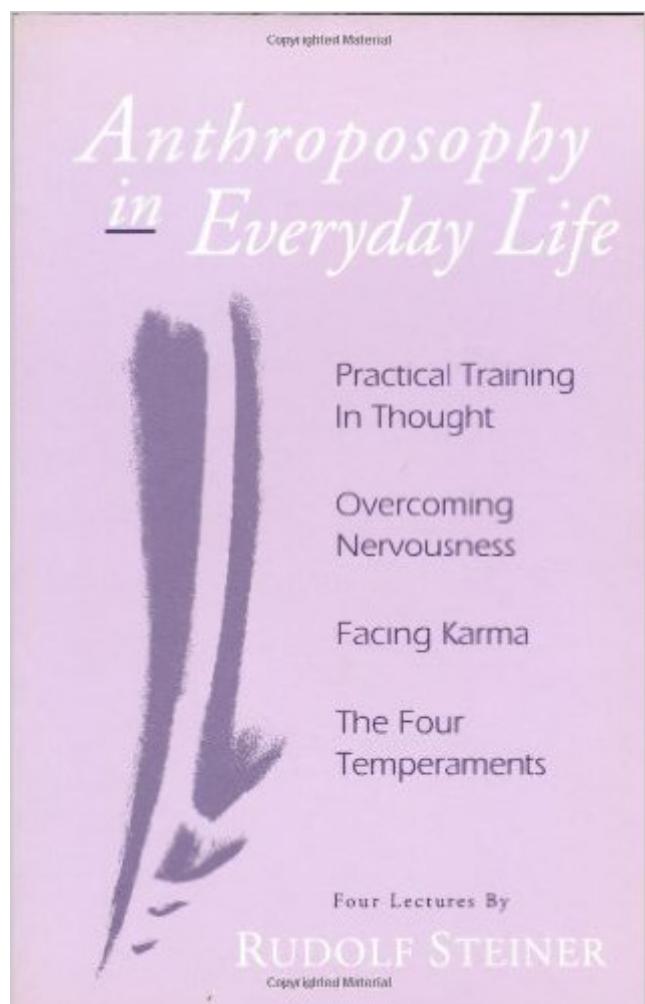


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# Anthroposophy In Everyday Life: Practical Training In ThoughtOvercoming NervousnessFacing KarmaThe Four Temperaments



## 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

It is easy for a teacher to be didactic and to say something along the lines, of, "You have seven

chakras, they are here and this is how you activate them." Or perhaps, "There is no reality, all is illusion." And people nod sagely and then head home. It takes a completely different kind of approach to sneak in below your intellectual radar and help you to re-program yourself so that you can find the Innate Freedom that has always lain deep within you. I have the greatest respect for any approach that helps people to uncover their true nature, but I know from long experience that the didactic approach can only take you so far. So often it is the teachers who "Teach without teaching" who have the most profound effects on their students. Steiner is one of a dozen writers and teachers whose work I did not "Get" until years after a first reading. I kept waiting for him to tell me exactly how I should meditate or focus my attention, and his instructions always seemed a bit vague. It was only later that I understood that it was deliberate. The language seems stilted and archaic. Thinking that it was a case of bad translation, I began to look at some of the lectures in German and soon found that Steiner really did speak that way. Initially I thought that he was being pedantic, but after a great long while I realized that he was using language to prod me in a precise direction. When you first start reading Steiner, some of his ideas seem to be odd, and at times he made the mistake of trying to marry his ideas to scientific findings. A mistake only inasmuch as the science of a hundred years ago was a very different animal from the science of today, and some of his speculations have long since been superseded.

When I first started down the road to spiritual learning, I picked up a few of Rudolf Steiner's books. I tried to read them, but for some reason I couldn't understand what he was talking about. Now a decade later when I pick up his books, I'm amazed at how simple his concepts are to read and apply to my life. Anthroposophy In Everyday Life is truly one of the most helpful, and insightful books I've ever read. Steiner explains that the reason we suffer is because we resist the natural world. No kidding. What we considered suffering as a child, is no big thing as we mature and look back on that same suffering. Meeting karma through suffering, builds us up, strengthening our character and making us better, more compassionate people. If we could look on suffering as a gift instead of something bad that happens to us, we wouldn't suffer so badly. I loved the part on Karma where he explained that at the beginning of our lives, we meet the people we knew during the middle period of our lives, and in the middle part of our lives we recognize people from the beginning of our previous lives. So, you meet your parents as your siblings in this life, and the people you met after 30 were your parents in a previous life. The point being, don't hold grudges or you'll have those people as siblings or parents in your next life. Here's some of his ideas on the 4 temperaments that we're born with: 1. physical body-made up of the minerals of the earth (melancholic) thoughtful

ponderer, considerate, highly creative, preoccupied with the tragedy of the world. Insensitivity to anything other than itself and insanity.2.

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