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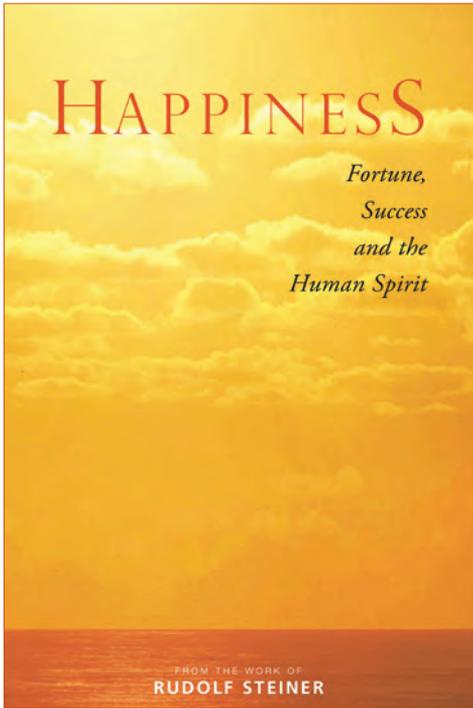
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Rudolf Steiner

## Happiness

Fortune, Success and the Human Spirit

What is true happiness? This perennial question preoccupies many experts, including biologists, psychologists, sociologists and theologians, but their findings usually confirm what we already knew: that happiness is one of the most sought-after but elusive commodities.

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 Rudolf Steiner's statements on the theme and features two complete lectures on happiness and spiritual knowledge. It also includes an insightful introductory essay by Daniel Baumgartner.

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

### Contents include:

The Essence and Appearance of Happiness (Berlin, 7 December 1911)

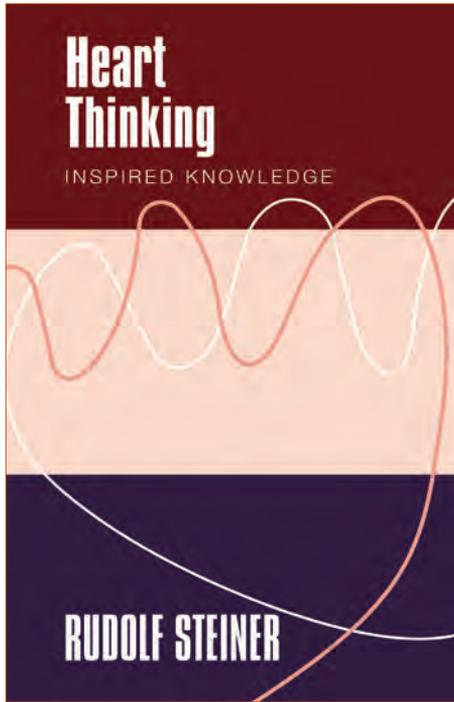
Spirit Knowledge in Glad and Grave Moments of Life (Berlin, 15 January 1915)

All References to Happiness in Rudolf Steiner's Works

Rudolf Steiner

## Heart Thinking

Inspired Knowledge



The concepts of ‘thinking with the heart’ or ‘emotional intelligence’ are often used today, usually in contrast to intellectual thought. When Rudolf Steiner used the phrase ‘heart thinking’, however, he meant it in a very specific sense. Drawn primarily from his lectures, the compiled texts in this anthology illuminate his perspective – that heart thinking is intimately related to the spiritual faculty of Inspiration. The heart, he says, 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.

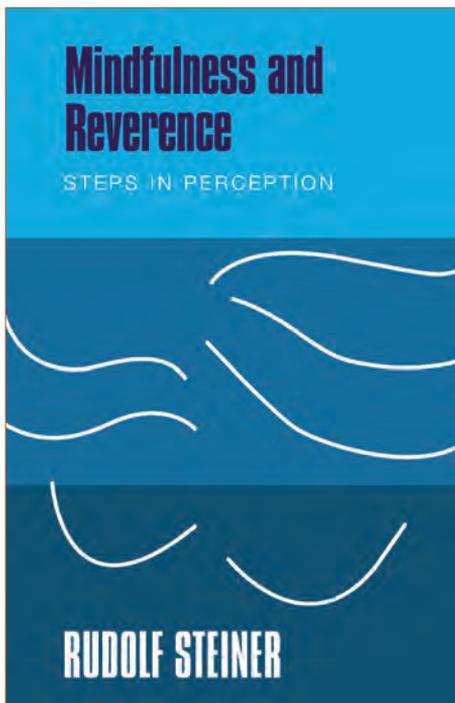
The exercise sequences presented here call for two fundamental gestures. Firstly, *renunciation*, which extends from an extinguishing of images engendered in meditation, through inner silence, to a conscious

suppression of sense perception. The second gesture involves *the development of new feelings* towards natural phenomena as well as to the reports of spiritual-scientific research. 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.

Rudolf Steiner’s texts are collected together by Martina Maria Sam, who contributes a lucid introduction and notes.

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; pb; £11.99

**APR**  
2017



*Rudolf Steiner*

## Mindfulness and Reverence

Steps in Perception

Contemporary interest in the meditative schooling of mindfulness is usually associated with Eastern traditions. Rudolf Steiner spoke of the same phenomenon, although he used the terms 'attentiveness' and 'dedication' – or, combining these two, 'pure perception'. This way 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 here connect with 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 conscious and intense.

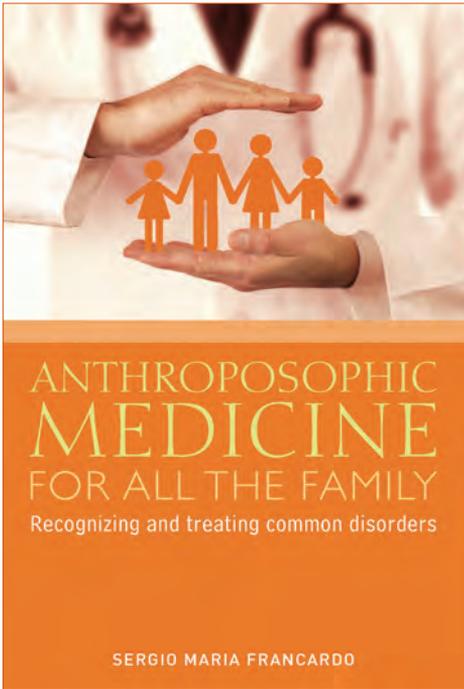


RUDOLF STEINER (1861-1925) called his spiritual philosophy 'anthroposophy', meaning 'wisdom of the human being'. As a highly developed seer, he based his work on direct knowledge and perception of spiritual dimensions. He initiated a modern and universal 'science of spirit', accessible to anyone willing to exercise clear and unprejudiced thinking.

From his spiritual investigations Steiner provided suggestions 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. His many published works feature his research into the spiritual nature of the human being, the evolution of the world and humanity, and methods of personal development. Steiner wrote some 30 books and delivered over 6,000 lectures across Europe. In 1924 he founded the General Anthroposophical Society, which today has branches throughout the world.

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; pb; £12.99

**APR**  
2017



## 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 explains the underlying picture of disorders in the human organism and the therapeutic approach of anthroposophic medical practice, giving answers to the questions that, in an ideal world, a patient would like to discuss at length with his or her doctor.

*Anthroposophic Medicine for all the Family* 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. It provides

support for anyone seeking to improve their health whilst involving the reader in a conscious process of healing and self-development.



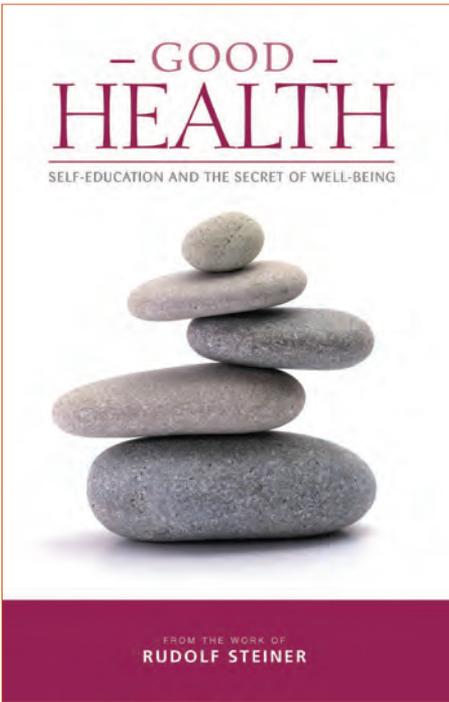
SERGIO MARIA FRANCARDO has worked as an anthroposophic doctor in Milan since 1980. He is the author of numerous articles and conference contributions on anthroposophic medicine and the importance of diet in the prevention of disorders.

Trans. R. Stenner; **APR**  
2017

RSP; 334pp; 23.5 x 15.5 cm; ISBN 978 1 85584 534 3; pb; £14.99

### Illnesses covered:

Fever – colds and cold-related illnesses – influenza – sore throat – subglottic laryngitis or false croup – sinusitis – cough – allergies – hay fever – asthma – conjunctivitis – earache – dental disorders – headache – bloating and flatulence – abdominal pain – diarrhoea – food poisoning – constipation – haemorrhoids and anal fissures – varicose veins and phlebitis – enuresis – cystitis and urethritis – menstrual pain (dysmenorrhoea) – impetigo – shingles – cold sores – warts – acne and boils – eczema and dermatitis – bites and stings – sunburn – burns and scalds – trauma and surgery – rheumatism and joint pain – muscle cramps – lumbago – childhood illnesses – tiredness – anaemia – sleep disorders and anxiety – hypertension



*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, and the eightfold path in connection with self-education. Finally, he gives specific exercises for inner development to be practised on the various days of the week.

The themes of personal resilience and 'salutogenesis' – an approach that focuses on factors that support human health and well-being rather than those that cause disease – are addressed directly by editor Harald Hass in his introductory essay.

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; pb; £9.99

**APR**  
2017

### Contents include:

Forgetting (Berlin, 2 November 1908)

Seminar Discussions on the Temperaments (Stuttgart, August 1919)

Self-education (Berlin, 14 March 1912)

For the Days of the Week

Iwer Thor Lorenzen

## The Spiritual Foundations of Beekeeping

The honey bee has lived in close association with human beings for millennia. Tragically, however, humanity's once intimate connection with this unique creature has been harmed by our increasingly utilitarian and exploitative dealings with the natural world. We are now in urgent need of re-establishing a deeper relationship, not just for the sake of the bees themselves but for the whole of nature – and of course *for ourselves*.

Lorenzen – a true master beekeeper – provides numerous insights to enable a more fruitful engagement with the living world. Offering an enrichment of the knowledge and practice of beekeeping, he 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.

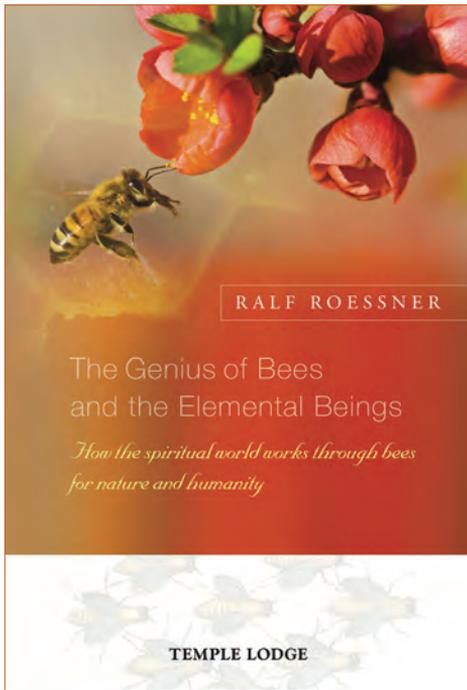


IWER THOR LORENZEN (1895-1976) was born in Harrislee Flensburg, Germany, and began his career as a teacher in 1914. Whilst serving in the First World War, he became acquainted with anthroposophy through a fellow soldier. After the war he set up his own school near Hamburg in 1949, where he remained until his retirement. Having worked as a volunteer in the Zoological State Institute in Hamburg from 1935 onwards, Lorenzen was also a biologist who was revered for his love and knowledge of beekeeping, particularly amongst biodynamic farmers. He published his key work on beekeeping in 1938 and wrote another nine books as well as numerous articles on the insect and animal world, metamorphosis and evolution.

Trans. Paul King;

TLP; 98pp; 21.5 x 13.5 cm; paperback; ISBN 978 1 906999 98 8; £10.99

**APR**  
2017



Ralf Roessner

## The Genius of Bees and the Elemental Beings

How the spiritual world works through bees  
for nature and humanity

*'The most important task of the bees, apart from the preparation of honey, wax and propolis, is the healing of the atmosphere! The honey bee, apis mellifera, alone, is able to perform this task. This is its first and foremost purpose.'* – Ralf Roessner

Describing the Genius of Bees as the 'group consciousness' of the hive, Ralf 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. Roessner elucidates

the relationships between the Genius of Bees, the elemental world and the human being. He also speaks of his personal experiences with the organic 'earth hive', giving instructions on how they are made, and offers practical advice on tackling the varroa mite.

In this unique and original work, the author, '... attempts to describe the secrets of creation as far as he has experienced these himself'. As he goes on to clarify: 'Many matters, which could only be vaguely perceived in former times, can now be investigated in a spiritual-scientific manner. A secret is only a *secret* to the extent it escapes the individual human being's powers of consciousness'. Anyone seeking deeper insights into the world of the honey bee will be enriched by the content of this book.

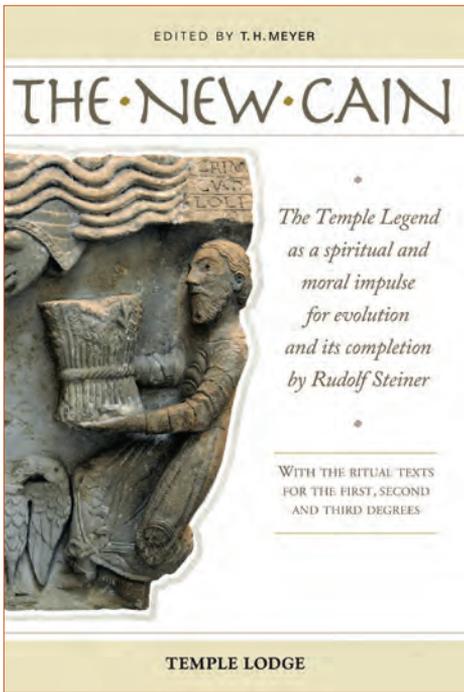


RALF ROESSNER is a passionate bee keeper and a biodynamic farmer, cultivating and processing the 'light root' (*Dioscorea batatas*), which his company IMTON GmbH develops and markets. He is the author of *The Light Root* (Temple Lodge 2014). In addition, Ralph has been working in the field of water research for 20 years.

Trans. Michael Williams;

TLP; 60pp; 21.5 x 13.5 cm; paperback; ISBN 978 1 912230 03 7; £9.99

**MAY**  
2017



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

Who was Cain and what does he represent? The first part of 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. Our earthly knowledge has an affinity with the fallen Cain, but there is also a path by which we can ascend to the condition of Cain before his fratricide – through the stages of higher knowledge. Only the descendants of Cain, coming to full and real 'I' development, can sustain themselves in the face of earthly forces.

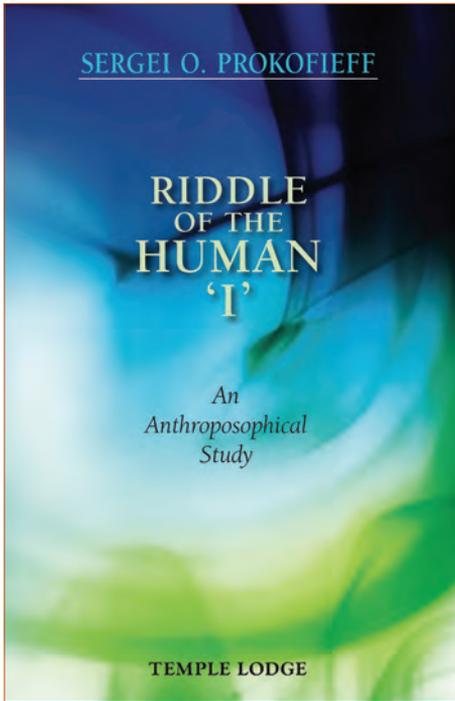
In the context of this primeval Cain, or the 'new' Cain, the ritual ceremonies enacted by Steiner between 1905 and 1914 acquire their true meaning: as a way to incorporate previously developed spirit knowledge into the human soul and into physical reality. Here the practical occultist increasingly identifies with Hiram, the central figure of the Temple Legend, in order to realize the new Cain within him.

Besides reflections by Rudolf Steiner and editor Thomas Meyer's commentary, this volume includes important thoughts by Marie Steiner, W.J. Stein, Ludwig Polzer-Hoditz and Rudolf Geering-Christ. The final chapter is a lecture by D.N. Dunlop – perhaps Steiner's most important pupil in the West – that reveals the *universally human* core of the rituals we encounter both in traditional freemasonry and in Steiner's own rites.



T.H. MEYER founded Perseus Verlag, Basel, in 1990, and the monthly journal *Der Europäer* in 1996 (with the English edition, *The Present Age*, appearing since 2015). He is the author of many books including *Barefoot Through Burning Lava*; *Milestones*; *In the Sign of Five* and *Ludwig Polzer-Hoditz, A Biography*. Meyer has written numerous articles and gives seminars and lectures around the world.

Trans. Matthew Barton; TLP; 142pp (8pp plates); **APR**  
21.5 x 13.5 cm; paperback; ISBN 978 1 912230 01 3; £13.99 **2016**



Sergei O. Prokofieff

## Riddle of the Human 'I'

An Anthroposophical Study

*'Anyone who embarks upon the study of anthroposophy will soon recognise that the mystery of the human ego lies at its very heart. This mystery is one of the central questions of anthroposophical Christology and at the same time forms one of the most difficult cognitive challenges presented by anthroposophy.'*  
– Sergei O. Prokofieff

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, offering a picture of its manifold mysteries.

In three great panoramas, the author develops central aspects of the topic, beginning with the three-fold 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.

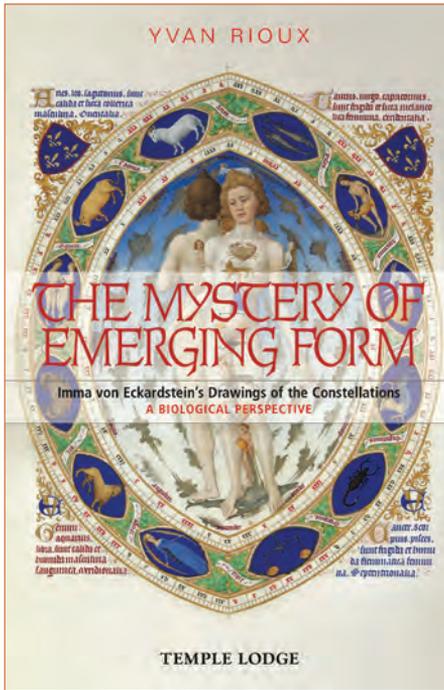


SERGEI O. PROKOFIEFF (1954–2014) studied Fine Arts and Painting at the Moscow School of Art. He encountered the work of Rudolf Steiner in his youth and soon decided to devote his life to it. He became active as an author and lecturer in 1982 and helped found the Anthroposophical Society in his native Russia in 1991. In Easter 2001 he was appointed as a member of the Executive Council of the General Anthroposophical Society in Dornach, Switzerland, on which he served until his death. A popular speaker, he wrote numerous books and articles that are available today in many languages.

Trans. Simon Blaxland-de Lange;

TLP; 70pp; 21.5 x 13.5 cm; paperback; ISBN 978 1 906999 97 1; £9.99





Yvan Rioux

## The Mystery of Emerging Form

Imma von Eckardstein's Drawings of the Constellations  
A Biological Perspective

Contemporary science views our planet as an insignificant speck of dust in the vastness of space, with its four kingdoms as a random assemblage of atoms. Yvan Rioux presents a radically different perspective, demonstrating an indissoluble relationship between Heaven and Earth. Over aeons of existence, the four kingdoms have manifested a creative power that perpetually brings forth new expressions. With the goal of bridging science and spirit, Rioux helps revive the old intuitive awareness of an intimate communion between the outer perceptible life of nature, the inner life of the soul and the majestic spiritual formative forces that preside as architects – an organic whole where all levels co-evolve.

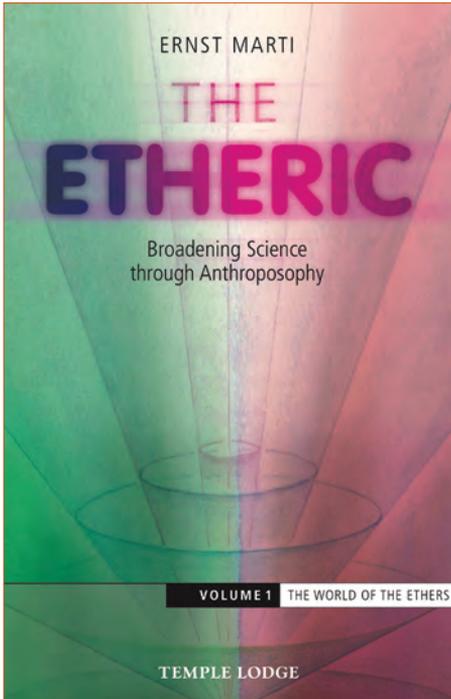
The earth, nesting in its solar system, is connected with the Milky Way and the twelve constellations. The impact of the stars as an influence on human behaviour has been known for millennia. In the original edition of Rudolf Steiner's *Calendar of the Soul*, twelve illustrations of the constellations, made by Imma von Eckardstein, were published for the first time. These intuitive drawings differ greatly from the traditional ones, but Steiner stressed their importance for our modern consciousness. The images invite us to comprehend formative forces in their various guises in the kingdoms of nature. By exploring the gifts of each constellation, the author uses Imma's drawings as a template to elucidate the emergence of twelve basic forms as the common denominators of all creatures, leading eventually towards the human form.



YVAN RIOUX studied biology at Montreal University. Working for ten years as a biodynamic farmer in Quebec, he encountered living ecosystems. Later, in Montreal, he taught on the relationship between human physiology and nature. In 1992 he moved to England. Retiring ten years ago, he decided to write about his knowledge gained from 25 years' of teaching experience, culminating in the publication of *The Mystery of Emerging Form*.

TLP; 196pp; 21.5 x 13.5 cm; paperback; ISBN 978 1 912230 02 0; £16.99

APR  
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Ernst Marti

## The Etheric

Broadening Science through Anthroposophy  
Volume 1: The World of the Ethers

Ernst Marti devoted his life to researching the 'etheric realm' – a subtle area that exists between the physical and spiritual. Taking the numerous statements and references by Rudolf Steiner as his starting point, Marti develops our understanding of the etheric world in various fields – from the theory of knowledge to the natural world, through to music, the realm of colours, eurythmy and medicine. In doing so, he proposes exciting bridges from the ancient and medieval worldview to the present and future of natural and spiritual science.

*The Etheric* explores the *fourfold* realm of the ethers. Giving an overview of their cosmic origins in the evolution of the earth, Dr Marti shows how the ethers work in phenomena of warmth, light, sound and

organic life. He brings a contemporary understanding and insight to the classical elements – fire, air, water and earth – as the media through which ethericity manifests and works in the world. Four physical forces are also explored which, as opposites to the ethers, have a constant tendency to break down and annul what life-giving ether creates. Dr Marti then studies the shadow aspects of the ethers connected to what he terms the 'sub-natural' forces of electricity, magnetism and nuclear force.

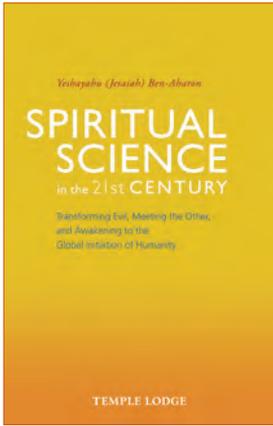


ERNST MARTI (1903–1985) was born in Switzerland and studied medicine in Vienna and Basel. He worked as a doctor in Solothorn and Arlesheim, Switzerland, where he met Ita Wegman. She entrusted him with the task of researching the etheric forces, to which he then devoted his whole life. He worked for more than 40 years as a doctor in Basel and founded the Society of Anthroposophical Doctors in Germany. He gave many lectures and courses for doctors as well as the general public and wrote numerous essays and papers that were published in specialist periodicals. He died at the Ita Wegman clinic.

Trans. Paul King;

TLP; 112pp; 21.5 x 13.5 cm; paperback; ISBN 978 1 912230 05 1; £11.99

**MAY**  
2017



Yeshayahu Ben-Aharon

## Spiritual Science in the 21st Century

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

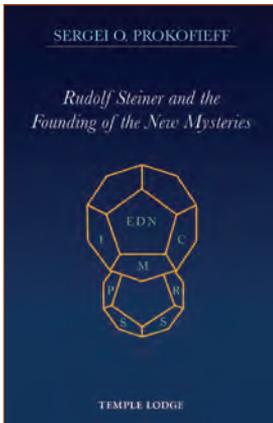
With love, humour and brilliant insight, Ben-Aharon addresses some of the most critical questions of our age, ranging from artificial intelligence and global politics to education and postmodern philosophy. Although tackling diverse subject-matter, this accessible anthology – delivered initially as lectures in locations as contrasting as New York, Oslo and Munich – features a coherent inner rhythm. With his lively and intense presentation, 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.

Ben-Aharon discusses his investigations into the Spiritual Event of the 21st Century; the working of spiritual beings in America, Central Europe, Scandinavia and Israel; the creative transformation of antisocial forces; Israel's diverse culture in the midst of the clash of civilizations; the mission of the anthroposophical movement in our time, and much more.

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

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

**JUN**  
2017



Sergei O. Prokofieff

## Rudolf Steiner and the Founding of the New Mysteries

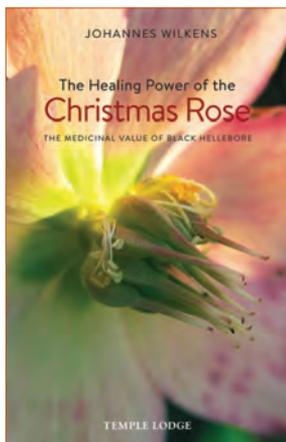
In this revised and expanded edition of his classic debut, Sergei O. Prokofieff investigates the deepest mysteries of Rudolf Steiner's life and individuality, from 'the years of apprenticeship' and 'the great Sun period' to 'the path of the Teacher of Humanity' and 'the birth of the New Mysteries'. He discusses the earthly and supersensible aspects of the first Goetheanum, the implications of the Christmas Conference of 1923-24 and the Foundation Stone meditation.

In his very personal Introduction, Prokofieff describes, in moving detail, the events in his life which led to his discovery of anthroposophy whilst living in Communist Russia, and how eventually he came to write this extraordinary study of Rudolf Steiner. The resulting volume – a work of secondary anthroposophical literature unprecedented in its depth and significance – was first published in Germany in 1982, meeting with equal amounts of acclaim, astonishment and controversy. It is published in this paperback edition to mark the 35th anniversary of the original publication.

Trans. Paul King;

TLP; 472pp; 23.5 x 15.5 cm; paperback; ISBN 978 1 912230 04 4; £29.99

**JUN**  
2017



Johannes Wilkens

## The Healing Power of the Christmas Rose

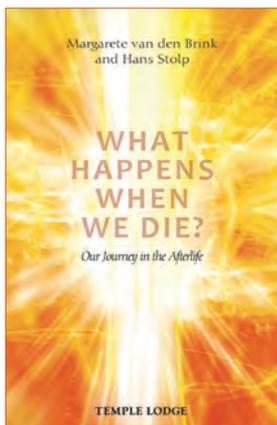
The Medicinal Value of Black Hellebore

A medicine with huge potential for treating Alzheimer's, 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 but long forgotten, the Christmas Rose is proving effective once again – 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.

In placing the remedy in historical context, Wilkens reviews its use by key figures over the centuries, from Lonicerus and the founders of herbalism in the Middle Ages and Samuel Hahnemann and the more recent development of homeopathy, through to Rudolf Steiner and the emergence of anthroposophic medicine. Vividly illustrated with colour photographs, this pioneering work outlines the critical role that the Christmas Rose can play in treating the illnesses of our time.

Trans. Matthew Barton; TLP; 146pp; 23.5 x 15.5 cm; paperback; ISBN 978 1 912230 00 6;

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## Margarete van den Brink and Hans Stolp What Happens When We Die?

Our Journey in the Afterlife

Is there truly *life* beyond *death*? What really happens when we die? Can the living stay connected with, or even help, their loved ones who have passed on? Turning to hidden – esoteric – sources that reveal lost meanings within the Bible, the Dead Sea Scrolls and other Gnostic texts, the authors describe the world of light that exists beyond death, and the 'seven steps' needed to progress through its realms. They draw on near-death experiences as well as the many profound personal encounters with deceased friends and family members described by people in recent times. With this knowledge, together with Rudolf Steiner's research, they offer answers to the following questions:

What is the world beyond death really like and what tasks await us there?; Why is love and wisdom gained in life on earth so important in the afterlife?; How can the living help or hinder the dead?; How do the departed themselves help loved ones who are left behind?

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