

Annual Training



The Philosophy of Freedom

Our life is composed of acts of freedom and unfreedom. But the concept of what is human is not complete without coming to the free spirit as the purest expression of human nature.

Rudolf Steiner: The Philosophy of Freedom

The Philosophy of Freedom Annual Training

One can no longer doubt the lawfulness of the world-ether-sphere, if one has grasped thinking as it is grasped in “The Philosophy of freedom“. Thus, there is achieved what one can call etheric experience.

Rudolf Steiner, GA 232

“The Philosophy of Freedom Annual Training“ is a modern training path of thinking and freedom based on the teachings of Rudolf Steiner’s early work, „The Philosophy of Freedom“. The focus is on the daily individual thinking-meditative confrontation with the thoughts and impulses of “The Philosophy of Freedom“ on an inner path of development, which is traversed together with people all over the world. This special approach succeeds, on the one hand, in providing people with access to the contents and impulses of “The Philosophy of Freedom“ who hardly have any contact with Anthroposophy or who would not be able to do this on their own. On the other hand, people who have long been rooted in Anthroposophy have reached new dimensions of understanding through this Annual Training.

In the individual case, this intensive engagement with “The Philosophy of Freedom“ can have a variety of effects on one’s personal life. Participants from different countries report an increase in their abilities in terms of idea formation, creativity, tolerance, willpower, spiritual connection, serenity, lack of prejudice, recognition of different points of view, ability to encounter otherness, power of thinking, relationship to Anthroposophy and much more. The fact that this potential lies dormant in “The Philosophy of Freedom“ was explained by Rudolf Steiner in many lectures.

The path of “The Philosophy of Freedom“ traverses seven months with its concentrated thinking-meditative activity. This is followed by a ten-week advanced course with exercises from Steiner’s book „Knowledge of Higher Worlds“, in which the feelings and experiences of nature are worked on intensively.

Concept



A **personal commitment** to spend a quarter of an hour a day for seven months with the thoughts of “The Philosophy of Freedom“ is at the center of the Annual Training.

From Michaelmas to Christmas, we work on the first part of “The Philosophy of Freedom“, from Epiphany to the beginning of spring the second part and over Easter the third.

From May to July follows the advanced course with exercises from „Knowledge of Higher Worlds“.

At the beginning of the „Annual Training“ each participant receives two boxes, attractively packaged, with **600 “The Philosophy of Freedom“ thought-cards** and a personalized diary.



Einstimmungs-Brief

Immer sind es
die Menschen
Du weißt es
Ihr Herz
ist ein kleiner Stern
der die Erde
erleuchtet

Rose Ausländer

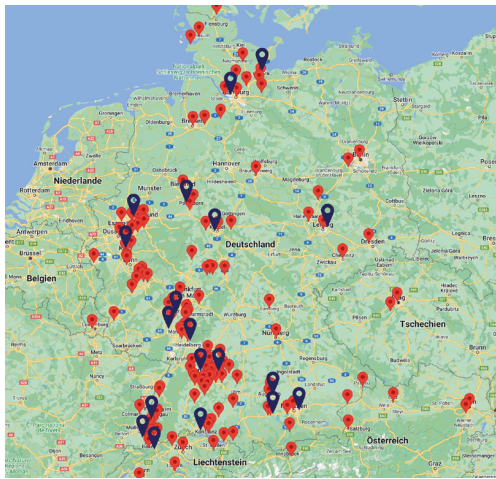
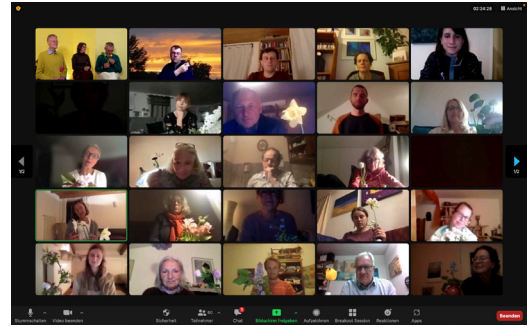
Ihr Lieben,

18.09.2022

wie kleine Sterne verteilen sich die Teilnehmenden des Jahrestrainings dieses Jahr über die Weltkarte. Es ist ein besonderes Ereignis für uns, dass wir so international geworden sind. Mit dem kommenden Zyklus werden wir mit Menschen aus der ganzen Welt gemeinsam auf dem Weg der Philosophie der Freiheit sein: von Mitteleuropa und Russland über Australien und China bis Japan und Amerika reicht das Netzwerk. Ganz individuell wird jeder von uns diesen Weg gehen. Und doch sind wir auf einer gemeinsamen Reise, auf der vielfältige Verbindungen mit unterschiedlichsten Menschen entstehen können.

With the help of the thought-cards, the participants work through a section of the “The Philosophy of Freedom“ week by week – lovingly accompanied by a **weekly letter** that introduces and explains the passages, and motivates the participants to discuss them and to reflect on current events.

In **monthly video conferences** we deepen the content, give new content, give suggestions for thinking and meditation exercises and enable personal exchanges and encounters with other participants.



We promote the formation of **regional groups** and can arrange for participants to form **buddy-pairs**, so that an intensive mutual support on the path becomes possible.

Via our website's **login area**, participants can create their own profile, network via our world map, request personal support, search conference contents and find out about regional group meetings.



Andreas Schmitt



David Martin

Charwick Corona und allgegenwärtig bei sich in Wisconsin.
Nach der Ausbildung zum Heilpraktiker habe ich mich
auf der Suche nach einem Ort zu dem ich vertrieben kann.
Bewusstsein Meditation, Yoga, Qi Gong, Tai Chi, Lesen,
Kirchen, Fragen an die menschliche Entwicklung und
Selbstentwicklung, Fragen an die Freiheit, das Schöne,
Denken und die Liebe.
Lebensfragen "Woher alles andere Tugend nicht eine die
bedeutende Schritte zu haben, das Bösen mit sich selbst, das
menschliche Verhalten nach großer Barmherzigkeit, Neugier, Güte
und Liebe".
2016, 2019
Lafayette/Philosophie der Freiheit.de



Susanne Fritscher



Ina Eitzenberger



Hannah Schuppert

Our growing **volunteer team** of now more than twenty-five people personally accompany people as needed, offer artistic practice and creative meetings, organize festivals and information events and support the Annual training through our association: Leben im Denken e.V..



We bring people together worldwide: In the last cycle, in addition to German, we have established the language areas English, Chinese and Russian. In the next cycle Spanish and Czech will be added. We connect people of different ages (from 18-84), with different levels of education, from the most diverse professional contexts and nationalities, on a common anthroposophically oriented path of education.

If you study something like this with inner participation, which comes into the world with all its imperfections – I do not want to defend my book “The Philosophy of Freedom” – if you let something like this affect you and feel what this pure thinking is, then you will feel that a new inner person is born in you, one who can bring out of the spirit the development of the will.

Rudolf Steiner, GA 217

Development and Dissemination



2019: Concept development and creation of the thought-cards for „The Philosophy of Freedom“ by Andreas Schmitt.

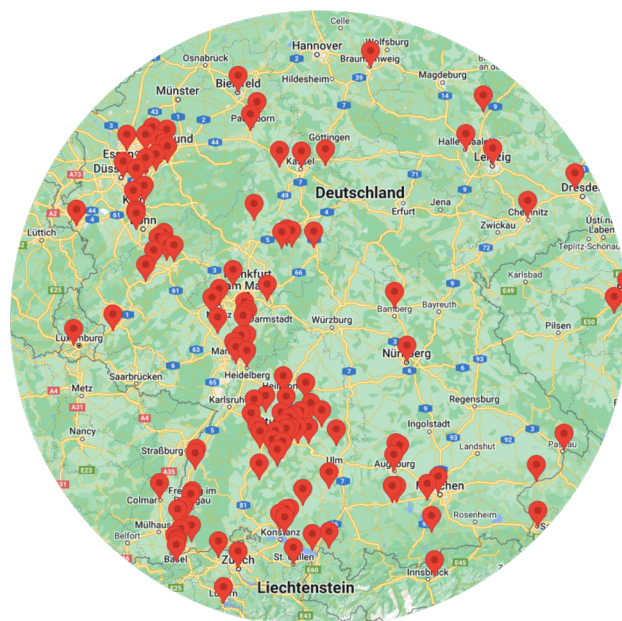


Spring 2020: 1st cycle with David Martin and Ann-Christin Christoffer.

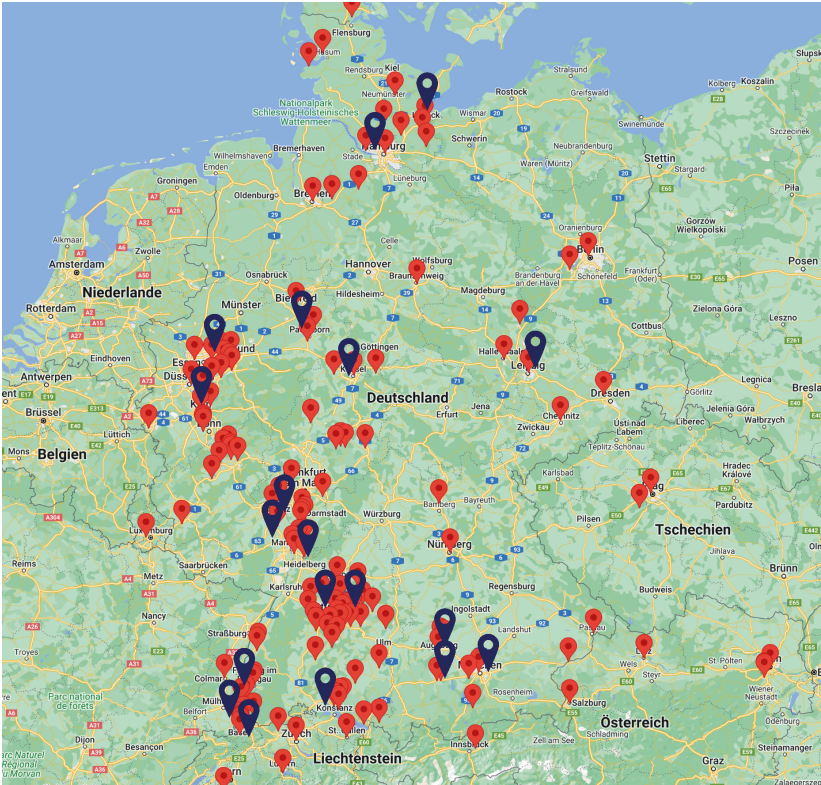


2020/2021: 2nd cycle with 45 participants. Development of the advanced course with „Knowledge Higher Worlds“. Foundation of Leben im Denken e.V.

2021/2022: 3rd cycle with 202 participants. Trip to Russia. Preparation of the language areas English, Russian and Chinese.



Current cycle 2022/23



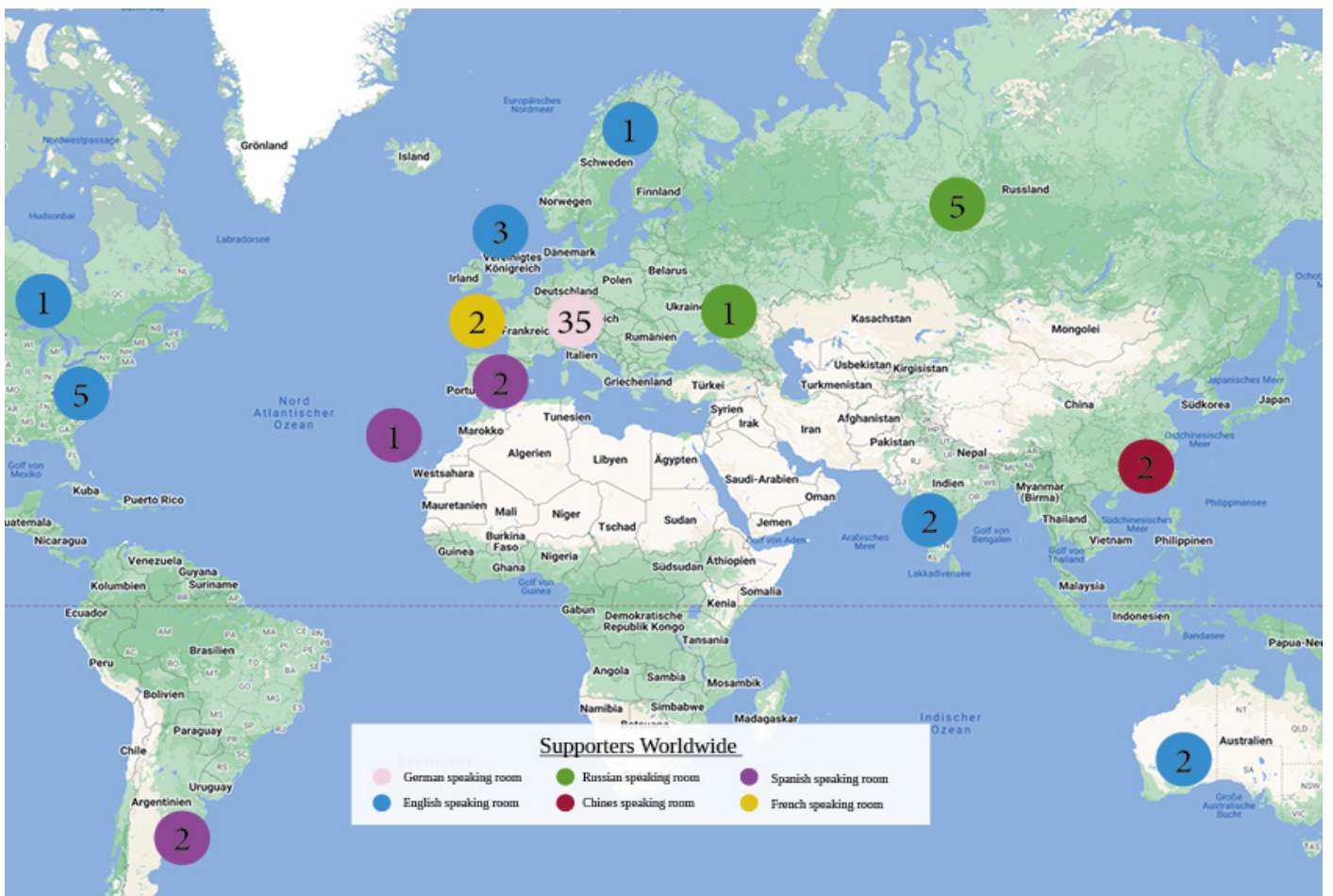
Regional groups:

22 in Germany, Switzerland, Australia, USA and Russia

Future Development

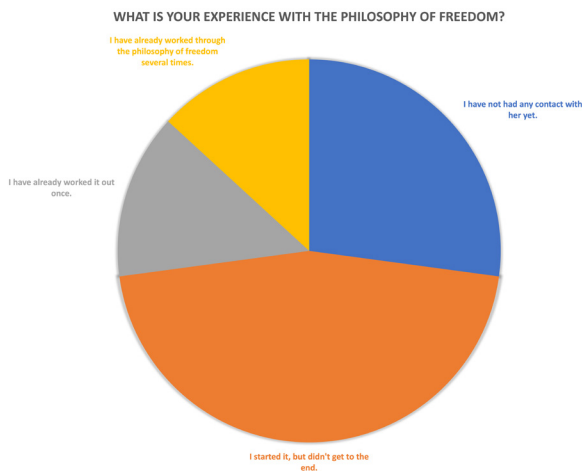
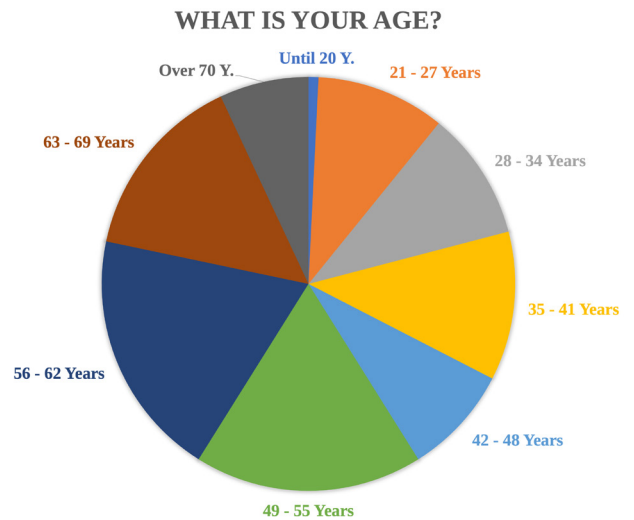
Free people live in the confidence that all free people belong together in a spiritual world and will harmonize their intentions.

Rudolf Steiner: The Philosophy of Freedom



Participants

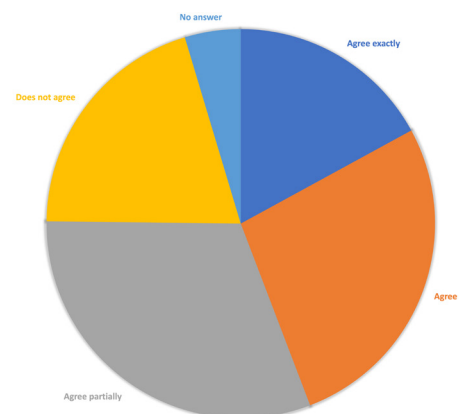
In the 2021/22 Annual training, 202 people from all over Germany and the world, in all age groups, were represented.



The participants bring with them a wide range of experience. People on a common training path who have already worked through „The Philosophy of Freedom“ several times – with some who are teaching it – together with those who are reading it for the first time. Many had already started the „The Philosophy of Freedom“ but never finished it.

Also, participants' previous experiences with Anthroposophy and with Rudolf Steiner's books are very different. As a thinking-meditative schooling, the Annual Training is conceived in such a way that previous experience is not an obstacle to the encounter and deepening of thinking and meditation.

I ALREADY HAVE A LOT OF EXPERIENCE WITH RUDOLF STEINER'S BOOKS.



Effectiveness

„Thank you very much for this wonderful training path :-) At the beginning I was a little bit reluctant – the idea of a clear commitment was difficult for me – but something very beautiful has developed and the ‘The Philosophy of Freedom’ has become very important to me.”

„This is the first time I’ve read Steiner. It’s fresh, lively and fun. Especially at the present time with so much bad news around, it is like an oasis.”

„I experience the cards as a great enrichment. With them I can deepen the essentials, which is much harder for me with the book. I am grateful for Andreas’ suggestions, including the letters with their references to current affairs, as well as the eurythmy. I was touched by the awareness that people from all over the world were participating.“

„I am enthusiastic about the daily work with the thought-cards and to notice how what was so intangible and incomprehensible to me at the beginning of the week, becomes clear and graspable by the end of the week.“

„The organization of the Annual Training is both structured as well as free-flowing. This is how it should be!“

„I think it’s a fabulous accomplishment, to design the meetings online in such a way that they are not tedious. After the last meeting I had more energy than before!!! I just wanted to say thank you for such high-quality meetings, in terms of content, method and technique! I would also gladly meet more often ;-)“

„The conferences have always given me new courage and new motivation. Afterwards, I was able to pick up again.“

„The 9th chapter touched me the most. I am grateful for the contacts that were made through our working group. I have become more aware of how perception, thinking and feeling are interrelated. The awareness of the fact that everything is one, that reality is a swinging and flowing of each into the other. That human beings perceive through their physical existence in a plurality, is for me very enriching, reassuring, calming and relieving/satisfying.“

„I am grateful for the idea and the overall initiative and have gladly worked with the cards, which drew out the essential thoughts of the text, so that dealing in a concentrated manner with it was so very easily possible. This is for me the central and most important aspect of the Annual Training.“

„A ritual has emerged from the work with the cards. It is the first time in my life that I'm sticking to something at all.“

„What touched me the most was that through this Annual Training I have found a kind of „mosaic stone“. I don't know how many times I've started to read Steiner's books „The Science of Knowing“, „Truth and Science“ and also „The Philosophy of Freedom“. I could not really 'grasp' them. How did I notice this? By the fact that if someone had asked me: 'What are they about?', I would not have been able to express this in my own words. This is beginning to change!“

„I am grateful for everything, but especially that I am becoming more courageous, free from learned ideas and to ask myself: What do I really want?“

The most alarming thing in our alarming time is that we do not yet think.

Martin Heidegger: What does thinking mean?

Self-observation has never been easy, but it might become even more difficult with time. In the near future algorithms [...] could make it almost impossible for people to recognize their true reality. Then algorithms will decide for us who we are and what we should know about ourselves.

Yuval Noah Harari: 21 Lessons for the 21st Century

The most important problem of all human thinking is this: To conceive of human beings as free personalities founded within themselves.

Rudolf Steiner: Truth and Science

Imprint

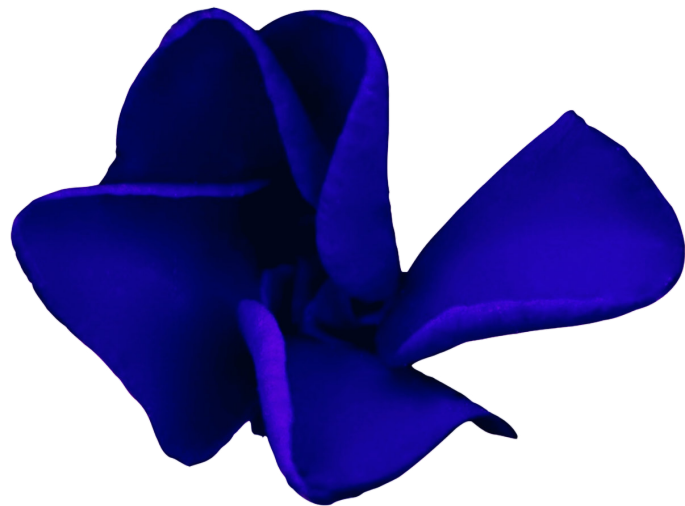
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You want to help us bring the philosophy of freedom to the world,
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Write to us or check out our website.

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