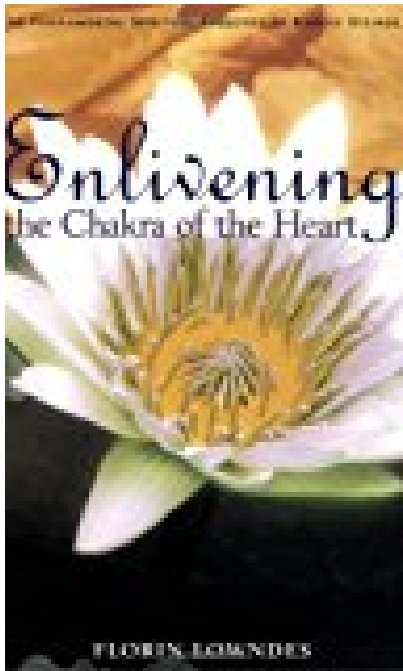


Enlivening the Chakra of the Heart The Fundamental Spiritual Exercises of Rudolf Steiner



BOOK DETAILS

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- Pages : 208 Pages
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BOOK SYNOPSIS

Rudolf Steiner advised that specific accompanying, or fundamental, spiritual exercises should always be carried out in conjunction with meditation, in order to protect the individual from dangers posed to normal consciousness. This work describes these fundamental exercises, giving suggestions as to how they can be carried out.

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