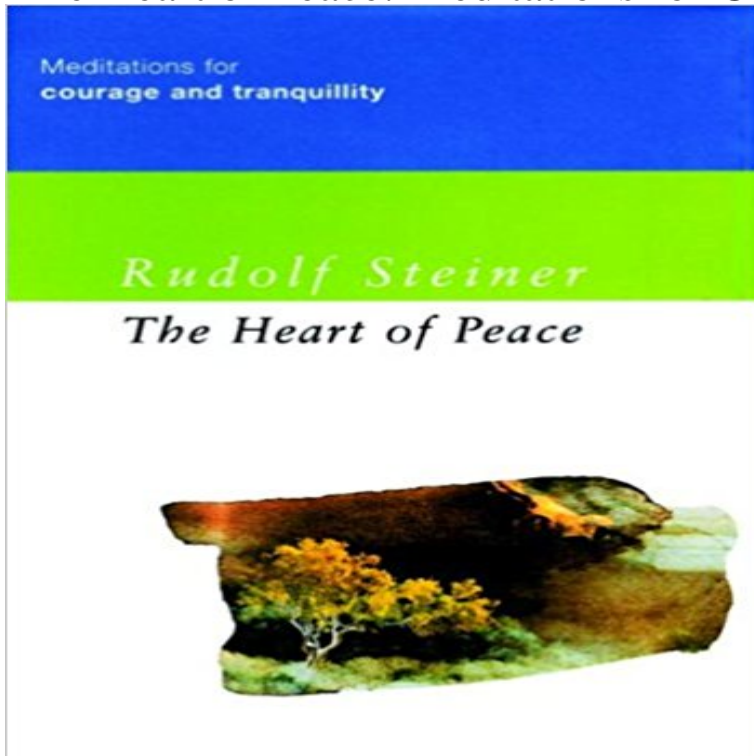


## The Heart of Peace: Meditations for Courage and Tranquility



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.

Call My Journey...LifeSports, movies, family, kids, marriage, health, lifeWednesday, November 28, 2012Quick updateThe last time I posted a lot has changed. So for a quick update, my husband got a new job. As soon as we got an offer on our house we accepted we accepted it. We found a house to live in and put an offer on the table and after a little negotiation we came to an acceptable and agreeable offer. After a very painful moving process, which lasted 33 days after the original closing date we finally closed. I quit my part time teaching job. Now I get to stay at home with Roarie and substitute teach every now and then. Posted by Mrs. Stacie Christner at 8:13 AM Reactions: 75 comments: Friday, April 27, 2012Education CutsOne of the most important things in life is to have a good education. Teaching is the only occupation that shapes our country. We teachers touch every life from the farmer to the lawyer, to the CEO of some big company. Granted you may not use everything that learn in the classroom but the structure, respect, responsibility, social skills and time management are life skills that are used everyday. The frustrating thing about being a teacher is the lack of money put into education. I am not complaining about how much money I make because teachers do not go into teaching. What I am complaining about is teachers getting cut, class sizes are getting bigger, and yet we still get the same pay. The schools who have the money have the money get the technology and the good test scores. The better the test scores the more money you get. So if you a poor school you don't get the technology and yet you don't get any money for the low test scores. So the rich get richer and the poor get poor. Needless to say, I have gotten word from the school superintendent that my special education position is being cut. I am still going to have a teaching job being a part

time American History teacher. Which I am glad that I am getting into the general education setting and that I get to be a part time stay-at-home mom but at the same time I wish I had a full time, paying job. Posted by Mrs. Stacie Christner at 7:39 PM Reactions: 24 comments: Sunday, April 15, 2012 Manners Meal Every year, the Colfax-Mingo Middle School does what they call manners meal. Grades six through eight take a field trip to a designed location and practice using good dining manners. So on Friday, April 13, 2012, we went some where local, the Colfax Historical Building for our dining. Before we go to on our trip the staff reviews what it is to have good manners. There are so many manners to cover and sometime we just assume that it will happen but it doesn't. Here are a few manners that we covered: Appearance- The students were to Shower, which as middle school students it is a challenge for some, and use soap Fix hair up nice Wear dress clothes- dresses, dress pants, dress shirt Wear minimal make-up Wear minimal perfume or cologne Table Setting- Silverware start on the outside and work your way in and the fork at the top of plate is the desert fork The drink is off to your left Waiting for others- Wait for everyone to arrive to your table before seating yourself Wait for everyone to get their food before you begin eating Table Talk- Speak softly to the people at your table Do not interrupt Do not talk about bodily functions (farts, pooping, etc.) Say "Please", "Thank you.", "You're welcome.", "Pardon me" Some things we took for granted and expected the students to know were: Keep elbows off the table Keep elbows as close to your sides as possible when eating Keep hands to your self (which is hard to do for middle school students) Listen to speaker (which is hard to do in the classroom too) Pass dinner rolls and salad dressing all around the table Posted by Mrs. Stacie Christner at 4:57 PM Reactions: 18 comments: Labels: education, Teacher Advice Monday, April 9, 2012 Roarie Meets her Cousins Roarie is 7 weeks old and finally got to meet half of her cousins yesterday at Easter. 18 comments: Labels: personal Older Posts Home Subscribe to: Posts (Atom) About Me Mrs. Stacie Christner I am a second year Special Education teacher at Colfax-Mingo Middle school. I got married in July of 2010 to the love of my life. We have a morkie dog (maltese/yokie mix), Laila. I do a lot of online shopping and would like to tell you about great deals that I find. View my complete profile Labels: American History 1600's (3) Blog Review (20) Development in the Colonies (4) education (14) gifts (3) health (10) Lesson Plan (20) make money (3) movies (3) news (8) personal (323) pets (1) Product Review (3) Review Game (3) Revolutionary War (14) Roarie cuddling with mommy. (1) sports (31) Teacher Advice (2) Search Google Custom Search Great Websites to Shop Amazon Ebay BLOGS I FOLLOW Blog Giveaways Free Listings of Online Giveaways Followers Blogging Buddies 1 Million Love Messages A Mom's Balancing Act Apu's Blog Bill and Vicky's Blog Billion Dollar Baloney Buen Amigo Cool MRI Stuff Diet Pulpit Life Little Life's Lessons Mental Poo Speedcat Hollydale The Break Room The Postcard Collector Time to Eat Mon Traci in the Swamp info about online associates degrees Blog Archive - 1/4 2012 (15) - 1/4 November (1) Quick update - April (6) - March (7) - February (1) - 2011 (8) - 2010 (72) - 2009 (82) - 2008 (168) - 2007 (260) - 2006 (25) AMAZON DEALS Simple template. Powered by Blogger.

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Rudolf Steiner (1861 1925) was born in the small village of Kraljevec, Austro-Hungarian Empire (now in Croatia), where he : The Heart of Peace: Meditations for Courage and Tranquility (9781855841321) by Steiner, Rudolf and a great selection of similar New, Used **The Heart of Peace: Meditations for Courage and Tranquillity** We pray for peace in this world, peace in the heart of people. Meditate for peace, tranquility, happiness, joy, and bliss. let my deeds be excellent, my let my love be forever, let my service be determined and let my existence be courage. **Inner Tranquility: A Guide to Seated Meditation: 3rd Edition - Google Books Result** Find great deals for The Heart of Peace : Meditations for Courage and Tranquillity by Rudolf Steiner (2002, Hardcover). Shop with confidence on eBay! **The Heart of Peace: Meditations for Courage and Tranquility - Kindle** The Heart of Peace: Meditations for Courage and Tranquillity. 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