

STEINERBOOKS

NEW, RECENT & COMING SOON
FALL/WINTER 2024/25

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RUDOLF STEINER (1861–1925) was a well-published scientific, literary, and philosophical scholar, known especially for his work on Goethe’s scientific writings. At the beginning of the twentieth century, Steiner began to develop his early philosophical principles into an approach to systematic research into psychological and spiritual phenomena. He 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, biodynamic agriculture, education for special needs, social threefolding, Goethean science, architecture, and the arts of drama, speech, and eurythmy. In 1924, he founded the General Anthroposophical Society, which today has branches throughout the world.

Dear Readers,

Welcome to our annual print-catalog! We’re very happy to be showcasing, once again, quite a few New, Recent, and Forthcoming books from SteinerBooks, as well as from our UK publishing partners.

In case you’re new to our work, SteinerBooks is a non-profit publisher and distributor of books dedicated to improving the world’s situation by making available, for a wide readership, the works of Rudolf Steiner in definitive, well-edited translations, as well as works emerging from his insights and initiative, or related to them by virtue of their universally human impulse toward healing our contemporary individual and societal ills, through loving action and rigorous, original, independent thinking.

We are here to help in reminding our contemporary culture that an authentic, modern spiritual science was founded in the first two decades of the twentieth century, and that for the sake of all that is good and true, including humanity itself, this modern spiritual science must not only survive, but also thrive and flourish. It’s not too late for this to happen.

If, in addition to enjoying the books we publish, you find our mission and the work we do valuable, please consider making a donation to our Collected Works of Rudolf Steiner in English Fund, which supports our ongoing effort to make Rudolf Steiner’s complete works available in the English language, in expertly translated, edited, and annotated volumes.

Feel free to contact me with any questions about this project or ways you can help—or anything else!

With warm wishes for the year ahead,



John-Scott Legg
Executive Director, SteinerBooks
friends@steinerbooks.org

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NEW IN THE COLLECTED WORKS

Rudolf Steiner

The Language of the Cosmos

Cosmic Influences and the Spiritual Task of Northern Europe

Rudolf Steiner

11 lectures in various cities, Nov. 24–Dec. 31, 1921 (CW 209)

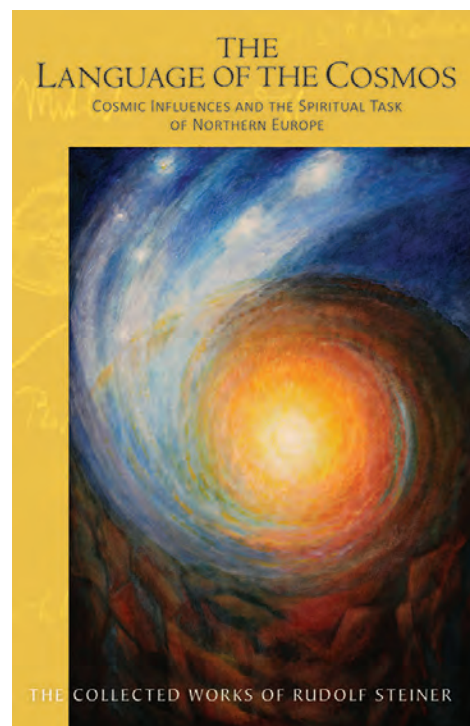
SEE
EXCERPT
pgs 34–37

“...human beings living in their earthly consciousness... dream up molecules and atoms; but these are only dreams—dreams of the waking consciousness.” —**Rudolf Steiner** (lecture 2)

Rudolf Steiner describes the spiritual reality of the human being not in familiar spiritual-scientific terms of the physical, etheric, astral, and I, but imbues these otherwise abstract designations with inner content—the physical body as an echo of the activity of zodiacal forces and expressed as cosmic consonants, while the etheric body reveals an echo of the weaving of planetary spheres in the realm of vowels.

Abounding with penetrating insights, inspirations, and profound wisdom, this book speaks to all who seek a new understanding of humanity’s place in the universe.

9781621483427 256 pgs paperback \$25.00



Supersensible Impulses in the Historical Development of Humanity

Rudolf Steiner

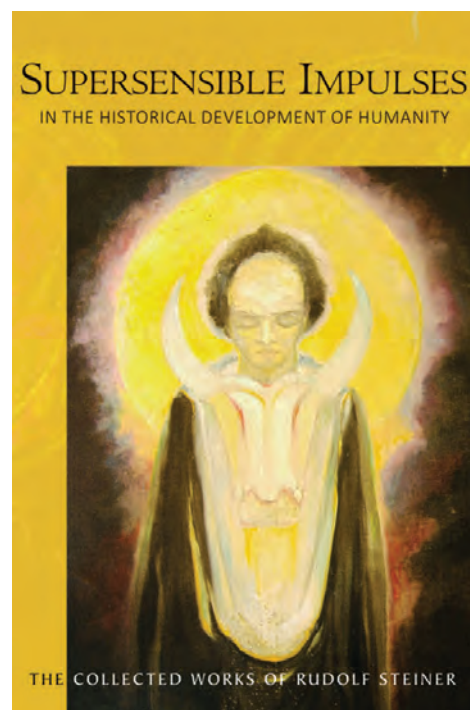
Introduction by Dale Brunsvold

8 lectures, Dornach, September 16 – October 1, 1922 (CW 216)

“When you perform a ritual, it is an appeal to the spiritual powers of the universe, an appeal to powers that are meant to connect with the earth precisely through what people do.” — **Rudolf Steiner**

These extraordinary lectures relate to Steiner’s ceremonial work in the Esoteric School of 1906 to 1914, and, more significantly, they were given in parallel to the founding of The Christian Community, whose sacraments were mediated by Steiner. Today, he tells us, Christ must be sought through new access to the spiritual world, and that any remaining traditional ritualistic forms should be permeated with the power of the Mystery of Golgotha.

9781855846630 184 pgs paperback \$30.00



NEW IN THE COLLECTED WORKS OF RUDOLF STEINER



On Philosophy, History, and Literature

Lectures at the Worker Education School
and the Independent College, Berlin, 1901–1905

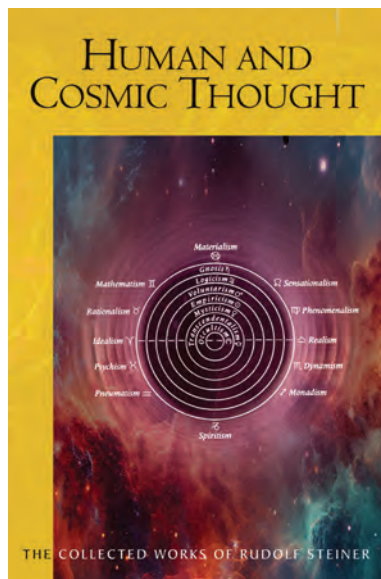
Rudolf Steiner

Introduction by Clifford Venho

Author's summary and summaries of 34 lectures, 1901–1905; with reports on Rudolf Steiner's activity in the "Giordano Bruno Association," 1902 (CW 51)

Concerning his teaching activities in the Worker School, Rudolf Steiner later reflected in his autobiography, "I had to find a completely different way of expressing myself than I had become used to until then." The result was the foundation for what he called "historical symptomatology"—a study of the deeper causes behind history through their symptoms in historical events.

9781621483212 348 pgs paperback \$30.00



Human and Cosmic Thought

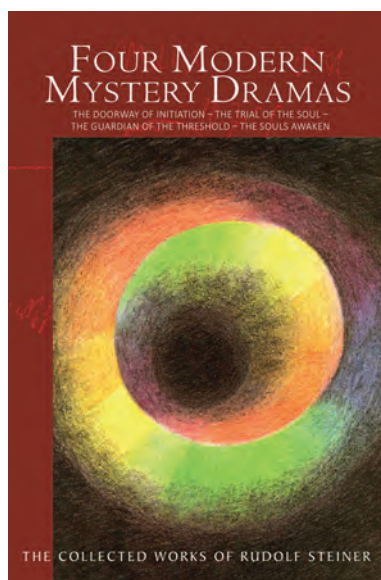
Rudolf Steiner

Introduction by Robert A. McDermott

4 lectures, Berlin, January 20–23, 1914 (CW 151)

In these concise lectures, Rudolf Steiner speaks of twelve main philosophical perspectives and the importance of comprehending each of them. Appreciating the variety of worldviews not only sharpens one's thinking and makes it more flexible, but also helps us to overcome a narrow-mindedness and develop tolerance for the ideas and opinions of others. The future of philosophy rests not on defending one perspective and refuting all others but in learning to experience the validity of all perspectives. Steiner also explains how each philosophical perspective is colored by a particular "soul mood" that influences the way we each pursue knowledge as individuals.

9781855846647 152 pgs paperback \$28.00



Four Modern Mystery Dramas

The Doorway of Initiation • The Trial of the Soul •
The Guardian of the Threshold • The Souls Awaken

Rudolf Steiner

Translated and introduced by Richard Ramsbotham

Written 1910 to 1913 (CW 14)

Rudolf Steiner's four modern mystery dramas are powerful portrayals of the complex laws of reincarnation and karma, transporting us to landscapes of soul and spirit where suprasensory beings are visible, active, and influential. Through perception of those hidden worlds, we are given tools to comprehend the background of the struggles we face in everyday life.

This fresh rendering into English by Richard Ramsbotham also features his extensive introduction.

9781855846586 570 pgs paperback \$45.00



NEW IN THE COLLECTED WORKS OF RUDOLF STEINER

The Inner Nature of Music

And the Experience of Tone

Rudolf Steiner

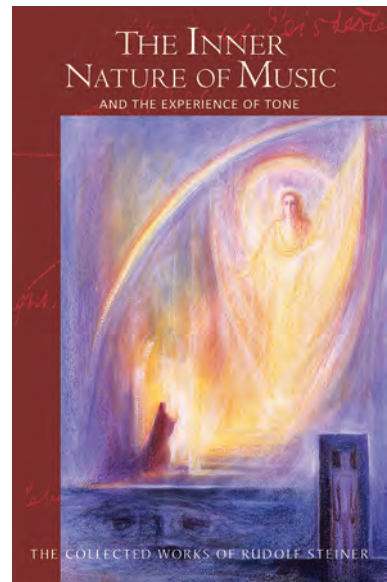
Translated by Marie St. Goar • Introduction by Dorothea Mier

8 lectures in various cities, November 11, 1906 – March 16, 1923 (CW 283)

Through tones, music directly expresses the innermost essence of the cosmos, and when we hear music our sense of wellbeing comes from our recognition of our soul's experience in the spiritual world. Rudolf Steiner discusses our experience of musical intervals and shows how it has undergone profound changes during the course of evolution.

9781621483465 228 pgs paperback \$25.00

COMING IN DECEMBER



Eurythmy as Speech Made Visible

Speech Eurythmy Course

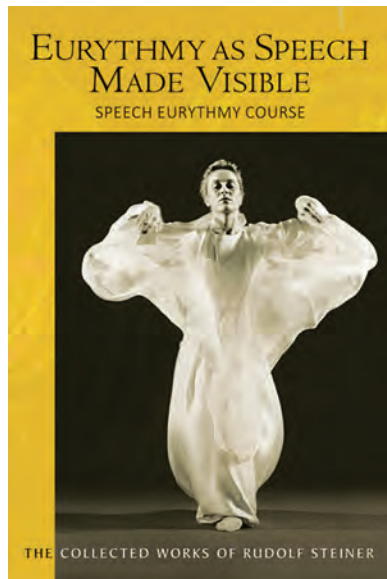
Rudolf Steiner

Foreword by Marie Steiner-von Sivers • Introduction by Coralee Frederickson

15 lectures, Dornach, June 24 – July 12, 1924 (CW 279)

In connecting to the centuries-old esoteric and exoteric Western traditions of “the Word”—the creative power in the sounds of the divine-human alphabet—Rudolf Steiner gave it concrete form and expression in the performing arts, in education, and for therapy. In addition, this new translation includes recollections by course participants, supplemental sketches of eurythmy forms and movements, Marie Steiner’s original foreword, and thirty pages of color plates, featuring blackboard drawings and eurythmy forms.

9781855846654 512 pgs paperback \$50.00



Necessity and Freedom

Rudolf Steiner

5 lectures, Berlin, January 25 – February 8, 1916 (CW 166)

Abounding in lively anecdotes and fresh insights, these lectures draw the reader into a rich contemplation on the nature of necessity and freedom in human life. Rudolf Steiner weaves together seemingly disparate elements, resolving contradictions into a higher unity, showing us that, far from being mutually exclusive, necessity and freedom are intimately interwoven in the intricate tapestry of life.

Spiritual science is now necessary as an evolutionary development, and yet we can take it up only in freedom.

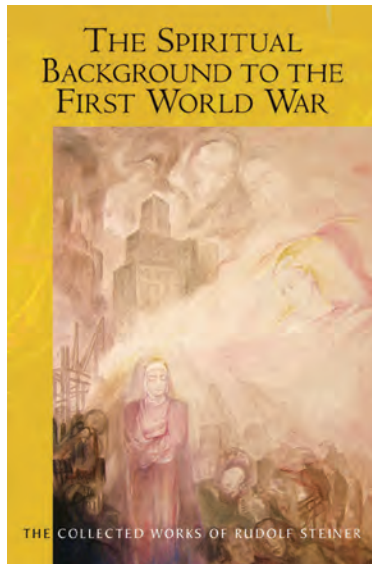
This book is sure to inspire all who explore its pages.

9781621483526 156 pgs paperback 18.00

COMING IN JANUARY



NEW IN THE COLLECTED WORKS OF RUDOLF STEINER



The Spiritual Background to the First World War

Rudolf Steiner

Translation and introduction by Simon Blaxland-de Lange

16 lectures, Stuttgart, Sept. 30, 1914–March 3, 1921 (CW 174b)

With the unprecedented global conflict of World War I as the overarching theme, Rudolf Steiner addresses timeless issues such as the search for harmony among peoples and nations, the development of love as a human capacity, the continuing presence of Christ, and the matters of life after death and reincarnation.

Although more than a century old, the enduring themes of these previously untranslated lectures will resonate with many readers today.

9781855846616 412 pgs paperback \$39.00



Europe between East and West

In Cosmic and Human History

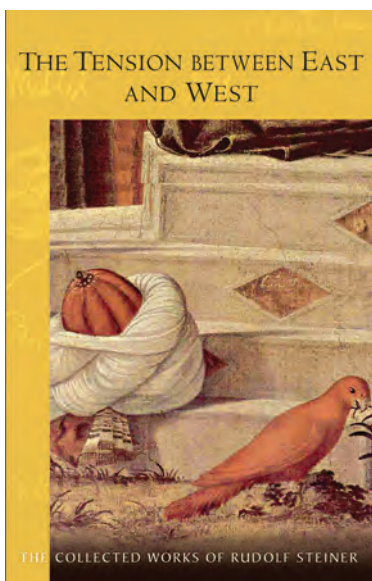
Rudolf Steiner

Introduction by Terry M. Boardman • Translated by Christiana Bryan

12 lectures, Munich, Sept. 13, 1914 – May 4, 1918 (CW 174a)

Published in English for the first time, these lectures cover an array of topics, including the potential elimination of the soul through specific medicines; intelligence testing as an expression of an ahrimanic trend; the stunted condition of inner development of many people after the age of twenty-seven; the effects in the spiritual world of those who die young; how war teaches selflessness; and the significance of Michael for the appearance of Christ in the etheric.

9781855846623 312 pgs paperback \$35.00



The Tension between East and West

Rudolf Steiner

Introduction by Marie Steiner-von Sivers • Translated by B. A. Rowley

10 lectures at the Second International Congress of the Anthroposophical Movement, Vienna, June 1–12, 1922 (CW 83)

This dynamic set of lectures (given at the second international congress of the anthroposophic movement in Vienna) lifts the veil from modern social and spiritual problems as experienced in the polarities between East and West. Understanding the geographic and spiritual background of world history is vital to an assessment of where we stand in history today—as Steiner points out here and in many other lectures given during and in the years following World War I.

9781621483274 312 pgs paperback \$28.00

NEW & FORTHCOMING BOOKS

Facing Evil and the Guardian Speaks

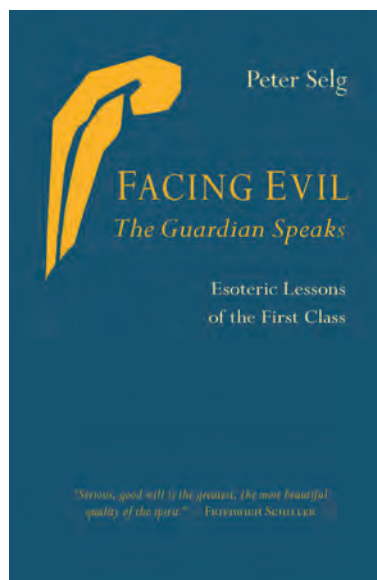
Esoteric Lessons of the First Class

Peter Selg

In part one, Peter Selg address the necessary confrontation with the powers of evil as they appear in the Class Lessons and in our time more broadly. Part two deals with the Guardian of the Threshold as a Michaelic teacher and a guide along the soul's path into the spiritual world.

This book represents the ongoing effort on the part of Selg and the leaders of the General Anthroposophical Section at the Goetheanum to deepen and internalize the work with the Class Lessons for all members of the School for Spiritual Science.

9781621483335 144 pgs paperback \$15.00



Rudolf Steiner

Life, Inner Path & Work

Rudi Lissau

Introduction by Andrew J. Welburn

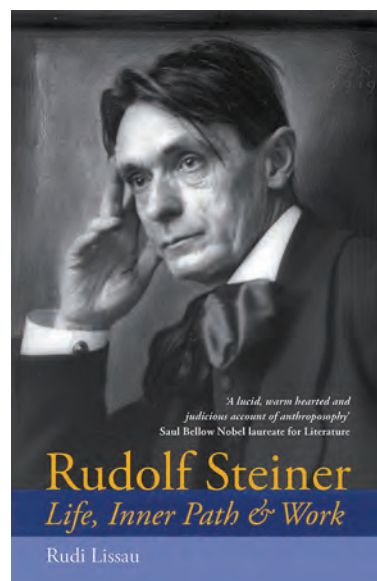
Rudi Lissau offers a fascinating overview of Rudolf Steiner's life, philosophy, meditative path, and work. He summarizes Steiner's revolutionary thinking on Waldorf education, biodynamic farming, medicine, the arts, and the sciences, offering inspiring alternatives to bleak materialism. Central to his teaching are profound insights into Christ and the destiny of humanity.

Andrew Welburn's Introduction contextualizes Steiner and spiritual modernity.

9781912480944 176 pgs paperback \$19.95

COMING IN FEBRUARY

Revised
Third
Edition



The Anthroposophical World Society

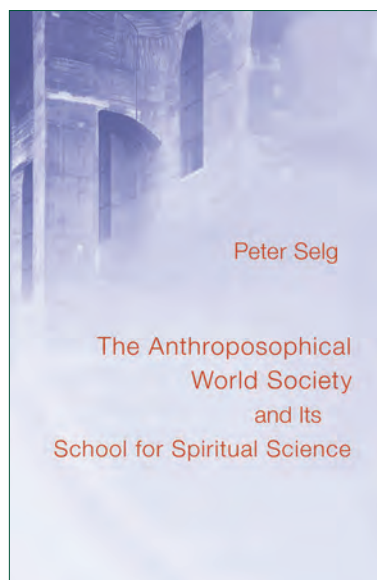
And Its School for Spiritual Science

Peter Selg

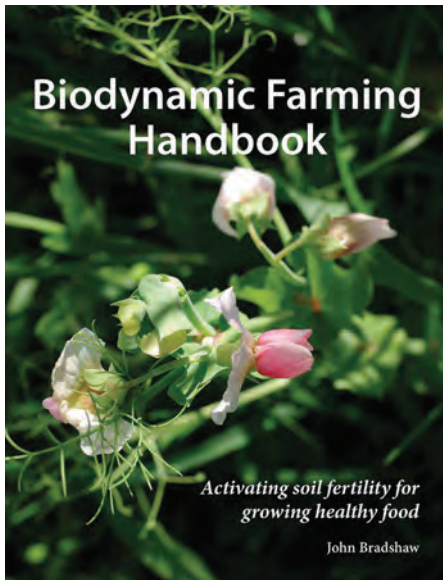
Though much good work has been done over the past hundred years, many of the issues that hindered the Society and movement in Steiner's time continue today. This book is a call to self-knowledge for members of the Anthroposophical Society—a call to take up the work of "furthering the development of the task-centered worldwide Society that Steiner made so clearly visible in 1923."

The four essays published here deal, each in its own way, with the past, present, and future of the Anthroposophical Society and its School for Spiritual Science.

9781621483632 96 pgs paperback \$15.00



NEW & FORTHCOMING BOOKS



Biodynamic Farming Handbook

Activating Soil Fertility for Growing Healthy Food

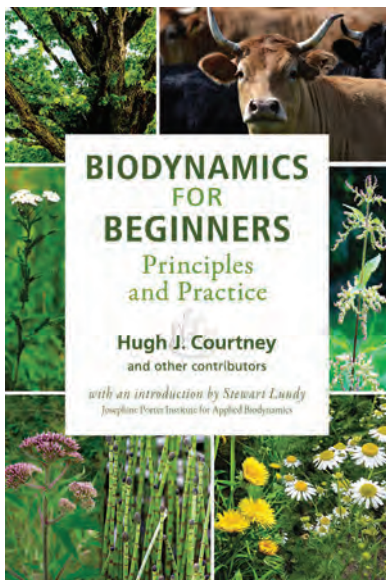
John Bradshaw

Foreword by Richard Gantlet

The author provides a comprehensive overview of biodynamic farming, its scientific basis, detailed instructions for practical application, plus a series of case studies describing the activities of biodynamic farms in Australia and Europe that use the Australia Demeter Biodynamic Method, which is applied widely in Europe, Asia, and the U.S. The “Australian method” was developed under the guidance of Alex Podolinsky (1925–2019) and extended to hundreds of thousands of acres by the mid-1980s. Today, hundreds of farmers around the world use this method.

9781912480937 320 pgs paperback \$39.95

COMING IN JANUARY



Biodynamics for Beginners

Principles and Practice

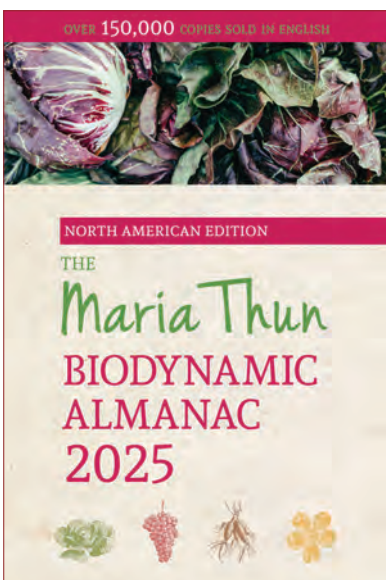
Hugh J. Courtney

Edited and introduced by Stewart Lundy

This collection of articles—compiled primarily by Hugh Courtney from the periodical *Applied Biodynamics*—introduces the basics of making the essential biodynamic preparations. The articles discuss much more than ways to make preparations successfully; it also represents, for the most part, Courtney’s way of doing so along with numerous practical tips for success.

These articles provide technical knowhow for making and using the biodynamic preparations described by Rudolf Steiner in his *Agriculture Course* and further developed by generations of biodynamic practitioners.

9781938685415 300 pgs paperback \$29.95



The Maria Thun Biodynamic Almanac 2025

North American Edition

Titia Thun and Friedrich Thun

This is the original biodynamic sowing and planting almanac, which has been adapted for North American (EST) dates and times. It has been essential reading for more than sixty years!

The clear, user-friendly color layout features detailed planting, maintaining, and harvesting information to help both seasoned biodynamic farmers and novice gardeners maximize the yield and vitality of crops and plants. It has been trusted by generations of growers.

A removable wall chart can be pinned up as a handy reference.

9781782509165 96 pgs paperback \$14.95

NEW & FORTHCOMING BOOKS

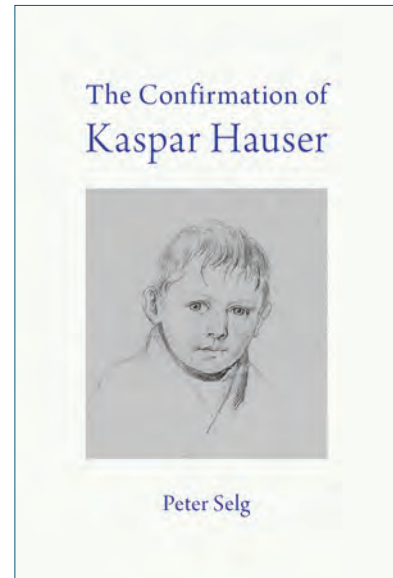
The Confirmation of Kaspar Hauser

Peter Selg

Illustrated by Matilda Ruta

Peter Selg provides an incisive study of the spiritual and historical significance of Kaspar Hauser and outlines the events, words, and mood of Kaspar Hauser's religious confirmation, guiding the reader toward a deeper understanding of the role of this event in Hauser's biography. Selg also explores correspondences between the lives of Hauser and the tragic figure of Friedrich Hölderlin in relation to the spiritual task of Central Europe. Turning to Rudolf Steiner, the book continues this exploration while considering Steiner's profound statements related to Kaspar Hauser, his mission, and his tragic fate.

9781621483731 168 pgs paperback \$16.95

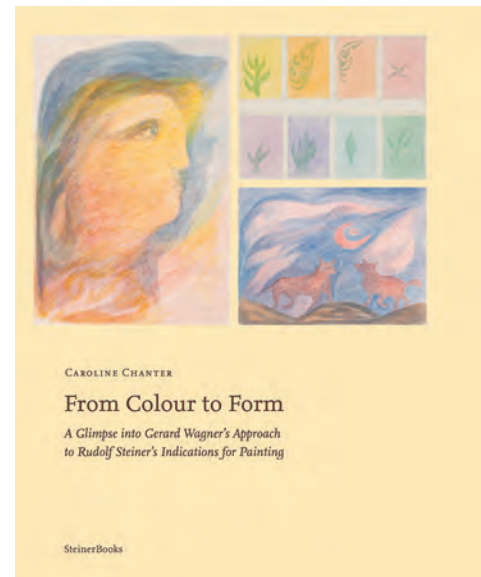


From Colour to Form

A Glimpse into Gerard Wagner's Approach
to Rudolf Steiner's Indications for Painting
Caroline Chanter

This book offers insight into how Gerard Wagner developed his work on the basis of Rudolf Steiner's indications for painting. Fundamental color experiments illustrate his methodical approach, while examples of his late work show the living, etheric quality he achieved in his watercolor painting. Rudolf Steiner's training sketches for painters (pastel drawings and watercolors) are also included, as well as the first English translation of Albert Steffen's summaries of Steiner's lectures on color.

9781621483717 224 pgs paperback \$50.00



In the Mountains Green

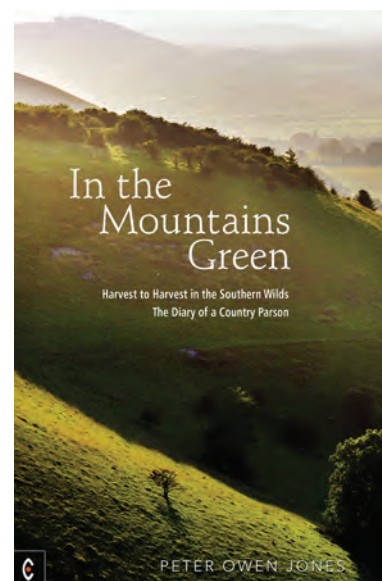
Harvest to Harvest in the Southern Wilds:
The Diary of a Country Parson

Peter Owen Jones

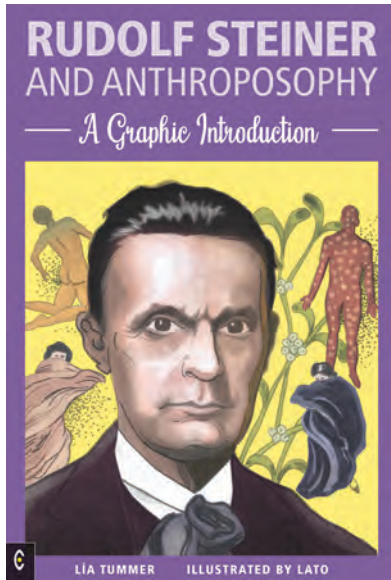
In a series of joyous, reflective, and inspired diary pieces, Peter Owen Jones takes us on a voyage through the annual cycle on a journey of inner and outer discovery. With the variety and color of seasonal life in Britain and the beauty of the Sussex countryside as his backdrop, Owen Jones observes the magic of the every day—in the birds, bees, and butterflies, as well as in people.

With lightness of touch and good humor, the author calls us to awake to the world around us, to ourselves, and ultimately to meaning in life.

9781912992584 120 pgs paperback \$22.95



NEW & FORTHCOMING BOOKS



Rudolf Steiner and Anthroposophy

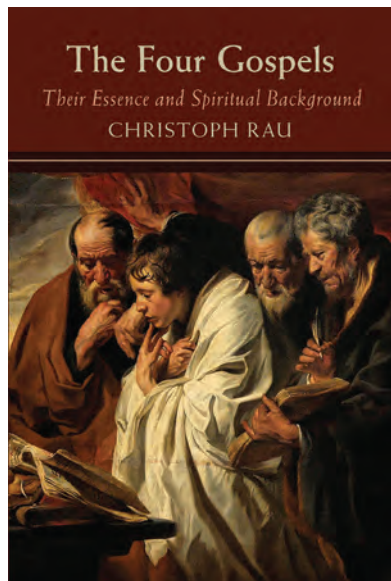
A Graphic Introduction

Lía Tummer

Illustrated by Lato

At the dawn of the twentieth century, Rudolf Steiner presented anthroposophy as a “spiritual science” that expands on the restricted scientific, materialist ideology of our time. Lía Tummer’s lucid text and Lato’s creative and playful illustrations offer a unique and highly engaging “graphic” introduction to Steiner’s life and work for both the curious and for dedicated students. This charming book depicts the development of a universal genius, from his childhood in the untamed beauty of the Austrian Alps to the sublimities of human wisdom—from his work as a Goethe scholar to building the extraordinary Goetheanum in Dornach, Switzerland.

9781912992591 176 pgs paperback \$24.95



The Four Gospels

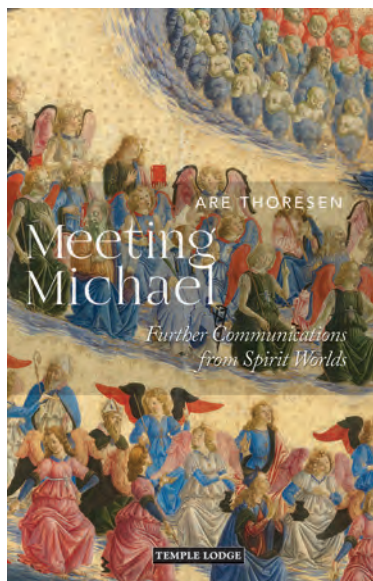
Their Essence and Spiritual Background

Christoph Rau

“When a theologian speaks of the widespread misconception nowadays, that faith is an intellectual holding of what-is-possible, they underpin a wretched reduction of faith. Since the interest of New Testament studies shifted to philosophical details, the word of the Bible was treated intellectually, thus shaking the foundation of faith in many people.” — Christoph Rau

The author demonstrates the independent structure of each of the four canonical Gospels. He illumines the distinctive stylistic features of each composition, revealing the design principles through which the meaning and goal of each Gospel can be understood, and shows that the Gospels, despite their seeming contradictions, are elements of a common organism.

9781584208754 300 pgs paperback \$29.95



Meeting Michael

Further Communications from Spirit Worlds

Are Thoresen

Norwegian healer and clairvoyant Are Thoresen invites us to accompany him on his further travels on the Northern path of initiation. Having previously traversed the realms of the elemental world, he now takes us to the astral regions and Devachan, where we meet a series of extraordinary entities, culminating in a dialogue with the Antichrist and an exploration of the sublime spheres of the Time Spirit Michael. Thoresen contrasts Vidar’s path (“through the mysteries of the spirit”) with “the mysteries of the earth,” and discusses the differences between the paths of Vidar and Michael.

Meeting Michael concludes Thoresen’s trilogy that also includes *Travels on the Northern Path of Initiation* (2022) and *Encounters with Vidar* (2023).

9781915776143 124 pgs paperback \$22.95

NEW & FORTHCOMING BOOKS

Meeting Spirit Beings

How to Converse with Personal Guides,
Guardian Angels, and the Christ

Bob Woodward

“The purpose of this book is to share with readers how we can begin to awaken our connection with certain beings across the threshold. It is this threshold of consciousness which separates our everyday sense world from the suprasensory world of spirit beings. . . . This spirituality encompasses connecting with our spirit guides, guardian angels, and the cosmic Christ Being. But, having free will, the initiative for such contacts is very much on us to ask for in order to receive.” — **Dr. Bob Woodward**

9781912992577 168 pgs paperback \$24.95



The School of Spiritual Science

An Introduction

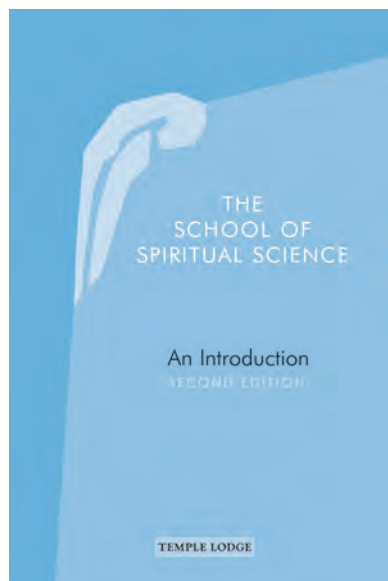
Edited by Christiane Haid, Constanza Kaliks,
Johannes Kühl and Claus-Peter Röh

Thoroughly revised and updated, this important volume describes the character, intentions, and working methods of the pioneering School of Spiritual Science as established by Rudolf Steiner within the framework of the reestablished Anthroposophical Society in 1924. It explains the School's prerequisites for membership and examines the role of the First Class and the responsibilities of its representatives.

The main body of the book features descriptions of the sections within the School of Spiritual Science, contributed by individuals responsible for leadership of those sections.

9781915776167 118 pgs paperback \$24.95

Revised
Second
Edition



The Spirit of Community

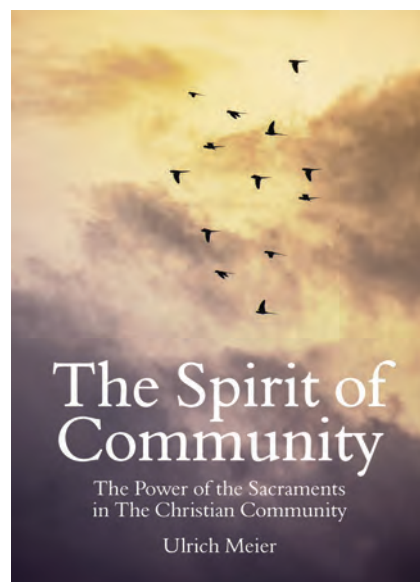
The Power of the Sacraments in The Christian Community

Ulrich Meier

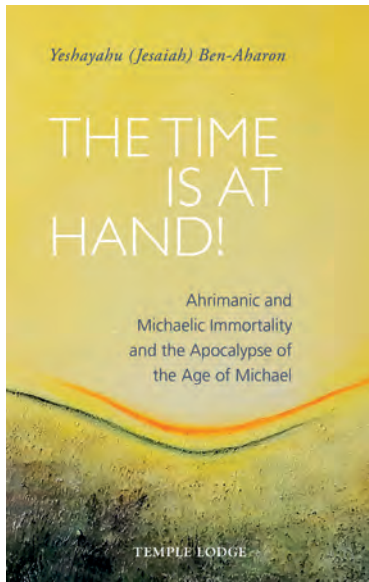
Foreword by Tom Ravetz

In this thoughtful book, Ulrich Meier shows how each of the seven sacraments of The Christian Community contributes to building community. He explores how the community, through baptism, welcomes a new life on Earth, aware of and acknowledging the life that was lived in spirit before birth; then, confirmation marks the transition from the close ties of parents and teachers to the broader community; and in sacramental consultation, individuals explore the relationship of their past actions to their future intentions.

9781782508960 80 pgs paperback \$19.95



NEW & FORTHCOMING BOOKS



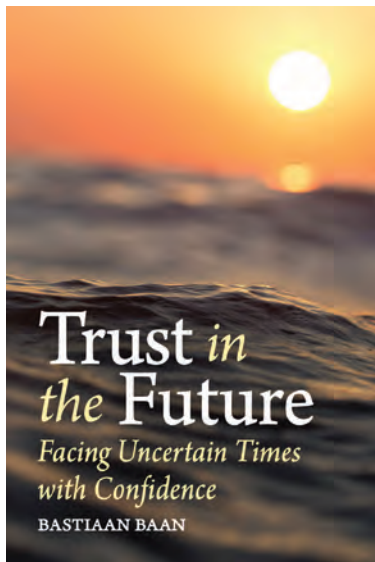
The Time Is at Hand!

Ahrimanic and Michaelic Immortality
and the Apocalypse of the Age of Michael
Yeshayahu (Jesaiah) Ben-Aharon

In five lively and challenging lectures, Dr. Ben-Aharon offers encouraging perspectives on the apocalyptic challenges facing humanity. The key Michaelic task for human beings today, he says, is to comprehend fully the new revelation of the etheric Christ. Humanity's resurrection from the abyss—from the grave of civilization—depends on the success of this. However, it can still be achieved, and the time is at hand! The author describes the global School of Spiritual Science's contemporary work to create a path to conscious recognition of the Christ and Michael impulses.

This is an invaluable handbook for serious students of anthroposophy.

9781915776129 130 pgs paperback \$22.95



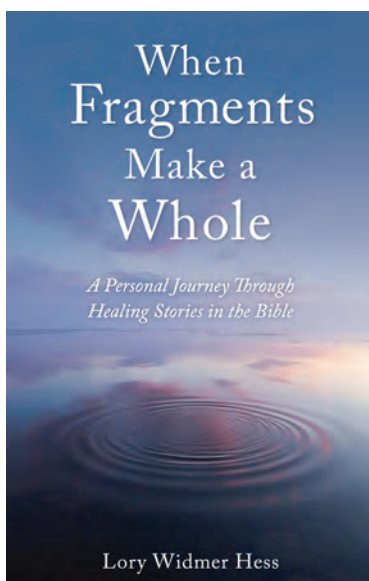
Trust in the Future

Facing Uncertain Times with Confidence
Bastiaan Baan

In this thought-provoking book, the author explores the many ways that, through the ages, humanity has tried to predict the future—from using ancient forms of clairvoyance to more recent methods based on technical expertise and social trends. He looks at ancient mythologies, visionary practices of prophets and shamans, and the sublime if often-terrifying images found in the book of Revelation. Drawing on the work of Rudolf Steiner, Bastiaan Baan interprets their imaginative language and identifies impulses at work in humanity today.

Trust in the Future will speak to all those who ask themselves: *What can I do to build a better future?*

9781782509196 208 pgs paperback \$24.95



When Fragments Make a Whole

A Personal Journey through Healing Stories in the Bible
Lory Widmer Hess

“This book is a work of imaginative devotion rather than a product of scholarship, and incorporates facts and observations that have been interesting and helpful to me. The stories drawn from my personal life are included as my testimony to the power of the Healing Spirit, which I can only offer from my own point of view. I am convinced that this healing activity, or at least potential, can be found in anyone's life if one looks in the right way.” — **Lory Widmer Hess**

Lory Widmer Hess candidly and courageously describes her experience of inner transformation through her exploration of healing stories in the Gospels.

9781782508953 224 pgs paperback \$22.95

NEW & FORTHCOMING BOOKS

Encounters

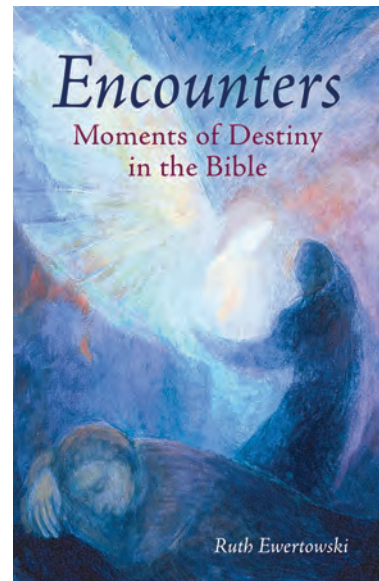
Moments of Destiny in the Bible

Ruth Ewertowski

In this fascinating and thought-provoking book, Ruth Ewertowski explores more than thirty-five meetings described throughout the Bible. These include Joseph's confrontation with his brothers; Moses' encounter with God in the burning bush; the story of Rahab and the Israelite spies; the Archangel Gabriel's appearance to Mary; and profound encounters of ordinary people with Christ Jesus. Time and again, Ewertowski shows how weaknesses, setbacks, and failures of the Bible's all-too-human protagonists are brought into harmony with a divine plan.

These short, self-contained chapters are perfect as daily readings. Overall, they provide a panoramic sweep of the Bible's narrative.

9781782508687 168 pgs paperback \$24.95



Humanity on the Threshold

Spiritual Development in Turbulent Times

Bernard Lievegoed

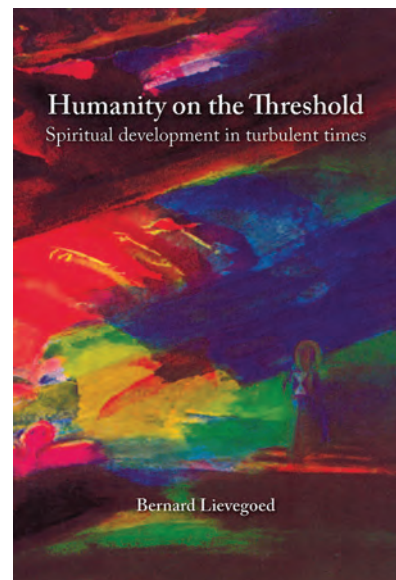
Introduction by Angus Jenkinson

Humanity on the Threshold focuses on strengthening human resilience through spiritual development. This lets us see beyond the normal inner and outer limits of consciousness into sound knowledge of the higher self.

Deeper wonders of nature can also appear. If boundaries break down without preparation, then mental breakdowns might follow. Guidelines are suggested for working therapeutically with such issues with those experiencing threshold issues. Back in print at last, this is an invaluable guide to developing spiritual strength.

9781912480968 240 pgs paperback \$29.95

COMING IN NOVEMBER



Towards Spiritual Encounter

Everyday Sacramental Meetings

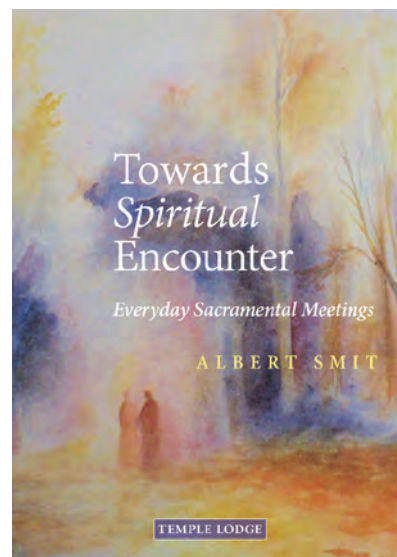
Albert Smit

Introduction by Margarete van den Brink

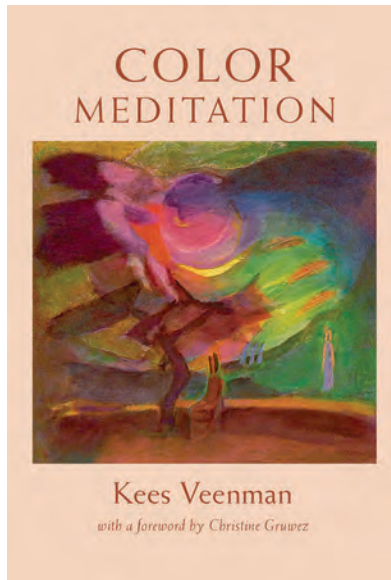
In his general practice as a doctor, Albert Smit observed numerous psychological issues in his patients—issues that often caused existential crises for them. This led him to change his career and begin a path of research to discover how genuine inner healing can be achieved.

In this succinct, inspiring study, the author offers a clear way forward that allows individual and social transformation. Smit points to a statement by Rudolf Steiner—that human relationships can become something of a social art. Engaging the forces of the heart, we can meet others beings as true individuals, as equals, and ultimately as brothers and sisters.

9781915776136 100 pgs paperback \$14.95



NEW & FORTHCOMING BOOKS



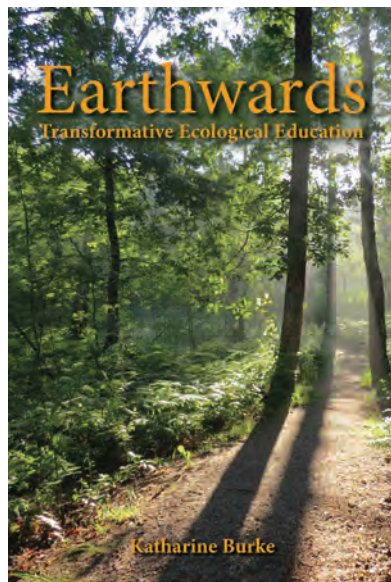
Color Meditation

Kees Veenman

Foreword by Christine Gruwez

Kees Veenman, a phenomenologist who specializes in colors, begins by observing the spring gold and the autumn gold of trees before introducing the phenomenological method whereby his research connects with Goethe's theory of color and that of Rudolf Steiner. Using numerous examples and experiments, the author guides us toward the dynamics and essence of colors, describing his research into the nature of colors along with fresh questions that help us penetrate the world of colors ever more deeply. Veenman also considers light therapy and the relationship of colors to the seasons, as well as to fairytales.

9781584208730 180 pgs paperback \$22.95



Earthwards

Transformative Ecological Education

Katharine Burke

Katharine Burke was asked by a student, "Miss, do you think we are going extinct?" She recognized a growing malaise in response to the climate crisis and asked herself how teachers might help these capable yet vulnerable young people develop the ecological literacy and personal resilience they need. She provoked her students to think and act ecologically. She then invited other teachers to participate in action research for developing nature connectedness with the students. This book shares those transformative stories, concepts, and methods of connecting with nature for life.

9781912480913 256 pgs paperback \$35.00

COMING IN JANUARY



The Insecurity Trap

A Short Guide to Transformation

Paul Rogers

Foreword by Judith Large

In the troubled decade that lies ahead, we face the combination of a bitterly divided world, limits to growth, and climate breakdown. Paul Rogers makes the case that, in responding to the prospect of a "crowded glowering world," three questions need to be answered: Can we come to terms with the environmental limits to growth in time? Can we transform the world economy to ensure that there is far better sharing of what we have? And can we change our understanding and practice of international security and focus on an approach to human security that works for all and not just the small elite?

9781912480951 128 pgs paperback \$15.95

COMING IN JANUARY

NEW & FORTHCOMING BOOKS

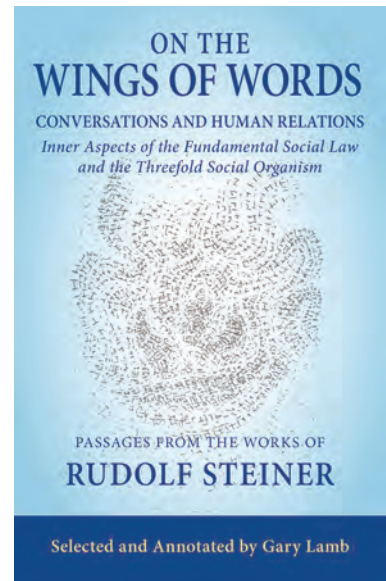
On the Wings of Words

Conversations and Human Relations:
Inner Aspects of the Fundamental Social Law
and the Threefold Social Organism

Rudolf Steiner • Selected and annotated by Gary Lamb

This volume, compiled and edited by Gary Lamb, provides a succinct yet thorough overview of Rudolf Steiner's numerous remarks and insights on the mysteries of social encounter, while offering helpful commentary and contextualization. Using Steiner's words, along with his own commentary, Lamb shows how spiritualized conversations and interpersonal dynamics attained through rigorous self-development provide the soul-spiritual substance and forces needed to face and overcome evil in modern life.

9781621483656 96 pgs paperback \$14.95



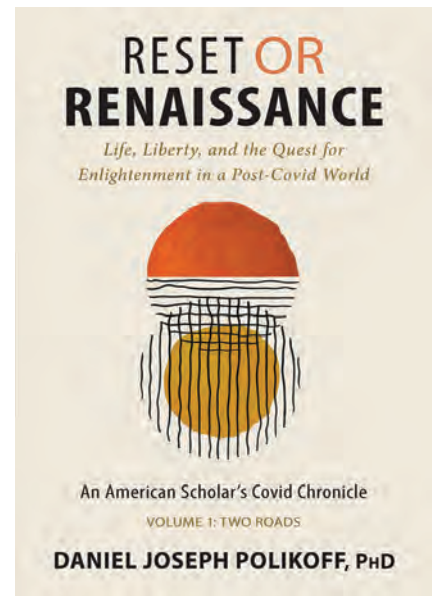
Reset or Renaissance

Life, Liberty, and the Quest for Enlightenment
in a Post-Covid World

Daniel J. Polikoff, PhD

This book offers a real-time chronicle of events unfolding during the heated core of the Covid pandemic—the latter half of 2021, shortly after the rollout of the Covid vaccines. Combining documentary poetics with rigorous analysis of the flood of Covid misinformation, this volume records one American citizen's concerted attempt to make intellectual and moral sense of a tumultuous time that shook the foundations of the world. Polikoff aims to translate knowledge of the recent past into a vision of the future.

9781938685514 480 pgs paperback \$35.00



The Social Archetype

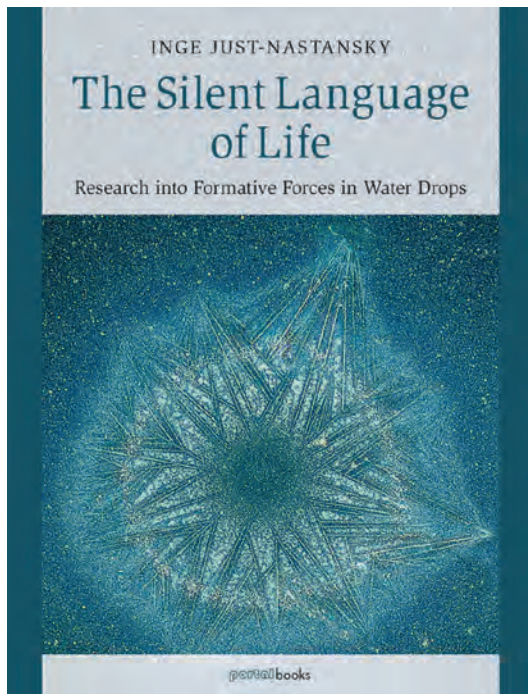
Realizing Society's Threefold Unity: A New Goetheanism
Nigel Hoffmann

Radical in his time and remaining so today, Steiner's "social threefolding" was not conceived as a "logical system." Rather, his picture of society as a living, threefold unity and social "organism" arises from artistic insight and needs to be grasped through the imagination. To understand its three dimensions—economic, political-legal, and cultural-spiritual—and how they interrelate is to experience them inwardly. This requires living, creative thinking that can penetrate the archetypal forces behind the concepts—a modern and truly Goethean approach to the social sciences.

9781912992553 206 pgs paperback \$29.95



NEW & FORTHCOMING BOOKS



The Silent Language of Life

Research into Formative Forces in Water Drops

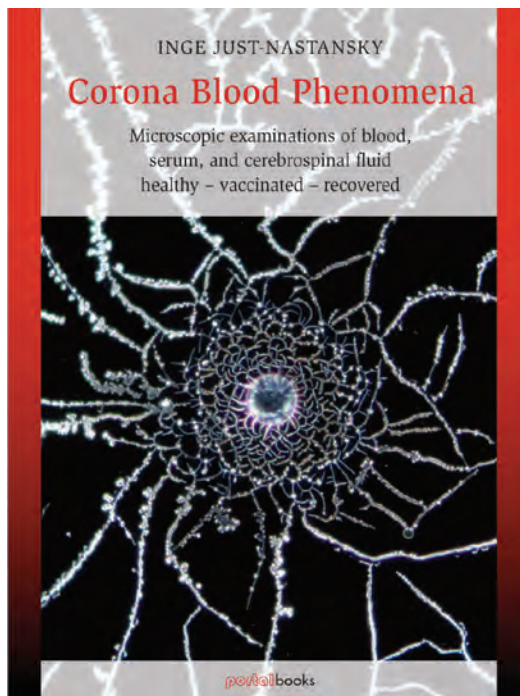
Inge Just-Nastansky, MD

Foreword by Bernd-Helmut Kröplin
Preface by Armin J. Husemann, MD

The research published in this elegant book—conducted over the course of fifteen years by Inge Just-Nastansky—reveals, through extensive color illustrations, a side of nature that otherwise remains hidden to us. The variety of forms seems inexhaustible. In the phenomena seen under a microscope, we encounter a language of images that, in its lawfulness, expresses another level of nature’s reality. The understanding of this creative world of life behind the world of appearance develops through a living feeling and understanding of what is given as an active impulse in the images. “The silent language of life” is therefore inaccessible to a logical, abstract approach.

“The work of Inge Just-Nastansky joins the ranks of the so-called ‘image-creating methods’ that have emerged in anthroposophical natural science. One thinks of the pioneer Lili Kolisko, who studied the coming to rest of liquids in rising images.... Macroscopy brings balance to microscopy.” — **Armin Husemann, MD**

9781938685477 200 pgs large-format full-color paperback \$29.95



Corona Blood Phenomena

Microscopic Examinations of Blood, Serum, and Cerebrospinal Fluid: Healthy • Vaccinated • Recovered

Inge Just-Nastansky, MD

This book was occasioned by the many patients who sought medical treatment for Covid or after receiving a Covid “vaccine.” The blood of these patients was studied using the method of drop-image microscopy. The results of that research are documented here, along with normal cerebrospinal fluid (CSF) and the CSF of a patient after three “vaccinations.”

Covid illness and “vaccination” bring about an unprecedented change in the blood—in some cases, a complete destruction of the protein structures. This raises many questions. Blood, as the central organ of the human organism, not only maintains our life but is the foundation of human freedom in perception, thinking, feeling, and action.

This book by no means represents a finished scientific study but rather an ongoing documentation that demonstrates the importance of the integrity and wholeness of the human body. The task of the physician is to help protect and maintain this integrity; the task of science is to address the many unanswered questions that arise through such research.

9781938685453 108 pgs large-format full-color paperback \$19.95

NEW & FORTHCOMING BOOKS

The One, Child of the Universe

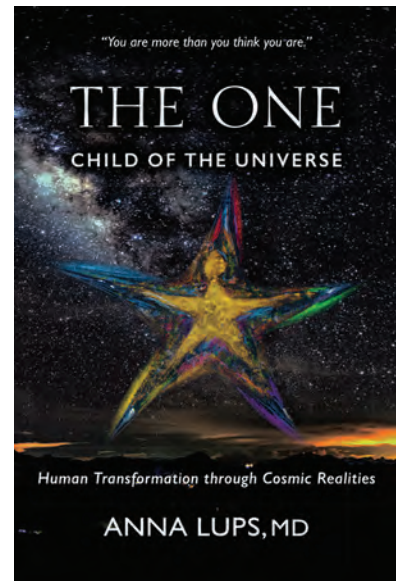
Human Transformation through Cosmic Realities

Anna Lups, MD

Dr. Lups begins with a practical study of alchemical principles through her examination of a young child's colorful drawings. Throughout these pages, the author expands on the child's drawings alongside a key work of Hermes Trismegistus, the Emerald Tablet. She also explores the spiritual significance of numbers and vowel sounds, as well as embryogenesis, esoteric physiology of our major organs, spiritual and physical aspects of human development, gender, marriage, and sexuality.

More than 100 color illustrations. The first edition was published as *THE ONE of the Emerald Tablet: Illuminating Ancient Cryptic Truths* (2017).

9781584208716 32 pgs full-color paperback \$24.95



The Voice of the Patient

Listening, Thinking, Healing, Volume 1: Organ Types

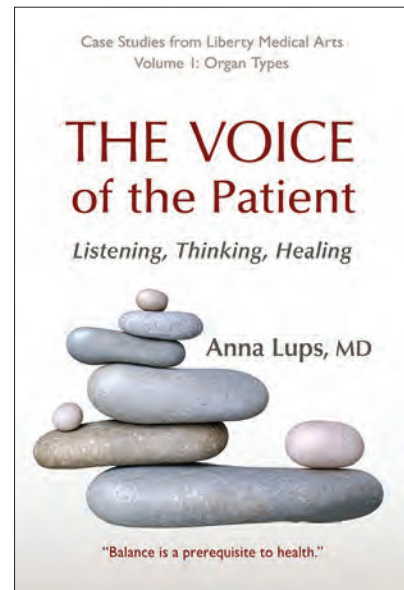
Anna Lups, MD

These case studies are based on records of patient-faculty meetings during the late 1980s with Liberty Medical Arts and Dr. Anna Lups, along with other holistic-health practitioners in various anthroposophically inspired fields of healthcare, all seeking a unique and truly integrated approach to each patient's health. Each patient has been characterized according to one of four organ types—heart, kidney, liver, or lung. And the underlying principle? "Balance is a prerequisite to health."

This book will be of interest to anyone wishing to understand spiritual-scientific methods of diagnosis and treatment.

9781938685590 252 pgs paperback \$27.95

COMING IN JANUARY



Immunity and Individuality

What Children Need for Their Healthy Development—for Life

Thomas Hardtmuth, MD

Citing the latest research in immunology, Dr. Hardtmuth's exposition challenges the prevalent medical thinking on what is really needed for children's healthy development into adulthood.

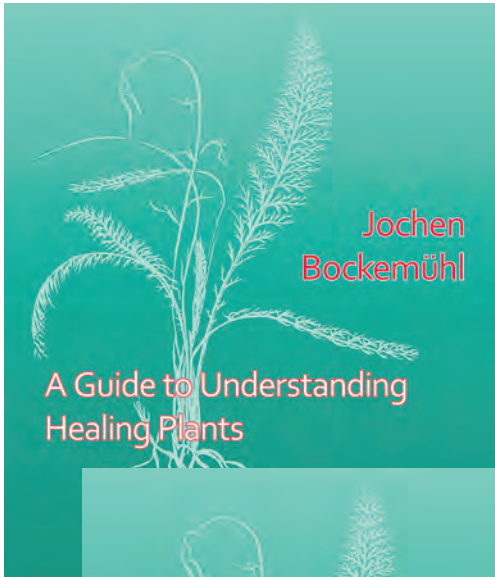
Based on research into the gut-brain axis and the microbiome, as well as studies on the role our individuality and emotions play in their interaction with—and as part of—the immune system, the insights described in this book are bound to upturn many concepts of health.

This is essential reading for all fields of health, education, and parenting.

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NEW & FORTHCOMING BOOKS



A Guide to Understanding Healing Plants

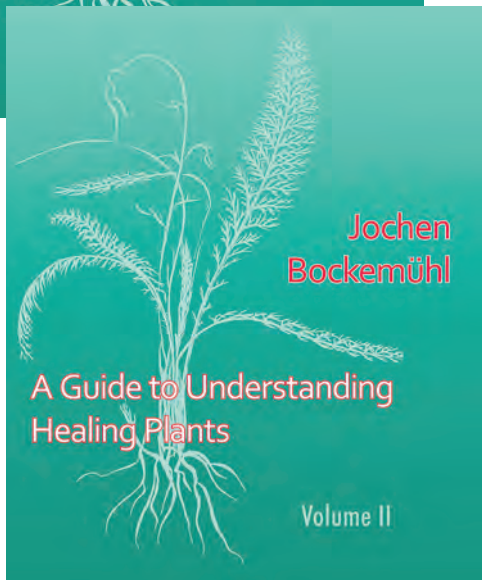
Volume I

Jochen Bockemühl

Foreword by Dr. Wolfgang Goebel

The author examines the experiential aspect of metamorphosis in the context of botanical perception. He discusses the healing substances in plants and the inner capacities we need to develop as a way to perceive them. After a suitable preparation, the path taken here leads from outer observation to inner perception and thus to the human being. Thus, we arrive at a perception of a substance's particular direction of activity that is permeated by our own experiences.

9781957569222 184 pgs paperback \$32.00



A Guide to Understanding Healing Plants

Volume II

Jochen Bockemühl

Foreword by Dr. Michaela Glöckler

In this volume, we meet a scientist who practices what he preaches—an approach to an imaginative way of viewing phenomena, in which outer sensory perception and soul participation unite in a loving understanding of nature. This links Jochen Bockemühl's approach to those of scientists such as Paracelsus and Goethe, for both of whom love became the highest power of knowledge and without which life and healing processes would remain forever incomprehensible.

9781957569239 240 pgs paperback \$35.00



Good Care

Ethics and Methodology: An Anthroposophical Approach to Child and Youth Psychiatry and Care of Persons with Developmental Disabilities

Erik W. Baars, editor

In special education, an effective and high-quality caregiving methodology based on anthroposophy has been developed over the past century and is currently practiced in dozens of countries around the world. Developed from research by Rudolf Steiner and the experiences of numerous coworkers, this methodology is described alongside its scientific basis and ethical principles.

Good Care is an ideal handbook for healthcare givers, parents, and caretakers, explaining how anthroposophic care is interpreted and translated into quality daily practice.

9781915776150 236 pgs paperback \$40.00

Music Therapy

Research and Insights

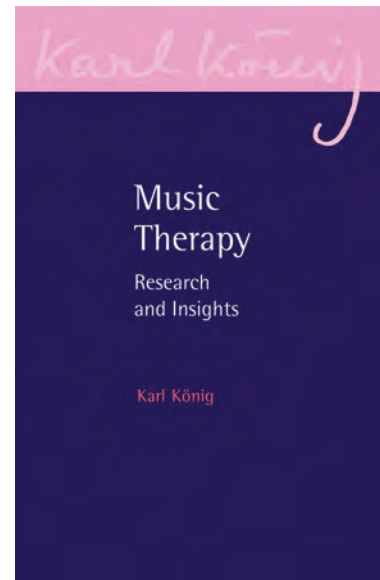
Karl König

Introduction by Katarina Seeherr

This fascinating book gathers König's lectures, essays, and notes on music therapy, most never before published. Here he explores areas such as studies on hearing, the nature of musical experience, and the role of music in Camphill and music therapy for those with impaired hearing.

Along with the original writings, the book includes an in-depth introduction by music therapist Katarina Seeherr that explores the evolution of Karl König's ideas as they relate to music and music therapy.

9781782508922 288 pgs paperback \$24.95



Early Beginnings of Anthroposophically Extended Medicine and Therapeutic Education in North America

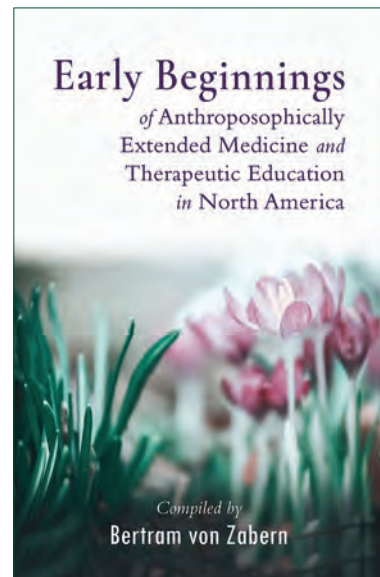
Bertram von Zabern, editor

How can healthcare providers strive to treat not just illness or disability, but the whole human being? Bertram von Zabern, MD, explores this question as he follows the historical thread of anthroposophically extended medicine in North America and weaves it into a tapestry illuminating the connections between the early pioneers of the field and the modern institutions, such as Weleda USA, which stand upon the foundations they laid.

In a humble and conversational manner, Dr. von Zabern shares the stories of physicians who, inspired by the impulse given by Rudolf Steiner in his 1920 lecture series *Introducing Anthroposophical Medicine* (CW 312), set out to create a regimen of care that recognizes the human being as a spiritual being while still attending to physical health. Many of these young physicians, driven from their home countries by the rise of National Socialism, ended up establishing their practices in North America. Those familiar with anthroposophic medicine will recognize the names of lauded doctors, such as Sigfrid Knauer, Christoph Linder, Traute Page, and Franz Winkler.

Early Beginnings also traces the trajectory of therapeutic or “curative” education in North America. Beginning in 1938 with the efforts of Gladys and William Hahn at Lossing Manor, the author shows how, with the help of Dr. Karl König and Carlo Pietzner, the therapeutic education movement has blossomed into a nationwide phenomenon that continues to help those with developmental disabilities live in dignity and realize their potential.

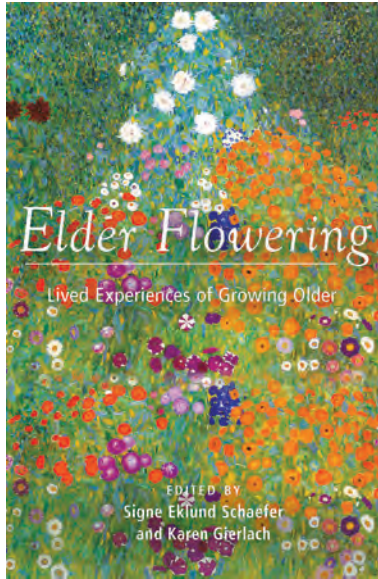
9781938685552 96 pgs paperback \$13.95



“Our task is to discover the real difference between those processes in the human organism that we call disease processes—which are basically quite normal, natural processes, even though specific causes must precipitate them—and the everyday processes that we call healthy. We must discover this radical distinction, but we shall not be able to do so if we cannot take up a way of looking at human beings that really leads to their essential nature.”

— Rudolf Steiner

NEW & FORTHCOMING BOOKS



Elder Flowering

Lived Experiences of Growing Older

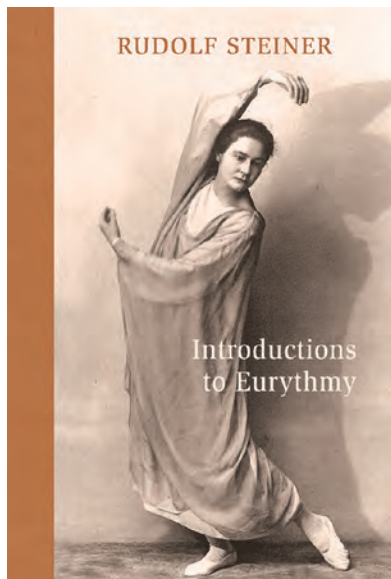
Signe Eklund Schaefer & Karen Gierlach, editors

The “social art” of biography work has grown from the insights of Rudolf Steiner’s spiritual science—insights that have proved useful in identifying and exploring the archetypal rhythms and milestones of human life. The most well-known, even obvious, of these are the roughly seven-year rhythms of early childhood, childhood, and adolescence, culminating in the transition to adulthood around the age of twenty-one.

But this and other archetypal rhythms continue to unfold throughout life, perhaps more subtly and certainly in the most differentiated and individualized of ways. These have often been explored, especially as they pertain to the “active years” of adulthood. But less has been written about the so-called elder years. This volume seeks to remedy that.

Written and edited by longtime students and practitioners of anthroposophic biography work, all of whom have completed at least ten cycles of seven-years, this unique volume aims to address, first hand, the joys and sorrows, triumphs and realities, of these years, when the ripe fruits of a life truly lived swell with seeds for the future.

9781621483779 300 pgs paperback \$29.95



Introductions to Eurythmy

An Extension of Goethe’s Morphological Thinking within the Realm of Human Movement

Rudolf Steiner

Translated by Frederick Amrine • Introduction by Clifford Venho

New and Complete Translation

Introductions to eurythmy performances, 1913–1924 (CW 277a)

This volume features introductory addresses given by Rudolf Steiner to the first audiences of the newly minted art of eurythmy. Before every eurythmy performance at which he was present, Steiner gave such an introduction. His intention, as he remarked on several occasions, was not to elucidate the meaning of eurythmy intellectually—a vain and inartistic endeavor—but rather to orient the audience to this new undertaking in the realm of art. Steiner took many approaches to this end, describing in his introductions a range of themes—from the origins of eurythmy as a Goethean art form to its role in pedagogy and therapy.

From its inception, Steiner emphasized that eurythmy would be “a matter of the word, not [of dancing to] music.” He later called eurythmy “the art that has grown entirely from the soil of anthroposophy.” Given, as they were, to a broad range of audiences, these introductions speak to everyone who is interested in expanding the possibilities of artistic expression through the greatest instrument of all—the human being.

9781621483250 372 pgs paperback \$38.00

COMING IN FEBRUARY

NEW & FORTHCOMING BOOKS

Friedrich Nietzsche

Fighter for Freedom

Rudolf Steiner

Foreword by Bernard J. Garber

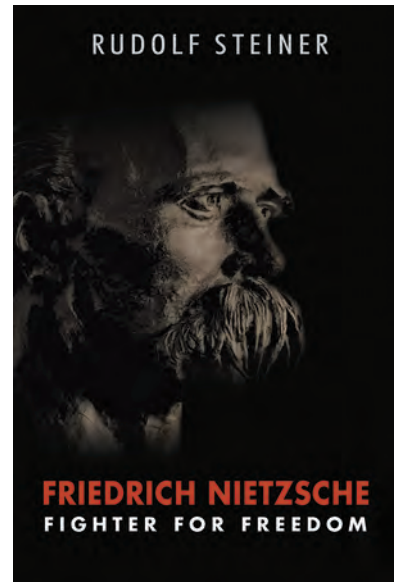
Introduction by Paul Marshall Allen

Written in 1889 (CW 5)

Rudolf Steiner encountered Friedrich Nietzsche's work in 1889. He was both fascinated by Nietzsche's style and repelled by pathological aspects of his consciousness, but Steiner recognized Nietzsche's spiritual preeminence as a "fighter for freedom."

Six years later, after meeting Nietzsche's sister, Steiner encountered the dying philosopher himself. Thereafter, he spent several weeks in the Nietzsche archives. The result is this book.

9781621483380 228 pgs paperback \$24.95



The Sevenfold Journey

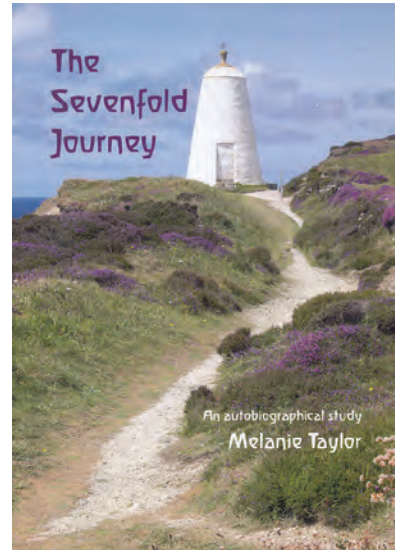
An Autobiographical Study

Melanie Taylor

From a magical childhood on the Cornish moors to overcoming adversity through a life-changing illness, Melanie uses the metaphor of a journey in seven stages, part autobiography, part study. Her story leads us to explore new ideas in a tapestry of language and imagery. Adapting to life in a wheelchair, this mother of three young children initially retrained as a teacher of dyslexic children and later as a counsellor. She went on to co-found therapeutic programs for adult groups, a training and therapy center.

Her study of the archetypal nature of the journey includes Rudolf Steiner's concepts of seven life processes, becoming learning processes.

9781915416018 88 pgs paperback \$15.00



Contemplative Beholding

A Way of Life and Love

Joel M. Upton

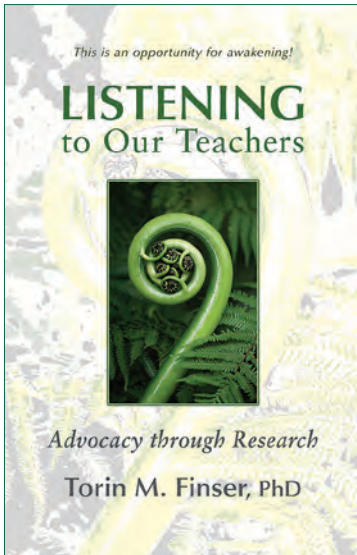
Foreword by Arthur Zajonc

This book and its companion website (contemplativebeholding.org) are intended as a guide to an art and practice of contemplative beholding. On the website are images that provide focused occasions for viewing works of art, including painting, sculpture, and architecture. The combined act of reading the text and viewing the images initiates a contemplative process of change, growth, and transformation, a journey that leads one to a point of renewal.

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NEW & FORTHCOMING BOOKS



Listening to Our Teachers

Advocacy through Research

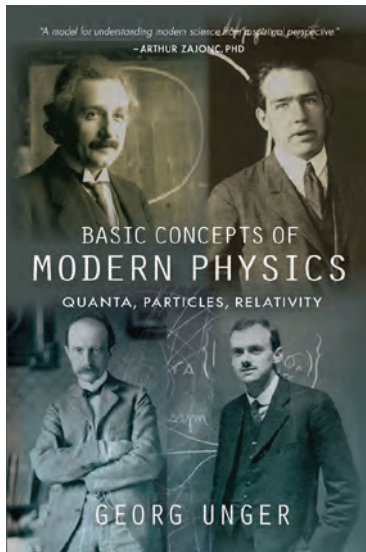
Torin M. Finser, PhD

Good teaching is interactive—watching and observing the children leads to innovative lesson plans and creative group activities.

Teachers must have a chance to research, share their findings, and advocate for change. The author makes the case that the time is right for educational renewal: “Research is not just about outcomes and school reform. This is an opportunity for awakening, for inner development. In this regard, there are truly no limits to knowledge—no boundaries around personal growth.”

This is an expanded, revised, and updated edition of *Silence is Complicity*.

9781621483755 144 pgs paperback \$16.95



Basic Concepts of Modern Physics

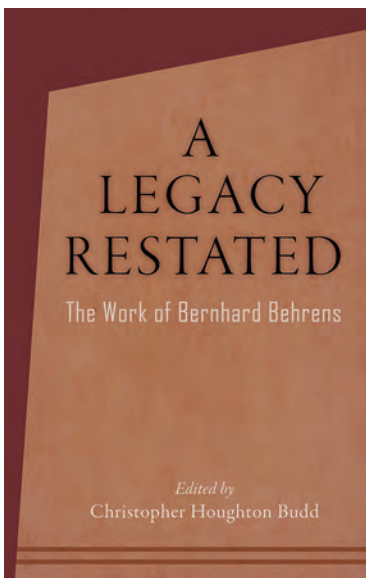
Quanta, Particles, Relativity

Georg Unger, PhD

Here is an essential introduction for all those who wish to gain a better understanding of modern physics. Georg Unger provides clear descriptions of the conceptual bases of twentieth-century physics, including quantum mechanics, particles, and relativity theory, as well as other aspects relating key physical concepts to phenomena.

Recognizing that quantum mechanical phenomena occur at a boundary between the experienced world and a concurrent world of “subnature” that is not perceptible to the senses, Dr. Unger provides a radical, non-reductionist concept of modern physics that is open to spiritual understanding.

9781938685491 216 pgs paperback \$24.95



A Legacy Restated

The Work of Bernhard Behrens

Christopher Houghton Budd, editor

These essays, written just after World War II by a German economist who arrived in the United States in 1940, provide an unexpectedly helpful contribution to an understanding of our present moment, writ large. Today, when the U.S. is coming to terms with its destiny and its true (as distinct from geopolitical) place in current and world history, seems a propitious time to republish these essays, which first saw the light of day in the mid-twentieth century.

Updated from the 1950s, the view of the challenges and possibilities that Bernhard Behrens provides remain as perceptive and insightful now as when written, especially in regard to economics and democracy.

9781621483816 192 pgs paperback \$18.95

NEW & FORTHCOMING BOOKS

MindShifting

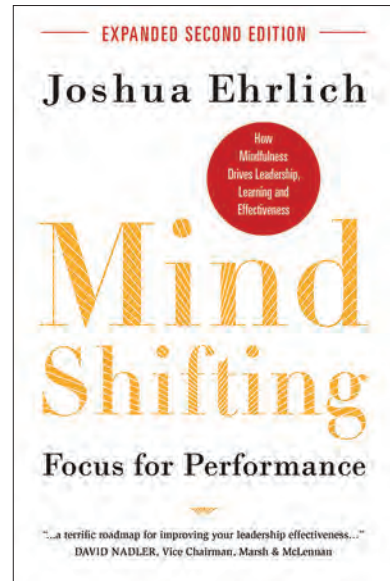
Focus for Performance
How Mindfulness Drives
Leadership, Learning and Effectiveness

Joshua Ehrlich

This new second edition contains refreshed ideas, added tools, and expanded discussion of important principles.

The book is about learning to lead mindfully and with impact. Focusing helps us learn more rapidly and perform more effectively given the flood of information coming at us and the increasing pace of change around us. We can take back control using these essential mindful leadership skills. In the end you will have a pragmatic action plan to guide your development and realize your potential.

9781938685538 264 pgs paperback \$24.95



Pathways from Pain to Meaning

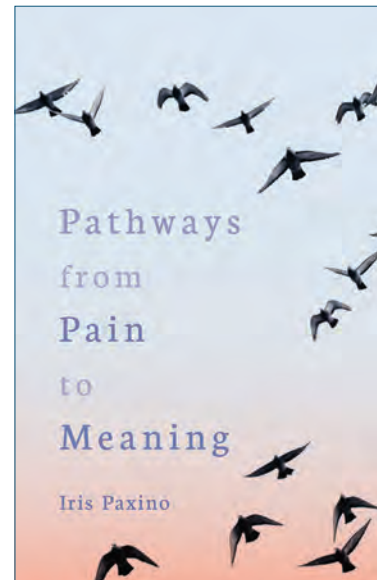
Short Thoughts on Pain in History
and Personal Development

Iris Paxino

This sensitive and thoughtful book explores various kinds of pain and the ways each can affect us—from the physical pain of illness and injury through emotional suffering caused by loss and deprivation to the spiritual pain experienced in moments of doubt when we struggle with the meaning of our lives.

Whereas pain should always be treated in some way, Paxino insists that when we learn to accept it as an inescapable part of human existence, we develop resilience and inner peace and compassion for others.

9781782509202 128 pgs paperback \$19.99



The Discovery Illustrated Family Bible

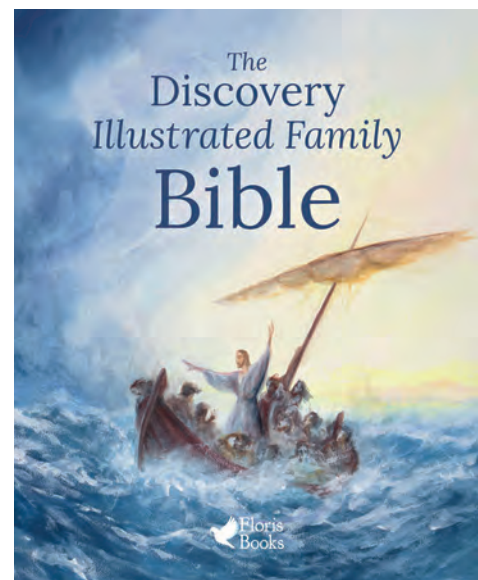
Christian Maclean
Illustrated by David Newbatt

This Bible—beautifully illustrated by artist David Newbatt—has been retold for children aged 8 and up in an engaging and easy-to-understand style. Soft, glowing watercolor illustrations help to bring a full range of Old and New Testament stories to life, making this an inspiring and powerful introduction to overarching Christian themes—God's faithfulness to his people and the promise of Christ for all of humanity.

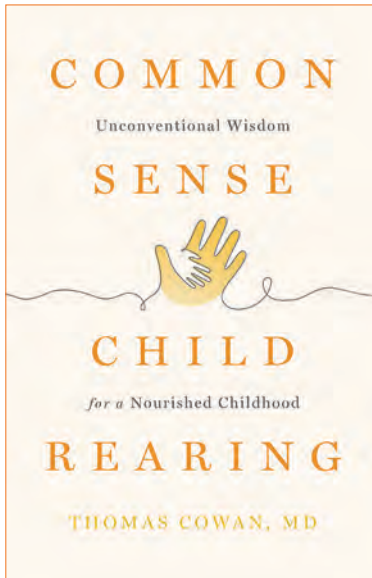
Readers can also discover insight into the people and places of the Bible through family trees, a glossary, and maps of the Holy Land.

58 full-page illustrations.

9781782508656 320 pgs paperback \$24.95



NEW & FORTHCOMING BOOKS



COMING IN JANUARY

Commonsense Childrearing

Unconventional Wisdom for a Nourished Childhood

Thomas Cowan, MD

SEE
EXCERPT
pgs 38-39

Can we raise healthy children in a toxic world?

Yes, we can!

Modern life, with its conveniences and technologies, has had mixed results. With great gains come also losses. For better or for worse, as certain types of knowledge have increased, others, which were not perhaps knowledge in the modern sense, but rather types of wisdom, which were once innate, have grown faint.

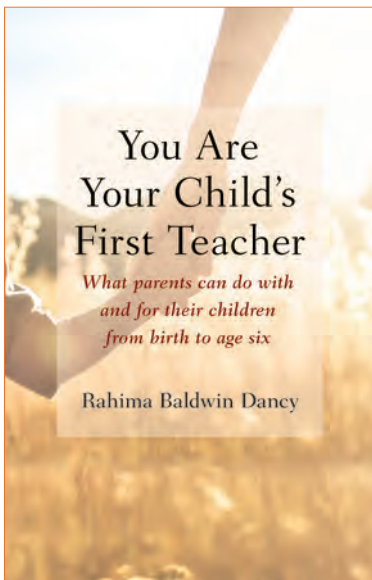
It falls to those who are willing to step outside the box of today's widely unquestioned orthodoxies to honestly assess where we've come from, where we are, and how to go forward in ways that not only restore sanity (though that's a necessary first step), but also reclaim something of the wisdom of being human, but in new ways.

While it's true that we can't go back to how things once were, wisdom is also possible going forward. A living, contemporary, and conscious approach to raising children, born of both commonsense and love, is both achievable and necessary. This is the path that Dr. Cowan outlines in this book.

With friendly humor and out of his keen observation of children through the years, as a physician, a parent, grandparent, and friend, Dr. Cowan offers hope and guidance for the parents of today's youngest generation, that they may raise up a cohort of free, healthy, happy, caring human beings.

While rearing children in the twenty-first century entails facing certain challenges that were either unknown or insignificant even a generation ago, Dr. Cowan demonstrates that the door is wide open to meet these challenges with new thinking and a renewed commitment to the sacredness of the growing human being.

9781938685576 168 pgs hardcover \$15.95



COMING IN FEBRUARY

You Are Your Child's First Teacher

Encouraging Your Child's Natural Development from Birth to Age Six

Rahima Baldwin Dancy

Revised
Fourth
Edition

Some of the most important learning years happen before a child reaches school age. But children are not simply little adults—they learn and grow in radically different ways at different ages, especially in the tender early years of life.

In *You Are Your Child's First Teacher*, Rahima Baldwin Dancy explains the different stages of learning that children go through from birth to age six, offering parents and caregivers wisdom and understanding to enrich the natural development of all children in the right way at the right times.

A trusted classic for more than twenty years, this revised and updated 4th edition contains resources and additional information on discipline, early childhood programs, toilet training, using home life as curriculum, and much more.

9781952166211 352 pgs paperback \$18.95

NEW & FORTHCOMING BOOKS

Baking Real Bread

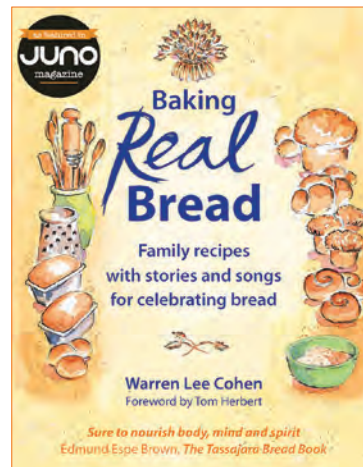
Family Recipes with Stories
and Songs for Celebrating Bread

Warren Lee Cohen

This is a fully revised second edition of the ever-popular *Baking Bread with Children*. Updated and in color, forty family-friendly, easy-to-make recipes turn flour, water, salt, and yeast into delicious breads. Share the magic of baking with children. The book is seasoned with world stories, songs, and poems that knead the imagination and bring techniques to life.

Get started with recipes for beginners and work up to amazing cinnamon rolls. Includes a chapter on gluten-free recipes by Julie Gritten.

9781912480883 224 pgs paperback \$34.95



The Art of Elsa Beskow

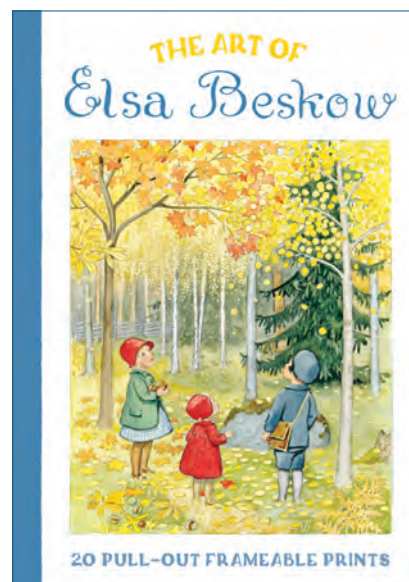
20 Pull-Out Frameable Prints
Vintage Scandinavian Wall Prints

Elsa Beskow

This beautiful collection of frame-worthy prints includes iconic illustrations from some of Elsa Beskow's best-loved books. From flower folk to curious elves, loving families to adventurous children, the prints showcase Elsa Beskow's classic whimsical style and celebration of nature.

Printed on sturdy, high-quality card, using plant-based inks, each picture can be pulled out and framed to make a charming addition to any space in the home. The full-color prints are designed to fit an A4 frame without a mat, or an 11 x 15 inch frame with a mat.

9781782508861 40 pgs hardcover \$25.00



The Elsa Beskow Peter and Lotta Collection

Elsa Beskow

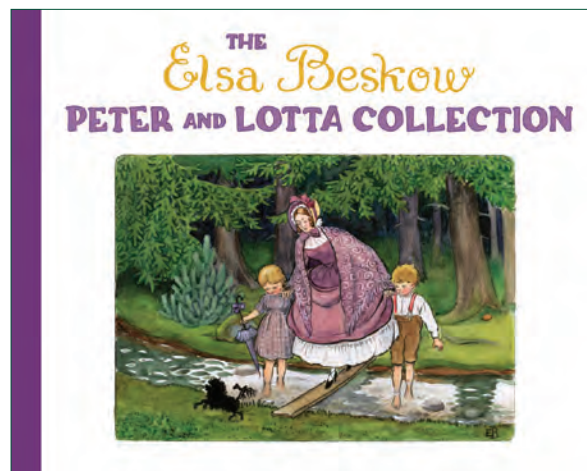
Here is a collection of four picture books into a single edition: *Aunt Green*, *Aunt Brown and Aunt Lavender* • *Aunt Brown's Birthday* • *Peter and Lotta's Adventure* • *Uncle Blue's New Boat*.

Through these delightful tales, readers meet orphans Peter and Lotta and their new family, aunts Green, Brown, and Lavender and Uncle Blue, and enjoy their adventures while discovering an idyllic Sweden of long ago.

Collectors will love the faithfully reproduced vintage artwork, unique handcrafted design, premium paper, gold foil signature, and luxurious cloth spine.

(Ages 5 to 9 years)

9781782508878 128 pgs large-format hardcover \$40.00



CALENDARS

Elsa Beskow Calendar 2025

Elsa Beskow

Elsa Beskow is one of Sweden’s best-known authors and illustrators. Her picture books have been loved for more than a century.

This monthly calendar is beautifully illustrated with Elsa Beskow’s characteristic seasonal artwork, featuring joyful children and magical little folk. The main UK, US, and Swedish public holidays are indicated.

The calendar includes illustrations from

- Ollie’s Ski Trip
- Around the Year
- Children of the Forest
- Woody, Hazel and Little Pip
- and many other classics . . .

The picture books represented in the *Elsa Beskow Calendar* are published by Floris Books and available from SteinerBooks.

The *Elsa Beskow Calendar* is beautifully presented in a sturdy cardboard envelope—no plastic! In addition, our eco-friendly printing processes include the use of sustainable (FSC) paper and plant-based inks, which reduce chemical emissions and make the calendar easier to recycle.

Elsa Beskow (1874–1953) is Sweden’s most popular children’s author and illustrator. Often described as Sweden’s Beatrix Potter, her picture books have been known and loved for more than a century. Her charming stories of children and magical folk, accompanied by her signature illustrations, are known and cherished the world over.

9781782508939 24 pgs

11.8” x 11.8” wall calendar \$17.95



Crooked-Root would say, "Don't be silly, of course the mistle thrush won't come back in the middle of winter!" But even when the snow was on the ground, he would look, too, all the same.

The Sun Egg

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18 <i>Elsa Beskow's Birthday</i>	19	20	21 <i>Valentine's Day</i>	22
23 <i>Washington's Birthday (US)</i>	24	25	26	27	28	

Stargazers' Almanac 2025

A Monthly Guide to the Stars and Planets

Bob Mizon, MBE

Explore the night skies with this beautiful illustrated monthly guide to the stars and planets. This large-format almanac/calendar allows us to step outside and track the planets, locate the Milky Way, recognize the constellations of the zodiac, and watch meteor showers.

Stargazers' Almanac 2025 is designed specifically for naked-eye astronomy—no telescope required! It is ideal for beginners, children, and backyard astronomers, and a popular Christmas gift that lasts all year long.

Each monthly chart features two views of the night sky, one looking north and one south, as well as a visual guide to the Moon's phases and planetary movements.

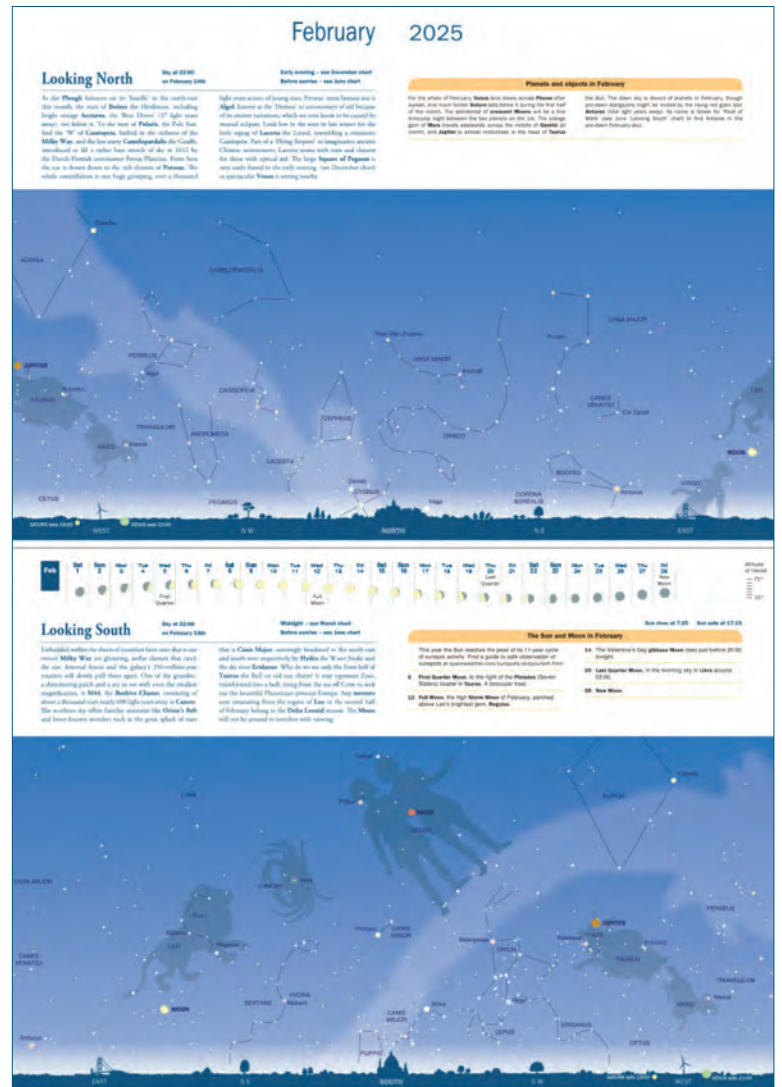
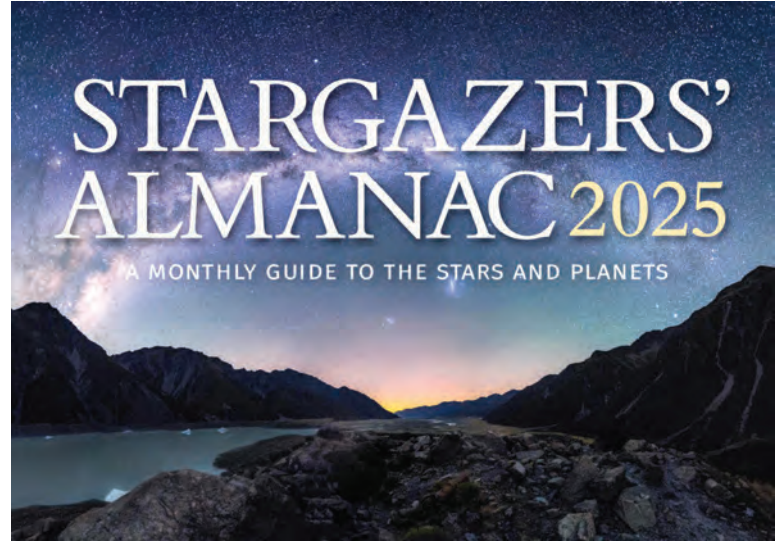
Stargazers' Almanac 2025 also includes:

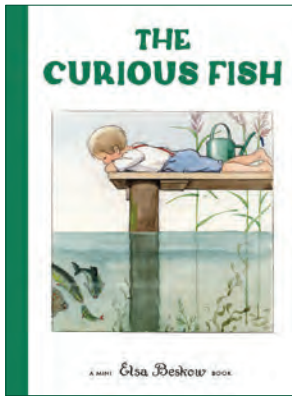
- Advice on how to navigate the night sky
- Overhead reference map of the sky
- Reference plan of constellations
- Glossary of constellations and Latin names
- Glossary of the stars' brightness
- Guide to the signs of the zodiac and how they relate to the stars
- Loop and eyelet for easy wall hanging
- Presented in a sturdy cardboard gift envelope—no plastic!

Stargazers' Almanac is suitable for astronomy enthusiasts throughout the Northern Hemisphere's temperate (non-tropical) latitudes. It is printed on sustainably sourced FSC paper using plant-based inks, all of which reduces chemical emissions and makes it easier to recycle.

9781782508946 32 pgs

16.5" x 11.7" wall calendar \$25.00





The Curious Fish

Mini Edition

Elsa Beskow

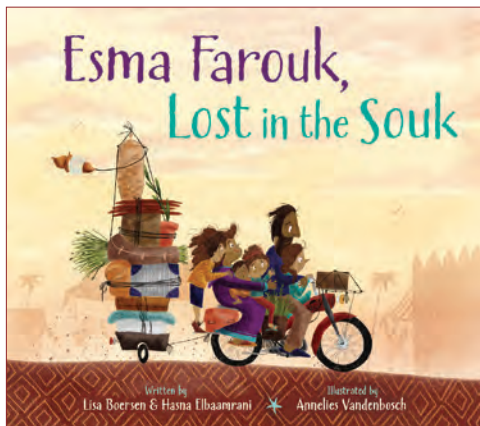
When Flash—a very curious little fish—finds himself stuck in a jar in a little boy’s bedroom, his aunts and uncles are determined to save him. But how can three fish rescue him from a jar on dry land?

This whimsical, humorous story is told by the world-renowned Swedish author and illustrator Elsa Beskow. Young children will delight in the fisheye perspective, quirky characters, and their extraordinary adventure.

The mini format is ideal for the little hands of young children.

(Ages 4 to 7 years)

9781782508885 28 pgs
4.8” x 6.5” hardcover \$9.95



Esma Farouk, Lost in the Souk

Lisa Boersen and Hasna Elbaamrani

Illustrated by Annelies Vandenbosch

Esma is excited to visit family in Morocco for the summer. She can’t wait to explore the souk—a giant market filled with incredible acrobats, delicious-smelling spices, and cheeky monkeys. But while Esma is being charmed by swaying snakes, she loses track of Mama and Auntie Fatima. Esma is lost!

With the help of the souk’s lively inhabitants, Esma makes a daring plan to find her mama. Will she be brave enough to step up and stand out?

(Ages 4 to 7 years)

9781782508854 32 pgs
10.75” x 9.45” hardcover \$ 18.95

COMING IN NOVEMBER



Finding the Way to Faraway Valley

Cecilia Heikkilä

Grandpa and Little Bear share a dream of visiting Faraway Valley—a special, hard-to-find place full of wild and wonderful creatures, a place where the air smells of pine needles, a place they’ve seen only on a postcard.

The determined pair study maps, read books, and practice camping to prepare for the adventure, and then set sail for the long journey. But when they arrive in the north, they find a bustling port full of shops, where everyone seems to have forgotten about Faraway Valley. Does the beautiful place of their dreams still exist? Will they be able to find it?

(Ages 4 to 7 years)

9781782508540 32 pgs
8.5” x 11” hardcover \$17.95

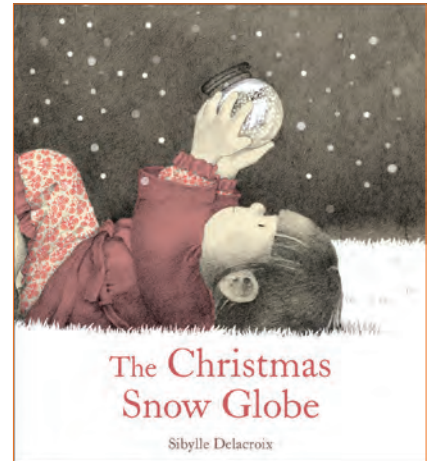
The Christmas Snow Globe

Sibylle Delacroix

Lucy and Noah open a present on Christmas Eve. It's a beautiful snow globe, with a house inside that even looks like theirs—except they don't have any snow! Lucy lies awake looking at the snow globe, disappointed that it won't be a white Christmas. Suddenly, she feels something soft and cold land on her cheek. It can't really be snowing inside the house, can it? *The Christmas Snow Globe* is a celebration of the power and magic of children's imaginations, lovingly illustrated in a distinctive style with warm colors.

(Ages 3 to 5 years)

9781782509097 32 pgs
9" x 10" hardcover \$18.99



Peter and Lotta's Christmas

Mini Edition

Elsa Beskow

When Peter and Lotta spend their first Christmas with Aunt Green, Aunt Brown, Aunt Lavender, and Uncle Blue, they are amazed by all the surprises—decorating the Christmas tree, delicious gingerbread, and presents delivered by the Christmas Goat!

Before Christmas comes around again, the children are determined to discover where the presents really come from and to give their aunts and uncle special gifts. Then, on Christmas Eve, Peter and Lotta's kindness and generosity are rewarded with something unexpected.

(Ages 5 to 8 years)

9781782509141 36 pgs
6.5" x 4.75" hardcover \$9.95

COMING IN NOVEMBER



The Bumblebee Garden

Dawn Casey

Illustrated by Stella Lim

In the chilly early spring, Ben and Grandpa are busy in the garden. Ben spots a fuzzy bumblebee in a cozy coat, just like him.

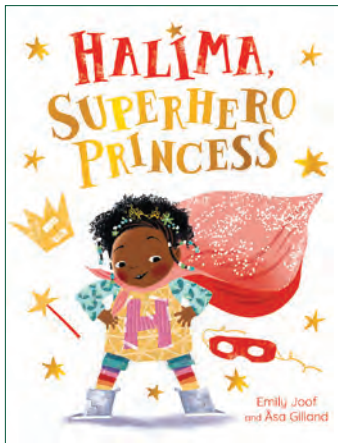
As spring turns to summer, Ben learns about the lives of bumblebees—how they grow from eggs into hungry larvae, spin cocoons, and eventually emerge as bees. Ben also notices what he has in common with his buzzy friends. When Grandpa explains that bees carry pollen that helps juicy strawberries grow in their garden, Ben asks if they can help the bees in return.

(Ages 4 to 7 years)

9781782508625 28 pgs
11.6" x 10.8" hardcover \$18.95



NEW BOOKS FOR FAMILIES AND CHILDREN



Halima, Superhero Princess

Emily Joof • Illustrated by Åsa Gilland

Halima can't decide who she should dress up as for her friend's birthday party. Should she be a princess or a superhero? "You can't be either," her friends tell her, "because you don't look like them."

Halima decides she no longer wants to go to the party—until Mama says she can be whoever she wants to be.

(Ages 4 to 7 years)

9781782508847 28 pgs
8.8" x 11.5" paperback \$18.95



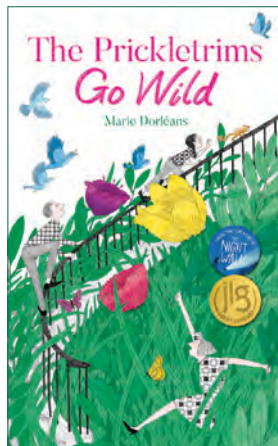
Pippa and Pelle and their Cosy Home

Daniela Drescher

Meet Pippa and Pelle, two friendly little elves who live in a cozy, moss-covered home. On a sunny day they say hello to animal friends and learn about their homes—the snail in its shell, the butterfly in the meadow, and the beetle under the leaves.

(Ages 1 to 3 years)

9781782508977 12 pgs
6" x 7" board book \$9.95



The Prickletrims Go Wild

Marie Dorléans

The Prickletrim family is very proud of their pristine garden, with its razor-straight edges, regulation-height lawn, and perfectly shaped topiary. They LOVE nature—just so long as it is well ordered and properly managed. Then one day their long-suffering gardener quits, and something extraordinary happens.

(Ages 4 to 7 years)

9781782508830 44 pgs
7.6" x 12.4" hardcover \$18.95



What's Hiding under There?

Daniela Drescher

Welcome to an enchanting world of elves, fairies, and woodland creatures. Lift the flaps to discover what's hiding in the old tree, among the berries, in the toadstool, or under the leaves.

(Ages 2 to 5 years)

9781782508571 16 pgs
8" x 9.25" board book \$19.95

NEW BOOKS FOR FAMILIES AND CHILDREN

This Is My Treehouse

Guillaume Guéraud • Illustrated by Alfred

Sitting high in the branches of a tall tree in the forest, there is a den made of pieces of wood, rope, and Grandma's old parasol. But for one child it is far more—it's a castle, a pirate ship, an igloo, an airplane.

A place to dream.

Joyful and lyrical, *This Is My Treehouse* observes the endless adventures that our imaginations can take us on and the sanctuary offered by a space to call our own.

(Ages 4 to 7 years)

9781782508557 36 pgs
10.5" x 10.5" hardcover \$17.95



Learning with Findus and Pettson

Telling the Time

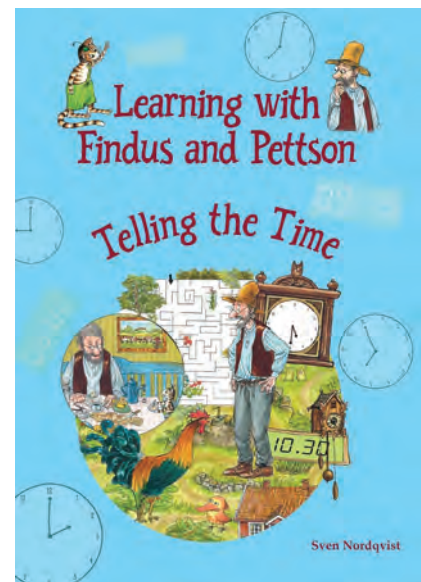
Sven Nordqvist

Here is a fun activity book that helps young children learn how to tell the time with an analog clock face. Analogue clocks help children understand the passing of time because clocks have hands that continuously move, and kids can "see" how long it will be until an appointment just by looking at the clock.

Learning with Findus and Pettson also reinforces a child's knowledge of numbers and introduces basic fractions and angles.

(Ages 4 to 8 years)

9781912480906 32 pgs
8.28" x 11.7" paperback \$16.95



Hello Animals

A Board Book Gift Collection

Loes Botman

The much-loved *Hello Animals* books by Loes Botman wonderfully combine luminous, lifelike pastel illustrations of familiar creatures with spare, accurate words to elevate this simple concept to a unique collection.

Young children will be entranced by exquisite illustrations of wobbly foals, muddy piglets, wiggling centipedes, red-breasted robins, and many more.

The sturdy box set includes four board books: *Hello Animals*, *How Do You Sleep?* • *Hello Animals, What Makes You Special?* • *Hello Baby Animals, Who Are You?* • *Hello Bugs, What Do You Do?*

(Ages 1 to 4 years)

9781782508564 48 pgs board books \$35.00



NEW FROM CHADWICK EDITIONS

Rudolf Steiner's Library

Martina Maria Sam, editor

Introduction by David Marc Hoffman

Translated by Thomas O'Keefe, David W. Wood,
Joshua Kelberman, Clifford Venho, and David Ecklund



This three-volume set is the English translation of the original catalogue (2019), detailing the entire contents of Rudolf Steiner's personal library of about 9,400 books. The catalogue is the result of years of thorough and careful work by Dr. Martina Maria Sam of the Rudolf Steiner Archiv in Dornach, Switzerland, where the library is housed and kept fully intact in Haus Duldeck.

It is introduced with a preface by David Marc Hoffman, leader of the Archiv, followed by a series of photographs of Haus Duldeck, the library, and Steiner through the course of his life. In her substantial introduction, Dr. Sam describes Steiner's relationship to books throughout the phases of his biography and recounts numerous valuable anecdotes. She also details the history of how his library developed and began to be catalogued and ordered according to various sections (history, medicine, philosophy,

and psychology, and so on), as well as its current form today.

The titles of the books are generally given in English with the original following in parentheses. Subtitles and other information are next. Details are noted for each book, including dedications (reproduced in full), significant marginal notes, markings and underlining, dog-eared pages, drawings, and bookmarks. Nearly 200 photographs are reproduced, showing notable examples of dedications, notes, drawings, and so on. A comprehensive index of authors is provided at the end of volume three.

The set is available in a trade edition with leather-bound spines and in a full-leather edition.

9781737194705 1,920 pgs 6.25" x 9.5" hardcover leather quarter-bound 3 vols. in a slipcase \$195.00

Rudolf Steiner and His Books

From the Introduction

Martina Maria Sam

In January 1896, Rudolf Steiner encountered a task which deeply moved him: He was commissioned by Elisabeth Förster-Nietzsche to create a catalogue of Nietzsche's library, which at that time comprised 1,077 items. What he experienced during this work, he describes in his autobiography:

It was a beautiful task that placed before my eyes the books in which Nietzsche had read. His spirit came alive in the impressions these books made. A copy of a book by Emerson filled with marginalia and bearing all the traces of having been most devotedly worked through. Guyau's writings with traces of like kind. Books with remarks of impassioned criticism written in his own handwriting. A large number of marginal notes from which one

sees the seeds of his ideas germinating... I was deeply moved, indeed shaken by the impression I received from such research into Nietzsche's reading. (CW 28)

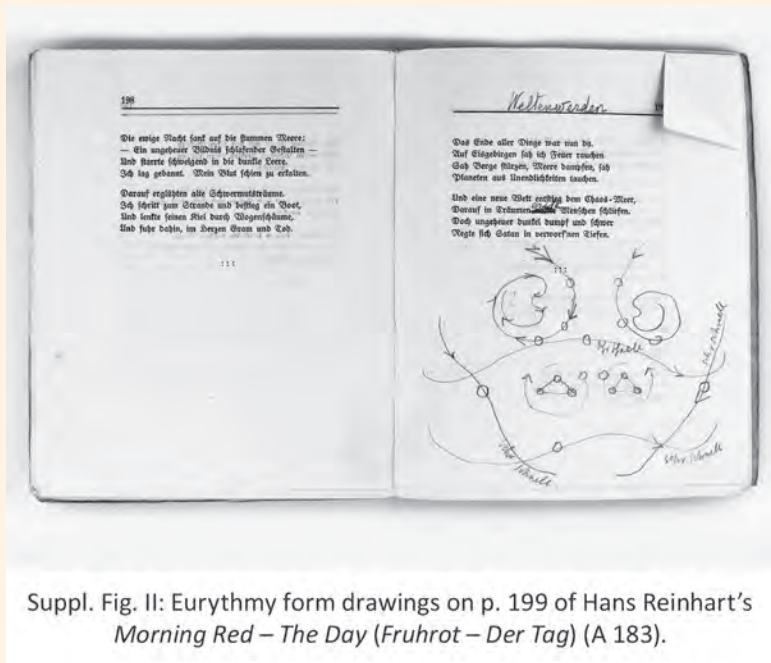
When Rudolf Steiner took over as editor of the *Magazine for Literature* (*Magazin für Literatur*) in Berlin in 1897, his library was enlarged, among other things, by numerous review copies, likely quite often unsolicited. Approximately 120 review copies—identifiable by a stamp or an enclosed letter from the publisher—have survived in his library from this and later periods. Occasionally, he noted in the books when he had reviewed them.

From an early age, Rudolf Steiner had the habit of writing down his own thoughts, excerpts from his reading, and even book titles that had come to his attention, in little notebooks (Fig. 4). Since these notebooks can be dated—at some times precisely, at others only roughly—on account of other entries, it is possible to draw conclusions about when he read these books.

After the turn of the century, when Rudolf Steiner's work as a spiritual researcher and teacher began in Berlin

Rudolf Steiner's Library

and the city was to remain his home for an extended period, his book collection had probably acquired the makings of a proper library for the first time. In January 1902, according to a duplicate of a bill of lading that has been preserved, he had his father send a 30-kilogram box containing “books and writings” from Horn to Berlin-Friedenau—presumably his books and documents from his school days and youth.



Suppl. Fig. II: Eurythmy form drawings on p. 199 of Hans Reinhart's *Morning Red – The Day (Fruhrot – Der Tag)* (A 183).

A few years later, a busy life of travel began due to his extensive lecturing activity. In the places where the theosophical, and later anthroposophical, movement was particularly well established—such as Munich, Stuttgart, and Dornach—Rudolf Steiner had rooms or apartments in which books were being accumulated. It can be traced back to this circumstance that some books are found multiple times in his possession—and possibly also that other books, which he tells us about in lectures and writings, have been lost and are today absent from the library. In 1915 he tells us himself: “When I was...in Zurich, we were passing by a bookstore, and in the bookstore I saw a book that I had read years ago. As is the case with my way of life, I would not so easily be able to establish the location of the book in my so-called library, which is in a strange state due to my living in many different places. Perhaps it is no longer there at all” (Berlin, Feb. 22, 1915). Already at that time, his book collection was anything but the well-ordered library of a

scholar—his books scattered here and there, across countries and cities, in a “strange state.”

As Rudolf Steiner became increasingly well known, many different books were sent or given to him—mostly by the authors, editors, and translators themselves. Members of the Anthroposophical Society gave or lent him books as well. Rudolf Steiner was an avid visitor of bookstores and antiquarian bookshops, as preserved invoices, his own statements, and remarks in memoirs attest. Anna Samweber recounts how she once came to the Atlantic Bookstore (*Atlantic-Buchhandlung*) in Berlin's Motzstrasse in 1917, where Rudolf Steiner had been rummaging for a copy of the first edition of his *Philosophy of Spiritual Activity (Philosophie der Freiheit)*: “Following his unsuccessful search, I came a short time later to the same bookstore. The ladies who worked there, whom I knew well, drew my attention to the various piles of books lying around and said: ‘As you can see, he's been at work again!’” (CW 157).

It is likely that, already in Berlin, Rudolf Steiner's book collection was partly combined with that of his later wife Marie von Sivers—at least as far as *belles-lettres*, theosophy/occultism, etc. were concerned, with which both were equally occupied. Thus, strictly speaking, the library as it is catalogued here is both that of Rudolf Steiner and also—albeit to a much lesser extent—that of Marie Steiner-von Sivers until 1925.

Even after the building of the Goetheanum had begun, Rudolf Steiner retained his main residence in Motzstrasse in Berlin, where the headquarters of the Anthroposophical Society was also located, despite spending several months in Switzerland each year. In Dornach, he and Marie Steiner-von Sivers lived at first in Haus Brodbeck (today Rudolf Steiner Halde), and then from June 1914 in the Villa Hansi... Since Marie Steiner's ability to walk was deteriorating, they wished to move back into Haus Brodbeck in 1923: For this, Rudolf Steiner designed an annex with a large eurythmy room so that Marie Steiner could comfortably walk from their living space to the rehearsals. For himself, he set up two small work rooms with many wall cabinets—presumably, these were to house his library...

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CHADWICK EDITIONS

The **Chadwick Library Edition** presents written works by Rudolf Steiner in new or thoroughly revised English translations. They are presented in limited “trade editions” of 750 books in leather spine binding and cloth sides in a light slipcase. For the hand-numbered editions (limited to 100 books each), the binding is full leather with a hand-gilt top of the pages in a fine, stiff, cloth-covered slipcase. The leather is blue calfskin, and the title stamping on the spines is in genuine gold leaf. All of this is produced by hand at Ruggero Rigoldi, one of the world’s finest binders.

The Case for Anthroposophy (CW 21)

Extracts from “Riddles of the Soul”

Translated and introduced by Owen Barfield

This volume consists of Owen Barfield’s selections from *Riddles of the Soul*, one of the most important written works by Rudolf Steiner—a unique exploration of inner and outer frontiers, as well as ways bridges are built to connect them.

9780996921107 124 pgs hardcover \$45.00

Christianity as Mystical Fact and the Mysteries of Antiquity (CW 8)

Translated by David Ecklund and Clifford Venho

The esoteric teachings contained in the New Testament and the cosmic significance of Christ’s deed on Golgotha are laid bare by Rudolf Steiner’s spiritual research.

9781734546149 232 pgs hardcover \$45.00

Goethean Science (CW 1)

Introductions to Goethe’s Natural–Scientific Writings

Translated by William Lindeman

Rudolf Steiner’s introductions to Goethe’s work, re-vision the meaning of knowledge and how we attain it. Goethe discovered how thinking can be applied to organic nature, which requires not just rational concepts but a whole new way of perceiving.

9780996921121 406 pgs hardcover \$45.00

Goethe’s Theory of Knowledge (CW 2)

Translated by David W. Wood, David Ecklund, and Clifford Venho

During the 1880s, Rudolf Steiner became immersed in a worldview that paralleled and amplified his own views in relation to epistemology, the interface between science and philosophy, the theory of how we know the world and ourselves.

9781734546125 180 pgs hardcover \$45.00

Knowledge of the Higher Worlds (CW 10)

How Is It Attained?

Translated by Thomas O’Keefe, Clifford Venho and Julia Selg

Rudolf Steiner begins with the preconditions for personal development and guides the reader through the stages of initiation, its practical aspects, and its effects.

9781732461390 268 pgs hardcover \$45.00

Mystics at the Dawn of the Modern Age (CW 7)

And Their Relation to the Current Natural-Scientific Paradigm

Translated by Karl E. Zimmer, Revised by Thomas O’Keefe and Jon McAlice

The mystics discussed in this book were early giants in the modern art of illumined self-knowledge. Rudolf Steiner immerses us in their evolving stream in central Europe from the thirteenth to seventeenth centuries.

9780996921145 192 pgs hardcover \$45.00

An Outline of Spiritual Science (CW 13)

Translated by Agnes Schneeberg-de Steur

In this foundational work on spiritual science, we see how the creation and evolution of humanity is embedded at the heart of the vast, invisible web of interacting cosmic beings, through whom the alchemical processes of cosmic evolution continue to evolve. Included are descriptions of the physical–spiritual makeup of the human being and the “Rose Cross Meditation.”

9781734546163 584 pgs hardcover–3 vols. \$135.00

The Path of Self-knowledge (CW 16)

In Eight Meditations

Translated by Thomas O’Keefe and Julia Selg

In a sense, this book is a sequel and complement to Rudolf Steiner’s classic of inner development, *Knowledge of the Higher Worlds*. It lays out, in a way that is accessible to anyone, a path to knowledge of the world of spirit.

9781732461376 114 pgs hardcover \$45.00

The Philosophy of Spiritual Activity (CW 4)

Fundamental Features of a Modern Worldview

Translated by David Ecklund

“No other human soul activity is so easily underestimated as thinking.” Readers should be prepared to journey into the life of thinking, to orient themselves within it, to take stock of its characteristic features, and then to observe how it relates to the rest of world phenomena in the act of knowing.

9781734546101 324 pgs hardcover \$45.00

The Riddles of Philosophy (CW 4)

Presented in an Outline of Its History

Translated by Fritz Koelln, revised by David W. Wood

Regarding this work, Prof. Fritz Koelln comments: “What is new here is the treatment of the history of philosophic thinking as a manifestation of the evolution of human consciousness. Such a treatment requires a fine sense of observation. Not merely the thoughts must be observed, but behind them the thinking in which they appear.”

9781732461345 792 pgs hardcover–2 vols. \$90.00

Theosophy (CW 9)

An Introduction to the Suprasensory Knowledge of the World and the Vocation of Man

Translated by Henry B. Monges, revised by Thomas O’Keefe, David Ecklund and Clifford Venho

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The Language of the Cosmos

Father-consciousness and Christ-consciousness

A lecture in Berlin, December 7, 1921

In this life on earth, we experience ourselves, to begin with, as related to nature through the process of heredity. We entered this earthly existence as physical human beings by way of purely natural processes. As we pass through this earthly existence, we recognize that what we were supplied with at birth undergoes a certain development. And then it becomes a question of whether we are sufficiently diligent—naturally, I do not mean this only in an intellectual sense but also with respect to our feelings and our impulses of will, both of which are also meant to come into play and be experienced—whether we achieve a certain conscious awareness of this living together with the outer sensory world in the course of our life on earth.

If we combine, purely out of generally accepted experiences, everything that the world of the senses can give us, then this will never lead us to understand our entire human nature, unless we think of the world of the senses—and what it can become when we participate in it—as being permeated with spirit. No matter how carefully we examine all the mysteries that the outer world of the senses can give us through our physical perception, we could never come to understand the fact that the human being is also placed in this world of the senses. However, since we as physical, earthly beings nevertheless have our roots in this world of the senses—but will never be able to deduce what we are as human beings from our physical components—it follows that, in order to have a sound consciousness, this consciousness achieves its fulfillment with the being of God, or rather with the conception of the divine being.

And what natural science—notwithstanding its great, comprehensive successes—has particularly brought to humanity is the fact that, because it does not want to recognize the spiritual as such within the sensory world, it places

the human being outside its comprehensive field of research, as it were. I have described this on earlier occasions when I said, “If we look, for example, at the modern theory of evolution, which is astounding in many respects, then we find that it deals with the human being not as ‘the human being’ but rather as the conclusion, the culmination, the crown, of the animal kingdom.” If we ask what natural science, as it is constituted today, has to say about the nature of the human being, then—understood correctly—we do not actually receive an answer. Science is really only answering the question: Which is the highest-developed of the animals? In other words, it considers the human being only from the perspective of being an animal. In many respects science is right in what it has to say about this topic, but in doing so, it places the human being outside its field of observation, as it were. With the means available to it, natural science is actually unable to answer the question concerning the nature of the human being. As a matter of fact, science can really understand itself rightfully only by stating that this question about the nature of the human being falls outside its domain.

It can obviously only be an indication of a specific feeling that arises from the entire makeup of a healthy human being—especially insofar as we understand ourselves to be related to the whole of nature—when it is said that the human being must, in fact, come to a God-consciousness, although initially only to a consciousness of God, not to a consciousness of Christ.

Now, it is actually not possible for someone using sound intelligence and healthy feelings to be an atheist. I already referred to this on an earlier occasion when I said, “Even if it is obvious that not every mild illness can be diagnosed with the usual available means, it is nevertheless clear to anyone who can distinguish between health and illness in human beings that atheism can, to begin with, become entrenched only when the whole human nature has an unhealthy predisposition.” It can therefore be said that denying God is actually the outcome of ill health. But what is really occurring in this respect is the following. In the present stage of



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human evolution, we come to this God-consciousness only in what I would call a wavering, doubtful way—if one looks at it from a wider context; for here it becomes important to draw attention to a significant deficiency in our current pedagogical methods, a deficiency that, for example, Waldorf pedagogy is trying to correct.

Whenever the decline of our present civilization is discussed, one cannot really overlook today’s youth movement. This youth movement is more important than one usually thinks, and I actually consider it extraordinarily significant that at a number of recent events of our anthroposophic movement, including the last Stuttgart Congress, a considerable number of people belonging to the youth movement were present and, at that time, actually made the very positive decision, also seen from the perspective of the youth movement itself, to join forces with the aims of our anthroposophic spiritual endeavors.

Think what you may about certain aspects of this youth movement, but it needs to be acknowledged that for large numbers of our youth the authority of the older generation, which should provide leadership to young people, has faded. Even if there is much to criticize about today’s youth, one cannot dismiss the fact that when these young people begin to say that they can no longer accept authority in what comes to meet them, then it is not only the youth who are to be blamed for this but, rather, the older people who ought to give them this guidance. Recently, during a lecture I gave in Aarau, Switzerland, this very question regarding the lack of authority among today’s young people was discussed. And then it happened that, after the lecture, a representative of a religious confession stepped forward and ranted about the youth of today.

But this kind of grumbling does not achieve anything with respect to what is actually emerging here with such elementary force. One needs to understand these things. It was interesting that, after this happened, a young lad from one of the local schools—comparable to a secondary school—stood up and gave, in my opinion, the best counter speech. He stepped up with great enthusiasm and said, “We want

authority; we actually long for authority, but when we look at the old people, do we see anything besides the fact that no authority can come from these old people at all? We see them feuding at every opportunity, always at loggerheads.” And then he listed all sorts of things that young people today notice about old people, and finally he said, “We thirst for authority, but we are not able to find it!”

If we evaluate what is really taking place, however, then we will find that today’s civilization has become intellec-

tualistic to a high degree, that basically everything that sets the tone today and considers itself to be the definitive authority has become intellectualistic, rationalistic. Strictly speaking, science and rationalism belong together. Natural science comprises what is objective, rationalism what is subjective. But this rational culture, this intellectualism, emerges in a natural way only at a certain age. As a child, one cannot be rationalistic at all. Children are not intellectuals. Intellectualism can actually arise only after sexual maturity. And since humanity has completely descended into intellectualism, everything is dominated by



it today. And those who repeatedly reject and scold intellectualism today often do so all the more based on a different kind of intellectualism.

People laying claim to intellectualism today are abstract thinkers. But one can, in reality, descend into intellectualism only at a later age, and because we become so submerged in it, the children no longer understand us and have no use for the thought-forms we adopt while under the influence of intellectualism; moreover, we ourselves no longer have a sense of what we absorbed when we were children. Childhood is no longer fully alive in us. We have become so terribly clever intellectually that the child in us no longer plays any role for us. But we cannot be educators if we have been thoroughly abandoned by what we experienced as children. Consequently, we no longer know what to say to the children, and they grow up without any special care of their essential being. We proclaim that we must be transparent, but transparency is only the objective side of intellectualism. By doing this we create a chasm between us and the

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young people, and this is what confronts us in the youth movement. But again, nothing is accomplished by simply scolding intellectualism. For it has entered Western civilization as a necessary phenomenon in the last three to five centuries, actually since the period spanning the thirteenth to the fifteenth century. This intellectualism had to develop so that humanity could really enter into the impulse of freedom. Accordingly, it is not a matter of merely criticizing this intellectualistic impulse; rather, it is a matter of understanding this impulse in the right way so as to be able, through such understanding, to strive for continuing development in a direction different from the intellectualistic one.

And now we must ask: What is the real meaning of this intellectualism? An indication of this was actually already given through the fact that one can point to the connection between intellectualism and the sense of freedom. And this feeling of freedom cannot, in turn, be thought of without the whole development of the human I. The development of the I has evolved in a specific way in modern times and now works on the I through the consciousness soul. That is, in essence, what appears as the impulse of modern Western civilization. But this I, which human beings have become fully conscious of over the past three, four, five centuries, can initially develop only from the human body. The experience of the I between birth and death can arise only from the human physical body; this can be verified especially through anthroposophic spiritual research.

One of the most important moments of the whole life after death is the moment of dying itself. This moment of dying is of course known to the earthly human being only from its external aspects. The inner aspects of it must be recognized out of the consciousness that the dead themselves have between death and a new birth. Exactly how soon after death this emerges is not our concern at this point. Today, we want to consider from a more general point of view the consciousness of a human being between death and a new birth. This consciousness is entirely dependent on the fact that the human being receives an extraordinarily significant impression at the moment of death. Just consider that during the whole life between birth and death we leave only our physical and etheric bodies—with our I and our astral body—in the state of sleep, so that during life between birth and death there is a constant, uninterrupted

connection between the physical body and the etheric body. In death, we leave the physical body with our etheric body—as you know, we remain together with our etheric body for a number of days—so that we have this experience of our full physical body only at the moment of death.

If one wants to have knowledge of something, there is no other way to acquire it than for the object of this knowledge to be outside of oneself. You can have knowledge of only something that is outside of yourself. You cannot see what is in your eye, only what is outside the eye. Neither can you see anything in a soul-spiritual sense of what you have within yourself. You must first go outside of yourself with your soul-spiritual being; then you can see the external aspect of your body. This is what happens at the moment of dying with respect to the separation of the etheric body and the physical body. In falling asleep, we never really have a conscious, complete view of our physical body and our etheric body. These two remain behind when falling asleep. It is for this reason that, when one attains a seeing consciousness during sleep, one can see only the human head and part of the torso and not really the human limbs during ordinary sleep. It is only in death, in dying, that the moment arrives when the human being encounters himself in terms of his physical body as a whole, complete object; for the entire time between death and a new birth this impression remains as the last thing, one might say, of the aspect which a human being looks back upon after death. The human being observes this moment of dying; for we would not be able to recognize the I in relation to ourselves—in other words, we would be I-less—if we were not able to see this I as an object by virtue of the fact that what we are conscious of here in the physical world, namely the physical body as such, is now in front of us as an object of knowledge at the moment of dying.

This tremendous impression—the fact that we can say to ourselves: “What you experienced at the moment of death is what your I-consciousness made possible for you, namely, to see your whole, complete physical body!”—this impression remains and forms the content of the I-consciousness between death and a new birth, where everything becomes temporal, where in a certain sense the spatial is no longer there. The human being looks back from that particular point after death and sees this significant moment as the last

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thing of this whole perspective—its course continues, but the rays cross at the moment of death—namely, the moment of dying! This is what then works after death as “time organism,” one might say, in the same way as our spatial, physical organism provides the I-consciousness between birth and death. Accordingly, we can say: The I-consciousness here in earthly life actually comes from the physical body.

What is involved here is the following. You look out into outer nature through your senses. You see the three kingdoms of nature, the mineral, the vegetable, the animal, and also the physical human kingdom. You see clouds, rivers, mountains, stars, and so on. Everything you see in this way can be considered “nature,” and what you see also supplies the elements that are absorbed by the human organism, both the physical and the etheric. With your food, you absorb the substances of the physical-sensory world. These substances unfold their physical and chemical forces and functions, even when they are in the human organism. One could say that, in terms of our physical organism, we are what we ingest from external nature. Minerals, plants, animals are permitted, if I may put it that way, to be “nature.” They have the right to be nature. But when what is contained in them is absorbed into the human organism—as food or through respiration, for example—then it becomes something other than nature. Then it becomes something in the human organism that can be described by saying: If the human being is to remain human, then what exists as nature is actually not allowed to remain nature. Nature entities have the right only to be “nature” outside of the human being; within the human being, nature becomes a destructive element. There, it becomes something that continually aims to dissolve and that also generates forces in the realm of the soul that work toward destruction.

What the ancient, instinctive human consciousness perceived in this sense was far more correct than what modern-day intellectualism perceives. Today’s intellectualism takes its start from concepts, not from facts; and when the facts do not agree with the concepts, it reinterprets the phenomena in accordance with its concepts. Nowadays, people do not say that plants, animals, and human beings have an end, but rather that one should investigate death. People do not really consider the fact that the end of plants, of animals, and of human beings might well be something completely

different, something that cannot be summed up under the common concept of “death.” And if one draws attention to such things, then the world considers this grotesque or paradoxical. This is how things are evaluated today. But that would actually be like saying, “A knife is a knife,” and then proceeding to carve a piece of meat with a razor blade because, “a knife is a knife”!

Nowadays, when people believe that they have both feet firmly planted in reality, it becomes a question of recognizing that reality cannot be attained with abstract concepts. This is something that intellectualism—which has concepts as its starting point, instead of facts—does not take into account. Hence, it also does not realize that the ancient people, speaking out of older forms of consciousness, were justified in saying that nature—in its activities and its processes—no longer has the right to remain “nature” once it enters the human being and continues its existence there; that, instead, it must be transformed; and that, if it wants to retain its validity as nature, it becomes “sin” in the human being. People no longer look at the concept of sin in connection with natural phenomena. They do not consider the bridge between the natural world and what is rooted in the human being as the soul-spiritual element. The animals, plants, minerals have the right to be “nature” outside; but what enters the human being from these kingdoms must be transformed by the human being, for if it were to remain nature, it would be transmuted into something destructive. In other words, if it enters purely as nature and the human being does not have the strength to transform it, then it becomes *illness*, and, inasmuch as it expresses itself in the soul, it becomes *sin*.

Now, if we are unprejudiced in contemplating our relation to the sense-perceptible world, if we truly observe ourselves, if we account for everything that can be taken into account in this realm, then we must come to the following realization: When I look out at nature and initially consider how I have developed out of it, then I cannot be an atheist. On the other hand, however, it is precisely as a human being today, as a human being of more recent times, that I must ascribe my I-consciousness only to my physical body, to nature as it exists within me...

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Commonsense Childrearing

Unconventional Wisdom for a Nourished Childhood

Thomas Cowan, MD

Chapter 2, “Trust”

Answering the question of the goal of raising a child is fraught with pitfalls. Children come into the world with their own destinies, their own strengths, weaknesses, dreams, and fears.

There is not one goal for all children; there is not one outcome that we are striving for.

However, there are some principles that I believe we can use to help guide our actions. For one, if the goal is to raise healthy children in a toxic world, then obviously our children must be physically healthy....

This book is concerned with the other aspects of raising a healthy child, which in many ways are just as important as the more “physical” interventions.

Again, knowing the difficulty of defining a “successful” person, we can draw on some of the luminaries in the fields of philosophy and child development to get a sense of what we mean by a healthy child. Here are a couple of my favorites:

“Our highest endeavor must be to develop free human beings who are able of themselves to impart purpose and direction to their lives.”
— Rudolf Steiner

“As soon as you trust yourself, you will know how to live.” — Johann Wolfgang von Goethe

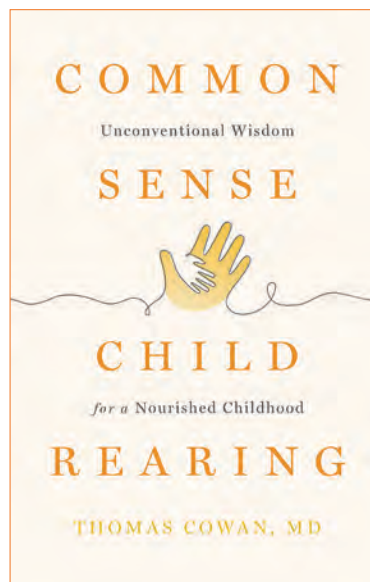
Free human beings, human beings who trust themselves, human beings who are happy, independent, and seek their unique destiny. Human beings who think deeply, who actively seek to understand how they and humanity in general fit into the larger world. Human beings who seek wisdom, justice, and compassion. Human beings who can love and be loved. Human

beings who at the time of their death can look back on their lives without regret. Those are some of the qualities of a human being encompassed by the word “healthy.” These qualities, and many others besides, should and must be the goal of our attempts to raise healthy children. These are also the qualities that are sorely lacking in humanity today. We have created, consciously or unconsciously, human beings who suffer from chronic poor health, who blindly believe what they are told or taught, who have an uncomfortable

sense that something fundamental is not right with the world or with their place in the world or both. Human beings who can neither accept nor give love and whose interest in justice, wisdom, and compassion starts and ends with following causes on Facebook or posting a few tweets. The consequence of generations of human beings who have lost their way is that we face unprecedented catastrophes on so many fronts it is hard to keep track of them all. We have poisoned every inch of the only home we have and done so in the blink of an eye. We urgently need an answer

to the question of what it takes to raise children so that they become adults who could never even consider destroying the only place they can call home. Are you really convinced that getting my little seven-year-old friend to be obedient in school, any school, or to be put on medication for his oppositional mental health disorder—as opposed to having him spend his days (for now) catching crawdads in the creek—will produce the type of human being we need so urgently these days? I, personally, am not convinced. We need, rather, to take a deep dive into the world of children and in particular try to understand how they learn.

Before we do that, I want to present what I think is the stark contrast between the type of free, courageous, independent human being who understands his own destiny and lives it to the fullest and the modern human being who does what he is told. To be clear, free and healthy human beings who trust in themselves will



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make moral judgements based on their own unique, personal experience and not on the morals of the culture they live in.

Heaven knows, the morals of the culture we live in have not just permitted but exalted a way of life that has led us to the brink of catastrophe. In the late 1960s, the U.S. was mired in one of a seemingly endless series of immoral and catastrophic wars, this time in Vietnam. The government was forcing all young men, whether they agreed or not, to be conscripted into the military and to go off to fight a war that was being fought for the flimsiest of reasons. In the face of this travesty, Muhammad Ali, the boxer, famously and courageously risked everything—including jail time—by refusing to serve in the military.

Contrast that with today’s militaristic culture in which thousands, maybe millions of young people dutifully trudge off to fight foreign wars and are lauded in the homeland, even though hardly any of them have a clue as to who or why they are fighting. As Mark Twain famously put it: “God created war so that Americans would learn geography.”

Ali’s act was that of a free man who trusted his own instinct and judgement, who was able and willing to think and act for himself, no matter the consequences. Today, people seem to think and act solely on the basis of which job has the best benefits and retirement package. But, for me, raising healthy children means following Ali’s example and not the example set by the dominant culture—whether it’s soldiers going off to war for reasons no one actually understands or people whose lives are dominated by their social standing on Facebook and Twitter. People who have come to understand and trust themselves—through years of direct, personal experience—resist groupthink, are hard to control and harder to manage, are creators and not consumers; they stand up for justice and genuinely care about the world. The question is how to raise such people. It starts with learning to trust, mostly yourself.

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THOMAS COWAN, MD, has studied and written about many subjects in medicine, including nutrition, homeopathy, anthroposophical medicine, and herbal medicine. His books include *Cancer and the New Biology of Water* (2019); *Vaccines, Autoimmunity, and the Changing Nature of Childhood Illness* (2018); and *Human Heart, Cosmic Heart: A Doctor’s Quest to Understand, Treat, and Prevent Cardiovascular Disease* (2016). Dr. Cowan has served as vice-president of the Physicians’ Association for Anthroposophic Medicine and is a founding board member of the Weston A. Price Foundation. He also writes the “Ask the Doctor” column in *Wise Traditions in Food, Farming, and the Healing Arts* (the Weston A. Price Foundation’s quarterly magazine), has lectured throughout the United States and Canada, and is the cofounder of two family businesses.

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