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By Rudolf Steiner  
and related authors

# SPRING



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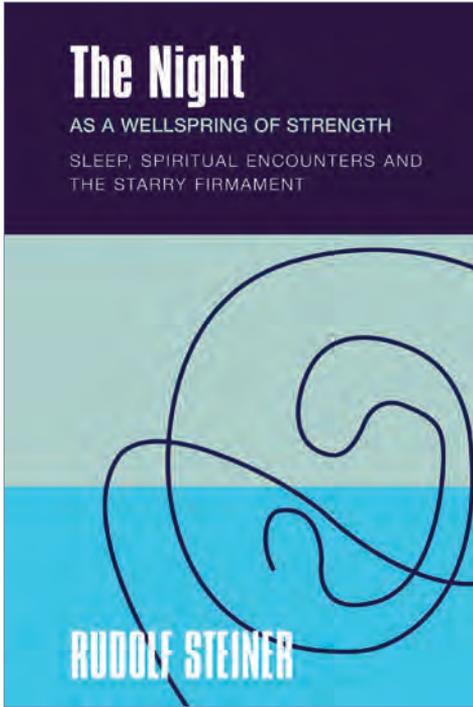
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Rudolf Steiner

## The Night

as a Wellspring of Strength  
Sleep, Spiritual Encounters and  
the Starry Firmament

*'I fall asleep. Until I awaken my soul will be in the world of spirit, and there will meet the guiding impulse-giver of my earthly life, my genius, who dwells in the world of spirit, hovering round my head...'* – Rudolf Steiner

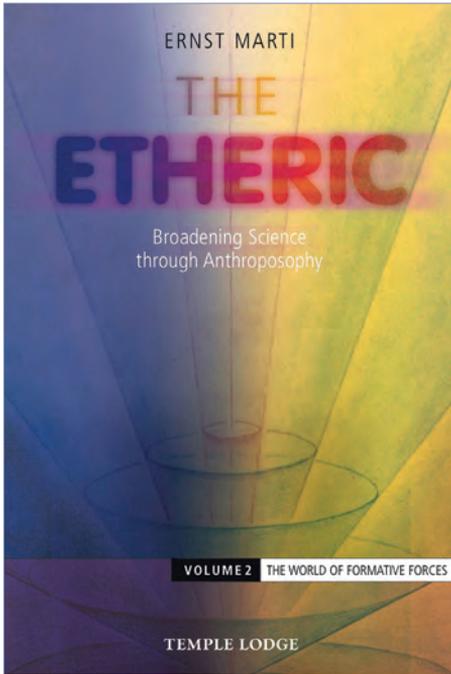
The night is an essential counterpart to the day. By day we possess the capacity of conscious, logical thought, whilst at night – leaving the physical body to regenerate during sleep – we give ourselves up to a different form of consciousness. Rudolf Steiner describes the night as the realm of intuition, a place of deep spiritual encounter, but also as a wellspring of renewal and healing.

With its lucid introduction and notes, *The Night* seeks to conjure the special atmosphere and quality of the nocturnal hours, so that the real spiritual encounters of night-time can fruitfully inform our daily life, helping us to live in a fuller, healthier way. Night-time is when we can, consciously or unconsciously, meet our higher self; we have the opportunity to work with angelic beings, and even to access the world of the dead. The night can be a source of poetic and artistic inspiration, whilst for initiates it provides a field for conscious awareness. It is also a special time – before going to sleep and upon waking – for specific esoteric exercises.

Edited by Edward de Boer, the textual passages, lecture extracts, exercises and the many verses and prayers in this anthology are an invitation to readers to engage more consciously with the starry heavens and the nightly realm.

Edited with Intro. by E. de Boer (Selections, various GAs); Trans. M. Barton;  
RSP; 118pp; 21.5 x 13.5 cm; ISBN 978 1 85584 544 2; paperback; £11.99

APR  
2018



## Ernst Marti The Etheric

Broadening Science through Anthroposophy  
Volume 2: *The World of Formative Forces*

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 colour, 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.

Having studied 'The World of the Ethers' in Vol. 1, here Dr Marti explores the 'The World of Formative (or Morphogenic) Forces'. Be-

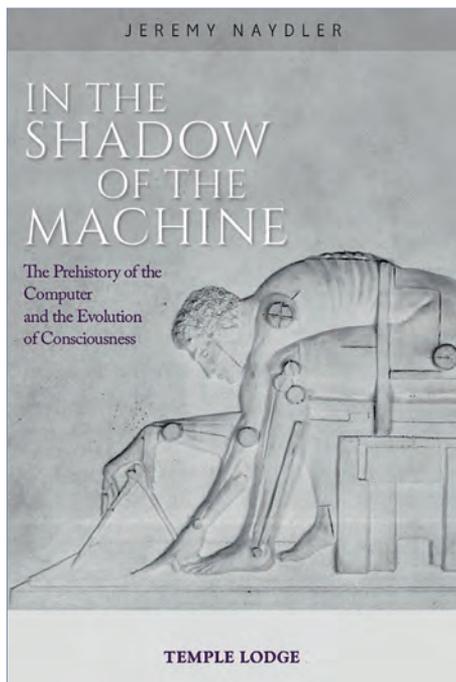
ginning with the sense qualities of the visible world, he studies the nature of sense perception, the origin of morphogenic forces and their phenomenology. In three key sections he examines *the formative forces of shape or form* (including the growth movements in plants and how they relate to eurythmy and the forces of colour); *the formative forces of life* (the planetary origin of the morphogenic forces of life and the seven life processes and their relation to rhythm); and *the formative forces of substance* (the zodiac and the planets and the formative forces of metals). In this concluding volume of his seminal work, Marti also offers pertinent comments on the nature of potentization in medicine.



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. 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.

Trans. P. King; TLP; 116pp; 23.5 x 15.5 cm; paperback; ISBN 978 1 912230 13 6; £11.99

APR  
2018



Jeremy Naydler

## In the Shadow of the Machine

The Prehistory of the Computer and  
the Evolution of Consciousness

Contemporary life is so deeply reliant upon digital technology that the computer has come to dominate almost every aspect of our culture. What is the philosophical and spiritual significance of this dependence on electronic technology, both for our relationship to nature and for the future of humanity? And, what processes in human perception and awareness have produced the situation we find ourselves in?

As Jeremy Naydler elucidates in this penetrating study, we cannot understand the emergence of the computer without seeing it within the wider context of the evolution of human consciousness, which has taken place over millennia. Modern consciousness, he shows, has evolved in conjunction with the

development of machines and under their intensifying shadow.

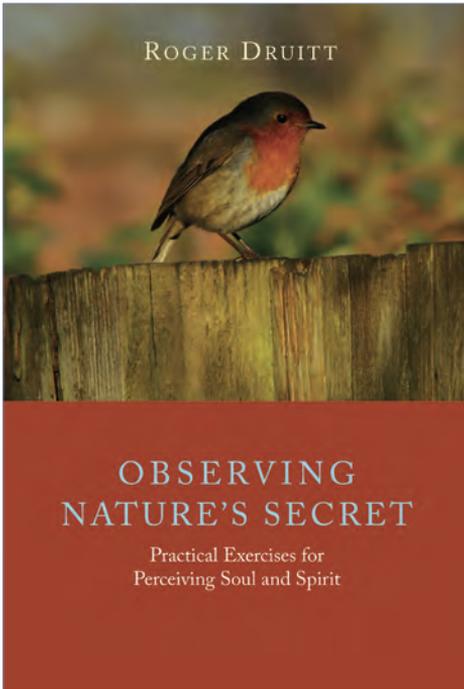
The computer was the product of a long historical development, culminating in the scientific revolution of the 17th century. It was during this period that the first mechanical calculators were invented and the project to create more complex 'thinking machines' began in earnest. But the seeds were sown many hundreds of years earlier, deep in antiquity. Naydler paints a vast panorama depicting human development and the emergence of electronic technology. His painstaking research illuminates an urgent question that concerns every living person today: What does it mean to be human and what, if anything, distinguishes us from machines?



JEREMY NAYDLER, PH.D., holds a doctorate in theology and religious studies, and is a philosopher, cultural historian and gardener based in Oxford, England. He has long been interested in the history of consciousness and sees the study of past cultures as relevant both to understanding our situation today and to finding pathways into the future. His longstanding concern about the impact of electronic technologies on our inner life and on our relationship to nature has found expression in numerous articles contributed to magazines such as *New View*, *Self and Society* and *Resurgence*.

TLP; 392pp; 23.5 x 15.5 cm; paperback; ISBN 978 1 912230 14 3; £22.50

**MAY**  
2018



## Roger Druitt Observing Nature's Secret

Practical Exercises for Perceiving Soul and Spirit

*'[The student] should look at the world with keen, healthy senses and quickened power of observation, and then give himself up to the feeling that arises within him... This feeling penetrates the superficial aspect of things and in so doing touches their secrets.'* – Rudolf Steiner

How can one progress from the ordinary, everyday vision of the senses to a perception of the subtle life- and spiritual forces around us – the very forces that shape nature? Basing his work on the research of both J. W. Goethe and Rudolf Steiner, Roger Druitt begins with the fundamental question, 'What can you see?' He presents a series of practical exercises for observing nature which, through diligent practise, allow for the maturation of subtle

capacities of perception. Considering multiple species of leaves, for example, leads to the concept of 'leaf' itself. After this basic groundwork is established, steps can be taken towards a comprehension of further aspects, such as metamorphosis, gesture and type.

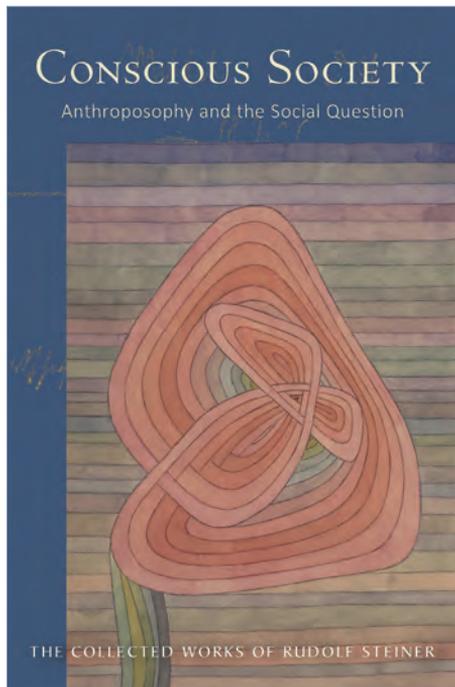
Druitt demonstrates how this method – what he calls 'anthroposophical phenomenology' – can be applied in other fields of nature observation, opening the way for its use in all areas of life. In each case, whether working with bees, rocks, stars or colour, he shows how one can access the 'individuality' manifested in what is studied. Through a thorough step-by-step process we are led to the ultimate task: that of redeeming the beings of nature and of the earth itself.



ROGER DRUITT was surrounded by nature as a boy, growing up on a farm. Since the age of three he has wanted to understand the world and was fortunate to meet anthroposophy in his teens. He studied mathematics at Cambridge, graduating in economics to work in computing. He discovered the Anthroposophical Society and the Christian Community in the 1960s. Roger is the author of *Festivals of the Year*, *A Workbook for Re-enlivening the Christian Festive Cycle*.

RSP; 104pp; 23.5 x 15.5 cm; ISBN 978 1 85584 546 6; paperback; £11.99

APR  
2018



Rudolf Steiner

## Conscious Society

Anthroposophy and the Social Question

Delivered in the context of post-war cultural and social chaos, these lectures form part of Rudolf Steiner's energetic efforts to cultivate social understanding and renew culture through his innovative ideas based on 'threefolding'. Steiner develops a subtle and discerning perception of how social dynamics could change and heal if they were founded on real insight into our threefold nature as individuals, social beings and economic participants in the world. He doesn't offer a programmatic agenda for change, but a real foundation from which change can organically grow.

Social forms and reforms, says Steiner, are 'created together', not imposed by lone geniuses. Nevertheless, the detail of some of the thoughts and ideas he presents here as a possible model – down to the economic specifics of commodity, labour, taxation,

ground rent and capitalism itself – are staggering in their clarity and originality. This is no mystic effusion but a heartfelt plea, backed by profound insights, to change our thinking and the world we live in. As he points out, thoughts create reality, and so how and what we think is vital.

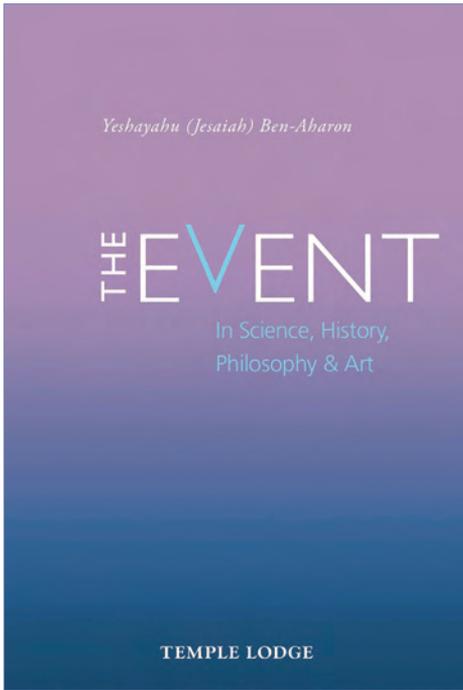
Among the many contemporary and highly-relevant topics Steiner discusses here are: the nature of money and capital; taxation and the state; free enterprise and initiative; capitalism and Marxism; the relationship between employer and employee; 'added value' theory and the concept of commodity; and 'class consciousness', the proletariat and the bourgeoisie.



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. From his 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.

Trans. with Intro. by M. Barton (8 lectures, Dornach, Feb.–Mar. 1919, CW 189); RSP; 190pp; 23.5 x 15.5 cm; ISBN 978 1 85584 543 5; paperback; £ 15.99

APR  
2018



Yeshayahu (Jesaiah) Ben-Aharon

## The Event

in Science, History, Philosophy & Art

*'Could it not be that a tremendously important Event is taking place in the world, taking place right now, of which our own contemporaries have no presentiment? This is indeed so. A highly important Event is taking place that is perceptible, however, only to spiritual vision.'* – Rudolf Steiner, 25 January, 1910

What if matter is not solid, fixed and dead, but a living and creative Event? Could the concrete 'stuff' of our existence be in the process of development and becoming? Rudolf Steiner predicted that the new Christ Event would penetrate and transform all earthly and cosmic matter, life, consciousness and evolution. Through this Event, we have the opportunity to participate in the vortex of creative life. No longer detached, external spectators, we become co-creators in the drama of evolution and in the transformation of human consciousness.

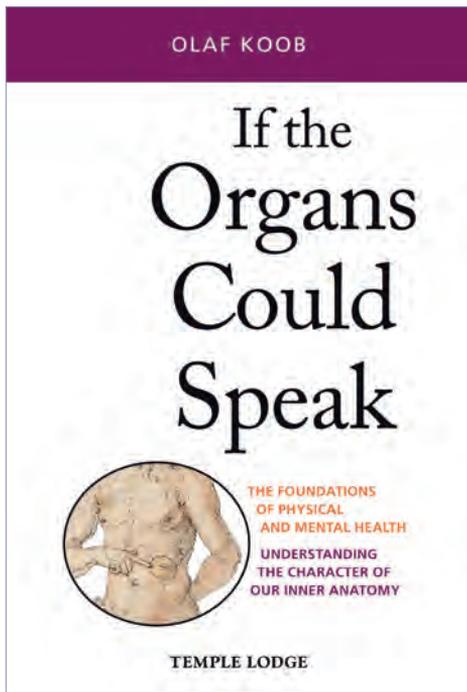
In this original and challenging work, Dr Ben-Aharon describes how this momentous Event is expressed in the fields of science, history, philosophy and art, and relates some of the fresh and creative concepts that have been discovered and applied in the disciplines of physics, biology, genetics and artificial intelligence. The Event, he concludes, leads us to face the central and world-historical question of our time: Are we as a human race going to use the new creative forces that are available to us positively, or will we allow this potential for good to change into its – destructive – opposite? The choice is ours.



DR YESHAYAHU (JESIAH) BEN-AHARON – spiritual scientist, philosopher and social activist – is founder of the anthroposophical community in Harduf, Israel, co-founder of the Global Network for Social Threefolding, director of Global Event College and contributor to the School of Spiritual Science. He is the author of *Cognitive Yoga*, *Spiritual Science in the 21st Century*, *The Spiritual Event of the Twentieth Century*, *The New Experience of the Supersensible* and *Cognitive Yoga: How a Book is Born*.

TLP; 248pp; 23.5 x 15.5 cm; paperback; ISBN 978 1 912230 16 7; £16.99

APR  
2018



Olaf Koob

## If the Organs Could Speak

The Foundations of Physical and Mental Health  
*Understanding the Character of  
our Inner Anatomy*

At a time of increasing volatility in healthcare provision, we are all having to become more responsible for our own well-being. This book – an imaginative, practical and accessible guide to our inner organs – is written for anyone who wants to improve their health and develop resiliency against illness.

Although trained as a medical doctor, Olaf Koob has the vision and experience of a holistic physician. He has surveyed diverse medical systems – orthodox medicine, naturopathy, homeopathy, Chinese, ayurvedic and anthroposophic medicine – and found their common substance. Using this knowledge, he relates the essence of each human organ: its position, colour, form, embryonic devel-

opment, function and characteristic attributes. Thus, the organs begin to tell their own stories, revealing their 'biography', physiognomy and the illnesses they are prone to.

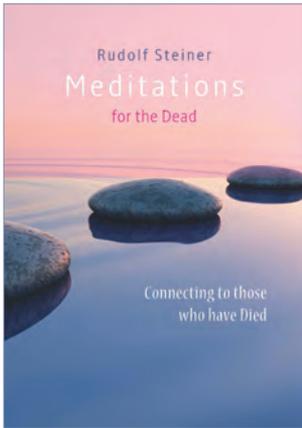
Inspired by esoteric wisdom, Koob creates living images of the pancreas and the hormone system and shows how the spleen, liver, gall bladder, heart, kidneys, lungs and reproductive organs relate to the wider cosmos. He describes the nature of poison and detoxification, good and bad nutrition and the importance of secretion and elimination. *If the Organs Could Speak* is a unique work that enables us to think more creatively about our bodies and how they function, and to help us cope with crises, suffering and pain.



DR OLAF KOOB, MD, born in 1943, studied medicine and worked as a school doctor in Freiburg and Wanne-Eickel. He has been a drugs counsellor, a general practitioner in Weimar and Berlin, a school doctor at the Berlin Therapy Centre for children with special needs, and spent many years collaborating on a research project into drug-related diseases and social factors. He currently lectures and leads seminars in Germany and around the world and is the author of many books on medicine and healing.

TLP; 170pp; 23.5 x 15.5 cm; paperback; ISBN 978 1 912230 15 0; £14.99

**MAY**  
2018



Rudolf Steiner  
**Meditations**

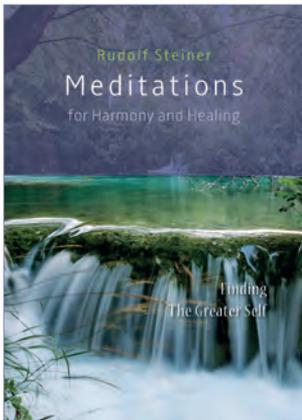
for the Dead

*Connecting to those who have Died*

As a spiritual teacher, Rudolf Steiner wrote many inspired and beautifully-crafted verses. Often they were given in relation to specific situations or in response to individual requests; sometimes they were offered to assist generally in the process of meditation. Regardless of their origins, they are uniformly powerful in their ability to connect the meditating individual with spiritual archetypes. Thus, the meditations provide valuable tools for developing experience and knowledge of subtle dimensions of reality.

Matthew Barton has translated and selected Steiner's verses, sensitively arranging them by theme. In this collection – for maintaining a connection to those who have died – Rudolf Steiner offers hope and consolation to the bereaved. The first section features words of wisdom on death and its deeper, spiritual meaning; the second part consists of verses which stress the continued links between the living and the dead, indicating how our thoughts can help those who have departed earthly life. The final section is devoted to verses which express something of what the dead experience in their new existence.

April 2018; Trans. M. Barton (Selected verses from GAs 40, 261, 267 and 268); 64pp; 17.5 x 12 cm; paperback; ISBN 978 1 85584 548 0; £7.99



Rudolf Steiner  
**Meditations**

for Harmony and Healing

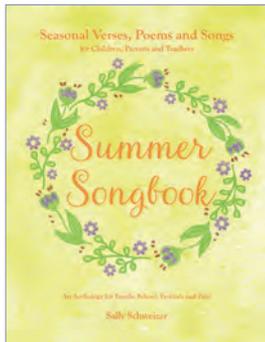
*Finding the Greater Self*

In this collection – to promote harmony and healing – Rudolf Steiner helps us discover a renewed sense of our true place in the world. The verses show how we can learn to know ourselves by looking outwards to the substances and processes at work in the cosmos, and in contrast to know the world by looking inwards to the microcosmic depths of the human self. By integrating spirit and matter within, we heal divisions in our relationships with others. For modern people, increasingly divorced from a living relationship with nature, these

verses help to unfold a world of interconnections.

April 2018; Trans. M. Barton (Selected verses from GAs 40, 267 and 268); 74pp; 17.5 x 12 cm; paperback; ISBN 978 1 85584 549 7; £7.99

For years, teachers, parents and students have requested that Sally Schweizer publish her collections of songs and verses – so here they are, presented in four wonderful anthologies to inspire the imagination and to celebrate the seasonal cycle!



## Summer Songbook

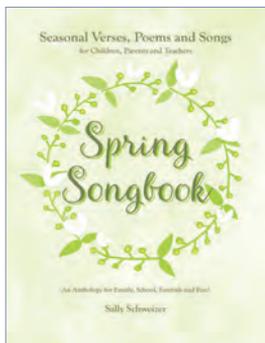
Seasonal Verses, Poems and Songs  
for Children, Parents and Teachers

*An Anthology for Family, School, Festivals and Fun!*

This treasure trove of an anthology is full to the brim with songs and seasonal verses that will delight children and encourage them to sing and play. Illustrated throughout with colour images, the *Summer Songbook* features four thematic sections: 'Animals and Birds', 'Nature', 'Dancing, Rounds and Games' and 'Silly Verses'. Providing ample material for teachers and parents, the book also includes selections

of rhyming words, commentary on the significance of repetition, rhythm and beat, suggestions for incorporating movement and gesture, and practical teaching and parenting tips.

May 2018; 78pp; 24.5 x 19 cm; ISBN 978 1 85584 547 3; paperback; £12.99



## Spring Songbook

Seasonal Verses, Poems and Songs  
for Children, Parents and Teachers

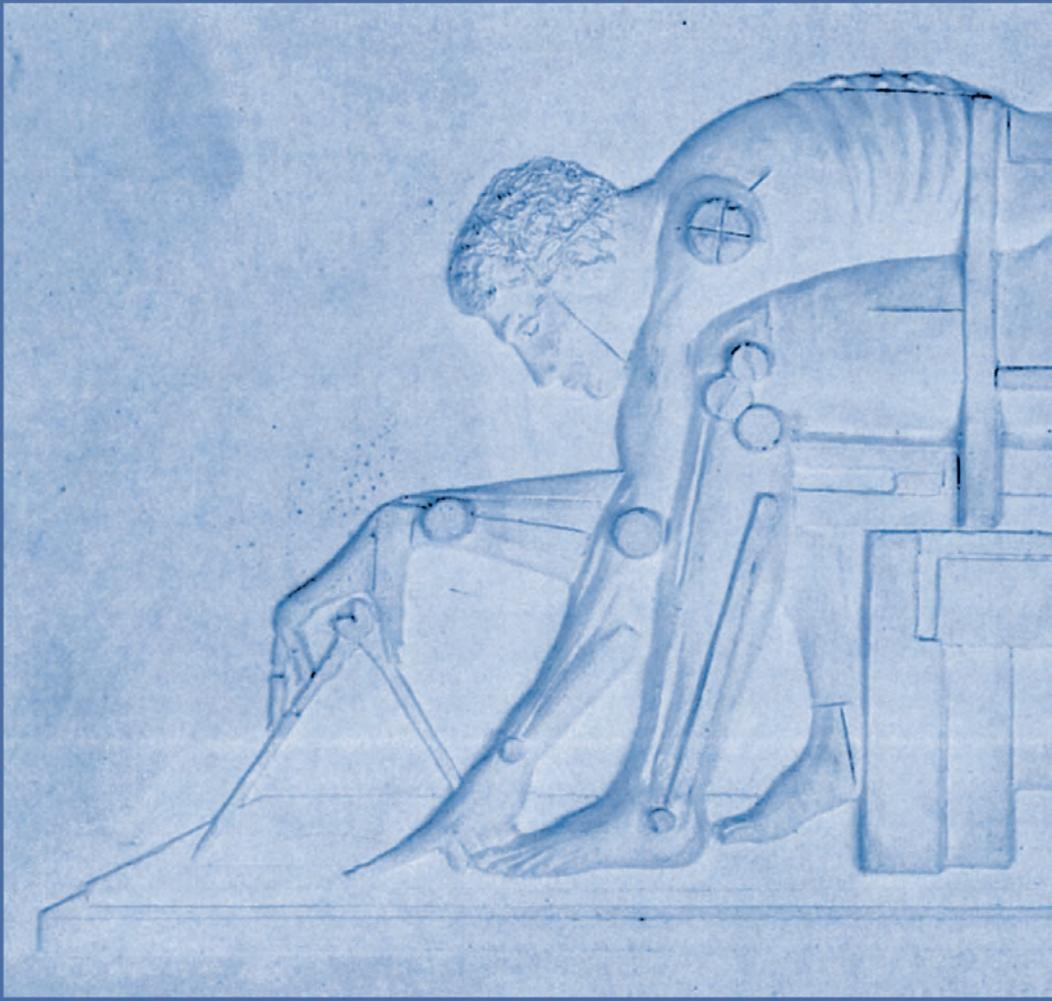
*An Anthology for Family, School, Festivals and Fun!*

The *Spring Songbook* features five thematic sections: 'Animals and Birds', 'Nature', 'Dancing and Games', 'International Greetings and Foreign Languages' and 'This and That'.

April 2018; 76pp; 24.5 x 19 cm; ISBN 978 1 85584 545 9; paperback; £12.99

SALLY SCHWEIZER grew up in a musical and literary family. Inspired by her uncle, the composer Benjamin Britten, she has loved music and language from an early age and has combined them with teaching throughout her life, filling her kindergarten with songs, poetry and stories. Apart from being a singer and multi-instrumentalist, Sally is an educational consultant, linguist, keen gardener, craftsperson, mother and grandmother. She is the author of two popular books, *Well, I Wonder, Childhood in the Modern World, A Handbook for Parents, Carers and Teachers* and *Under the Sky, Playing, Working and Enjoying Adventures in the Open Air*. Sally is currently developing her own YouTube channel.





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