

Goethe, Edison. True, there have been thousands, but only thousands among the billions who have lived on this earth.

The general consensus has been that these geniuses were not only peculiarly endowed but that the rest of us are committed to a life of mediocrity. There are those, however, who take exception to this consensus about the rest of us, one of whom was an Austrian "mystic" by the name of Rudolph Steiner. He held that the creative potentiality was a normal human endowment, that this potentiality could to some degree be realized by many of us, providing we make the right kind of efforts.

Steiner prescribed several exercises but I shall present only the ones I have personally tried. These exercises cover a six-month period. If a day is missed in any month, begin the month all over again. These are designed to be habit forming, disciplines that have to do with one's thinking, feeling, willing; therefore, laxity cancels out any possible benefits.

First Month

Concentrate for not less than five minutes each day on some object of your own choosing -- a blade of grass, a leaf, a rock, a pencil or whatever. Think of everything you possibly can about this object -- for instance, its source, even its molecular configuration, its purpose and so on. But it should be your exploratory thinking, no one else's. One purpose of this exercise is to fix or identify you with reality, for any