

A very serious topic: Self-knowledge.
Fear and it's effect on our daily consciousness.

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"The higher truth can not be communicated when storms are raging" - spoke Steiner at one of his lectures in Dornach in 1914.

Storm that he referred to than was about the war that was raging through Europe at the time. He was supposed to give lecture cycle about occult reading and occult hearing in Munich but Germany was in the epicenter of the whole devastation that unfolded that year.

This sentence reminded me of my own home, Georgia. A country that is constantly fighting for survival, fighting for it's right to exist in the geological position where it is situated, fighting for it's right to speak in their own language and exercise their culture. And so, it has been for generations.

Including now. The external threats echo in the human beings, spreads into common habitual attitudes and actions, spreads into families, friend groups, schools and become part of the culture, until they create overall a hostile environment for an individual development.

So, it appears that storms that rage outside spreads it's claws inside.

This phenomenon was how I started my project with.

What is wrong with this people? Why are they at each others throats, judging, gossiping, lying, blaming, always very sure of themselves and their opinions and their ways of living? How did a culture once so respectful, honorable, diverse, and full of spiritual and intellectual understanding of life and togetherness, community come to merely perform those values—sustaining them through empty words, rituals, without true comprehension—while steadily losing touch with both reality and the very ideals it still raises its glass to?

This hostility translates into institutions, governments, in such a level that it is very difficult to live, economically or mental stability. People are actively fleeing for better life somewhere else where it's more peaceful. But do ever really completely get away?

All of us come here in Goetheanum, in this course, from different parts of the world. Peaceful or not so peaceful. We have different vocations, backgrounds. We have families and friends and we leave all behind and come here for 9/6/3 months to study.

When you uproot your life by choice or by circumstances a new field of possibilities spreads out. Above I gave example of Georgians and their financial, educational, difficulties or just a need to live at some place where there is a better living. But there are different degrees to uprooting as such: quitting a job, divorce, moving to another city or just to a new apartment, finishing school or university, finishing your sketchbook, losing someone very dear to you...

They mark very vividly culminations of something that was before.

Some say: a chance to start over.

But do we as living beings, as humans, ever really start anything from a complete blank page? Even with birth, we believe in anthroposophy, that we don't start completely anew. We always carry something with us to present life. Same goes for life in this incarnation.

We may move away, start a new job, a new relationship and so forth but we can't really get away from ourselves and our past. We carry throughout our lives our individual characters, upbringing, certain relations, circumstances that shape us.

This shaping then brings us to who and where we are now. Without them we would be someone else.

Coming here specifically, to study Anthroposophy, we are asked to come with a question.

Some questions emerge consciously, from the things we have experienced and witnessed in the past, but some are unconscious, questions of the soul that we really are not aware of. Living with any unanswered question is constraining, we either have to find an answer or be at peace that we might not know something. In any case it requires strength to either face the truth or to be at peace with things beyond our reach.

But when there is time for them to be answered, when there is a proper ground prepared for it to grow and flower, they must be confronted, they must become actual and you must be brave enough to make them yours and carry it to the ground that is being prepared for the next question.

But how do we deal with questions and uncertainties that are unconscious?

How are things even pushed to or saved in the unconsciousness?

I was running around with the question of unconscious - conscious relation which was sparked through this picture and instalment I saw in my life:



An unused, culturally significant object — a piano — treated as a desk. Clearly brought into the living space for its appearance and the social image associated with owning such an item.

Icons, mounted on the surface of this now functionless object, also treated thoughtlessly in a family who does not actualize Christian values into real actions.

Two very different, yet individually important, types of objects coexisting superficially.

Brought together in contradiction, thoughtlessly placed at home for appearances, status, and the approval of others.

Are they even aware of how they are living? I called it contradiction and a sort of "disrespect" to the Cultural and spiritually significant objects but they can't recognize this.

So, I go back to something that the paper started with.

Fear!

When love opens and expands, in the opposition of it lies fear that contracts, paralyzes and collects. And when it lingers in the subconsciousness unnoticed it's even more repressive. If I am unaware that it exists, I am unable to act upon it.

There are lots of things running in the background of our current being. As children when we are in misunderstanding even the smallest thing creates subconscious fears and we develop certain habits, tendencies, gestures to deal with them. A defense mechanism.

Lots of our actions and reactions were once an idea that now has become a routine practice, an instinct. It is hard to even notice those tendencies because our soul is not strong enough to face the same fear over and over again. It protects us. So, it clings to those defense mechanisms, those already developed instincts. If you think about this we have been reading about these past few weeks, haven't we in the threshold of spiritual world?!

I heard resounding in the temple these deep words "Know thou thyself, o man".

What the hell does it mean. I know my self. I don't like coffee, I like walking in the nature, dogs. I talk a lot, and don't talk enough when it is actually necessary to speak. I know myself.

But to be honest by working on this project I understood that the notion of knowing yourself is deeply rooted in recognizing fear, and how it manifests itself in our daily life.

It doesn't always scream or show very vividly. It lingers in the background. It slithers through seeking perfection, attention, inclusion, depression.

Like I said fear paralyzes the mind and then it is unable to see anything, let alone spiritual, elemental world. So, when soul is unable to speak though mind and fear still lingers on it speaks through our body.

So, let's try to listen. recognize the automatic and a pattern and relax try open the clenched fist that is planted in our chest consciously.