



The Foundation Stone

Willem Zeylmans Van Emmichoven

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During the Christmas Conference of 1923/24 when the Anthroposophical Society was refounded, Rudolf Steiner presented to its members for the first time the Foundation Stone Meditation. On consecutive days during that week, Steiner showed how elements of the Meditation could be rebuilt into new meditations (sometimes referred to as rhythms), which could be inwardly practiced. Zeylmans van Emmichoven was present at that formative meeting and lived intensively with these rhythms for more than 30 years. Initially in the Netherlands, and later during his many journeys around the world, Zeylmans began to make people aware of the germinating forces contained within the Meditation. This volume remains a seminal book that has inspired generations of students of anthroposophy.

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