

Undated extract from advice given on meditation, recorded by Martina von Limburger

The important thing to feel is that, independent of our rational life, something thinks in us of which we can say: not I but *it* thinks in me. Although such thoughts mean little to us at first, we can strengthen and enhance them through a feeling of gratitude to higher powers. If, after each such moment, we say 'I thank you, powers of the higher hierarchies, for letting me perceive this', then these feelings of gratitude and awe allow the moments when higher worlds reveal themselves to increase. We shall be able to hold in memory what at first moved through our soul dim as a dream, and ultimately we shall be able to summon such conditions at will. Then we shall gradually become clear that this thinking in us is always independent of our intellectual thought.

Gratitude is the vessel we lift to the gods so that they may fill it with their wondrous gifts. If, in all earnestness we nurture the feeling of thankfulness then gratitude, loving devotion, must be there to the invisible spiritual givers of life; and the most wonderful way to be led from one's personality to the supersensible is if this guidance passes through gratitude. Gratitude ultimately brings us to veneration and love of the life-bestowing spirit. It gives birth to love, and love opens the heart for the spiritual powers pervading life. If, after every meditation, we rouse in ourselves a sense of gratefulness and reverence—a feeling that we can call a mood of prayer—and are aware what grace we are participating in, we will realize that we are on the right path for worlds of spirit to approach us. [...]