

## Inner Hut

It can be very helpful to create a spiritual home for oneself, a place where one can contain what arises in one's inner life. The inner hut, or temple, may initially relate to the sense-perceptible world, but it is created by building inner moral imagery. We can return to this place whenever we engage in our inner practice. This can become a basis for our true inner home, where we can inwardly reside and be genuinely at peace.

This home is not connected to anyone else—no one else has anything to do with our inner hut, and there are no laws except what we establish, no religion or race, no culture except what we create in freedom, and what we consciously place there through our own agency. This is the invitation Rudolf Steiner makes in *Knowledge of the Higher Worlds* <sup>(30)</sup> when he speaks about “Building a Hut”. Here, one can establish different rooms for various spiritual activities of the inner life.

One may begin this process gradually, spending just a few minutes each day, imagining the hut. One will find that the hut imagination grows as one develops its contents, details, size and function. This imagination becomes a supersensible reality created by thought through the activity of will and intention.

Saether <sup>(31)</sup> suggests starting in a location inspired by a place one knows, somewhere one has been. This place must be significant, a haven one loves. Envision oneself walking the path that leads to this place. Create a room in this location, allow it to be clear and functional for the spiritual privacy of one's inner world. Create different rooms, specific spaces for distinct spiritual activities. One could have a karma room, a meditation room, a place where one can commune with one's angel.

Several researchers have developed locations which resemble aspects of the First Goetheanum. <sup>(32)</sup> One may find this practice helpful, creating an inner place where one feels entirely at home. The inner temple can serve as a foundation for the karmic organism.