

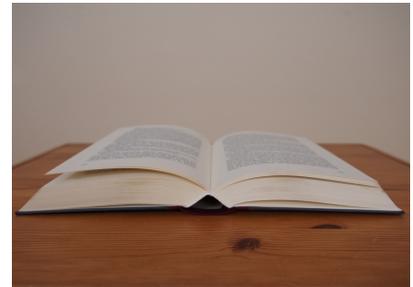
# On the art of reading

Article from Manuela Maria Walbrühl, January 2021

Reading is a communication with other thoughts. Reading is also a communication with the inner meaning that lies in the words. The attention goes outwards to the text and affects on one's own feelings.

Sometimes the gaze skims more fleetingly and superficially over the lines in order to quickly pick out a piece of information and incorporate it into the previous knowledge. But can the real intention of the author be noticed?

What content lies in a text? Is there a content or are word formulas used, emotions transported, unreflected views given or willful intentions imparted?



If there is a content in the text that has a wise knowledge, real idea and creative basis, new life forces (etheric forces) arise according to the content.

Conscious reading promotes one's own thinking to form thoughts and consequently leads to deeper feelings. Through independent thinking the human being is creatively active. He strengthens the power of his consciousness. In this sense reading contributes to mental stability.

## How can this art of reading develop?

A first prerequisite is an openness to the chosen text. It is an openness to a new, as yet unknown reality, the reality of the author. This reality is first faced by the reader. The confrontation allows the text to be freer, so that it can more easily reveal its core message. The reader also remains freer because they don't take the text into their previously known inner world and sink into musings or emotions.

## Practical steps for the art of reading

1. At first you can choose a text. This can be a non-fiction book, a wisdom book, a professional article, a newspaper clipping or something else.
2. Read one or a few paragraphs and think the central thoughts by yourself.
3. Remember the central thoughts shortly afterwards or at a later point in time.
4. Read the text again and check your memory.
  - Do the memory and the text match?
  - Was anything overlooked?
  - Has something been added that is not in the text?

Repeated conscious perception and empathy leads step by step to grasping the core content of a text.



5. Next you can form imaginations about the central thoughts.
  - What is the main idea?
  - What does the author want to say with these sentences?
  - How are the thoughts strung together?
  - Do they build on each other in a logical way?

6. Listen to the inner communication and the effects that are created by the text.
  - Which power or wisdom is there in the work?
  - Which motive does the author express?

The inner intention can express itself in silent or obvious ways.  
The intention, the motive and the value of a text lie usually behind the words.

These steps are an example of how a text can be worked out gradually. Pauses may be necessary followed by repeated attention. An understanding increasingly matures through repetition. Through independent imagination and sensitive consideration the intention, motive and core message of a text become increasingly apparent. Wisdom, power and love can be experienced if they are contained in the words.

New insights arise through this exploration. A content that is explored provides a basis and confidence for our own communication with others.

Texts with intrusive or manipulative intentions can be more easily recognized and rejected with these described steps. If there is a lack of awareness of such motives, they will be easily absorbed into the unconscious and continue to work there unnoticed. At a later point on time they can emerge unrecognized in situations and irritate or disturb them. Recognizing this seems to me to be something very essential, especially in our time, because we are confronted daily with a lot of information, opinions and contradictions.

In order to approach the art of reading, it is possible to start with just one of the steps mentioned above.

The listed steps can also be applied to news reports, radio broadcasts, lectures or similar.