



# Written In Our Hearts: The Practice of Spiritual Transformation

*Theodore J. Nottingham*

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**Written In Our Hearts: The Practice of Spiritual Transformation** Theodore J. Nottingham

This work presents insights from a great variety of teachers from various traditions, including Gurdjieff, Durckheim and Christian mystics. It also details the author's search for meaning that led him across the continents, into an esoteric school, religious institutions, and culminated with a new synthesis of these ideas and experiences.

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