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Yeshayahu (Jesaiah) Ben-Aharon

# COGNITIVE YOGA: HOW A BOOK IS BORN

Heavenly Jerusalem and the Mysteries of the Human Body

#### TEMPLE LODGE

# Yeshayahu (Jesaiah) Ben-Aharon Cognitive Yoga: How a Book is Born

Heavenly Jerusalem and the Mysteries of the Human Body

'This little book relates some experiences I had during the spiritual research which was eventually published in my book Cognitive Yoga. Usually I am concerned with communicating the objective results of my research and not what I experienced whilst doing it. But an objective description of what the individual soul undergoes during spiritual research can be valuable to the study of anthroposophy and to those who pursue the spiritual path themselves.'

Through faithful inner work, says the author, the path of spiritual science can become a living spiritual being – an intimate friend in the realms of soul and spirit. This being can blossom into an

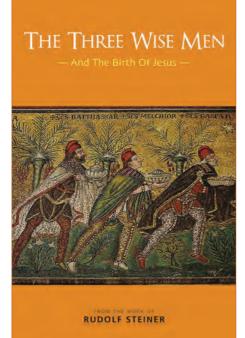
extended spiritual community or school. One can converse and co-create with this spiritual school, including the being of one's teacher, by learning its inner language. In 2012, Yeshayahu Ben-Aharon was confronted with a major obstacle in his research work. After struggling alone, he felt he could not progress without consulting his colleagues in the spiritual world. The intimate soul experiences described in this book took place during such a gathering – a special, festive occasion with an active and engaged community of spiritual beings.

'I want to share some aspects of what I experienced during this event, in the more personal and imaginative language of storytelling. It is a kind of new, individual, Christmas nativity tale, about the earthly ripening of a research problem, its heavenly conception, embryonic life, and finally the birth on earth of what becomes a physical book, printed black on white.'

DR YESHAYAHU (JESAIAH) BEN-AHARON – spiritual scientist, philosopher and social activist – is the author of several books including Cognitive Yoga, Spiritual Science in the 21st Century, The Spiritual Event of the Twentieth Century and The New Experience of the Supersensible

TLP; 78pp; 21.5 x 13.5 cm; ISBN 978 1 912230 11 2; paperback; £9.99

www.rudolfsteinerpress.com



# Rudolf Steiner The Three Wise Men And The Birth Of Jesus

'Now when Jesus was born in Bethlehem of Judea in the days of Herod the king, behold, wise men from the East came to Jerusalem, saying: "Where is he who has been born king of the Jews? For we have seen his star in the East, and have come to worship him."'

These words begin a story that will be familiar to many, whether from images on Christmas cards or school nativity plays, or more directly from Christian teaching. As often with images associated with Christmas, they have the power to evoke all kinds of feelings, from joy and hope to sorrow and doubt. But what do we really know of the birth of Jesus, and who were the mysterious wise men that are reported to have visited him?

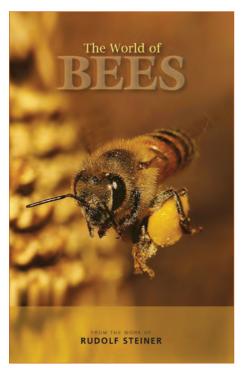
In this freshly-collated anthology of Rudolf Steiner's lectures, complemented with illuminating commentary by editor Margaret Jonas, we are offered solutions to the riddles surrounding Jesus's birth and the seemingly conflicting accounts within Christian scripture. Could there have been two different births – in other words, two infants, both named Jesus, born to two sets of parents?

From the mystery of the birth, we are led to a study of the three wise men - who are mentioned in only one of the four Gospel accounts. Who were they, what was their teaching, and what was the meaning of the star they followed? And, why did they offer gifts of gold, frankincense and myrrh to the baby Jesus? The Three Wise Men offers solutions to the enigma of the identity and spiritual backgrounds of these magisterial figures and also provides suggestions as to their possible future roles in the drama of human development.

Featuring colour images, this original, thought-provoking book is a wonderful gift for anyone seeking to understand the birth of Jesus and the wise men from the East.

> Edited with Intro. by M. Jonas (Selections, various GAs); RSP; 120pp; 21.5 x 13.5 cm; ISBN 978 1 85584 537 4; paperback; £11.99 2017





# **Rudolf Steiner** The World of Bees

'The whole hive is really pervaded by the life of love. The individual bees relinguish love but develop it instead throughout the hive. And so we start to understand bee existence if we recognize that the bee lives in an air, an atmosphere, that is entirely impregnated with love.'

From time immemorial, human culture has been fascinated by bees. Mythic pictures and writings tell of our close affinity and connection with these complex creatures, as well as the inestimable value of honey and wax. In recent years, bees have come to prominence again in the media, with reports of colony collapse and the wholesale demise of bee populations, forcing us to awaken to the critical role they play in human existence.

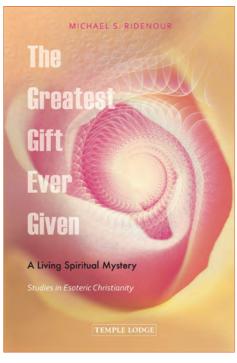
Rudolf Steiner's unique talks reveal the hidden wisdom at work in bee colonies. Speaking in

Switzerland in 1923, in response to concerns from beekeepers amongst his local workforce, Steiner delivered a series of addresses whose multi-layered content, structure and wording is unparalleled. In The World of Bees, editor Martin Dettli, a longstanding beekeeper, uses Steiner's seminal bee lectures as the main framework of the book, augmenting them with further relevant passages from Steiner's collected works. Dettli also provides substantial commentaries on the texts, placing them within the context of contemporary beekeeping.

This new anthology is an essential handbook for anyone interested in beekeeping or the indispensable work that bees do for humanity. It features chapters on the origins of bees, human beings and beekeeping, the organism of the hive, the social qualities of bees, their relationship with wasps and ants, plants and elemental beings, the efficacy of honey, bee venom, as well as scientific aspects such as silica and formic acid processes and a critique of modern beekeeping.

Trans. Matthew Barton; Edited with Intro. by M. Dettli (Selections, various GAs); RSP; 200pp; 21.5 x 13.5 cm; ISBN 978 1 85584 540 4; paperback; £13.99 2017





# Michael S. Ridenour The Greatest Gift Ever Given A Living Spiritual Mystery Studies in Esoteric Christianity

As a child in a non-religious family, Michael Ridenour found a Bible one day and began reading. Initially excited by its lively stories, he paused at the New Testament, faced with a baffling inner question: Where in the world is Christ today? An unexpected answer came during his teenage years with a spontaneous experience of the Christ being, but this only led to more questions. Later, discovering the work of Rudolf Steiner, he found the authentic vision and language he needed to clarify and better comprehend his own experiences, but the questions kept coming.

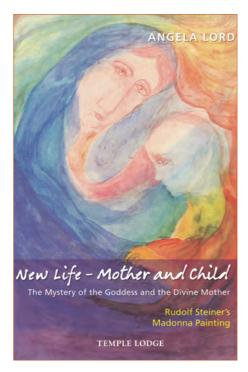
The Greatest Gift Ever Given is a fruit of Ridenour's life-long search for answers: a book that is at once deeply thoughtful, humorous, philosophical and

poetic. In Part I, 'Raising the Foundation', he studies the Judeo-Christian mysteries. After humanity's 'fall' into materialism, these mysteries signal the development of human individuality. The impulse for self-hood continues with Christ, who brings a new path of divine love. But the mystery of Christ leads naturally to his shadow. Today, we can no longer escape the question: Where in the world is Judas? Without Judas's betrayal, Christ's greatest gift could never have been given. We can't reject Judas, but should transform him within ourselves.

In Part II, 'Lowering the Temple', Ridenour relates the theme of metamorphosis to the contemporary world. Once guided by initiates, personal transformation now needs to blossom from within each individual human soul. The topic of evolution takes us to a consideration of the perennially-controversial Charles Darwin, as well as the intuitive approach of Goethe and the living thinking of Rudolf Steiner. A rich treasure-trove of ideas, The Greatest Gift Ever Given sharpens a dynamic focus on current spiritual needs and contributes a thought-provoking response to them.

MICHAEL RIDENOUR is a writer and Waldorf teacher based in Southern California. He is the author of Chartres: A Human Temple of Heaven and Earth (Hermetica Press 2009).

TLP; 306pp; 23.5 x 15.5 cm; ISBN 978 1 912230 09 9; paperback; £20



Angela Lord New Life - Mother and Child The Mystery of the Goddess and the **Divine Mother** Rudolf Steiner's Madonna Painting

Rudolf Steiner's intuitive artistic knowledge enabled him to use colours in a unique way, giving expression to their individual natures. Together with his many lectures on art, Steiner's paintings provide artists with fresh ways of understanding colour, allowing for an entirely new creativity and aesthetics.

In 1924, Steiner painted a watercolour of the Madonna and Child, giving it the title 'New Life'. Through Steiner's depiction of Mary, mother of the Divine Child, this painting draws us to the feminine expression of spirituality. In this highly-illustrated, full-colour book Angela Lord studies the feminine principle, beginning with the very earliest stages of human evolution - the 'Fall' from paradise and

the pre-historic periods of Lemuria and Atlantis. From the Mysteries of Egypt and Greece to the development of Christian art, she offers insights to the myths and legends of female deities and goddesses.

According to Rudolf Steiner, at the time of Jesus's birth humanity had entered a decadent phase of development. Small groups of initiated individuals, however, were preparing for a sacred birth: the descent of a heavenly being into earthly existence. The God of the Old Testament would be revealed 'in flesh', born to a virgin mother. In the second part of New Life - Mother and Child, Angela Lord takes us on a journey through two thousand years of Christian art, covering Iconography, the Middle Ages and the Renaissance. We see how artistic images of Mary and her Child have changed, why these variations have occurred and how they reflect the changing consciousness of humanity. Finally, the 'New Life' painting is considered from the interactive processes of colour and composition, illustrated with a series of artistic colour sequences.

ANGELA LORD is a painter, interior colour designer, muralist and art educator. She studied with Gerard Wagner at the Goetheanum Painting School in Dornach, Switzerland. Her publications include The Archetypal Plant: Rudolf Steiner's Watercolour Painting, Colour Dynamics and books on Creative Form Drawing.

TLP; 96pp; 29.5 x 21.5 cm; ISBN 978 1 912230 10 5; paperback; £22.50







# Rudolf Steiner

Understanding Society Through Spiritual-Scientific Knowledge Social Threefolding, Christ, Lucifer and Ahriman

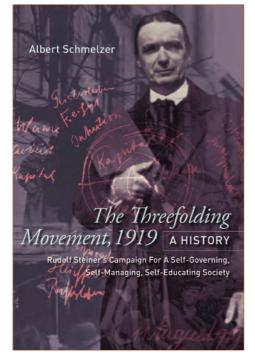
In the uncertainty following the end of the First World War, Rudolf Steiner perceived a unique opportunity to establish a healthy social and political constitution. He began lecturing throughout post-war Germany, often to large audiences, about his social ideas. Here, speaking to a more intimate grouping at the Goetheanum in Dornach, Switzerland, Steiner seeks to deepen the themes of social threefolding, showing specifically how new social thinking is integral to anthroposophy.

Steiner speaks of the superficiality of the materialistic view of history, originating with the economic shift amongst the population at the time of the Reformation. Back in Egyptian-Chaldean times, initiates ruled out of spiritual impulses. Later, in the

Greco-Roman period, priests had power over their congregations. Today, homo economicus – or 'economic man' – has become the dominant idea, with the capitalist and the banker taking control. But the healing of social relationships can only come about through different modes of thought; the life of spirit must be separated not only from politics but also from economics. True social understanding allows for comprehension of karma – the appreciation of each person's individual destiny. In parallel, says Steiner, we should work towards a global consciousness, as true social ideas are founded on people feeling themselves to be citizens of the world.

In an important corollary, Steiner studies the incarnations of three significant spiritual beings in human evolution: Lucifer, Christ and Ahriman. Lucifer incarnated in the third pre-Christian millennium, Christ incarnated at the dawn of a new age, whilst an incarnation of Ahriman in the West is imminent. Ahriman is preparing this incarnation by insidiously promoting various ideas, for example that economic security is sufficient for healthy public life. A new wisdom must be achieved out of free human will, says Steiner, or else we will succumb to Ahriman.

Trans. with Intro. by M. Barton (15 lectures, Dornach, Oct.–Nov. 1919, CW 191); RSP; 280pp; 23.5 x 15.5 cm; ISBN 978 1 85584 542 8; paperback; £17.99



# Albert Schmelzer The Threefolding Movement, 1919. A History

Rudolf Steiner's Campaign For A Self-Governing, Self-Managing, Self-Educating Society

Following the end of WW1, Germany faced a period of revolutionary upheaval and general unrest. In the midst of these tumultuous events, Rudolf Steiner's pioneering movement for social threefolding rallied around a unique conception. Its three principal goals were to promote human rights and equality in political life, freedom in cultural life and associative cooperation in economic life. Albert Schmelzer's engaging yet rigorous study, the most complete to date, recounts the movement's practical attempts to bring about social threefolding in 1919, giving lively descriptions of the principal characters involved.

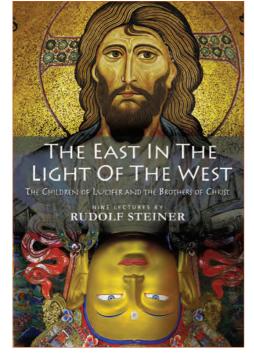
Apart from this detailed history, The Threefolding Movement, 1919 offers an accomplished synthesis of the development of social thought and the complex politics of the day. Schmelzer studies threefolding within the context of evolving social ideas, comparing Steiner's relevance to key political and cultural thinkers, reformers and radicals. Steiner emerges as a social innovator who was actively involved in the revolutionary situation of 1919, although he rejected violence and was a consistent advocate of democracy.

A cursory analysis might suggest that Rudolf Steiner stood at the left of the political spectrum, but Schmelzer shows how his social ideas transcend the right-left divisions and polarizations of contemporary politics. Social threefolding is truly a new approach to human development – a fresh way to understand society that allows for a more creative and harmonious future.

ALBERT SCHMELZER (born 1950) taught history, German and art history for many years at the Mannheim Waldorf school. Since 2011, he has been a professor at Alanus University, where his focus has been on Waldorf pedagogy and cross-cultural dialogue. He has written seven books and dozens of articles. His work on the history of the 1919 social threefolding campaign was accepted as a doctoral dissertation at Ruhr University in Bochum, Germany.

Trans. & Intro. by E. Udell; Oct RSP; 240pp; 23.5 x 15.5 cm; ISBN 978 1 85584 541 1; paperback; £16.99 2017





# Rudolf Steiner

# The East In The Light Of The West

The Children of Lucifer and the Brothers of Christ

'A wonderfully beautiful legend tells us that when Lucifer fell from heaven to earth a precious stone fell from his crown... This precious stone is in a certain respect nothing else than the full power of the "I".'

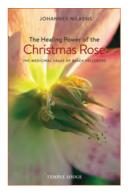
Seven years after staging Edward Schuré's drama The Children of Lucifer, Rudolf Steiner felt able to talk openly about the complex relationship between the beings of Lucifer and Christ. In an extraordinary series of lectures, Steiner addresses the difficult and often misunderstood subject of Lucifer's role in human development. Speaking within the broader context of ancient and modern – Eastern and Western – spiritual teachings, Steiner clarifies that Lucifer is not the simple caricature of evil that many

imagine, but rather plays a pivotal role in human development.

Whilst Rudolf Steiner held a deep respect for Eastern philosophy, he worked consistently from his personal knowledge of the Western – Christian – esoteric tradition. At a time when many of his colleagues revered ancient Eastern texts, Steiner viewed these same documents as representations of an earlier stage of human consciousness; as evidence of the heights that Eastern wisdom had reached, thousands of years before the development of Western science and culture. But Steiner maintains that the ancient truths need to be understood in the context of contemporary knowledge: that the old wisdom of the East has to be seen in the light of the West.

RUDOLF STEINER (1861-1925) provided guidance for the renewal of many activities, including education (both general and special), agriculture, medicine, economics, architecture, science, philosophy, religion and the arts. Today there are thousands of schools, clinics, farms and other organizations involved in practical work based on his principles.

Trans. various; Foreword by H. Collison (9 lectures, Munich, Aug. 1909, CW 113); RSP; 164pp; 21.5 x 13.5 cm; ISBN 978 1 85584 539 8; paperback; £12.99



# Johannes Wilkens The Healing Power of the Christmas Rose

The Medicinal Value of Black Hellebore

A medicine with huge potential for treating Alzheimers, stroke, cancer and even Aids, the Christmas Rose (Black Hellebore) is in the process of being rediscovered by doctors and medical practitioners. Once admired by Hippocrates, Paracelsus and Hahnemann, the Christmas Rose is proving effective – both in trials and in clinical practice – for healing the serious illnesses of the new millennium. It is also being used to address many other conditions such as Attention Deficit Disorder in children, delayed brain maturation, in gynaecology and for joint disorders. Written by a practising

medical doctor, this book offers comprehensive treatment regimes and numerous case studies.

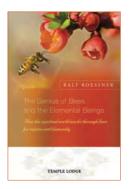
June 2017; Trans. Matthew Barton; TLP; 146pp; 23.5 x 15.5 cm; 978 1 912230 00 6; paperback; £22.50



### Iwer Thor Lorenzen The Spiritual Foundations of Beekeeping

Lorenzen – a true master beekeeper – discusses the origins of the honey bee, its relationship to the floral kingdom, the digestion of the bee, the treatment of bee diseases as well as appropriate beekeeping techniques. He also develops subtle spiritual concepts such as the idea of the bee colony as an 'individuality' and 'group-soul', providing new depth and wisdom to our understanding of how bees live and work. This small book, a hidden gem that has never before appeared in English, is essential reading for anyone who cares about the future of the honey bee and the future of humanity.

April 2017; Trans. Paul King; TLP; 98pp; 21.5 x 13.5 cm; ISBN 978 1 906999 98 8; paperback; £10.99

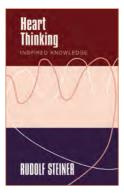


### Ralf Roessner

The Genius of Bees and the Elemental Beings How the spiritual world works through bees for nature and humanity

Describing the Genius of Bees as the 'group consciousness' of the hive, Roessner presents an extraordinary commentary based on first-hand spiritual-scientific research and experience. He studies the mission of the Genius of Bees, the hexagonal structure of 'the crystalline heaven' within which the bees operate, and the healing of the world through their work. He also elucidates the relationships between the Genius of Bees, the elemental world and the human being, and speaks of his personal experiences with the organic 'earth hive', giving instructions on how they are made. Anyone

seeking deeper insights into the world of the honey bee will be enriched by the content of this book. May 2017; Trans. Michael Williams; TLP; 60pp; 21.5 x 13.5 cm; ISBN 978 1 912230 03 7; paperback; £9.99



### Rudolf Steiner Heart Thinking Inspired Knowledge

The heart, says Steiner, can become a new organ of thinking through the practice of exercises that work towards the transformation of feeling, shedding its personal and subjective character. The exercise sequences presented here call for two fundamental gestures: renunciation, which extends from an extinguishing of images engendered in meditation, through inner silence, to a conscious suppression of sense perception; and the development of new feelings towards natural phenomena. By practising these methods, we can attain a kind of thinking that is in harmony with the

true nature and reality of what we seek to know.

April 2017; Trans. M. Barton; Edited with Intro. by M. Maria Sam (Selections, various GAs); RSP; 136pp; 21.5 x 13.5 cm; ISBN 978 1 85584 535 0; paperback; £11.99

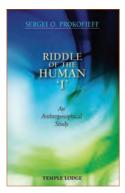


conscious and intense.

### Rudolf Steiner Mindfulness and Reverence Steps in Perception

The path of mindfulness and reverence is not in conflict with spiritual paths founded on thinking or pure thought. However, as the texts in this anthology indicate, methods based exclusively on thinking cannot be successful if they are not supported by perception, feeling and will. In counterbalance to today's increasing intellectualization, the meditative exercises featured in this book connect to the perceptive activity of the human being's sensory organs. They could also be understood as exercises for developing empathy, helping to make our relationship with the world around us more

April 2017; Trans. J. Collis; Edited with Intro. by A. Neider (Selections, various GAs); RSP; 170pp; 21.5 x 13.5 cm; ISBN 978 1 85584 536 7; paperback; £12.99

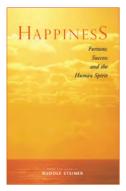


### Sergei O. Prokofieff Riddle of the Human 'I'

An Anthroposophical Study

The question of the true nature of the human 'I' or individuality is one of the key issues of our time, but it is also one of the most complex riddles of existence. This booklet doesn't give simple answers but adds perspectives that deepen the theme in three great panoramic visions: beginning with the threefold nature of human individuality, followed by an illumination of the cosmic dimension of the ego, and finally an encapsulation of the significance of the earthly ego. With his usual thoroughness and clarity, Sergei O. Prokofieff throws light on one of the fundamental questions of our time.

April 2017; Trans. Simon Blaxland-de Lange; TLP; 70pp; 21.5 x 13.5 cm; ISBN 978 1 906999 97 1; paperback; £9.99



# **Rudolf Steiner** Happiness

Fortune, Success and the Human Spirit

Rudolf Steiner's liberating view of happiness opens up new vistas and perspectives. Happiness, he says, depends on the human spirit, whose continuing evolution draws sustenance from the totality of life's experiences. We develop and learn in equal measure from both good fortune and misfortune, success and disappointment. Steiner urges inner equilibrium, emphasizing the transience of outward happiness. Inward happiness, however, can never be taken from us, depending as it does on, '...whatever we ourselves make of our outward fortunes'. This rich and inspiring booklet gathers

all Steiner's statements on the theme. It also includes an insightful introductory essay.

April 2017; Trans. M. Barton; Edited with Intro. by D. Baumgartner (Selections, various GAs); RSP; 72pp; 21.5 x 13.5 cm; ISBN 978 1 85584 532 9; paperback; £9.99



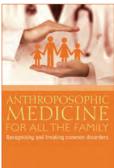
# **Rudolf Steiner** Good Health

Self-Education and the Secret of Well-being

Rudolf Steiner offered numerous practical methods to enrich and enliven our daily lives. Drawing on these, the texts in this anthology provide a wealth of ideas to strengthen our health through self-education and personal development. The content ranges from tangible and easy-to-practise exercises to relevant observations on human nature. Steiner speaks of memory and forgetting as the basis of education and cultural development, explaining their significance for health and illness. He discusses the influences of the four human temperaments and their relationship to

well-being. Finally, he gives specific exercises for inner development to be practised on the various days of the week.

April 2017; Trans. M. Barton; Edited with Intro. by H. Hass (Selections, various GAs); RSP; 72pp; 21.5 x 13.5 cm; ISBN 978 1 85584 533 6; paperback; £9.99

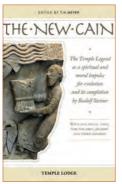


# Sergio Maria Francardo Anthroposophic Medicine for all the Family

Recognizing and treating the most common disorders

This invaluable book not only provides practical suggestions and advice regarding common medical issues and ailments, but also presents the fundamental principles of anthroposophic medicine. It illustrates some of the key remedies and procedures used in the treatment of common ailments as diverse as influenza, asthma, menstrual pain, sunburn, hypertension and childhood illnesses.

April 2017; Trans. R. Stenner; RSP; 334pp; 23.5 x 15.5 cm; ISBN 978 1 85584 534 3; paperback; £14.99



# Edited by T. H. Meyer The New Cain

The Temple Legend as a spiritual and moral impulse for evolution and its completion by Rudolf Steiner With the ritual texts for the first, second and third degrees

This book invites us to revise the traditional, biblical, view of Cain as his brother's murderer. Rudolf Steiner shows how the original Cain was ready to sacrifice his being to something higher, but this pure impulse was perverted into the desire to murder. Besides reflections by Steiner and editor Thomas Meyer's commentary, *The New Cain* features reflections by Marie Steiner, W.J. Stein, Ludwig Polzer-Hoditz and Rudolf Geering-Christ. The final

chapter is a lecture by D.N. Dunlop that reveals the *universally human* core of the rituals we encounter both in traditional freemasonry and in Steiner's own rites.

April 2017; Trans. Matthew Barton; TLP; 142pp (8pp plates); 21.5 x 13.5 cm; ISBN 978 1 912230 01 3; paperback; £13.99



### Yeshayahu Ben-Aharon

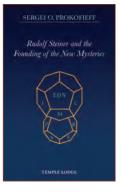
### Spiritual Science in the 21st Century

Transforming Evil, Meeting the Other, and Awakening to the Global Initiation of Humanity

With love, humour and brilliant insight, Ben-Aharon addresses some of the most critical questions of our age, ranging from artificial intelligence and global politics to education and postmodern philosophy. Although tackling diverse subject-matter, this accessible anthology – delivered initially as lectures – features a coherent inner rhythm. The speaker invites us to share and participate in the creative process and the dynamic activity of incarnating new ideas – indeed, to awaken to the very Spirit of our Time. Informed by

decades of spiritual research and intimate experience, this volume contains mature and illuminating explorations into contemporary culture, history and spiritual science.

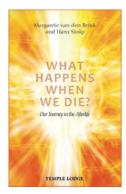
June 2017; TLP; 308pp; 23.5 x 15.5 cm; ISBN 978 1 912230 06 8; paperback; £22.50



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May 2017; Trans. Paul King; TLP; 112pp; 21.5 x 13.5 cm; ISBN 978 1 912230 05 1; paperback; £11.99



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denominators of all creatures, leading eventually towards the human form. April 2017; TLP; 196pp; 21.5 x 13.5 cm; ISBN 978 1 912230 02 0; paperback; £16.99

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