



## **Meditation: Transforming our lives for the encounter with Christ (Selected Lectures)**

*Jorgen Smit*

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As levels of stress increase in modern life, many people are turning to the practise of meditation as a way of finding harmony, tranquility of soul, and of awakening dormant powers of spiritual potential. In this concise and practical book - based on the path of meditative knowledge developed by Rudolf Steiner (1861-1925) - Jorgen Smit removes the mystique surrounding meditation. He shows how meditative images can be formed, and how we can gain control over our thoughts and our will by various simple exercises. Working with the guidelines presented, we can come to experience the powers of our higher self, and can be prepared for an encounter ultimately with the spiritual presence of the higher self of all humanity, the Christ

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