



# Breathing the Spirit: Meditations for Times of Day and Seasons of the Year

*Rudolf Steiner*

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As a spiritual teacher Rudolf Steiner wrote many beautifully formed and inspired verses. Often they were given in relation to specific situations or in response to individual requests; sometimes they were created for general use in assisting the process of meditation. Regardless of their origins, they are uniformly powerful in their ability to connect the meditant with spiritual archetypes and realities, and are valuable tools for developing experience and knowledge of other dimensions. Matthew Barton has delicately translated these meditations into English, many for the first time, and arranged them thematically in this outstanding new series. In this collection of meditations for times of day and seasons of the year, Rudolf Steiner delves into the rhythms of nature and their relation to human beings. The verses in the first part relate to the cycle of waking and sleeping, echoing the greater rhythms of birth and death. They provide an accompaniment for each day, gently reminding us where we have come from and where we are going. The second section focuses on the human being's passage through nature's changing seasons - a greater cycle of sleeping and waking. Together they offer us a spiritual light for our journey through life.

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