

# *Healing Illness and Karma*

*An Anthroposophic Approach  
According to  
Rudolf Steiner's Teachings*

*Avishay Gershony M.D.*

# Healing Illness And Karma An Anthroposophic Approach According To Rudolph Steiners Teachings

**Rudolf Steiner**



## **Healing Illness And Karma An Anthroposophic Approach According To Rudolph Steiners Teachings:**

**Healing Illness and Karma** Avishay Gershony, M D Gershony, 2004 Intended for people who ask themselves about the meaning of life and destiny primarily for those who are associated with serious illnesses this book provides answers that stem from anthroposophy a spiritual worldview with foundations laid by Rudolf Steiner a century ago This book addresses such questions as How is illness linked to the person s life When does healing occur and What is destiny or karma It explores how illness causes individuals to discover properties in their souls that they did not know they possessed opening up new vistas for viewing the world and coping with the illness

**Disease, Karma and Healing** Rudolf Steiner, 2013-11-21 Today illness is almost universally regarded as either a nuisance or a grave misfortune In contrast to this conventional thinking Rudolf Steiner places the suffering caused by disease in a broad vista that includes an understanding of karma and personal metamorphosis Illness comes to expression in the physical body but mostly does not originate in it says Steiner and thus a key part of the physician s work involves gaining insight into the whole nature of an individual his essential core being From this perspective illness offers us the opportunity for deeper healing Throughout this volume Rudolf Steiner draws our attention to the greater scope of the smallest phenomena even a seemingly insignificant headache He casts vivid light on things we normally take for granted such as the human capacity to laugh or cry and in the process broadens our vision of human existence The apparently mundane human experiences of forgetting and remembering are intrinsic to our humanity for example and have unsuspected moral and spiritual dimensions Steiner s insights are never merely lofty or nebulously spiritual but time and again connect with the minutest realities of everyday life In these 18 lectures delivered on a weekly basis as part of an ongoing course covering the whole field of spiritual science Steiner elaborates in detail on the diverse interplay of the human being s constituting aspects physical body etheric body astral body and ego or I in relation to rhythmic processes developing consciousness the history of human evolution and our connection with the cosmos Within this broad canvas some of his themes acquire a very distinctive focus such as vivid accounts of the intimate history of Christianity creating out of nothing the interior of the earth and health and illness Other topics include the nature of pain suffering pleasure and bliss the four human group souls of lion bull eagle and man the significance of the Ten Commandments the nature of original sin the deed of Christ and the adversary powers of Lucifer Ahriman and the Asuras evolution and involution the Atlantean period and even Friedrich Nietzsche s madness

**A Western Approach to Reincarnation and Karma** Rudolf Steiner, 1997-10 I came forth from the mouth of the Most High and covered the earth like a mist I encamped in the heights and my throne was in a pillar of cloud Alone I compassed the vault of heaven and traversed the depths of the abyss Over waves of the sea over all the earth and over every people and nation I have held sway Before the ages in the beginning he created me and for all ages I shall not cease to be Eccl 24 3 6 9 Sophia the world soul fell from her place in the heavens to the chaos below Sophia is among the most haunting and mysterious figures in Western spirituality She is also one of the

great symbols of the divine feminine in world civilization The personification of divine Wisdom Sophia is praised in the biblical book of Proverbs as co creator of the universe with God In the secret teachings of early Christianity known as Gnosticism she represents our shared consciousness trapped in the material world as a result of the Fall One of the most sublime Gnostic texts is the Pistis Sophia or Faith Wisdom a great allegory in which the resurrected Christ explains how he freed the divine Sophia from her imprisonment by the forces of spiritual wickedness Christ goes on to show his disciples how they will share in this cosmic act of redemption In this profound yet accessible work Egyptologist Violet MacDermot gives us a fresh translation of the Pistis Sophia from the Coptic and discusses it in its historical setting She also shows us how Sophia's story of is our story It is a tale of our separation and isolation as a result of ego consciousness but it is one in which we too can share spiritual liberation Her engaging discussion relates this work not only to ancient teachings but to the thought of C G Jung Emanuel Swedenborg and the Kabbalah

The Karma of Anthroposophy Rudolf Steiner, 2009 If such authentic souls such honest anthroposophists can be found then an upward movement and dynamic will arise If such souls do not appear then decadence will take its inexorable downward course Today humanity stands before a great crisis either it will see all civilization collapsing into the abyss or else spirituality will raise civilization up by the power of the Michael impetus through which the Christ impetus works thus continuing enriching and sustaining it During 1924 the last full year of Rudolf Steiner's life he gave a series of urgent sometimes impassioned talks to members of the Anthroposophical Society about their karma and its relationship to contemporary culture referring in particular to the vital task of renewing civilization and preserving it from the threat of decline Steiner's words reveal a great gathering of forces to do spiritual battle for the soul of humanity He presents a striking panorama in which anthroposophists are compelled to broaden their vision to see true esoteric and exoteric anthroposophic work as a living yeast that can leaven all culture To awaken members of the Anthroposophical Society to the significance of their task Steiner could see that it was essential for them to understand the various karmic threads that form the fabric of the anthroposophic movement Such recognition of both difference and unity offers strength of diversity which easily leads to division if it remains unconscious and unrecognized In the lectures and excerpts in The Karma of Anthroposophy Rudolf Steiner speaks of an unprecedented convergence of two specific groups of souls with the anthroposophic movement the Platonists and the Aristotelians Thus a conflict of approaches forms the karmic background whereas today's task calls for unity based on love and knowledge to work with the Archangel Michael and Christ in the face of Ahriman materialism and the possibility of social collapse and decadence Given the challenges we face today it is urgent for those who embrace spiritual science to study absorb and take to heart the substance of this critically important material

Understanding Healing Rudolf Steiner, 2013 13 lectures Dornach January 2 April 25 1924 1st Newsletter of the Medical Section March 1924 CW 316 Steiner's third lecture course to physicians has a character completely different from previous presentations Delivered in response to a group of young doctors it offers unique groundbreaking insights into the practice

and art of healing Steiner speaks about the influence of cosmic and earthly forces the periphery and center on the human being Proper understanding of these processes enables the physician to comprehend the actions of plants and minerals used in anthroposophic medicines and thus to prescribe appropriate and individually specific remedies Steiner paints a picture of the human being as a complex confluence of the forces of heredity forces from the cosmos and an individual's unique spiritual nature The physician has to understand these relationships in order to be able to help effectively when they are out of balance Steiner stresses the importance of personal development for physicians and offers plentiful instructions for a meditative practice intrinsic to their work Among a wealth of other topics Steiner addresses inflammation and excessive growth the scarlet fever and measles the importance of a child's food and breast milk the functions of the liver heart head and skeleton the incarnation process karma as a guide for the physician morality as a force flowing in from the cosmos the cosmic trinity of Saturn Sun and Moon in healthy and sick people and the human heart's involvement in thinking Included here are Steiner's answers to questions and the first newsletter from the Medical Section with a key meditation for physicians This volume also features 18 full color plates of Steiner's blackboard drawings a comprehensive introduction index and notes This volume is a translation from German of *Meditative Betrachtungen und Anleitungen zur Vertiefung der Heilkunst GA 316* Eight of the lectures in this volume were previously translated and published as *The Course for Young Doctors*     Reincarnation and Karma Rudolf Steiner, 2001-05 5 lectures Berlin and Stuttgart January March 1912 CW 135 Just as an age was once ready to receive the Copernican theory of the universe so is our own age ready for the ideas of reincarnation and karma to be brought into the general consciousness of humanity Rudolf Steiner Steiner introduced the West to his detailed scientific knowledge of reincarnation and karma He gave concrete descriptions of the way individuals transform during the course of successive incarnations and specific examples of how karma works Steiner also provides practical exercises that lead us to experience the reality of reincarnation He believed that by experiencing the reality of successive earth lives we can form a foundation for a spiritual understanding of the relationship between humankind and the cosmos These talks contain some of Steiner's most important teachings on reincarnation and karma His examples and exercises can lead us to direct knowledge of the laws of reincarnation and karma Topics include How to perceive directly the part of our being that passes through many lives on earth How to develop a feeling memory which we need before we are able to experience reincarnation Thought exercises for gaining knowledge of reincarnation and karma Examples of how karma works between incarnations How knowledge of reincarnation and karma affects our moral life This volume is a translation from German of *Wiederverkörperung und Karma und ihre Bedeutung für die Kultur der Gegenwart*     Spiritual Science and the Art of Healing Victor Bott, 1996-05 Rudolf Steiner's anthroposophical medicine highly regarded and widely practiced in Europe integrates allopathic medical practices with alternative remedies including dietary and nutritional therapies massage hydrotherapy art therapy and counseling It recognizes that health and illness are directly related to our

states of consciousness and it views illness as an opportunity to create a new state of physical emotional and spiritual balance Modern medicine tends to consider only the material aspect of human beings an approach that fails to bring the individual to a state of complete wellness Steiner's holistic view of humanity beings composed of body soul and spirit takes into consideration the seven year cycles of human development the influence of education on health the relationship between psychological symptoms and physical conditions the problem of cancer the four cardinal organs heredity and the spiritual balance that characterizes true health New revised edition of Anthroposophical Medicine The Karma of Untruthfulness Rudolf Steiner,1988-11 13 lectures Dornach and Basel December 4 31 1916 CW 173 Although these lectures were given in 1916 they have much to teach us about today's political spin media distortions propaganda and downright lies all delivered by the media on a daily basis Rudolf Steiner's calm methodological approach penetrates the smokescreen of accusations and counterclaims illusions and lies surrounding World War I From behind this fog and under the guise of outer events the true spiritual struggle is revealed Steiner's words give the reader a deeper understanding of the politics and world conflicts that confront us today through the filter of popular media Amid the turmoil of World War I Steiner spoke out courageously against the hate lies and propaganda of the time His detailed research into the spiritual impulses of human evolution allowed him to reveal the dominant role that secret brotherhoods played in events that culminated in that cataclysmic war He warned that the retarding forces of nationalism must be overcome before Europe can find its true destiny He also emphasized the urgent need for new social structures in order to avoid such future catastrophes Political and social changes around the world are moving at a breathless pace hurtling us all toward an uncertain future These lectures illuminate much of what lies behind today's turbulent events and the scenes played out on the nightly news This volume is a translation from German of *Zeitgeschichtliche Betrachtungen Das Karma der Unwahrhaftigkeit Erster Teil Kosmische und Menschliche Geschichte Band IV GA 173* **Illness and Therapy** Rudolf Steiner,2013 In a series of nine lectures to doctors pharmacists and students Rudolf Steiner presents a wealth of medical ideas with numerous therapeutic and diagnostic insights As with his first series of lectures on medicine held a year previously *Introducing Anthroposophical Medicine* the range depth and scope of Steiner's subject matter is breathtaking **The Karma of Vocation** Rudolf Steiner,1984 Steiner reveals based on rich details from Goethe's life how our life can be determined by rhythms and cycles that are a result of earlier lives He shows how destiny works into our routine vocational activity and how this activity releases forces that will bring about future worlds Through these remarkable lectures we can see that no human work is insignificant but all contributes to great cosmic processes

**PHYSIOLOGY AND HEALING** Rudolf Steiner,2013-11-21 The intention is to take a practical subject and show how our spiritual science with anthroposophical orientation truly can play an effective role in everyday life Rudolf Steiner Following his first major lecture course for medical practitioners Rudolf Steiner sought to elaborate and deepen his extension of the art of healing from a spiritual scientific perspective In this collection of addresses discussions question and answer sessions and

lectures running parallel to his major medical cycles Steiner comments on contemporary medicine's emphasis on experimental materially based research and its subsequent lack of attention to therapy Steiner's intention is not to detract from developments in medical science but to build on them with spiritual science not quackery but a true art of medicine The medical practitioner has an important task diseases must be cured and it is wrong not to intervene and simply to allow karma to take its course Speaking to audiences ranging from members of the general public to small groups of medical professionals Steiner offers new insights into our understanding of human organs such as the brain kidneys and liver as well as the efficacy of healing substances including arsenic sulphur arnica and essential plant oils He studies a broad range of specific medical conditions giving advice on cancer hysteria rheumatism gout skin eruptions typhoid diabetes haemophilia syphilis gonorrhoea asthma glaucoma leukaemia smallpox insomnia and childhood diseases such as measles His commentaries on a raft of contrasting subjects such as psychiatry sexual maturity memory poisoning and detoxification present challenging perspectives for patients and medical practitioners Steiner's surprisingly non dogmatic advice on vaccination for example gives a refreshingly balanced and perhaps unexpected point of view This volume also includes a lecture on eurythmy therapy a comprehensive introduction index and notes and nine full colour plates of Rudolf Steiner's blackboard drawings

**Anthroposophy in Everyday Life** Rudolf Steiner,1995 Four of Rudolf Steiner's best loved lectures are collected in this book They are some of the most accessible presentations of the anthroposophic approach to life available in English Included are Practical Training in Thought Overcoming Nervousness Facing Karma The Four Temperaments The first lecture concerns the fundamental human activity of thinking Everything we do we do through thinking The first task then is to realize the reality of thinking To help us do this Steiner gives exercises that will allow us to experience the cognitive even clairvoyant power of thinking In Overcoming Nervousness Steiner shows us how exercises in thinking also give us the calm centered sense needed to lead purposeful healthy lives Facing Karma takes us to the heart of life where we experience suffering and happiness The law of karma that determines life's experiences and encounters also helps us develop the self knowledge required for self transformation Finally The Four Temperaments show us how the union of hereditary factors and our own inner spiritual nature shape our psychology The guide here is the ancient classifications of sanguine choleric phlegmatic and melancholic Renewed understanding of these allows us to develop a truly modern spiritual psychology which is the basis of all real inner development With its many practical exercises mantras and meditations this book is a fundamental introduction for anyone beginning or needing encouragement along the path of inner development

**Broken Vessels** Rudolf Steiner,2003 The inner dimensions of health and illness that escape ordinary perception are explored here with examples ranging from St Teresa of Avila to sleepwalking

*Introducing Anthroposophical Medicine* Rudolf Steiner,2010 In these twenty lectures given to medical doctors and students Rudolf Steiner presents a new approach to the art of healing based on the insights of anthroposophical spiritual science Taking account of modern medical knowledge

and practice and deeply versed in alchemical Paracelsian and naturopathic approaches as well as in homeopathy aromatherapy and of her alternative therapies Steiner demonstrates on the basis of his own researches how a truly integrated whole person medicine is possible one that understands the human as a being of body soul and spirit a microcosm in the macrocosm a mirror of the earth and of the heavens Many of the lectures arose directly in response to the questions of practicing physicians Specific organs and specific diseases are brought into new relations and connections The whole question of diagnosis health and treatment is viewed from different perspectives The result is a new vision of medicine one that is practical spiritual psychological and fully human

**The Healing Process** Rudolf Steiner, Catherine E. Creeger, Richard Leviton, 2010 In these broadly ranging talks Rudolf Steiner introduces fundamental principles of anthroposophically extended medicine Some of the most remarkable insights that anthroposophy brings to medicine are contained in this volume

**Manifestations of Karma** Rudolf Steiner, 2000 11 lectures Hamburg May 16 28 1910 CW 120 Why do people encounter such different events and circumstances in life What is behind diseases accidents and natural disasters Rudolf Steiner speaks of karma as a reality that if we understand it answers the questions that arise as we begin to look seriously for life's meaning and purpose We create our own karma in every area of existence laying the foundation in one incarnation for the next The whole pattern is not contained in one but in many lives on earth Steiner tells us that we can gain acceptance and a sense of purpose by recognizing that self-induced karma is always in the process of being resolved About karma and animals health and illness the curability and incurability of diseases accidents volcanoes earthquakes and epidemics the karma of higher beings free will in the future of human evolution and individual and shared karma By exploring the more hidden aspects of a whole range of life phenomena in the light of the evolution of our planet Rudolf Steiner raises our consciousness to the vital role we play in helping or hindering the powers which serve the world's evolution from the foreword This book is a translation from German of *Die Offenbarung des Karma* Ga 120

**Reincarnation and Karma: Lecture 5 of 5** Rudolf Steiner, 1992 **Rudolf Steiner's Research Into Karma and the Mission of the Anthroposophical Society** Sergei O. Prokofieff, 1995 In this inspiring lecture addressed to the anthroposophical movement Prokofieff explains that true modern Christian research into karma does not arise out of intellectual speculation curiosity or nebulous mystical experiences The process of karmic research based on spiritual science leads to a fundamental transformation of our human nature enabling us to fully experience the cosmos in which we exist Giving an overview of how the spiritual hierarchies and Christ the Lord of Karma work in the ordering of human karma Prokofieff leads us to the karma and mission of the Anthroposophical Society indicating what must come about before the end of the century if this karmic mission is to be fulfilled **The Karma of Materialism** Rudolf Steiner, 1985 Rudolf Steiner examines the effects of scientists' failure to examine thinking itself since the beginning of the so-called scientific revolution This has led to a materialistic attitude in human culture that generates what Steiner calls the karma of materialism He



explains that there is a lack of harmony between the human intellect which involves the physical body and life forces and the sense of morality which involves the most recent aspect of our human constitution our individuality or I being     An  
Exercise for Karmic Insight Rudolf Steiner, 2007 1 lecture Dornach 1924 CW 236 There is the possibility of a comparatively quick maturing of insight into karmic relationships if for a considerable time we try patiently and with inner energy to picture with greater and greater consciousness an experience which would otherwise simply take its course without being properly grasped and fade away in the course of life In this unique lecture Rudolf Steiner presents a practical exercise for understanding karma He points to the ordinary events of life encouraging us to take an image of a single event and meditate on it He describes the method in great detail and explains how over several days and nights the image is incorporated into our various spiritual bodies Eventually the image reaches the physical body in a transformed state leading to a perception of a previous earthly life and the cause of the event first pictured in meditation The audio CD edition complete and unabridged is read by the actor and speech teacher Peter Bridgmont author of Liberation of the Actor

The Top Books of the Year Healing Illneb And Karma An Anthroposophic Approach According To Rudolph Steiners Teachings

The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have enthralled audiences this year.

The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph.

Healing Illneb And Karma An Anthroposophic Approach According To Rudolph Steiners Teachings : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery.

Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting.

These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered.

The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts.

The Secret History is a masterful and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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