



Self-Transformation (Selected lectures)

Rudolf Steiner

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At the heart of Rudolf Steiner's spiritual philosophy is the esoteric path of inner development that can lead to true self-transformation. In these lectures, Steiner shows how. By developing certain qualities such as clear thinking, inner tranquility, and positivity, as well as through meditative exercises, it is possible to break out of the shadowy, brain-bound world of everyday consciousness.

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