

*Meditation vitalizes those  
etheric centres which are  
already active.*

<sup>3</sup>Meditation must be practised with judgement and understanding. Five minutes will suffice for beginners, and half an hour for those who have been trained for many years. It must be clearly recognized that meditation involves handling molecules and energies, not just consciousness.

<sup>4</sup>Meditation vitalizes those etheric centres which are already active. They can easily be overstimulated, and then symptoms of disease may appear in the organs corresponding to these centres. The risk is particularly great if any of these organs is not entirely healthy. Moreover, the entire nervous system is subjected to an immense strain. But also quite healthy people grow nervous, lose their balance, find it impossible to control themselves, and sometimes suffer from insomnia. Many people by injudicious zeal destroy their brain cells, tumours of the brain or “lunacy” being the results.

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