



Anthroposophy in Everyday Life: Practical Training in Thought - Overcoming Nervousness - Facing Karma - The Four Temperaments

Rudolf Steiner (Introduction) , Christopher Bamford (Introduction)

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Four of Steiner's most popular lectures are collected in this book. They may be the most accessible presentations of the anthroposophic approach to life available in English. With its many practical exercises, mantras, and meditations, this is a fundamental introduction for anyone beginning or needing encouragement along the path of inner development.

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.

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From Reader Review Anthroposophy in Everyday Life: Practical Training in Thought - Overcoming Nervousness - Facing Karma - The Four Temperaments for online ebook

Marina says

hard to read, as it is based on notes on lectures so hard to fully understand the concepts

Teresa Carbajal Ravet says

Not an easy read, however enlightening. Lectures that motivate you and make you think. Wondrous!

Betsy says

This book is absolutely brilliant! A couple quotes..."For the whole human being there is hardly anything worse than being far away in the soul, with one's heart, from what the head must perform." Later, he writes, "All pain that hits us, all suffering that comes our way, are of such a nature that they are being sought by our shortcomings. By far the greater part of our pain and suffering is sought by imperfections that we have brought... Since we have these imperfections, there is a wiser being in us who chooses the road to pain and suffering... We suffer because with every inner and outer suffering we eliminate one of our faults and become transformed into something better." I unfortunately had to return the book to the library so I cannot share any more quotes with you... you'll have to find the book yourself!

Andrew says

This is a good collection of lectures that focus on the practical applications of anthroposophical ideas on the individual level. A basic understanding of Anthroposophy is required, but these lectures aren't anything terribly difficult to pick up, read through, and experiment with in the day-to-day. As brief as they are, they're quite full of ideas: I've had to re-read and skim through them once or twice again to feel like I got the gist.

Andy says

Overall the jury is still out; however some of the main ideas are sound. Close observation of the world leads to improved memory of what you observe; Close observation of personal habits can lead to improvements of those behaviors; Close observation of the world, and repeated observations of the same thing can lead to intuitive understanding of the patterns involved in those things. Sensible, I would even say clearly written despite the mystic silliness (ether bodies and whatnot). What I'm left pondering is the application of these ideas with a neuroscience bend. This book was enough to encourage me to read more on the topic.

Mika says

The book was hard to read (this is honestly more attributed to it resonating with me, not the author), but some parts had some very interesting points, and these are the sections where my interest peaked.

Melissa Miller says

Short but provoking

I love his philosophy and found a few great ideas that offered great insight on my quest for greater understanding. I just wish he had gone into more detail and offered more examples. That's the only reason I didn't give it 5 stars. I am happy with what I got out of reading it though. Definitely worth the price and time.

WSL Library says

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