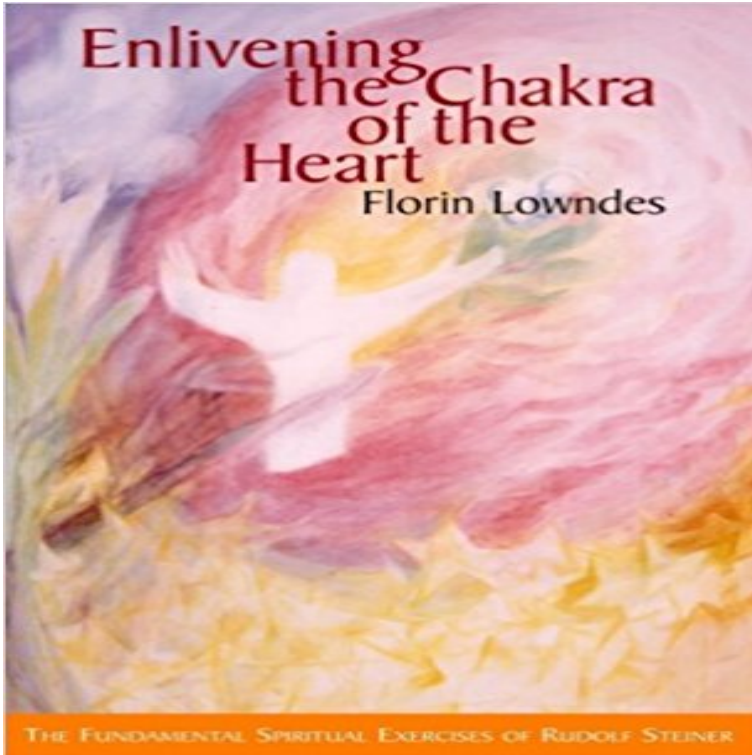


Enlivening the Chakra of the Heart: The Fundamental Spiritual Exercises of Rudolf Steiner



Here, Florin Lowndes describes fundamental spiritual exercises in thorough detail, giving suggestions as to how they can be carried out. He offers encouragement to those seeking a modern path of spiritual development.

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