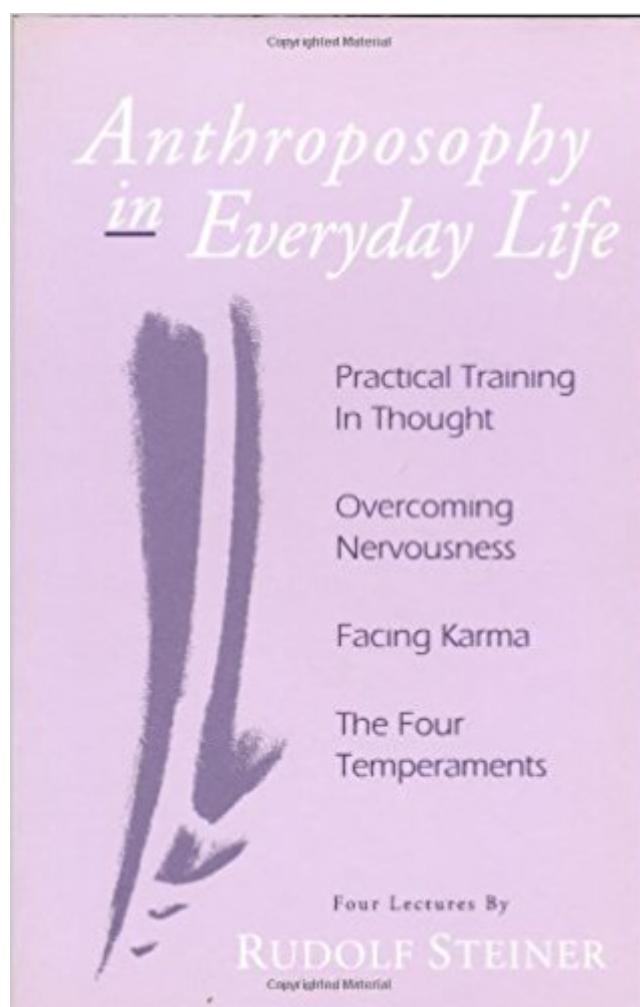


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# **Anthroposophy In Everyday Life: Practical Training In ThoughtOvercoming NervousnessFacing KarmaThe Four Temperaments**





## Synopsis

Four of Rudolf Steiner's best-loved lectures are collected in this book. They are some of the most accessible presentations of the anthroposophic approach to life available in English. Included are: Practical Training in Thought Overcoming Nervousness Facing Karma The Four Temperaments The first lecture concerns the fundamental human activity of thinking. Everything we do, we do through thinking. The first task, then, is to realize the reality of thinking. To help us do this, Steiner gives exercises that will allow us to experience the cognitive, even clairvoyant, power of thinking. In "Overcoming Nervousness," Steiner shows us how exercises in thinking also give us the calm centered sense needed to lead purposeful, healthy lives. "Facing Karma" takes us to the heart of life, where we experience suffering and happiness. The law of karma that determines life's experiences and encounters also helps us develop the self-knowledge required for self-transformation. Finally, "The Four Temperaments" show us how the union of hereditary factors and our own inner spiritual nature shape our psychology. The guide here is the ancient classifications of sanguine, choleric, phlegmatic, and melancholic. Renewed understanding of these allows us to develop a truly modern spiritual psychology, which is the basis of all real inner development. With its many practical exercises, mantras, and meditations, this book is a fundamental introduction for anyone beginning or needing encouragement along the path of inner development.

## Book Information

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## Customer Reviews

Text: English (translation) Original Language: German

Rudolf Steiner (1861–1925) was born in the small village of Kraljevec, Austro-Hungarian Empire (now in Croatia), where he grew up. As a young man, he lived in Weimar and Berlin, where he became a well-published scientific, literary, and philosophical scholar, known especially for his work with Goethe's scientific writings. At the beginning of the twentieth century, he began to develop his early philosophical principles into an approach to systematic research into psychological and spiritual phenomena. Formally beginning his spiritual teaching career under the auspices of the Theosophical Society, Steiner came to use the term Anthroposophy (and spiritual science) for his philosophy, spiritual research, and findings. The influence of Steiner's multifaceted genius has led to innovative and holistic approaches in medicine, various therapies, philosophy, religious renewal, Waldorf education, education for special needs, threefold economics, biodynamic agriculture, Goethean science, architecture, and the arts of drama, speech, and eurythmy. In 1924, Rudolf Steiner founded the General Anthroposophical Society, which today has branches throughout the world. He died in Dornach, Switzerland.

This slim volume is a collection of 4 talks given by Steiner on the principles of practical thought, overcoming nervousness, transcending one's karma, and the 4 main temperaments of man/woman. It is fantastic! With its insights into observation and thought -it has changed the depth and clarity of my thinking immensely. Simply put buy this book! It will change how you view yourself and cognitive abilities for the better. Steiner's other titles are generally hard to trudge through but this little book is worth its weight in gold and very readable.

One of the first I bought and last to read. But could have started with this one! Some people think reading Steiner is difficult. I think it just requires concentration and forget about "linear understanding". Start reading and slowly you will understand it. Other books written by others trying to explain Steiner are not the same. Through this book he speaks directly to you!

I found this to be written in terms that were not as simple to understand than more current spiritual books. This information is not new in esoteric circles. It did validate in more complex terms what I had learned already. The information is still valuable.

With all due respects to a genius of educating children and ourselves by widening our own perspectives and self-understanding, I found this book of Steiner's to be an overly challenging read

frequently.

I ordered this book mainly for the "Practical Training in Thought" lecture. And was not disappointed. Steiner makes the improving of one's inner workings accessible and even fun. I think it is amazing to even pursue this type of growth, and Rudolf Steiner has already written books and books on the subject. These lectures are a perfect starting place to dip a toe in the deep sea that is the genius of Rudolf Steiner.

I recommend to all seekers for truth about themselves. I have most of his books. one of my favorite authors

I, tried but I just don't get all the hype about steiner. It's as if he's trying to explain by not explaining.

Insightful

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