



# The Heart of Peace: Meditations for Courage and Tranquility

*Rudolf Steiner*

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## **The Heart of Peace: Meditations for Courage and Tranquility** Rudolf Steiner

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 meditator 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 to promote courage and tranquillity, Rudolf Steiner highlights the balancing, harmonizing forces of the heart, which are so much under attack in our cerebral culture. The verses aim to strengthen the heart by warming and enlivening thinking, allowing for genuine peace of mind; by drawing feeling into the dark depths of our will in order to help develop courage; by nurturing a real sense of peace within the heart; and by helping us to help others. Together they provide a powerful antidote to the stresses and strains of modern life.

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