**Karma Exercises Forms**

The forms are presented below in PDF format; for adaptable forms that can be expanded or filled electronically see the file: “Forms Remembrance of the Spirit” in Word document, where you can copy and paste each specific exercise.

**Exercises List and Recommended Frequency**

Pure Review

* Rückschau.The rückschauis the basic exercise*; it should be practiced daily.*

Review and Evaluation

* Rückschau in the Moment (spot check): This exercise helps us to acquire distance and perspective about an event that just happened. *The rückschau in the moment can be done when something has caused us upset, in order to gain distance and perspective.*
* Celebration: *Do this exercise whenever the opportunity arises. If we fail to bring to the surface reasons to celebrate, it is advisable to keep a diary in which to record everything for which we are grateful during the day, what makes us smile, what inspires us, etc.*
* Peak Experience and
* Valley Experience: *Review one experience in each category over the last 3–4 years.*
* Slice of Life Exercise: *Review slices of life (of 3- to 7-year periods): ideally complete your life review over 4 to 6 months: do the exercise 2 to 3 times/month.*
* Remembering Someone with Gratitude: *It is advisable to do this frequently (at least once or twice a month) so that it may become a new way of looking at people we meet.*

Taking Responsibility for Our Lives

* Minor Karma Exercise: *Best practiced in difficult times in life, in order to face them with more equanimity; once you have acquired the practice, explore moments of your life that have not been fully digested, then even the most difficult ones. You will be able to judge your own strengths if you progress gradually.*
* Variation: Closed Door Situation (situations in which you cannot confront the other party): *Practice more or less like the above.*

Preview: Exercise to Awaken Inspiration

* Learning from our Regrets: *Do this* *every time the need arises, until it becomes a habit*.
* Exercise to Encourage Inspiration: *Do this* *every time the need arises (e.g., foreseeing a difficult situation to tackle), until it becomes a habit*.

Prebirth Intentions

* Discovering our Core Values: *To be practiced once every 4–5 years or narrower intervals depending on age. These values do not change radically except perhaps in youth, after which they are mostly refined.*
* Social Impact Statement: *Do as above, since one exercise strengthens the other*.
* The Wise Guidance of Destiny: *To be done once only, though it can be kept open to add information that rises to awareness.*

Although beyond the scope of this course, it is good to mention the following for those who are interested in going further into recognizing events from previous lives:

* Major Karma Exercise (4 days/3 nights): conference of May 9, 1924, in *Karmic Relationships*, volume 2. For this exercise you can use the same form used for the Minor Karma Exercise.
* Saturn/Sun/Moon Exercise; conference of May 4, 1924, in *Karmic Relationships*, volume 2.

**Rückschau in the Moment (Spot Check)**

*This exercise gives better results if done as close as possible to the events to be reviewed, at the latest in the evening before sleep. When we are dissatisfied, it is easy to make judgments and give vent to emotions. If we take the time to observe correctly, we can discover links between single steps (between what I said/did and what the other person said/did) and see the event in a new light. The same is true when the event involves only ourselves and we are the ones who judge ourselves critically, rather than objectively.*

Review an experience that has left you disappointed, perplexed, irritated. Look back moment by moment and answer the questions below. This form is general and will have to be adapted to the specific situation (example: an event that does not involve another person). To better answer the questions, use the following sheets as needed: Positive Feelings, Negative Feelings, Needs and Expressions of the Will.

When reviewing the event, note the following things: describe the context, the people present, the specific circumstance, with as much sensory information as possible (what you see, hear, smell, touch, etc.).

If another person is involved, how did she present herself to your senses: how was she dressed, at what distance from you, what did she have in front and behind, how did she behave, etc.)

At that moment (last moment of the event), I said to myself … (explain how this event resonates in your soul).

**Now revisit the event one small step at a time:**

The last thing I said/didn't say and/or did/didn't do was

At that moment I felt

I believe I needed

**Going back another step**:

The other person said or did

At that moment s/he could have felt

And may have needed

**Going back one step:**

What I said/didn't say and/or did/didn't do was

At that moment I felt

I believe I needed

Keep going back in memory until you get to the beginning or until it seems sufficient to you (for example, until you notice a significant change in the way you see what happened or how you feel about it).

**When you're done**, ask yourself if your feelings have changed. If they have not, you can stop.

**If your feelings have changed**:

What has changed in what I say to myself?

How do I feel?

What are the needs that I did not meet in the event?

What could I do now?

What could I do differently in the face of the same, identical situation?

What did I learn from doing this exercise?

Optional: What would make it possible to make this practice a habit?

**Celebration Questionnaire**

*Every day brings reasons to celebrate or things to be grateful for. We may miss them if we are expecting something important or grandiose. This exercise invites us to look at even the smallest reasons to celebrate, and do so in a very precise way. It invites to discern the value of gratitude as a tool for inner growth.*

Examples of celebration: confronting a difficult situation in a new way, and/or better than the last time; take note of something beautiful/positive in the middle of a difficult situation; do something new and improvised that brings you joy; express yourself in ways that foster connection; try to express what you usually take for granted (e.g., gratitude toward someone); accept the trust you receive; accept a present with gratitude; start a conversation with a stranger; refrain from doing/saying something that you would regret.

**Use the Needs and Expressions of the Will sheet and Positive Feelings sheet as needed.**

Looking back at the last 2–3 weeks, ask yourself if there was a moment where you offered a new response to an old challenge, even if ever so slightly.

Was there something I did/did not do or said/did not say that I want to celebrate?

Describe it:

How did you feel?

What intentions was I trying to satisfy with this choice?

What needs were satisfied?

Optional: How did this choice satisfy my needs better than I have in the past?

Optional: What else am I learning in reviewing this event?

Optional: What can I do to sustain this learning and change in the future?

**Peak Experience Questionnaire**

*Looking back in our biography, we can recognise key moments, glimmers of our eternal Self, events that have inaugurated the new and put us in conscious contact (or more conscious than usual) with the stream of time that comes from the future.*

Examples of a peak experience:

* a meeting with someone who opened new doors for us
* a spiritual experience, perhaps at the least expected moment
* a gift of grace
* a moment when we realized our unique gifts/skills
* an experience that has marked the direction of our professional, emotional, spiritual life
* an obstacle we overcame in an unexpected way
* a birth, death, turning point in the lives of others
* a resolution taken at the end of a difficult experience

**Use the Needs and Expressions of the Will and the Positive Feelings sheets as needed.**

Describe the event in as much sensory detail as possible. If it is a protracted event, choose the most significant moment in the space of a day.

How did I feel?

What intentions was I trying to accomplish?

What needs/values were met?

What else am I learning about reviewing the event?

Optional: How much profit did I make from this experience?

Optional: Is there any unexplored potential left?

**Valley Experience Questionnaire**

*Looking back in our biography, we can recognize moments when we have lost touch with our eternal Self: moments when we have not been able to fight for what was important to us. By retracing the events we can realize how far we have strayed from our core values. Reviewing them in conjunction with summit experiences serves to highlight in negative what appears on the other side in positive; we have highlighted our fundamental values in one as we have neglected or were unable to do in the other. In retracing what is likely to be a protracted time, choose a day that represents and symbolizes the period.*

**Use the Needs and Expressions of the Will and the Positive Feelings sheets as needed.**

Describe the event in as much sensory detail as possible. If it is a protracted event, choose the most significant moment in the space of a day.

How did I feel?

What intentions was I trying to accomplish?

What needs/values were not met?

What needs/values were met?

What else am I learning about reviewing the event?

Optional: How much profit did I make from this experience?

Optional: Is there any unexplored potential left?

**Slice of Life Exercise Questionnaire**

*This exercise, Rudolf Steiner points out, serves to help see us see ourselves both as participants in and observers of our lives. The more we can observe without emotions that cloud perception, the more we will perceive the forces of destiny and let the present moment inspire us toward the right decision.*

Look back at a time in your life. The best conditions are those in which:

* it really feels like a part of your past
* it is defined by some boundaries: you were in a different setting than now, at a completely different phase of life
* it had a recognizable beginning and ending: e.g., a job you held for a definite amount of time; a place you lived in for a number of years; a relationship that was important to you and that lasted a certain amount of years; the period of certain studies (college, professional formation, anthroposophical course), etc.

Why are you choosing this slice of life? Is there something you want to learn from it?

What were the physical parameters of that period?

* Describe yourself, especially in the ways you presented yourself differently to the world (e.g.: I used to dress like a hippie, a punk,…):
* Describe where you lived:
* Describe what was your work, and/or your studies, and/or other activities/hobbies:
* Who were the people you related to; what were the things you enjoyed doing together?

What was your mood of soul? What were the things that preoccupied you from day to day?

* Mood of soul: Were you happy-go-lucky? Were you predominantly serious or light-minded? Were you angry at certain individuals, groups of people? Etc.
* What were some of your main interests? Were you politically active? Were you a spiritual seeker? Were you devoted to one cause or another, different from the above?
* Were you focused on an artistic pursuit, a sport, someone in your family, etc.?

**What were some of the key events that happened to you in this period?**

* Was there an intellectual/emotional/spiritual/personal important event? The exposure to a spiritual path; a key individual you met or broke off with; a teacher that left an important awakening; a physical accident/injury; a dramatic change of fortunes; an illness, etc.
* What were the questions (one step deeper than interests, but based on your interests) that you started asking yourself at this time? Did they have to do with the state of the soul, with the state of the world, with children's upbringing, family, religious/spiritual groupings? How did these questions emerge?

Live with the above questions during a day or two. Bring the following questions to your mind before the night.

Look at then and look at now:

* How is this being you are looking at similar to you now?
* How is this being you are looking at different from you now?
* What inspires you in looking back?
* What surprises you in looking back?

**Remembering Someone with Gratitude Questionnaire**

*Most social difficulties are common these days because we are developing antisocial impulses. One way to counter them is to create images of other human beings. Where we tend to make judgments based on sympathy and dislike, we try instead to see qualities, gestures, archetypes. In other words, we try to create a portrait, an imagination of the other person within our soul.*

Part of the difficulty of doing the exercise is that Steiner gives us only minimal indications. He gives more in the following exercise in which he also asks us to look at persons that impacted us “negatively.”

You can use questions to go deeper into the being of the person in question.

Separate people in categories:

Close family: father, mother, siblings

Relatives

Friends

Teachers and mentors

Colleagues

Other

Take a person in one category and ask yourself

* What did the person look like? What was his/her physical appearance? How did s/he look most of the time? How did s/he dress? How did s/he wear her/his hair? What did s/he pay most attention to about her/his external appearance?
* How did the person occupy the space around her? How did s/he walk? How did s/he react to external stimuli? How did the person address you? How did the person listen to you? What was the impact this person had on others (think of when s/he entered a room)?
* What were the primary interests of this person (in the outer world, in the inner world, in relation to the people s/he was meeting)? Where could you detect real passion? Where could you see fear or unease?
* What were some unique/unusual things that the person did or said? What are some key life messages that the person lives out of? (See examples in separate sheet.)
* How did s/he try to make sense of the world (e.g., intellectually, aesthetically, experientially, devotionally, other…)? What was most important in her/his experience of the world?
* If you had to say it in 1–2 sentences, what was this person about? E.g.: For X the world was about …; X was unique because of …; When I think of X what most comes to mind is …; I wish X were with me when I need … (when I am in … when I think of…).

The first time around may be difficult. Repeat this exercise with a second person.

**Minor Karma Exercise**

*This is one of the key exercises for recognizing the role of the “second human being who lives in us,” the one who is the author of our choices. It invites us to realize that we are responsible for most of the events we encounter in our biography. It is for taking responsibility, rather than attributing our life events to pure chance, or blaming others.*

**The Positive and Negative Feelings and Needs and Expressions of the Will sheets may be useful for this exercise.**

Look at an event in your life that you have not wished to happen to yourself, something you may consider unfortunate, harmful, shaming, arbitrary, etc. The best is to look at something that holds some charge but not too much charge in the present. Recurring events also hold more potential than one-of-a-kind events.

* Describe the moments before the event itself: If there were others involved, what did they do/not do, say/not say?
* Describe the setting around the event with all your senses (as much as possible):
* Describe the event itself: If there were others involved what did they do/not do, say/not say?
* Describe your reactions after the event. What went on in your mind? What were you telling yourself?
* How did you feel (before, in the moment and afterwards)?
* What were your intentions? I wanted (hoped, wished,….) to …
* What were your needs based on these intentions?

**Remember the Previous Events**

What have been the preludes (events) that have led to the event? Try to imagine how you have prepared each step leading to the central event.

Sequence of events: remember in reverse order the events that preceded and made possible the central event. List them in reverse order.

* Event z
* Event v
* Event u
* Event t
* …

After listing the events, look at one event after another and imagine that you wanted it to happen, starting with the most recent going back to the most remote (from z back in time). In the part that has to do with events z, v, u, etc., you do not have to dwell at the same level of depth. Just tell yourself/feel/perceive that you wanted those events that led to the central event.

**Look again at the central event:**

* If this were an event designed to maximize your growth, what do you see it serving? How is it leading you to your better self?
* What could you learn in the short term? What do you feel called to do?

**Variation: Closed Door Scenario**

*This exercise is a particular variation of the Minor Karma Exercise. Sometimes it will not be possible to find a solution to difficulties and conflicts with the people involved. In this case we can still take care of our needs and acquire more empathy toward the needs of others.*

**The Positive and Negative Feelings and Needs and Expressions of the Will sheets may be useful for this exercise.**

Think of a situation that has come to an end, one that you cannot solve with another person/people involved. In this situation there is no terminal event, rather the lack of it.

Ask yourself:

How do I feel?

What judgments do I have of myself?

What do I need most?

What judgments do I have about the other person(s)?

What do I need most now?

**Remember the last, penultimate, or most important event before the current situation:**

Describe the setting around the event with all your senses (as much as possible):

How did you feel?

What were your intentions (I wanted, hoped, desired,...)?

What were your needs?

Describe the event itself: if there were other people involved, what did they do/ didn't, said/didn't say?

How did you feel?

What were your intentions (I wanted, hoped, desired,....).? Your needs?

Describe your reactions after the event. What were you saying to yourself?

How did you feel?

What were your intentions (I wanted, hoped, desired,....).? Your needs?

Ask yourself: What could you have done differently?

**Return to the Present Moment**

How do you feel now?

What do you need most (needs/values)?

NOTE: When you've brought to the surface what you need, pause to appreciate how important your needs/values are, even if you can't meet them.

**Learning from My Regrets Questionnaire**

*Through regrets and remorse we create a bridge between past and future. Regret shows us that we have failed to express ourselves in a way that truly honors all our intentions. By distinguishing which values have been met and which have not, it is natural to try to conclude the review/evaluation with an understanding of how we may act differently in the future.*

**Use the Positive and Negative Feelings and Needs and Expressions of the Will sheets if necessary.**

Explore a recent experience that has generated regrets and ask yourself what new answers you could offer to this challenge.

NOTE: The perception of the forces of destiny pushes us to broaden our moral imagination. Ideas derived from moral imagination are transformed into reality through the so-called moral technique. The clearer we are about our spectrum of choices, the more we can expand our moral technique.

What was the chain of events that led to the situation of regret?

How did I feel? How do I feel now?

What were my intentions?

What needs/values have been met?

What needs/values have not been met?

How could I satisfy all my needs (and the needs of others) more successfully in a similar future situation? List some alternatives (remember: positive, concrete, feasible).

What could I do to support this learning and change in the future?

**Exercise to Encourage Inspiration**

*This exercise is the one that completes the path because it looks completely toward the future. If we can calm the anxiety and fear of what comes our way from the future, the spiritual world can inspire us with new ideas that break the cycles of the past.*

Think of an event in the near future that creates a certain amount of anxiety and/or apprehension. If you can limit the anxiety that such an event generates in you, you can allow the spiritual world to cause you to receive inspiration and find new solutions to old problems.

Review what happened (last or one of the latest events) that caused you anxiety:

Describe the event with all your senses:

How did you feel?

What did you need most?

What do you need now thinking about the future?

Looking at the other person/group:

Describe what he/they said/did:

Based on what has been observed, try to guess/understand:

What does the other person(s) feel?

What can the other person(s) need?

Take this key realization (last question) with you in the consideration of the event in the immediate future. Think about how to meet both your own needs and the needs of others with what you will do in the near future.

Imagine as vividly as possible the scenario of the next event (example: maybe you know that you will face the situation in a meeting, an encounter, at work, in the gym, etc.).

Think and, if necessary, write a variety of things you would like to say/do to:

* Reduce your anxiety/apprehension
* Meet all your and other people’s needs

Repeat the phrases you thought of out loud to your dyad/trio partner(s). How do you feel right now thinking about the next event?

NOTE: If you still feel tension, repeat the exercise again tomorrow, or however early it is.

**Core Values Exercise**

*The more we are in tune with ourselves, the more our core values reflect the intentions that led us to incarnate. The following exercise serves to bring to consciousness on what values we build our lives. Repeating the exercise over time will make us more and more aware of them.*

This exercise can be formulated in a general way as an analogy of the journey of life. Life is compared to an endurance sporting feat: a kayak trip through the rapids, a crossing of the ocean or desert, the climbing of a mountain, and so on. Let's take the first example.

We are going down a dangerous river on a raft and carrying our ten values with us. These are important (valuable) and add weight to the boat.

Take time to make a list of the ten most important values in your life. Refer to the Needs and Expressions of the Will sheet if necessary.

We start the journey where the river of life is wide and deep. Everything is fine.

Now we get to where it gets narrower and faster. It's time to get rid of three values. Your captain asks you, and you feel that you must trust his words since you have no Ie

Now the river is becoming turbulent, and the captain knows from experience that two other values must be discarded. He doesn't want to lose anyone on the way. Put on your life jacket if you haven't done it yet.

You are left with five values and hope that things will be simplified. Unfortunately not. Now the river begins to enter a gorge with many fast meanders. The captain advises you to throw a ballast: one value.

In addition to meanders there are rocks just below the surface, and you have to lighten to the maximum. Throw away all your charge and another value.

Oh God, there are rocks on the surface and you have to slalom between the rocks; throw away all the food and another value.

Now there is a big rock right in front of you. Be prepared to avoid it and divert the kayak with rudder and oar. Throw away another value.

Luckily the waters calm down and have arrived at a lake. You are safe and sound. The captain hopes he has not lost anyone.

At the end of the exercise, notice the order of importance of the values. Tweak and readjust if necessary.

**Social Impact Statement**

**(Destiny Questions)**

*This is one of two forms that guide us to recognize the nature of our prenatal intentions: what motivates us, what puts us in touch with the individual mission of our incarnation. The other is the form for the exercise on Core Values.*

**What broke my heart?**

* Events in my life
	+ What events?
	+ How did they impact me?
* Events in the world
	+ What events?
	+ How did they impact me?

Original (destiny) question:

**What awakened my heart?**

* Examples that inspired me: books, individuals, groups/organizations personal encounters
* How did they impact me?

What new questions have arisen?

**What makes my heart sing?**

* When did I feel that I had an impact on my world? What allowed me to make an impact?
* What is today's question?
* Where do I see as promises and possibilities?
* What new steps can I take? (Examples; meetings, readings, trainings, personal development, conversations)
* What is the consciousness I need to develop?
* How can I adapt day by day? How can I have more hope and less expectations? How can I adapt permanently?

**The Wise Guidance of Destiny**

*This exercise can make us aware of how sometimes external events that seem to be due purely to chance bring us back in the direction of our destiny when we get lost along the way.*

Looking back at your biography, what events are you grateful for now that you may figure out the larger pattern of things, even if you weren't grateful for them at the time?

Think of the family situation, school life, unexpected changes, deaths in the family or in nearby circles, accidents, illnesses, operations, love disappointments, changes of profession, sociopolitical changes, injustices suffered, etc. Think of those events/situations that no longer weigh on you because you can surmise their place in the whole of your biography.

You may use as an example the thread of events that allowed you to find anthroposophy. What “negative” situations/events led you to anthroposophy?

Review each event/situation in two to three sentences.

Example 1: Describe the event

What difficulties did this event/situation present initially? How did you react?

What did these things allow and make possible that would not have been possible otherwise?

Example 2: Describe the event

What difficulties did this event/situation present initially? How did you react?

What did these things allow and make possible that would not have been possible otherwise?

Examples 3, 4, 5, 6,...

Describe and repeat the above questions.

At the end of this exploration, ask yourself:

Do you see one or two themes that are repeated in these events/situations?