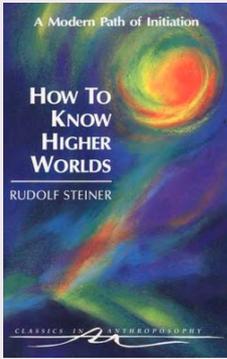


The Basil Gibaud Memorial Library and Bookshop

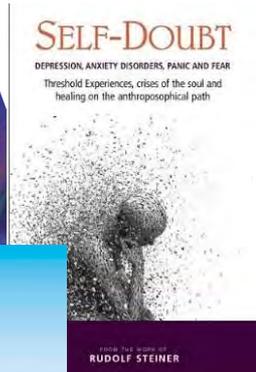
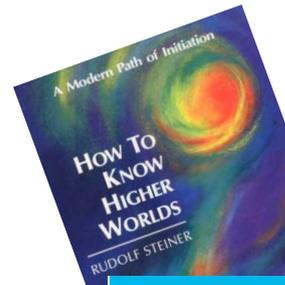
New BOOKS 2021



WESTERN PATH OF INITIATION

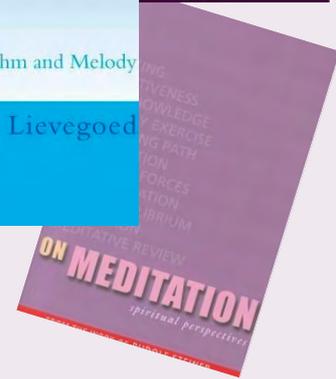
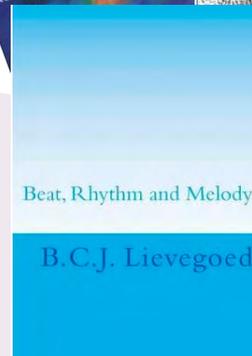
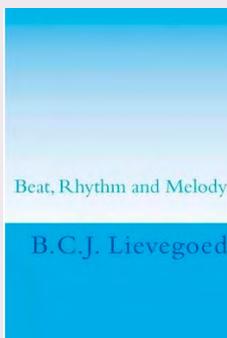
This account of the Western path of initiation (formerly Knowledge of the Higher Worlds and its Attainment) began appearing in installments in 1904. It was the first time such a path of initiation has been made public and adapted to modern consciousness. Steiner openly describes a path of development for all who seek to have real experiences of the spiritual world without sacrificing their practical duties in everyday life.

Steiner begins by stating that the "capacities by which we can gain insights into higher worlds lie dormant within each one of us"...



BEAT RHYTHM AND MELODY

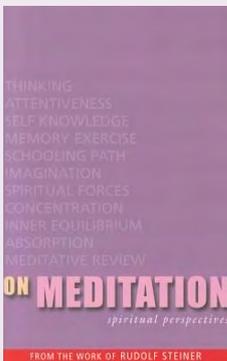
Beat Rhythm and Melody was written by Bernard Lievegoed as a thesis for his higher doctorate in 1939. In it he describes the basic elements of music and how they can be used therapeutically with children with learning disabilities and autistic spectrum disorder. The thesis is based on Schiller's Letters on the Aesthetic Education of Man' in which he described the three 'drives' or impulses'.



ON MEDITATION

Rudolf Steiner Based on brief, pithy quotations from Rudolf Steiner's collected works, the 'spiritual perspectives' in this volume present core concepts on the subject of meditation.

These brief extracts do not claim to provide exhaustive treatment of the subject, but open up approaches to the complexity of Steiner's extraordinary world of ideas. Some readers will find these fragments sufficient stimulus in themselves, whilst others will use the source references as signposts towards deeper study and understanding.



SELF-DOUBT

Mental and emotional disorders have reached epidemic levels in Western societies. Self-doubt, panic-attacks, anxiety disorders and personal fears of all kinds present major challenges to contemporary medical science. Rudolf Steiner's spiritual research offers a startlingly original and complementary contribution to the problem. True insight into psychological issues requires knowledge of the influences of spiritual beings, he suggests. In everyday life we are all confronted with metaphysical entities that can hinder or progress our development. Many forms of anxiety and self-doubt derive from such meetings on the border - or threshold - of our consciousness. Further, these 'threshold experiences' are exacerbated today by a general loosening of the subtle bodies and components of the human soul. As these constitutional changes persist, says Rudolf Steiner, a condition of 'dissociation' becomes

increasingly common. A healthy emotional life will only be possible if individuals engage in a conscious practice of personal growth, strengthening their constitution through the action of the 'I' or self. The expertly selected and collated texts in Self-Doubt offer numerous cognitive and practical ideas for the improvement of everyday mental and emotional health. Chapters include: The origin of error, fear, and nervousness; Crossing the threshold in the development of humanity and the individual; The polarity of shame and fear; The polarity of doubt and terrifying disorientation; The polarity of scepticism and claustrophobia, astraphobia, and agoraphobia; The origin of panic; Anxiety; The multilayered nature of terrifying disorientation; Healing aspects of the anthroposophical path of training; The spiritual-scientific qualities of fear compared with standardized diagnostic terms and as a basis for therapy.

