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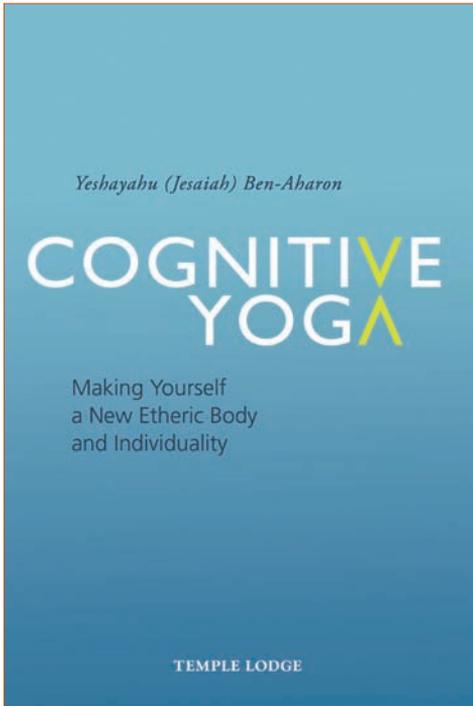
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Yeshayahu (Jesaiah) Ben-Aharon

## Cognitive Yoga

Making Yourself a New Etheric Body and Individuality

Are you ready to begin the process of making yourself a new etheric body and individuality?

In the last century, Rudolf Steiner issued a challenge for practitioners of western spiritual science. Would it be possible to develop a new form of cognitive, or Michaelic, yoga? In contrast to the eastern yogis of old – who practised the spiritualization of inhalation and exhalation – such contemporary yogic practice would involve a spiritualization of thinking as well as a transformation of perceptions and sensations.

In *Cognitive Yoga*, Dr Ben-Aharon responds to that call, developing the entire modern yogic process and describing it in remarkable detail. Through the methods presented, committed practitioners of

anthroposophy can create a living framework for spiritual research through a fully spiritualized thinking accompanied by a complete renewal of the experiences of perception and sensation as well as of the human body itself.

Included in the contents of this extraordinary book is a comprehensive guide to the spiritualization of the senses and how this leads to a transmutation of the deepest and most unconscious bodily processes and functions. *Cognitive Yoga* culminates in a pioneering description of a completely individualized meeting with the etheric Christ in the etheric world – the most important spiritual and human experience that people can have in our time and over the millennia to come.

This seminal work, built on decades of first-hand research, provides tangible evidence that western spiritual schooling is not only alive and well, but also full of potential for future development. Ben-Aharon offers a fully formulated and practical guide to a knowledge of the present revelations of the spiritual world.



DR YESHAYAHU (JESAIAH) BEN-AHARON is founder of the anthroposophical community in Harduf, Israel. He is the author of *The Spiritual Event of the Twentieth Century* and *The New Experience of the Supersensible*.

TLP; 220pp; 23.5 x 15.5 cm; pb; ISBN 978 1 906999 95 7; £20

SEP  
2016

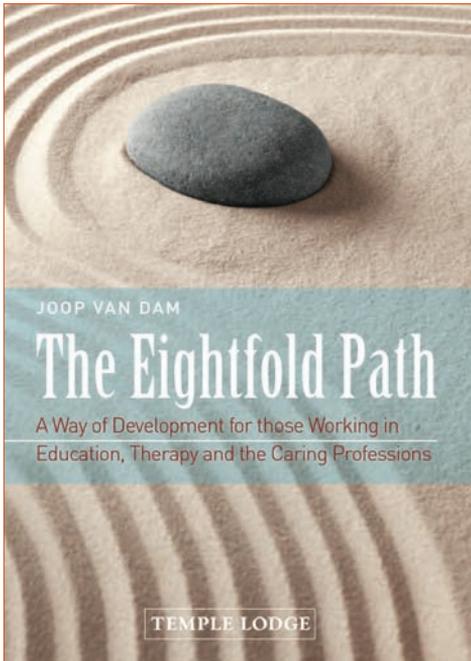
Joop van Dam

## The Eightfold Path

A Way of Development for those Working in Education, Therapy and the Caring Professions

Centuries before the birth of Christ, Buddha taught a path of love, compassion and forgiveness originating from his experiences of suffering in the world. The cause of suffering, he believed, lay within the soul, which had become self-centred and egotistic. Buddha inaugurated the Eightfold Path for purification and transformation – eight exercises which could lead to a new relationship with the world, from self-centredness to a warm interest in one's environment and in other people.

The exercises, described and explained here in their correct sequence – with each preparing the individual for the next step – are: the right view, the right resolve, the right word, the right action, the



right standpoint, the right effort, the right remembrance and the right contemplation.

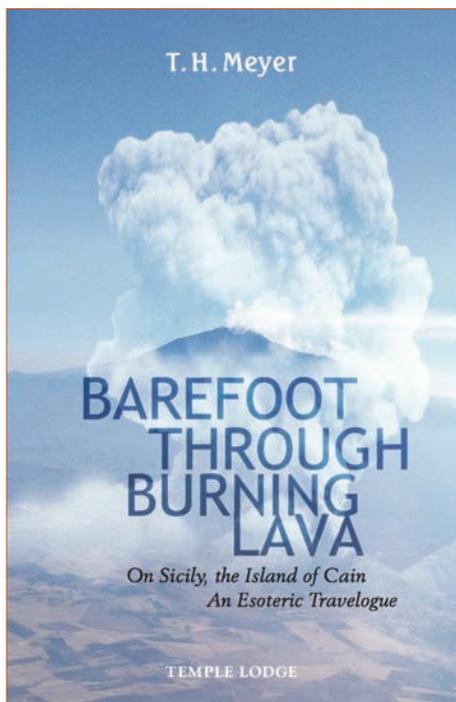
In this small book, based on commentary given by Rudolf Steiner (1861-1925) as well as his own intensive work with many groups, Joop van Dam has created a practical guide for anyone wishing to take up this path of personal development. He gives particular focus to the benefit that can be gained from the Eightfold Path by those in the educational, therapeutic and caring professions.



JOOP VAN DAM was a Medical Doctor for 40 years in Haarlem, the Netherlands. Now retired, he is still active as a lecturer in educational and medical programmes and in the Anthroposophical Society in the Netherlands, of which he was President for seven years. He is the author of several publications, including *The Sixfold Path*.

TLP; 54pp; 17 x 12 cm; pb; ISBN 978 1 906999 88 9; £7.99

**MAY**  
2016



T. H. Meyer

## Barefoot Through Burning Lava

On Sicily, the Island of Cain  
An Esoteric Travelogue

Drawn by the mysterious mount Etna, Thomas Meyer sets off on a quest to discover the secrets of the Mediterranean islands of Sicily and Stromboli. The Sicilian region is not only famous for the drama of its live volcanoes, but also for its associations with numerous cultural figures – ranging from Cain, Empedocles, Klingsor and the much maligned Cagliostro, through to Goethe and Rudolf Steiner. The author ponders their lives, work and karmic connections, whilst unexpected meetings with cryptic strangers result in discussions that are filled with spiritual insights and pearls of wisdom.

Meyer's travelogue is at once engaging, poetic and deeply esoteric, drawing parallels between the burn-

ing lava of Etna and Stromboli and the soul lava through which our spiritual feet must wade in the present day. In meditations on the Guardian of the Threshold and the explosive popularity of football, we are led to the conclusion that today human beings need to develop 'spiritual feet' to cross the boundary to higher worlds. The author's final trip coincides with the recent natural catastrophe in Nepal, which prompts him to ask whether humanity can begin to take inner responsibility for the many such disasters – particularly earthquakes and volcanic eruptions – that take place around the world. For these natural calamities, says Meyer, are intimately related to our untamed passions and emotions.



T.H. MEYER is the founder and publisher of Perseus Verlag, Basel, and editor of the monthly journals *Der Europäer* and *The Present Age*. He is the author of *Milestones; In the Sign of Five; Ludwig Polzer-Hoditz, A Biography; D.N. Dunlop, A Biography; Rudolf Steiner's Core Mission; The Bodhisattva Question; Clairvoyance and Consciousness and Reality, Truth and Evil*, and editor of *Light for the New Millennium*.

TLP; 78pp; 21.5 x 13.5 cm; pb; ISBN 978 1 906999 94 0; £9.99

SEP  
2016

Gunnar Hillerdal and Berndt Gustafsson

## We Experienced Christ

Spiritual Encounters with Jesus Christ

Reports from the Religious-Social Institute,  
Stockholm

*'And at this moment a peculiar, inconceivable, but wonderful thing happened. Suddenly – I assure you, completely unexpected and unwished for – I felt precisely that Someone stood beside me, Someone who radiated comfort and strength. And I heard, but without sound... as clearly and distinctly as if someone had literally spoken to me: "Do not despair, you are not alone, I am alive."'*

Curious as to what they might discover, two theologians advertised in a national Swedish newspaper for people to write in with their personal experiences of meeting Christ spiritually. They received more than one hundred rich and varied responses, even from some people who described

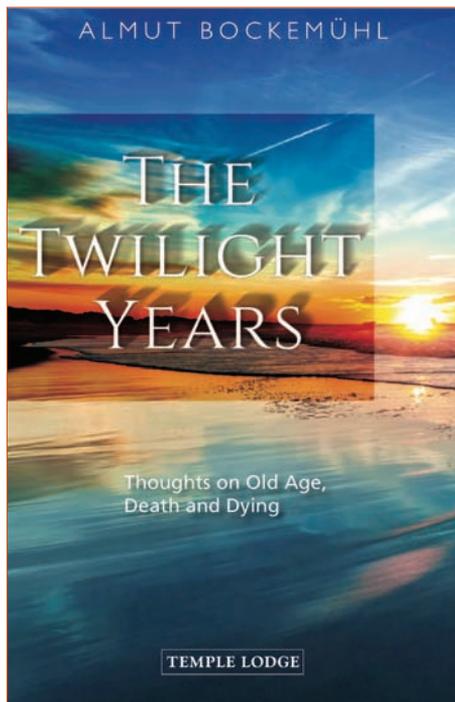
themselves as non-religious. The reports described extraordinary, surprising and usually unrequested experiences. Most of the correspondents had not previously spoken of what had happened to them, often out of fear for what others might think.

These precious and valuable experiences are gathered together here and complemented with wise and insightful commentary by the authors, Professor Berndt Gustafsson and Dr Gunnar Hillerdal, both serious academics. The accounts they present form an extraordinary testimony, which will be of interest to any open-minded person seeking truth and meaning in life.

*'It is about a number of individuals, independent of each other and not influenced by anyone or anything, who have appeared as spontaneous witnesses. One cannot bypass such a thing, regardless of any explanations and intellectual judgements. It is simply about facts.'* – Professor Boris Tullander, Ph.D., from the Foreword

TLP; 104pp; 23.5 x 15.5 cm; pb; ISBN 978 1 906999 86 5; £11.99

**MAY**  
2016



Almut Bockemühl

## The Twilight Years

Thoughts on Old Age, Death and Dying

*'Growing old is a constant battle... One has the experience of being squeezed out of one's bodily home, and one sets out to protect oneself against it, and holds on to what one can.... But when we make an effort to grow old in the right way, which means transforming what is earthly into what is spiritual, we are working at the transubstantiation of the earth.'*

What is it like to live to a ripe old age? What is it like to have to look after oneself in later life, or to be cared for by others? As life expectancy in the western world continues to grow, and as people manage longer periods of old age, these questions face us on a daily basis. With great honesty yet sensitivity, the author describes, in poetically moving words and phrases, the experiences of an old person at the boundary of life.

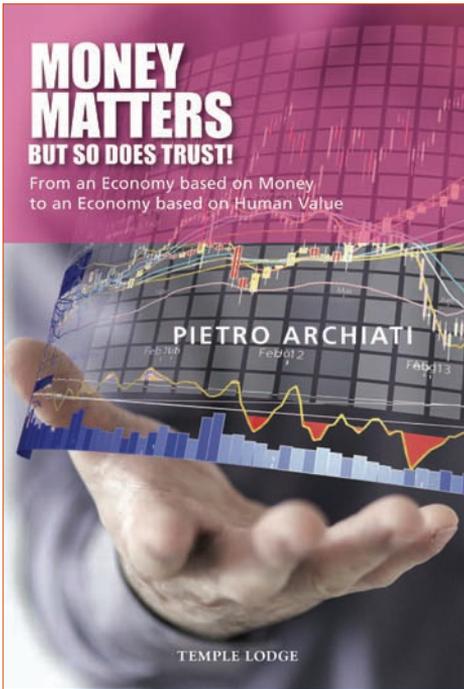
Shortly after the death of her almost 90-year-old mother, Almut Bockemühl pauses to contemplate the four years of intensive care that she devoted to her. What happened during this period of sacrifice to a dying person? Taking a thoughtful, meditative approach, she describes invaluable experiences, concluding that old age, death and dying have the potential to touch the highest spheres of human knowledge and perception.



ALMUT BOCKEMÜHL was born in 1933 in Idar-Oberstein, Germany. She studied German literature and biology and, as the mother of four children, made an intensive study of fairy tales and folk tales. She is a freelance writer, lecturer and course leader, and lives in Dornach, Switzerland. She is the author of *A Woman's Path*.

TLP; 70pp; 21.5 x 13.5 cm; pb; ISBN 978 1 906999 87 2; £8.99

**MAY**  
2016



Pietro Archiati

## Money Matters – But so does Trust!

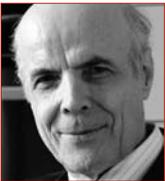
From an Economy based on Money  
to an Economy based on Human Value

The financial crisis of 2008 ignited a general psychology of fear. This crisis of confidence was not just a crisis of capitalism, argues the author, but a crisis of *materialism* – the one-sided fixation on material prosperity. Tackling real questions relating to personal finances, savings, work, individual creativity and talent, Archiati offers a multitude of stimulating thoughts and new ideas. The alternative to fear around money, he says, is the joy of being constructively busy. It makes a person happy to be able to express their individual talents and abilities – and it also benefits society!

Key to Rudolf Steiner's thinking about economics –

which Archiati elaborates upon – is the notion that a person's work should be separate from the income they receive. So long as we work only to get paid, we are working for ourselves, which is unproductive economically. Saving in an exaggerated way, out of fear for the future, is an outcome of such a system. However, if people were to receive sufficient money to enable them to lead a dignified life, independent of their role in society, attitudes would change. But this would call for a revolution in our culture – for human beings to be seen as more important than money.

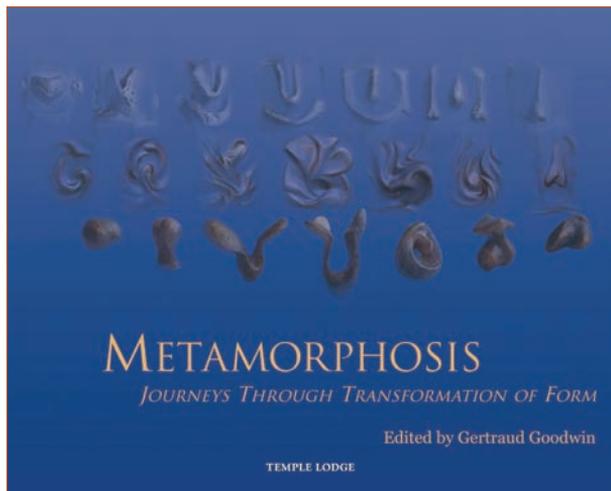
This book is based on transcripts of a seminar whose participants were mostly not economic experts. The text retains the liveliness of verbal communication, as well as the original questions posed by the participants.



PIETRO ARCHIATI worked in Laos as a teacher during the Vietnam War, and later as a missionary in New York. He discovered Anthroposophy in 1977 whilst a hermit on Lake Como. Since 1987 he has been a freelance speaker and writer (his books include *Spiritual Science in the Third Millennium*, *From Christianity to Christ*, *Reincarnation in Modern Life* and *The Great Religions*).

TLP; 132pp; 23.5 x 15.5 cm; pb; ISBN 978 1 906999 89 6; £12.99

**MAY**  
2016



Gertraud Goodwin  
**Metamorphosis**  
 Journeys Through  
 Transformation of Form

*'Approaching the different and manifold sequences in this book... one will gradually come to realise that metamorphosis can become an ideal for knowledge, a guiding path for self-knowledge and knowledge of the world – as intuitive contemplation and as artistic creation.'* – Dr Peter Wolf

What is metamorphosis? Through the medium of art, sculptor Gertraud Goodwin invites us to enter the realm of time and continuously changing movement in this highly original book. With chapters by various artists and writers, interwoven with her key insights, Goodwin offers numerous points of entry to understanding the mystery of metamorphosis. Profusely-illustrated in colour, we are shown many sequences of images – of sculptures, reliefs and graphic works – which, with the aid of informed commentary, we are invited to 'read'. These images belong together, developing from one to the next – just as single experiences and events in life belong to our biographies. One motif, one movement, passes through all stages, from simple beginnings and more differentiated formations, to a culmination – and, from there, back to a more mature simplicity and concentration, which makes a new beginning possible.

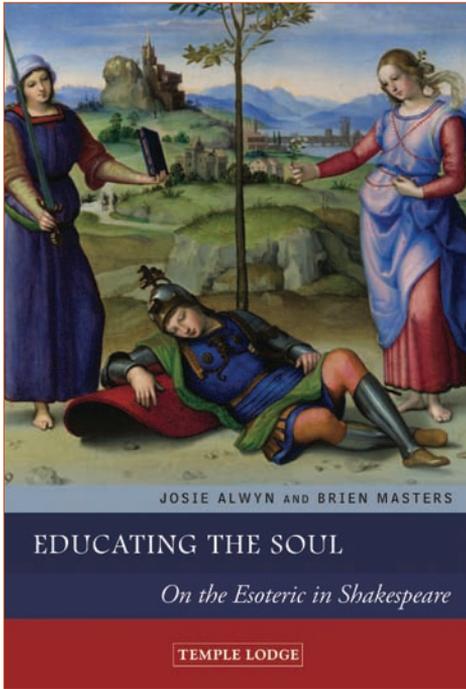
*'In relation to the transcendent, where ordinary words fail, the language of form, texture and relations in space, like those of music in time, offer alternatives to words, perhaps less encumbered by preconceptions. These pages offer many examples of the beauties and mysteries of metamorphosis, which is itself an essential component of Nature's creative language.'* – Dr Philip Kilner



GERTRAUD GOODWIN worked as an operating theatre nurse at the Royal Infirmary in Edinburgh, and trained in sculpture (at the Alanus-Kunsthochschule) and later in sculpture therapy. She taught at the Tobias School of Art in East Grinstead and at Emerson College. In 1987 she started to teach sculpture and graphics in her own studio, [www.sculpturestudioshoathlyhill.com](http://www.sculpturestudioshoathlyhill.com)

TLP; 160pp; 24 x 29.5 cm; pb; ISBN 978 1 906999 93 3; £22.50

**MAY**  
2016



Josie Alwyn and Brien Masters

## Educating the Soul

On the Esoteric in Shakespeare

'Books carry on conversations across the thresholds of time and space', writes Josie Alwyn in her introduction. This book is the fruit of her 'conversation' with Brien Masters – a collaboration that began more than twenty years ago, when she was learning to be a Waldorf teacher. They open their discussions with the broader theme of the role and 'mission' of drama in human development, before focusing on the central topic: the potential for metamorphosis inherent in Shakespeare's plays. This creative, birth-giving, transformative essence of Shakespeare – the esoteric core of his work – is vitally important to our times, they suggest, and contributes to the ongoing cultural education of the human soul.

Published to commemorate the 400th anniversary of Shakespeare's death, *Educating the Soul* offers an overview of Shakespeare's journey as a playwright in the context of evolving human consciousness. The heart of the book features nine essays on Shakespeare's most performed plays. Just as the middle act of a Shakespearian drama gives a point of transformation, so these essays represent the central, unfolding dialogue that took place between the writers as the book developed. This section is followed by an in-depth study of *Hamlet*, that sees the story as a learning process, deeply strengthened by the primary character's own education and changing consciousness. Finally, the book explores the theme of transformation through *The Tempest* and in relation to the archetypal 'tree of life'.

Accessible to all, the motifs of the various chapters in this book are woven lightly together, enabling the reader to follow the contents in sequence, or to dip in and pick up the threads at any point.



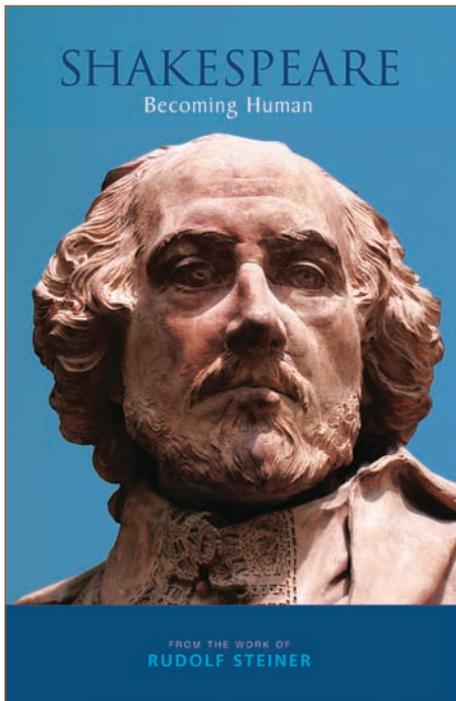
JOSIE ALWYN is co-director of the London Waldorf Seminar and a Steiner Waldorf Schools Fellowship adviser.



BRIEN MASTERS (1931-2013) was a distinguished educationalist, musician and prolific author. His books include *Kindling the Word*, *Mozart* and *Adventures in Steiner Education*.

TLP; 234pp; 23.5 x 15.5 cm; pb; ISBN 978 1 906999 92 6; £14.99

APR  
2016



Rudolf Steiner  
**Shakespeare**  
 Becoming Human

*'Like so much of Renaissance Art, Shakespeare's work bears an open secret. The esoteric spiritual content is undisguised, though it may be unexpected and not always immediately recognized. And, like all the great artistic achievements... this work remains incomplete until we recognize and respond to its open invitation that we become active participants.'* – from the Introduction

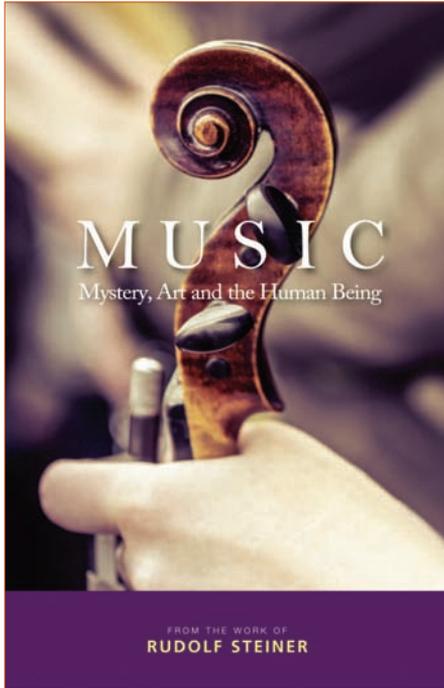
The perennial universal appeal of Shakespeare's work is well established. His core themes explore the challenges of the human condition whilst celebrating the potential of human beings to achieve and develop in earthly life. But what is it that enables Shakespeare's characters to live and breathe beyond the confines of their written roles, some 400 years after the plays were first performed?

In these collected lectures, edited with an extensive introduction by Andrew Wolpert, Rudolf Steiner throws new light on the Bard's work, describing the on-going life that flows from it, and the profound spiritual origins of Shakespeare's inspirations. He shows how Shakespeare can enliven us in our longing for contemporary ideals and truths; indeed, in our goal of becoming fully human. Our engagement with the plays, not just as actors and directors, but also as students and members of an audience, can thus become a co-creative participation in the redemptive potential of Shakespeare's enduring legacy.

Steiner speaks about Shakespeare in connection with the evolution of the arts of poetry and drama, and the transitions between cultural epochs. He reminds us of the sources and characteristics of classical Greek drama, recalling Aristotle's definition of drama as catharsis, and pointing to Shakespeare's connection to these cultural and historical wellsprings.

Trans. various; Edited with Intro. by A. Wolpert (Selections, various GAs);  
 RSP; 94pp; 21.5 x 13.5 cm; ISBN 978 1 85584 524 4; pb; £9.99

**APR**  
 2016



Rudolf Steiner

## Music

Mystery, Art and the Human Being

*'Our neurosensory system is inwardly configured music, and we experience music as an artistic quality to the degree that a piece of music is in tune with the mystery of our own musical structure.'* – Rudolf Steiner

What is music? Rudolf Steiner regards the essence of music as something spiritual, inaudible to the senses. The world of tones, borne on the vibrations of air, is not the essential element. 'The true nature of music, the spiritual element in music', he says, 'is found between the tones, lies in the intervals as an inaudible quality.'

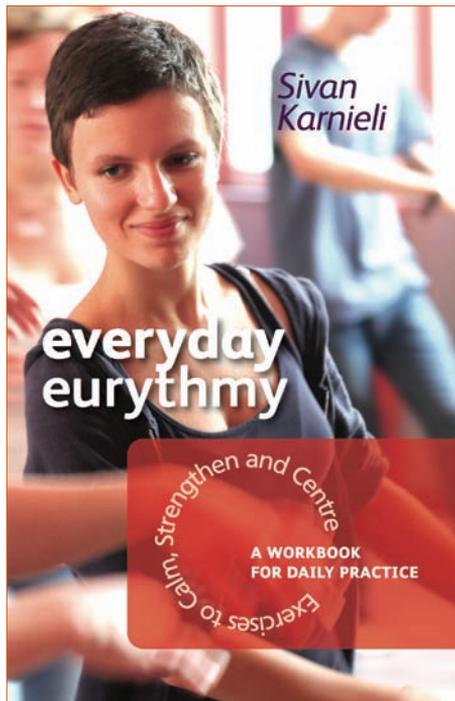
Rudolf Steiner spoke repeatedly about music as something inherent both in the cosmos and the human being. It played an important role in many forms of ritual and worship, and people once perceived a link between music and the world of stars, which was seen

as the dwelling place of the gods. Nowadays our view of music is divorced from such religious outlooks, but research repeatedly demonstrates the profound effect it continues to have on us.

In this unique anthology of texts, compiled with a commentary and notes by Michael Kurtz, Steiner describes the realm of the spiritually-resonating harmonies of the spheres and our intrinsic connection to this cosmic music. He also explores the phenomenon of musical listening and experience, as well as Goethe's approach to music.

Trans. M. Barton; Edited with Intro. by M. Kurtz (Selections, various GAs);  
RSP; 196pp; 21.5 x 13.5 cm; ISBN 978 1 85584 526 8; pb; £12.99

**MAY**  
2016



Sivan Karnieli

## Everyday Eurythmy

Exercises to Calm, Strengthen and Centre

A Workbook for Daily Practice

With drawings by Nina-Sophie Jutard-Graewe

*'Eurythmy, if you have heard of it at all, is more than you realize. It is certainly different from how it usually appears...'*

With no previous training or knowledge required, Sivan Karnieli's handy workbook presents a range of focused, practical exercises to calm, strengthen and centre. Accessible to all, it gives instructions for daily practice that can effectively counteract stress and burn-out, psychological blocks and other symptoms of modern life. Whether you work with these exercises for five minutes or an hour a day, they help harmonize body, soul and spirit, enabling you to find your true self.

This straightforward guide to the art of eurythmy has a huge amount to offer everyone. Rather than delving deeply into theory, it invites you to be active and to make an immediate start!



SIVAN KARNIELI was born in Zurich in 1977. She loved eurythmy from childhood, studied philosophy and psychology in Zurich, and then trained as a eurythmist in Dornach. Her professional work includes education, adult education and stage performance. With her latest book *Unternehmung Eurythmie* ('Eurythmy Enterprise') she offers eurythmy in the workplace and also as a remedy for daily stress. Her website is [www.unternehmung-eurythmie.com](http://www.unternehmung-eurythmie.com)

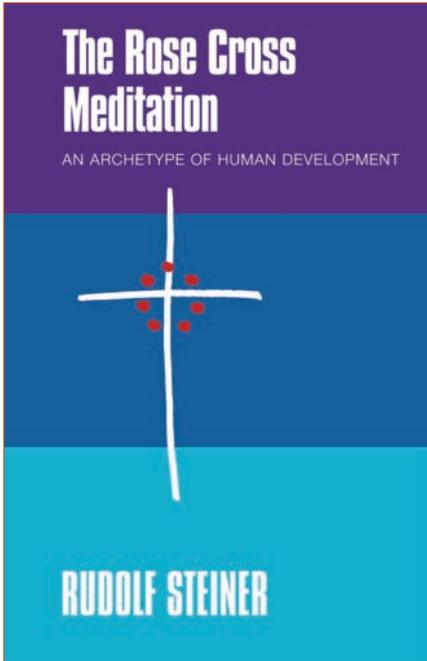


NINA-SOPHIA JUTARD-GRAEWE was born in Goettingen, Germany, in 1980. She studied painting at the Assenza painting school in Muenchestein from 2002 to 2006. Her daughter was born in 2007. She has been working as an art teacher at the Rudolf Steiner school in Basel since 2009.

Trans. M. Barton;

RSP; 96pp; 21.5 x 13.5 cm; ISBN 978 1 85584 487 2; pb; £10.99

**OCT**  
2016



*Rudolf Steiner*

## The Rose Cross Meditation

An Archetype of Human Development

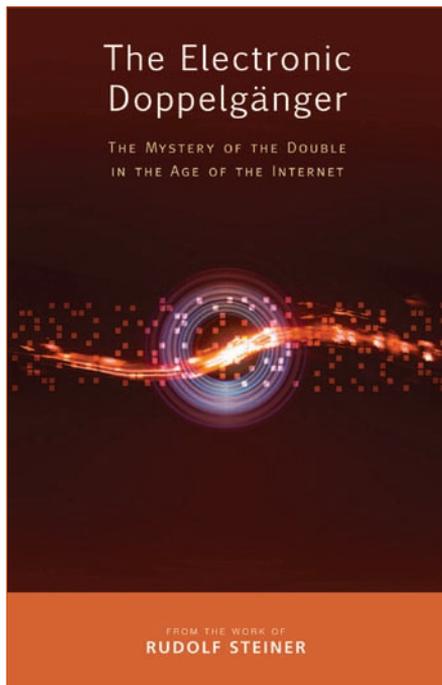
The Rose Cross meditation is central to the western – Rosicrucian – path of personal development as presented by Rudolf Steiner. Steiner repeatedly referred to the meditation as a ‘symbol of human development’ that illustrates the transformation of the human being’s instincts and desires. These work unconsciously in the soul, and in thought, feeling and will. Through personal development, the ‘I’ – the essential self – can gain mastery over these unconscious forces of the soul.

The Rose Cross meditation features the red rose as an image to which the student, via specific means, aspires. To the plant is added the black cross which, pointing to the mystery of death and resurrection, provides a symbol of the higher development of the human I. The metamorphosis of the roses and the cross into the

symbol of the Rose Cross is brought about by the student’s inner efforts, creating an entirely new image. This becomes the starting point for further steps along the meditative path.

The Rose Cross meditation is the only pictorial meditation whose content and structure Steiner described in such detail. In this invaluable book, the editor has drawn together virtually all Rudolf Steiner’s statements on the subject, arranging them chronologically within the motif of each chapter. His words are supported by commentary and notes.

Trans. J. Collis; Edited with Intro. by C. Haid (Selections, various GAs); **MAY**  
RSP; 184pp; 21.5 x 13.5 cm; ISBN 978 1 85584 528 2; pb; £12.99 **2016**



Rudolf Steiner

## The Electronic Doppelgänger

The Mystery of the Double  
in the Age of the Internet

*'Large temptations will emanate from these machine-animals, produced by people themselves, and it will be the task of a spiritual science that explores the cosmos to ensure all these temptations do not exert any damaging influence on human beings.'*

In an increasingly digitised world, where both work and play are more and more taking place online and via screens, Rudolf Steiner's dramatic statements from 1917 appear prophetic. Speaking of 'intelligent machines' that would appear in the future, Steiner presents a broad context that illustrates the multitude of challenges human beings will face. If humanity and the Earth are to continue to evolve together with the cosmos, and not be cut off from it entirely, we will need to work consciously and spiritually to create a counterweight to such phenomena.

In the lectures gathered here, edited with commentary and notes by Andreas Neider, Rudolf Steiner addresses a topic that he was never to speak of again: the secret of the 'geographical' or the 'ahrimanic' *doppelgänger*. The human nervous system houses an entity that does not belong to its constitution, he states. This is an ahrimanic being which enters the body shortly before birth and leaves at death, providing the basis for all electrical currents that are needed to process and coordinate sense perceptions and react to them.

Based on his spiritual research, Rudolf Steiner discusses this *doppelgänger* or 'double' in the wider context of historic occult events relating to 'spirits of darkness'. Specific brotherhoods seek to keep such knowledge to themselves in order to exert power and spread materialism. But this knowledge is critical, says Steiner, if the geographical *doppelgänger* and its challenges are to be understood.

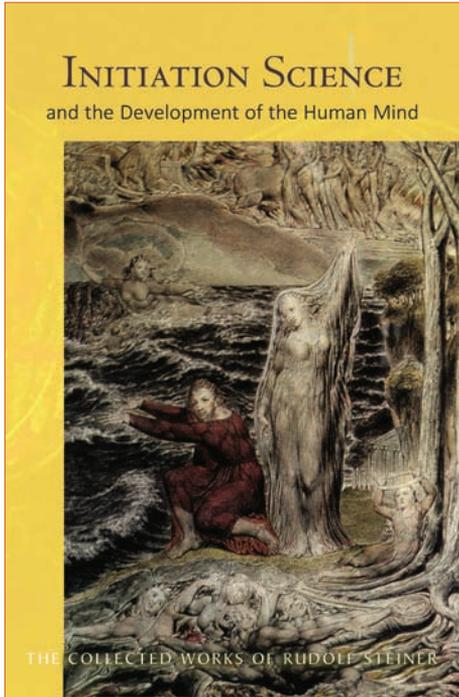
Trans. S. L. Breslaw; Edited with Intro. by A. Neider (Selections, various GAs); **APR 2016**  
RSP; 164pp; 21.5 x 13.5 cm; ISBN 978 1 85584 525 1; pb; £12.99

## The Collected Works of Rudolf Steiner

Rudolf Steiner

**Initiation Science**

and the Development of the Human Mind



In an astonishing series of lectures on the science of spiritual knowledge, Rudolf Steiner begins by addressing an audience in Dornach, Switzerland – where, only months earlier, his architectural masterpiece, the first Goetheanum, had been destroyed by fire. He discusses the nature of our planetary system, revealing the planets that are characterised by freedom and those that determine destiny. The spirits of the moon live in seclusion, preserving ‘original wisdom’ and reflecting powers connected to sexuality, whereas the sun creates harmony. Jupiter is ‘the thinker’, whilst the spirits on Saturn act as ‘living memory’. Speaking in London, Steiner states that the things that happen to people in sleep are more important than anything that occurs

during waking hours! Human beings, he says, must learn to see themselves as an image of spirits and spiritual activities on earth.

In a break from the theme, and returning to Dornach, Rudolf Steiner reports on his recent visit to England and Wales, where he attended an educational conference in Ilkley, a Summer School in Penmaenmawr and a school for the disadvantaged in the East End of London. Steiner speaks of the particular atmosphere he experienced in West Yorkshire and North Wales, where remnants of Druid spirituality live in the surroundings. The latter theme emerges strongly in the next lectures, which examine the Druid priest’s sun initiation and perception of moon spirits. The Druids investigated the secrets of the universe, influencing both social and religious life. Steiner also describes the mythic being of Woden, who signified the birth of intellectuality and the subsequent fear of death – which, he asserts, can be healed by the Mystery of Golgotha.

In the final section, Rudolf Steiner again references the importance of Druid culture, noting that the ground plans of the stone circles in Penmaenmawr are similar to that of the first Goetheanum. He also points to the crucial roles of the ancient Mysteries and Christ’s deed in human development.

Trans. A. Meuss (8 lectures + report, various cities, Jul.–Sept. 1923, CW 228);  
RSP; 216pp; 23.5 x 15.5 cm; ISBN 978 1 85584 531 2; pb; £15.99

**NOV**  
**2016**

## The Collected Works of Rudolf Steiner

Rudolf Steiner

### Life of the Human Soul and its Relation to World Evolution

How are we connected to the world around us? This question, says Rudolf Steiner, is one that lives subliminally, drawing us into the depths of the psyche. There, our candle of consciousness tends to flicker and go out. But spiritual schooling can relight it, so that we learn to perceive realms of our being beyond the restricted self.

Whilst Steiner was undertaking major lecture tours of Germany and England, he took time to address his followers at the world centre of anthroposophy in Dornach, Switzerland. He speaks here on three major topics: 'The Life of the Human Soul', 'Spiritual Striving in Relation to Earth's Evolution' and 'The Contrast Between East and West'. The common theme, however, is our mutual responsibility for what

the human being and the world will eventually become – which, according to Steiner, is far from a foregone conclusion. Even the way we *think* can change and affect the future: the degree, for example, to which we concentrate our picturing in meditation, infusing head thinking with warmth of heart.

Rudolf Steiner reveals a hugely complex picture of interrelationships between humanity and the cosmos. Our head, heart, lungs and limbs all reveal subtly different qualities of connection with the invisible realities that continue to sustain us. Our eyes, for instance, only gradually evolved into organs of sight and were once vital organs, as our lungs are now. The lungs, in turn, will similarly evolve to provide us with another form of perception.

As is usually the case, Steiner addresses a wide variety of topics in addition to those above. Included in this volume are thoughts on the significance of the cinema; the nature of the halo; technology as the 'true foundation' of the modern worldview; asceticism in the Middle Ages; the world of machines and the world of rite and worship; yoga and modern meditation exercises; pain as an awakener of knowledge; the emergence of the belief in ghosts; and the connection between stomach acid and soul qualities.

Trans. M. Barton (9 lectures, Dornach, Apr.–Jun. 1922, CW 212);  
RSP; 208pp; 23.5 x 15.5 cm; ISBN 978 1 85584 529 9; pb; £15.99

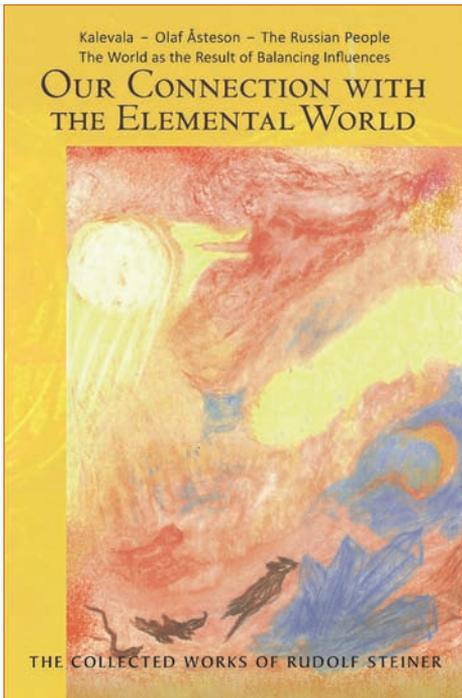
**NOV**  
2016

## The Collected Works of Rudolf Steiner

Rudolf Steiner

### Our Connection with the Elemental World

Kalevala – Olaf Åsteson – The Russian People  
The World as the Result of Balancing Influences



The heart of this volume comprises Rudolf Steiner's commentary on the elemental forces that are responsible for our earthly nature as human beings – forces that influence us through our membership of a national or geographical group. When such elemental forces are not recognised and understood, he states, they cause conflict and chaos. However, Steiner indicates an important accompanying task that calls upon each human being to develop individuality, emancipating ourselves from the earthly influences underlying national and racial groups.

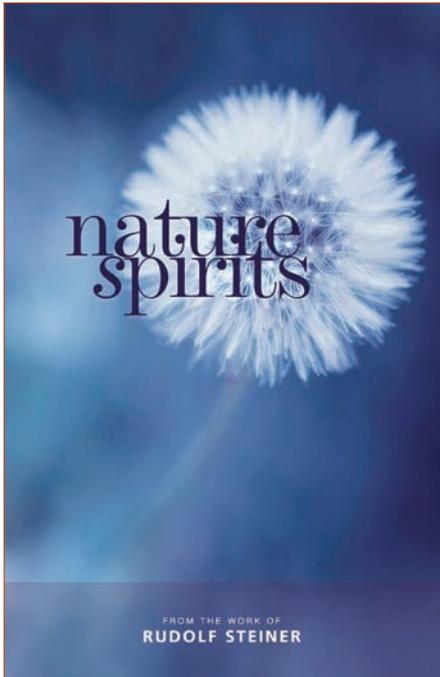
These great themes are framed by Rudolf Steiner's pioneering research into the two major Northern folk-poems, the *Kalevala* and *The Dream Song of Olaf Åsteson*. The former tells of the elemental spirits who created the conditions for our earthly incarnation, whereas the Dream Song has to do with the drama of exarnation – the journey of the human soul after death. Linking these vast motifs is Steiner's unique description of the mission and tasks of the Russian people and the contrast of their destiny to the North American people (who, he says, are 'dominating the Earth for a brief period of increasing splendour').

Steiner explains how elemental beings, responsible for the balance of land and sea, have created conditions where various peoples are enabled to develop their gifts and fulfil their destinies. Thus he speaks of Finland as the ancient conscience of Europe, Russia as the future bearer of the Christ-imbued Spirit Self, and the differing but complementary environments of Germany and Britain. Strikingly, he states that, 'no souls on Earth love one another more than those living in Central Europe and those living in the British Isles'.

Rudolf Steiner also speaks of the necessary work of luciferic and ahrimanic beings that collaborate to enable the solid spatial forms of our physical bodies. Likewise, they influence our etheric and astral bodies, facilitating thinking, feeling and will to be imbued with life and consciousness.

Trans. S. Blaxland-de Lange (7 lectures & 6 addresses; various cities, Apr.–Jun. 1912-14, CW 158); RSP; 288pp; 23.5 x 15.5 cm; ISBN 978 1 85584 488 9; pb; £17.99

**NOV**  
2016



Rudolf Steiner

## Nature Spirits

Selected Lectures

Based on knowledge attained through his highly-trained clairvoyance, Rudolf Steiner contends that folk traditions regarding nature spirits are based on spiritual reality. He describes how people possessed a natural spiritual vision in ancient times, enabling them to commune with nature spirits. These entities – which are also referred to as elemental beings – became immortalised as fairies and gnomes in myth, legend and children's stories.

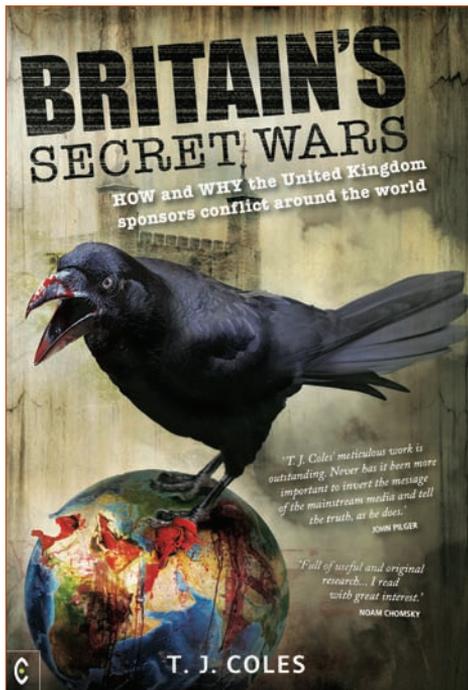
Today, says Steiner, the instinctive understanding that humanity once had for these elemental beings should be transformed into clear scientific knowledge. He even asserts that humanity will not be able to reconnect with the spiritual world if it cannot develop a new relationship to the elementals. The nature spirits themselves want to be of great assistance to us, acting as 'emissaries of higher divine spiritual beings'.



RUDOLF STEINER (1861-1925) initiated a contemporary 'science of spirit', accessible to anyone willing to exercise clear and unprejudiced thinking. From his spiritual investigations he provided suggestions for the renewal of many activities, including education (both general and special), agriculture, medicine, economics, architecture, science, philosophy, religion and the arts. Steiner wrote some 30 books and delivered over 6000 lectures across Europe.

Compiled by W. Ulrich-Klünker (Selections, various GAs);  
RSP; 214pp; 21.5 x 13.5 cm; pb; ISBN 978 1 85584 530 5; £14.99

**SEP**  
2016



T. J. Coles

## Britain's Secret Wars

How and why the United Kingdom sponsors conflict around the world

In a devastating analysis, T. J. Coles reveals the true extent of Britain's covert foreign policy that supports war, conflict and oppression around the world. Unbeknownst to the broad population, the Shadow State sponsors a 'new world order' that allies Britain with America's quest for global power – what the Pentagon calls 'Full Spectrum Dominance'. Coles documents how British operatives have interfered in Syria, Libya, Iraq, Iran and Yemen with the aim of deposing unwanted regimes. In doing so, they have helped create extensive terrorist networks across the Middle East, reviving previously-failing Jihadist groups such as ISIL, which has now transformed into an international terror franchise.

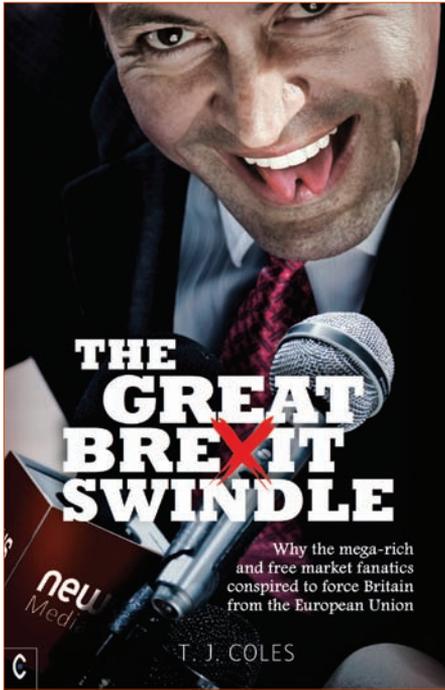
In addition to waging clandestine wars in the Middle East, the secret services have used the military to run drugs by proxy in Colombia, train death squads in Bangladesh, and support instability in Ukraine, where NATO's strategic encroachment on Russia is drawing the world closer to terminal nuclear confrontation. Coles unearths Britain's involvement in the recent ethnic cleansing of Tamil civilians by the Sri Lankan government, the invasion of Somalia by Somali and Ethiopian warlords, and Indonesia's atrocities in Papua. He also exposes the extensive use of drones for murder and intimidation across the Middle East and elsewhere.

*Britain's Secret Wars* is essential reading for anyone who wants to dig beneath the surface of current events.

T. J. COLES studies the philosophy of neurology and cognition at the University of Plymouth, UK, with reference to the aesthetic experiences of the blind and visually impaired. He is director of the Plymouth Institute for Peace Research and his political writings have appeared in the *New Statesman*, *Lobster*, *Peace Review* and *Z Magazine*. He is also a columnist with *Axis of Logic* and in 2013 was shortlisted for the Martha Gellhorn Prize for journalism.

CVB; 224pp; 23.5 x 15.5 cm; pb; ISBN 978 1 905570 78 2; £14.99

**MAY**  
2016



T. J. Coles

## The Great Brexit Swindle

Why the mega-rich and free market fanatics conspired to force Britain from the European Union

*'If you voted to Leave the European Union, the chances are you've been swindled...'*

In his urgent new book, T. J. Coles uncovers the forces seeking to uncouple Britain from the European Union. Allied to an expanding core of free market fanatics in the Conservative party is a powerful group of globalists and financial traders. Their political ideology is *neoliberalism* – a worldwide agenda that seeks to deregulate markets and maximize profits for global elites at the expense of working people. The effect is a growing gap internationally between rich and poor.

Digging deep into the funding campaign, *The Great Brexit Swindle* documents the potent, self-

serving interests behind Brexit. In the wake of the financial crisis of 2008, mega-rich hedge fund managers and billionaire CEOs are keen to be rid of Brussels and its 'red tape' regulation. Their anti-European political allies, meanwhile, are preparing to corner markets in Asia and South America, whilst expanding Britain's military capacity as a back-up to economic penetration.

Brexit was sold to the public as a once-in-a-lifetime opportunity to regain sovereignty, control immigration and increase the nation's wealth. But, despite the manifold promises of Brexiteers, Coles demonstrates that economic globalization will lead to growing job insecurity and greater immigration, once British workers are put in direct competition with the huge, poor populations of countries like Brazil, China, Mexico and India. Increasing 'free market' trade worldwide leaves Britain open to low-quality products, such as hormone-treated American beef and genetically-modified foods, whilst the new planned trade agreements would only accelerate the privatization of public services. Although Coles is not an advocate for the EU, he argues that the Brexit agenda is designed only to serve the interests of the wealthy and increasingly powerful 0.1% of the population.

CVB; 172pp; 21.5 x 13.5 cm; pb; ISBN 978 1 905570 81 2; £10.99

**NOV**  
2016



Jeffrey Duban

## The Lesbian Lyre

Reclaiming Sappho for the 21st Century

Hailed by Plato as the 'Tenth Muse' of ancient Greek poetry, Sappho is inarguably antiquity's greatest lyric poet. Born over 2,600 years ago on the Greek island of Lesbos, and writing amorously of women and men alike, she is the namesake lesbian. What's left of her writing, and what we know of her, is fragmentary. Shrouded in mystery, she is nonetheless repeatedly translated and discussed – no, *appropriated* – by all. Sappho has most recently undergone a variety of treatments by agenda-driven scholars and so-called poet-translators with little or no knowledge of Greek. Classicist-translator Jeffrey Duban debunks the postmodernist scholarship by which Sappho is interpreted today and offers translations reflecting the charm and elegant simplicity of the originals.

Duban provides a reader-friendly overview of Sappho's times and themes, exploring her eroticism and Greek homosexuality overall. He introduces us to Sappho's highly cultured island home, to its lyre-accompanied musical legends, and to the fabled beauty of Lesbian women. Not least, he emphasizes the proximity of Lesbos to Troy, making the translation and enjoyment of Homer's *Iliad* and *Odyssey* a further focus.

More than anything else, argues Duban, it is free verse and its rampant legacy – and no two persons more than Walt Whitman and Ezra Pound – that bear responsibility for the ruin of today's classics in translation, to say nothing of poetry in the twentieth century. Beyond matters of reflection for classicists, Duban provides a far-ranging beginner's guide to classical literature, with forays into Spenser and Milton, and into the colonial impulse of Virgil, Spenser, and the West at large.

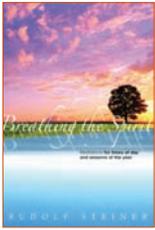


JEFFREY DUBAN was a Classics major at Brown, and also studied Old Testament, Sanskrit and Classics at the Hebrew University of Jerusalem. He obtained his Ph.D. from Johns Hopkins and briefly entered upon university teaching, later earning his JD from Fordham. As an attorney, he specialized in academic law.

CVB; 832pp; 23.5 x 15.5 cm; hb; ISBN 978 1 905570 79 9; £25.00

MAY  
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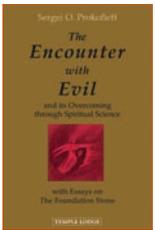
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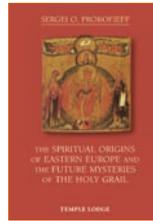
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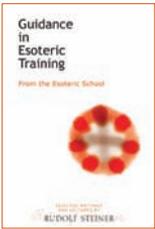
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 Trans. unknown; RSP; 144pp;  
 24 x 16.5 cm; pb; ISBN 978 1  
 85584 527 5; £20



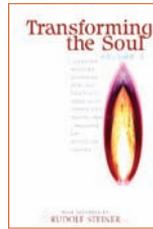
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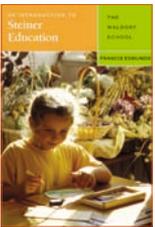
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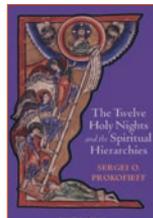
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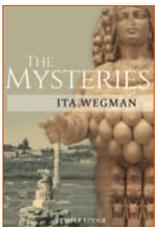
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