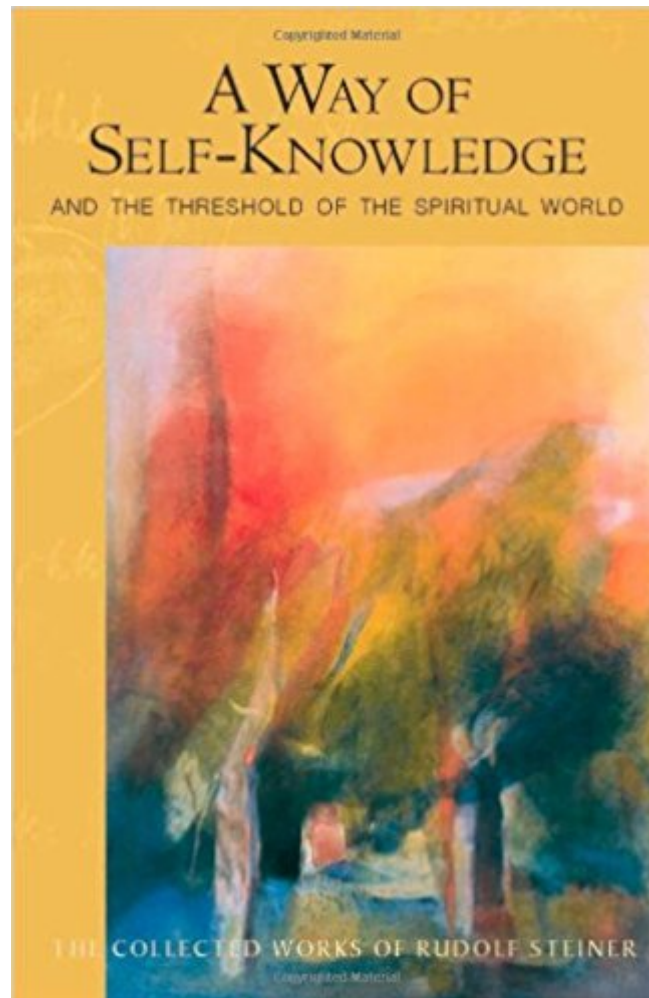




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# **A Way Of Self-Knowledge: And The Threshold Of The Spiritual World**



## Synopsis

âœI hope that reading this book can become a kind of inner conversation. If this conversation unfolds in such a way that it reveals the hidden inner forces that can be awakened in every soul, then reading this book may lead to genuine, inner soul work. As a result you may find yourself gradually impelled to undertake the journey of the soul that truly leads to vision of the spiritual world.âœ

• Rudolf Steiner

Part one, âœA Way of Self-Knowledgeâœ: Eight meditations that take the reader on a journey through human experience. Beginning with ordinary experience, Steiner offers ways to imagine and understand the physical body, the elemental (or etheric) body, the elemental world, the Guardian of the Threshold, the astral body, the I-body (or thought body), the nature of experience in suprasensory worlds, and ways of perceiving previous earthly lives. Part two, âœThe Threshold of the Spiritual Worldâœ: Sixteen short chapters in which Steiner provides aphoristic thoughts on trusting one's thinking, cognition of the spiritual world, karma and reincarnation, the astral body and luciferic beings, how to recognize suprasensory consciousness, the true nature of love, and more. These two complete books together represent Steiner's most personal statements about his own spiritual path. He speaks directly from experiences of cognitive research and explorations. Each of the meditations and aphorisms arises from his spiritual research and demonstrates how such spiritual research is to be undertaken. The âœcontentâœ is Steiner's own, but readers can discover their own âœcontent.âœ Steiner's method of awarenessâœ his path of attention to one's own experienceâœ is universal and truly human. A Way of Self-Knowledge is a true sequel and complement to the classic of inner development, How to Know Higher Worlds. It lays out in a way that is accessible to anyone the road to self-knowledge and to the world of spirit. This Collected Works edition contains a new introduction, a chronology of Rudolf Steiner's life, and an index. Front cover image: Meditation by Jennifer Thomson ([www.phoenixartsgroup.org](http://www.phoenixartsgroup.org))

A Way of Self-Knowledge: And the Threshold of the Spiritual World is a translation of *Ein Weg zur Selbsterkenntnis des Menschen: In acht Meditationen* (GA 16) and *Die Schwelle der geistigen Welt: Aphoristische Ausführungen* (GA 17).

## Book Information

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## Customer Reviews

Steiner's writing voice feels candid and deeply wise, yet also intimate and conversational. I particularly love the eight meditations of Part One, but the aphorisms of Part Two are also amazing. Steiner is a master at finding ordinary language to describe extraordinary states of consciousness. He makes meditative states of mind accessible by making you conscious of your own consciousness and what it can do. In fact it's his mission to take esotericism out of the exotic and into modern language and modern life. Steiner revered the human ability to turn our souls toward spirit, and he insisted that a person who meditates can still stay firmly connected to everyday tasks and joys. His precise, modest descriptions will help newcomers start meditating and will confirm what experienced meditators have noticed and perhaps wondered about. Reading Steiner is like meeting a completely unassuming yet deeply able and wise expert who makes himself available and tells you just what you need to know. Steiner was and is a foremost Western esotericist. If you're familiar with his classic *How To Know Higher Worlds*, you'll recognize the shorter *Way of Self-Knowledge* as a sister volume. I predict that this little gem of a handbook will become a beloved companion for many who want to develop and enrich their relationship to the spiritual in life.

Rudolf Steiner (1861–1925) was born in the small village of Kraljevec, Austro-Hungarian Empire (now in Croatia), where he grew up. As a young man, he lived in Weimar and Berlin, where he became a well-published scientific, literary, and philosophical scholar, known especially for his work with Goethe's scientific writings. At the beginning of the twentieth century, he began to develop his early philosophical principles into an approach to systematic research into psychological and spiritual phenomena. Formally beginning his spiritual teaching career under the auspices of the Theosophical Society, Steiner came to use the term Anthroposophy (and spiritual science) for his philosophy, spiritual research, and findings. The influence of Steiner's multifaceted genius has led to innovative and holistic approaches in medicine, various therapies, philosophy, religious renewal, Waldorf education, education for special needs, threefold economics, biodynamic

agriculture, Goethean science, architecture, and the arts of drama, speech, and eurythmy. In 1924, Rudolf Steiner founded the General Anthroposophical Society, which today has branches throughout the world. He died in Dornach, Switzerland. Christopher Bamford is Editor in Chief for SteinerBooks and its imprints. A Fellow of the Lindisfarne Association, he has lectured, taught, and written widely on Western spiritual and esoteric traditions. He is the author of *The Voice of the Eagle: The Heart of Celtic Christianity* (1990) and *An Endless Trace: The Passionate Pursuit of Wisdom in the West* (2003). He has also translated and edited numerous books, including *Celtic Christianity: Ecology and Holiness* (1982); *Homage to Pythagoras: Rediscovering Sacred Science*; and *The Noble Traveller: The Life and Writings of O. V. de L. Milosz* (all published by Lindisfarne Books). HarperSanFrancisco included an essay by Mr. Bamford in its anthology *Best Spiritual Writing 2000*.

when read as Steiner suggests it is truly path to know yourself.

The book came just as promised. The book is in great condition. It is also an amazing book in itself!

Excellent!

This work from Steiner has become one of my favorite.

This book is actually the combination of two different books written by Rudolf Steiner: *A Way of Self-Knowledge* and *The Threshold of the Spiritual World*. Both of these "internal" books are short - 55 pages and 67 pages, respectively - but they are deeply challenging books that the reader should not plan to whip through. The first internal book contains eight meditations in addition to an introduction that contains the following guidelines for approaching meditative content from Steiner: "We must learn to submit to it totally, allowing all its power to radiate within us. We must learn to love it. If we think we have understood it, that simply means the time has come to let it shine within us again. Our intellectual understanding is not the point. The point is to love its inner truth. The more we love such inner truths, and feel this love streaming through us, the more the power of inner sight awakens within us." These eight meditations explore the nature of the various aspects of the human being as well as aspects of the suprasensory worlds. The second internal book contains 12 aphorisms. These aphorisms deal with the following subject-matter among others: ã ã Developing a deeper understanding of the different elements of the human being (physical, etheric and

astral)Ã Â Preparing the human soul for meeting the Guardian of the ThresholdÃ Â Learning how to develop the soul forces necessary for a proper understanding and interpretation of the spiritual world - and how to avoid using these new soul forces improperly in the physical worldÃ Â Understanding the Beings of the spiritual world and how to experience them, as well as exercises and activities that can be undertaken while still in the physical world to facilitate these capabilities in the elemental and spiritual worldsAlthough there appears to be some overlap in subject-matter between the two internal books, as with all of Steiner's works, each version is fresh since he never approaches the same subject twice in the same way. Every short chapter in each of these two internal books will challenge the reader in ways that develop the reader for suprasensory experiences. I would advise those readers that are already familiar with two of Steiner's fundamental "basic" books (Theosophy and Esoteric Science) to read the short remarks about the terminology he uses on pages 132 and 133 before starting the book. Anyone who has worked through the extremely challenging chapter about cosmic evolution in Esoteric Science will find the second internal book here very rewarding in terms of gaining a better understanding of the Hierarchical Beings discussed in that chapter.

Steiner's writing voice feels candid and deeply wise, yet also intimate and conversational. I particularly love the eight meditations of Part One, but the aphorisms of Part Two are also amazing. Steiner is a master at finding ordinary language to describe extraordinary states of consciousness. He makes meditative states of mind accessible by making you conscious of your own consciousness and what it can do. In fact it's his mission to take esotericism out of the exotic and into modern language and modern life. Steiner revered the human ability to turn our souls toward spirit and he insisted that a person who meditates can still stay firmly connected to everyday tasks and joys. His precise, modest descriptions will help newcomers start meditating and will confirm what experienced meditators have noticed and perhaps wondered about. Reading Steiner is like meeting a completely unassuming yet deeply able and wise expert who makes himself available and tells you just what you need to know. Steiner was and is a foremost Western esotericist. If you're familiar with his classic, *How To Know Higher Worlds*, you'll recognize the shorter *A Way of Knowledge* as a sister volume. I predict that this little gem of a handbook will become a beloved companion for many who want to develop and enrich their relationship to the spiritual in life.

The cry down the ages, "Man Know Yourself!" is largely still without a response. This series of essays is a great companion to the process of knowing ourselves - which only we can do. There is

no book that will set it out for us, it is work that we each must do. This book is a lifelong companion.

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