is using, the same, or similar, phenomenological research method(s). To be clear, and repetitious, the method I apply is that I consciously enter into a slightly different soul-orientation\consciousness than is habitual and usual, through the activation of the Subsidiary Exercises – in particular, the 3<sup>rd</sup>, 4<sup>th</sup> and the 5<sup>th</sup>. With this inner bearing and inner exertion do I then observe and meet the world, which then responds. I have attained the same results when observing a like phenomenon in different circumstances when I apply the same method – I find this most interesting, and I want to know if others have also experienced this: that when the same method is applied, the result is consistent.

I have not written in this way to brag or boast about such things. I am herein solely concerned with finding colleagues, as well as guidance, in conducting and furthering this type of research. I expect that there are many within the Society that have applied themselves to these exercises to the point of experiencing the various streams, and of experiencing something within an observed space “becoming alive” (which Steiner describes when he explains the 5<sup>th</sup> Subsidiary).

If you are interested in making contact with me in regards to this, I would be most interested to hear of your research methods and the results that you have attained. If you would like to conduct research *with* myself and potentially (hopefully) others, then please continue reading.

What this research and group-work will look like is not clearly defined in my mind as of yet, however the sole idea I have at this stage is this: that a phenomenon that one has observed, and attained a certain result with, could be described to the group. The others in this group then might like to, using the same methodology, observe that same phenomenon and see if they too attain the same result.

Now, certain experiences and conditions are a requisite for the method that I undertake. What follows are the requirements for those who would like to join such a research-oriented group. If this is already what you are doing, then great! If it is not, then I would not advise or hope for anyone to be motivated to change their habits solely on account of having read this letter. To be clear, *I am looking for and trying to find and connect with the people who are already doing these things*. I am not trying to exclude or make people feel bad or inferior, or change, because they are or are not doing this or that.

1. The Subsidiaries: Naturally, at least once, the whole 6-month cycle of the Subsidiaries has to have been completed successfully. Success is defined as having experienced the results that Steiner describes (see GA 245). One may do the Subsidiary Exercises, but as far as I am concerned, one ought not to progress to the next month unless the relevant stream\experience has been undergone.
2. No consumption of alcohol – Steiner describes the effects of alcohol in various esoteric lessons, as well as lectures on the evolution of consciousness of humanity. If you wish to understand why this is a requirement, you may like to search ‘alcohol’ on the Rudolf Steiner Archives. The same is true for the next point:
3. No consumption of animal flesh (vegetarian diet) – again, see the esoteric lessons if you seek an explanation.

Ideally there would also be acquaintance with, and progress through, the exercises in the ‘Conditions’ and ‘Preparation’ parts found at the beginning of ‘Knowledge of the Higher Worlds’ (there are about 6 or 7 distinct exercises and conditions described in these first two parts of the book - to my reckoning, at least). These exercises can similarly produce a different soul-orientation through a repeatable process\methodology from which observations and insights can be gained.

Thank you for taking the time to hear my request. If you would like to work together in this way or speak further, my email address is [phil.ingelmo1@gmail.com](mailto:phil.ingelmo1@gmail.com).

Warmly,  
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