

At the foundation of Western esoteric studies is an understanding of the evolution of consciousness. Anthroposophically based esoteric training focuses on strengthening the human soul. Ancient and modern practices are reenlivened to meet humanity's evolving needs and to fulfill our present task of cultivating freedom and love to its highest degree. Individual efforts toward developing the higher self is essential for genuine progress on the inner work path. The clear insights and exercises outlined in this book reveal the meaning and necessity of this essential effort in the present age of the consciousness soul, contributing to simultaneously enlivening both our inner and outer work. The path of developing the self and our work in the world are not separated but united through our practices and their results.

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