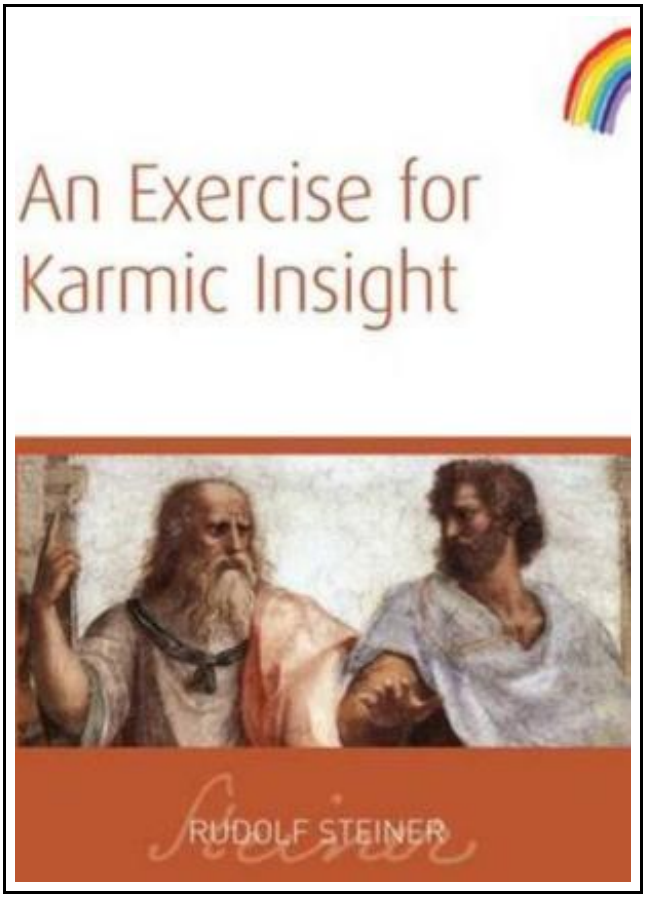
An Exercise for Karmic Insight



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Rudolf Steiner Press. Paperback. Book Condition: new. BRAND NEW, An Exercise for Karmic Insight, Rudolf Steiner, P. Wehrle, "There is the possibility of a comparatively quick maturing of insight into karmic relationships if, for a considerable time, we try patiently, and with inner energy, to picture with greater and greater consciousness an experience which would otherwise simply take its course, without being properly grasped, and fade away in the course of life." In this unique lecture, Rudolf Steiner presents a practical exercise for gaining insight into karma. He draws our attention to the ordinary events of life, encouraging us to take an image of a single event and meditate on it. He describes the method in great detail, and explains how, over several days and nights, the image becomes incorporated into our various spiritual bodies. Eventually, this image reaches our physical body in a transformed state, leading to a perception of a previous earth life and the cause of the event first pictured in meditation.

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