

Working with the 7 Life Processes and the 4 Day Karma Exercise.

The idea for working in this way came from the Adult Education work described by Coenraad van Houten and then further elaborated by K.H. Finke & L. Summerfield in their Holistic Biography Work. The aim is an enhancement of the exercise by offering a way of working that directly relates to our everyday experience. It also provides a framework for working with others and in my own experience it is in working together that we have a unique opportunity to rid ourselves of idle curiosity and self-absorption to approach karma research in an objective way.

Below are some indications as to how this framework can be used and readers are invited to make their own experiences and adapt and further enhance the brief description here.

DAY 1.

Vivid picturing 'I'

BREATHING out of experience

WARMED by interest

NIGHT 1.

When outside the physical and etheric
the **Astral** shapes the picture of the
experience.

DAY 2.

The picture is stamped into the

Etheric by the astral and works on it

Giving the 'feeling something is being asked

Of me'

NOURISHING process of breaking down the original

Picture into its constituent parts so that possible origins arise

NIGHT 2.

Etheric works further on image fostering mindfulness
And inner awareness

DAY 3.

The image from the etheric imprints into the

Physical and as the 'taste of metal' arises you

'Feel something speaks to me'

SECRETION of something that has always been there

A Karmic Double and **MAINTAINING** balances with

The realisation of why it is there, where in the past it

Helped

NIGHT 3.

Physical works further on image.

DAY 4.

Cloud like image as waking

'Holding back' of Will and Feeling

Causative event emerges

GROWTH as recognition and love towards learning

From the event

REPRODUCING as we learn to work creatively

With what is there and share it with others