



# Meditation: Bringing Change into Your Life

*Jorgen Smit*

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In this concise and down-to-earth book, Jorgen Smit removes much of the mystique surrounding meditation by guiding the reader along the path of meditative knowledge as developed by Rudolf Steiner. He shows how meditative images can be fruitfully built up, how we can gain control over our thoughts and our will by various straightforward and practical exercises, and how meditative work needs to be balanced by working with themes from our own biography in order to avoid a one-sided egotism that can occur as a result of intensive inner work.

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