

On the Knowing of the Suprasensory World in Rudolf Steiner's Anthroposophy

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I have sought to clarify various references to "essence" as the fundamental answer to the question, "What is Human nature." Not surprisingly, most references attempt to overcome the subject-object distinction at the ontological and metaphysical levels.

German philosopher Rudolf Steiner (1861-1925) emphasizes the idea that human beings are able to feel their "freedom" when they realize "something cosmic" in their depth. This concept is built upon the basis of his "extrasensory perception"; that is, Enlightenment. Although I may understand human nature didactically, it is not easy to master the deeper aspects of it. To be precise, I could not truly realize the intuitive thinking that Steiner refers to. In this sense, he felt Enlightenment necessary to grasp essence intuitively, introducing his specific process of achieving enlightenment. Despite the thought that great potential is hidden in his training method, preceding works have not referred to his kind of meditation. Therefore, the aim of this paper is to clarify his training method theoretically to address my fundamental question.

In order to understand Steiner's training method, we examine basic concepts and ideas derived from his theosophy. In Steiner's theosophy, the major elements are that the cosmos is in each individual's mind, that the individual evolves with the cosmos, and that the individual consist of three components: "body," "soul," and "spirit."

Based on this preliminary foundation, Steiner emphasizes that anyone can acquire extrasensory perception through his meditation training. The discipline is divided into three stages: "preparation," "Enlightenment," and "entry into the spiritual world." By this training method, "self" predominates spirit, and the soul is gradually purified. In the same instant, as a result of approach from the self, "the ether body" is transfigured into a higher state. The approach from self also influences the body. In this

process, integration into the truth of the higher state is required. For Steiner, therefore, meditation is a way to recognize and face one's eternal and immortal core. He concludes that the individual is only able to grasp essence intuitively through meditation.

As Steiner's training method is based on his extrasensory perception, we need to experience Steiner's "extrasensory perception" in order to recognize the thought in his meaning. In any case, his training method has potential as guidance for those who seek to understand human nature.