

# EduCareDo Foundation Course Handbook



**EduCareDo**  
International Research and Learning Center  
based on the work of Rudolf Steiner

*We warmly welcome you to EduCareDo's Foundation Year of Self-Awakening Study in Anthroposophy. This handbook contains useful information to help you with questions that may arise during your studies. If you can't find what you're looking for in this handbook, please contact EduCareDo.*

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## *About EduCareDo*

EduCareDo is an international initiative offering self awakening, distance education courses based on the principal ideas of Rudolf Steiner, called Anthroposophy or Spiritual Science. The courses evolved in response to the needs of many people searching for new possibilities to develop capacities towards freedom on the path of self knowledge. They have been designed to be experiential and practical so as to benefit everyday living and enhance relationships with others.

In addition to the Foundation Course, the following Subject Courses are also available through EduCareDo:

Biodynamic Agriculture and Nutrition

Inner Development for World Development

Laying Foundations Towards Inner Freedom in the Young Child

Speech and Drama as Living Arts

Spirit-Led Education for a Spirit-Led Life

Transforming Society

Visual Art: Exercises in Painting and Colour

<https://www.educaredo.org/about-subject-courses>

## *The EduCareDo Team*

EduCareDo is administered by a community of volunteers who work with the insights and application of anthroposophy in their personal and professional lives. We each bring our individual talents to the tasks of website design and maintenance, community outreach, administration and lesson support.

### COMMUNICATIONS AND CONTACTS

Email: [study@educaredo.org](mailto:study@educaredo.org)

Postal Address: PO Box 1064 Mullumbimby 2482 NSW Australia

## *Foundation Course Outline*

EduCareDo offers a self-directed distance-learning course of 26 lessons comprised of readings, experiments, exercises and artistic activities, and includes the six basic meditation exercises. The lessons are sent every two weeks over 12 months, with each lesson building on the last. Tutors are available for support and feedback and communication with them is confidential. Questions and feedback are always welcome.

Throughout the course of study the student is invited to engage with new perspectives on human development, nutrition, biodynamic agriculture, the arts and sciences, the natural world and much more.

Students can work at their own pace and are free to submit the diary sheets at the end of the lessons for feedback if they choose. However, if a student decides to work towards a Certificate of

Completion at the end of the course, there are certain requirements regarding assignments and diary sheets that need to be followed, please see Page 4. The option of a Certificate is chosen by many students as they are then able to use it for professional development on their career path.

#### SUBJECTS BY LESSON

Lesson 1: Introduction

Lesson 2: First Steps in the Light on the Path

Lesson 3: Understanding, Caring for and Developing the Human Senses, Part 1

Lesson 4: Understanding, Caring for and Developing the Human Senses, Part 2

Lesson 5: Watercolour Painting

Lesson 6: The Threefold Human Constitution  
+ Control of Thinking Exercise

Lesson 7: The Human Being in its Relationship to the World

Lesson 8: The Human Being and the Four Kingdoms of Nature  
+ Control of Willing Exercise

Lesson 9: Development and Care of the Four Members of the Human Being  
+ Painting Workshop I

Lesson 10: Elements and Ethers, Part 1: The Human Being, the Four Temperaments, the Four Elements and the Four Ethers  
+ Equanimity in Feeling Exercise

Lesson 11: Elements and Ethers, Part 2: Elements, Ethers, their Origin and their Evolution on Earth  
+ Painting Workshop II

Lesson 12: Elements and Ethers, Part 3: Experiments with Elements, Ethers and their Effects in Nature and in the Human Being

Lesson 13: Elements and Ethers, Part 4: Experiments with Elements, Ethers and their Effects in Nature and in the Human Being

Lesson 14: Work Arising out of Rudolf Steiner's Strivings – Review of the First Half Year  
+ Positiveness in Life Exercise

Lesson 15: Gender, Sexuality and Spirituality Part 1  
+ Painting Workshop II, Part 2

Lesson 16: Gender, Sexuality and Spirituality Part 2  
+ Open-Mindedness for New Experiences Exercise

Lesson 17: Gender, Sexuality and Spirituality, Part 3  
+ Clay Exercise

Lesson 18: The Arts and their Mission  
+ Balance Between the Exercises  
+ Living Words: An Introduction to Creative Speech

Lesson 19: Ecological-Social-Economy, Part 1

Lesson 20: Ecological-Social-Economy, Part 2

Lesson 21: Introduction to Biography Work

Lesson 22: Getting in Touch With Astronomy

Lesson 23: Health and Nutrition, Part 1

Lesson 24: Health and Nutrition, Part 2

Lesson 25: Health and Nutrition, Part 3

Lesson 26: Review, Exercises, Future

## ASSIGNMENTS

There is a study guide in Lesson 1 that describes how to approach the lesson content. Many students find it helpful to read through each lesson when it is received and then when they have time, work through it more carefully.

Each lesson can be brought to life by keeping a journal and working with a chosen artistic expression. The amount of time put aside for each lesson is up to you.

## SUPPLIES YOU WILL NEED

The course provides instructions, exercises and experiments needed to complete the lessons.

- A journal: It is recommended to keep a journal to write down your reflections and questions, this is also useful to do for the artistic activities. The type of journal you choose is a personal preference.
- Art Supplies: Lessons 5, 9 and 15 focus on watercolour painting and require watercolour paint, paper and a brush.
- Clay: For Lessons 12 and 16 it is necessary to have a small amount of clay.

## *Foundation Year Certificate*

To receive a certificate of completion, you will need to submit the following required assessments to EduCareDo.

## COMPLETED DIARY SHEETS

Diary sheets are found at the end of each lesson and serve as a template for the lesson summary. The student is asked to review after each lesson:

1. What was new to me in this lesson?
2. What was most important and/or inspiring to me in this lesson?
3. What can I do with these discoveries?

It is helpful to group the diary sheets and send them together.

- |                   |                   |
|-------------------|-------------------|
| 1. Lessons 1 - 7  | 3. Lesson 15 - 20 |
| 2. Lessons 8 - 14 | 4. Lesson 21 - 26 |

The course is self paced, so you can send the diary sheets in your own time. An extra diary sheet can be found in Appendix A or online at [educaredo.org/course-documents](http://educaredo.org/course-documents).

## ARTISTIC EXPRESSIONS

There are two artistic expressions required; one from the first half of the year (Lessons 1 - 14), and one from the second (Lessons 15 - 26). Artistic expressions can include creative writing, poetry, painting, sculpture, musical pieces, or dramatic performances. Photocopies, photographs or videos are submitted to EduCareDo. There is no need to send an original.

## *Foundation Year Certificate for Teachers*

To receive the Foundation Year Certificate for Teachers students complete the Foundation Course Certificate Requirements that are listed above with the addition of the following:

#### WRITING ASSIGNMENT

Students submit a 750 - 1000 word essay on a topic chosen from within each of the four lesson groups, therefore four written assignments in total.

#### MENTORING

A subject is chosen by you from within the four lesson groups for you to take further in discussion with a mentor. A mentor is someone chosen by you from within the Waldorf teaching community or another person working from the impulse of anthroposophy, who is willing to support your exploration for deeper enquiry into a topic. Four mentor diary sheets are submitted. There are three mentoring options:

- The mentor diary sheet can be completed by you and signed by the facilitator of your study group if you are part of one.
- Choose a different mentor for each topic. For example, you can ask one teacher within a school who has an expertise in a certain topic you're exploring and ask another who has a different expertise for another topic.
- One mentor who has a background in anthroposophy can work with you on all four topics.

Mentor Diary Sheets can be found in Appendix B or online at [educaredo.org/course-documents](http://educaredo.org/course-documents).

#### PROFESSIONAL DEVELOPMENT

A total of 25 hours of professional development are required over the length of the course and can be completed by attending anthroposophical themed courses, lectures, or conferences. Participating in a study group or an online forum also meets this requirement. The professional development summary form is sent in at the completion of the course.

Your writing assignments, Diary Sheets and Mentor Diary Sheets are submitted to EduCareDo when you are ready, in the lesson group bundles:

- |                   |                   |
|-------------------|-------------------|
| 1. Lessons 1 - 7  | 3. Lesson 15 - 20 |
| 2. Lessons 8 - 14 | 4. Lesson 21 - 26 |

The Professional Development Summary Form can be found in Appendix B or online at [educaredo.org/course-documents](http://educaredo.org/course-documents).

### *Building Networks and Resources*

#### EDUCAREDO TUTORS

EduCareDo tutors are available for questions you may have about a particular lesson or exercise, and to give feedback on the submissions needed for a certificate of completion. Please email your EduCareDo tutor at [study@educaredo.org](mailto:study@educaredo.org) for support and they will respond directly to you.

#### EDUCAREDO STUDY GROUPS

An EduCareDo study group forms when people want to study the EduCareDo lessons together. Anyone who is currently enrolled with EduCareDo or anyone who has been a student of EduCareDo in the past can join a study group. There are study groups in the general community, school and parent communities, and farming associations in many countries. Several Waldorf schools have established study groups for pedagogical study and professional development for their staff and teachers. Every study group establishes its own rhythm and duration. Some groups decide to have

members read the lessons on their own and then meet together to do the artistic activities and exercises. Others will work through each lesson completely within the study group. In any case, study groups provide a space to share questions and have thoughtful discussions.

To learn more about forming a study group, see the available guide on the website at [educaredo.org](http://educaredo.org).

#### EDUCAREDO FREE COMMUNITY WORKSHOPS

EduCareDo offers one-day workshops that are free to all EduCareDo students. Some of the workshop topics that have been requested by different communities are listed below and if you have a topic that you're interested in expanding into a workshop and it's not listed please let us know.

- Care and Development of the Twelve Human Senses
- Understanding the Threefold Human Being
- The Human Temperaments
- Creative Speech and Drama
- Understanding Biography

### *EduCareDo Community Partnerships*

#### INNER WORK PATH

Offers courses, lectures and publications in the light of anthroposophy and the work of Rudolf Steiner, bringing the practical use of meditation and contemplation to advance, strengthen and enliven human development.

Visit [innerworkpath.com](http://innerworkpath.com) for more information.

#### DEVELOPING THE SELF DEVELOPING THE WORLD

Provides workshops and online resources to support adults, adolescents and children to build a healthy sense of self in order to participate in building healthy communities. Developing the Self workshops are available across Australia and North America and are facilitated by people who have studied EduCareDo and have been committed to Inner Work Path studies for many years.

Visit [developingtheself.org](http://developingtheself.org) for more information.

### *EduCareDo Newsletter and Forum*

Course updates, articles, and further information about upcoming opportunities are included in the newsletters. Enrolled participants are automatically subscribed. Find EduCareDo on Facebook and join in the online forum hosted there.

### *General Anthroposophical Society*

The Anthroposophical Society has local and national branches in many countries all of which come under the General Anthroposophical Society at the Goetheanum in Switzerland. Visit the Goetheanum website at [goetheanum.org/en/anthroposophical-society/addresses](http://goetheanum.org/en/anthroposophical-society/addresses) to help find a society contact in your country.



## *Rudolf Steiner and Anthroposophy*

Rudolf Steiner (1861-1925) the Austrian scientist, educator, artist, philosopher and spiritual researcher developed a modern path of knowledge named Anthroposophy or the Wisdom of the Human Being.

This is a path of knowledge leading the spiritual in the human being to the spiritual in the universe.

Recognising the need to reconcile the spiritual experiences of his childhood with that of the material world, he studied science and philosophy, received a Ph.D. in science, became the leading scholar of Goethe's scientific work and developed anthroposophy as a spiritual science.

Rudolf Steiner sought to awaken individuals to their own spiritual experiences and investigations and to encourage a greater attentiveness to the manifestations of spirit in everyday life. In this way he encouraged individuals to follow the path of inner development in full freedom.

Rudolf Steiner was never fully satisfied with the name of Anthroposophy or Spiritual Science and felt it could be changed every day. He stressed that the meaning of Anthroposophy has to become a conscious awareness of one's humanity.

The practical application of anthroposophy is found in education, agriculture, nutrition, medicine and therapies, new arts and sciences, social work, economic enterprises and religious renewal. The results of Rudolf Steiner's spiritual research in over 6000 lectures and 40 books are now available in more than 300 volumes.

## *Frequently Asked Questions*

### **When can I start?**

You can start at any time throughout the year. EduCareDo was designed for people who have busy lives and you have the freedom to work at your own pace and establish a study rhythm that works for you.

### **Is this an online course?**

Students receive the lessons via email and there are no online assessment requirements. Full colour hard copies of the lessons can be sent to your residential address for an additional cost of \$300 for posting within Australia and \$350 for posting anywhere else.

### **What are the time commitments?**

The average study time is 3 – 5 hours per week, and it's possible devote more time to supplemental reading and artistic expression projects. Completing the requirements for a certificate calls for an additional commitment of time.

**Are there any ongoing costs?**

There are no ongoing costs - you only pay once when you enrol.

The course fee includes:

- 26 full colour lessons, which include readings, experiments, artistic activities, and reflective tasks.
- Individual tutoring support by email if requested.
- The Certificates of Completion upon fulfilment of the course requirements, if you decide to pursue one.

Books and mentoring for the Teacher's Certificate are at your discretion and are not included in the fee.

**Do I need to purchase extra books?**

It is up to you. There is a supplemental reading list at the end of each lesson for those who wish to go further into the work. Recommended reading lists, are also provided at the beginning and halfway through the course. Many students find the EduCaredo Foundation course helpful to prepare them to work with Rudolf Steiner's more challenging texts. The reading lists for the first and second half of the year can be found in Appendix C.

**Are there assessments/grades?**

The course is self-directed, which means you are free to enter into the course content as deeply and thoroughly as you choose, at your own pace. If you submit your assignments for a certificate of completion, confidential constructive feedback from an EduCareDo tutor is given. The submissions are not graded.

**Do I have to send in my work?**

Students who want a Certificate of Completion send in the required assessments. You are welcome to contact us with any questions you have about the course material but if you're not planning to receive a certificate, it's not necessary to submit anything.

**If I'm working towards a certificate, when do I submit my work?**

Many students find it helpful to submit their assignments in four bundles after:

- |                   |                   |
|-------------------|-------------------|
| 1. Lessons 1 - 7  | 3. Lesson 15 - 20 |
| 2. Lessons 8 - 14 | 4. Lesson 21 - 26 |

You don't need to send in the assignments right after you've completed the lessons. EduCareDo does not have a deadline for when the work must be completed. However, it is requested that if you want to work toward a certificate, all assessments are sent within a year after completing the course.

**Are there artistic activities in the course?**

Yes. Painting lessons (with examples of colour pictures), sculpting work, speech exercises and eurythmy exercises each appear in varying lessons throughout the course. There is an artistic activity in most lessons which helps to bring the lesson content into a living experience.

**How do I submit my work?**

Diary sheets can be typed or handwritten and emailed or posted. Copies (not the original) of artistic expressions, which can be comprised of creative writing, poetry, paintings, sculptures, musical pieces or dramatic performances are submitted to EduCareDo by email [study@educaredo.org](mailto:study@educaredo.org) or by post PO Box 1064 Mullumbimby NSW 2482 Australia

**I have never painted before. Can I still participate?**

Yes. You will be guided through step-by-step instructions on how to do everything in the watercolour lessons. Also, it is helpful to know that the watercolour painting is about the process of colour development, not about having a particular painting at the end of the lesson.

**I need some help. Who can I ask?**

Our administrative team is here to help with general questions. They will put you in touch with one of the tutors to guide you through the course content, if needed. If you email or call, your questions will be forwarded to the tutor who will best be able to help you. Your questions are always answered confidentially.

**I have been working from the impulse of Rudolf Steiner's work for many years. Is this course still relevant to me?**

Yes. People who have studied Anthroposophy for over forty years have taken the course. They have given feedback that such an ordered overview gave them a new orientation and that the experiments and exercises provided new experiences for their on-going work.

**My children go to a Steiner/Waldorf School. Does the course support my work as a parent in this approach?**

The course will help you to understand more clearly what your children's teachers want to achieve. Waldorf education, also known as Steiner education, is based on the educational philosophy of Rudolf Steiner, the founder of anthroposophy. Its pedagogy emphasises the role of imagination in learning and strives to wholistically integrate the intellectual, practical, and artistic development of the growing child. The focus of Waldorf education is to give children an understanding of and appreciation for their place in the world, not as members of any specific nation, gender, ethnic group or race, but as members of humanity; as free, world citizens.

**I teach in a Steiner / Waldorf school. Is this course for me?**

Yes, definitely. It gives you a well-organised overview of the practical aspects of anthroposophy and child development, and it will inform your classroom practices. The course includes many exercises and experiments for teachers and children alike. The Foundation Year Certificate for Teachers is designed for you to study at your own pace, work with a mentor of your choice, and choose workshops and intensives suited to your area of teaching. There are many Waldorf Schools who have taken up EduCareDo for pedagogical study and professional development and training for their teachers and staff members.

**Can I pay in instalments?**

The course is priced so that it can be made available to everyone at a low cost and accounting fees for monitoring payments in instalments would considerably increase the costs. Therefore, payment by instalments is not possible. However, there is a small annual fund for scholarships. Please contact us if you need to discuss your personal circumstances.

**What happens if my study time commitment changes and I fall behind?**

If you find that you are falling behind with the lessons, you may consider one of these options:

1. Continue to receive the lessons, and file them away until you catch up. Reading them when they arrive will often allow you time to think through the content even if you are not actively working on the lessons. This can help if, for example, you have some time one weekend and can catch up a few lessons at once.
2. You can also contact us to have the lesson mail-outs paused until you are ready to recommence.

**Can I study on my own or in a group?**

It depends on you, but in many cases it can help if you know one or more people who want to join with you in studying. EduCareDo was originally designed so that people who were disadvantaged by the distance to an educational institution or personal circumstances, could learn about anthroposophy through self study. However now, more and more study groups are forming all the time. Some students come back year after year because each time they find a new layer of meaning in the subject matter of the lessons. Contact us if you want to start or find a study group in your area.

*We respect your privacy and will not share your information with any individual, organisation or business without your consent.*

*EduCareDo Diary Page*

Name:

Lesson:

Date:

What was really new to me in this lesson?

What was inspiring to me in this lesson?

What can I do, what will I do with this finding? (Even if it is only a small deed).

What have I done and what is in process of being done:

*After three months?*

*After six months?*

Other remarks:

*Professional Development Summary*

Use this form to record your 25 hours of professional development over the length of the course. Attending anthroposophy-themed courses, lectures or conferences, or participating in study groups or online forums meets this requirement.

Name: \_\_\_\_\_ Student Number: \_\_\_\_\_ Date: \_\_\_\_\_

Activity \_\_\_\_\_ Hours \_\_\_\_\_

Activity \_\_\_\_\_ Hours \_\_\_\_\_

Activity \_\_\_\_\_ Hours \_\_\_\_\_

Activity \_\_\_\_\_ Hours \_\_\_\_\_

Activity \_\_\_\_\_ Hours \_\_\_\_\_

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Activity \_\_\_\_\_ Hours \_\_\_\_\_

Activity \_\_\_\_\_ Hours \_\_\_\_\_

Activity \_\_\_\_\_ Hours \_\_\_\_\_

Activity \_\_\_\_\_ Hours \_\_\_\_\_

Total Hours: \_\_\_\_\_

*Mentor Diary Sheet*

Name:

Date:

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Topic

Use more paper if necessary. The mentor is free to add comments.

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Name of Mentor

Mentor's Signature

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Title

Date

*Recommended and Suggested Reading For EduCareDo Students  
For Their First Half-Year of Studies*

*Lessons 2, 3 and 4*

RECOMMENDED:

- Man as a being of Sense and Perception, Rudolf Steiner. Three lectures given at Dornach, Switzerland. 22, 23, 24 July 1921. GA 206. Steiner Book Centre, Vancouver, Canada, 1981.
- Spirit-led Community, Lisa Romero. Innerwork Books, 2018

SUGGESTED:

- The Riddle of Humanity; The Spiritual Background of Human History (Lecture 14), Rudolf Steiner. Fifteen lectures given in Dornach to members of the Anthroposophical Society 29 July to 3 September, 1916. GA 170. Rudolf Steiner Press 1990.
- Our Twelve Senses; Wellsprings of the Soul, Albert Soesman. March 1999. Hawthorne Press.
- Care and Development of the Twelve Senses; Rudolf Steiner's work on the significance of the senses in Education, Willi Aeppli, translated by Valerie Freilich. Floris Books, 2013 (4th Ed).

*Lessons 5, 9, 11 and 13*

RECOMMENDED:

- Colour; Rudolf Steiner's insights into the nature of Colour, Painting and Artistic Creation, Rudolf Steiner. There are three parts to this lecture series, each part containing multiple lectures. These lectures are part of the lecture-series, The
- Nature of Colour. GA 291. Anthroposophic Press, 1992. Suggested:
- Light, Darkness and Colour in Painting Therapy, Liane Collot d'Herbois. Floris Books, 2000
- Pure Colour, Maria Schindler. Rudolf Steiner Press, 1989.
- Theory of Colours, Johann Wolfgang v. Goethe. Dover Publications, London. 2006.

*Lessons 6 Through 13*

RECOMMENDED:

- An Outline of Esoteric Science. Also known as Occult Science, an Outline, Rudolf Steiner. GA13. Rudolf Steiner Press, London, 1969.
- The Metamorphosis of Plants, Johann Wolfgang v. Goethe. The Biodynamic Farming and Gardening Association, 1993.



- Education and Modern Spiritual Life, Rudolf Steiner. Steiner Books, 1989. Anthroposophy in Everyday Life, Rudolf Steiner. Anthroposophic Press 1995. This title includes the following lectures:
- 'Facing Karma', 'Overcoming Nervousness', Practical Training in Thought' and 'The mystery of the Human Temperament'
- Understanding our Fellow Men, Knud Asbjorn Lund. New Knowledge Books, Sussex, UK.
- The Spiritual Beings in the Heavenly Bodies and in the Kingdoms of Nature, Rudolf Steiner. Anthroposophic Press, 1992.
- Nature Spirits, Rudolf Steiner. Rudolf Steiner Press, London, 1995.
- The Four Ethers, Ernst Marti. Schaumberg Publications Inc., Illinois USA 1984.
- Sensitive Chaos, Theodore Schwenk. Rudolf Steiner Press 1996.
- Developing the Self, Lisa Romero, Innerwork Books, 2015

SUGGESTED:

- Goethean Science; Goethe the Scientist; Nature's Open Secret, Rudolf Steiner. GA 1. Written in 1883.
- Man or Matter, Ernst Lehrs. Rudolf Steiner Press, 1958. Man or Matter, Ernst Lehrs. Rudolf Steiner Press, 1958.
- Goethe on Science, Jeremy Naydler. Floris Books, 2000.
- The Developing Child, Willi Aeppli. Anthroposophic Press 2001.
- Spiritual Science and the Art of Healing, Victor Bott. Healing Arts Press, 1984.
- The Spiritual Hierarchies and their Reflection in the Physical World, Rudolf Steiner. Anthroposophic Press, 1987.
- Rhythmusforschung und technik, Paul Schatz. Verlag Freies Geistesleben, Stutgard, Germany, 1975. Schatz is famous for his work with the oloid and platonic solids.
- Water the Element of Life, Theodore Schwenk and Wolfram Schwenk. Anthroposophic Press, New York USA 1989.
- Snow Crystals, W.A. Bentley and W.J. Humphreys. Dover Publications, New York, USA, 1962.
- Sex Education and the Spirit, Lisa Romero, Innerwork Books, 2017

*Recommended and Suggested Reading for EduCareDo Students  
For Their Second Half-Year of Studies*

*Lesson 14*

RECOMMENDED:

- The Course of my Life; An Autobiography 1861-1907, Rudolf Steiner (1907). GA 28. Printed copy: The Anthroposophical Publishing Company, London, 1928.
- Spirit-led Community, Lisa Romero, Innerwork Books, 2018

SUGGESTED:

- The Challenge of Rudolf Steiner; a documentary film by Jonathan Stedall (2012). <http://rudolfsteinerfilm.squarespace.com/>

- Rudolf Steiner; A Documentary Biography, Johannes Hamleben. 1975. Henry Goulden Limited, 5 West Street, East Grinstead, Sussex, UK.
- Work Arising from the Life of Rudolf Steiner, John Davy (Ed). 1975. Rudolf Steiner Press, UK.

### *Lesson 15*

#### RECOMMENDED:

- Philosophy of Freedom (Philosophy of Spiritual Activity), Rudolf Steiner (1918). Book, includes sections: Author's preface and revised preface, Knowledge of Freedom, Reality of Freedom and Ultimate Questions. Chapter 14. GA004. Printed copy: Rudolf Steiner Press, UK, 1964.
- The Effects of Spiritual Development, aka The Effects of Spiritual Development upon the Self and the Sheaths of Man Rudolf Steiner (1913). Lecture 3 of a 10 part lecture cycle given in The Hague, The Netherlands. GA 145. Howard Parker translation. Printed copy: Rudolf Steiner Press, UK, 1978.
- Cosmic Memory; Atlantis and Lumeria, Rudolf Steiner (1904). GA 11. Printed copy: Harper and Rowe Publishers, 1981.
- Sex Education and the Spirit, Lisa Romero. Steiner Books, USA, 2017.

#### SUGGESTED:

- The Greening of Gondwana, Mary E White. 1994. Reed Books, Australia.

### *Lessons 16 and 17*

#### RECOMMENDED:

- Occult Science; an Outline, Rudolf Steiner (1910). Book, includes chapters: The Character of Occult Science, The Nature of Humanity, Sleep and Death, Man and the Evolution of the World, Knowledge of the Higher Worlds, Concerning Initiation, Present and Future Evolution of the World and of Mankind and Details from the Domain of Spiritual Science. GA13. Printed copy: Rudolf Steiner Press, London.
- Sex Education and the Spirit, Lisa Romero. Steiner Books, USA, 2017.

### *Lesson 18*

#### RECOMMENDED:

- The Arts and Their Mission, Rudolf Steiner (1923). 8 lectures given in Dornach, Switzerland and Oslo, Norway. Contains insights on architecture, sculpture, painting, drama, costuming, music, poetry, eurythmy, and more. GA276. Printed copy: The Anthroposophic Press, NY, 1964.

#### SUGGESTED:

- Art in the Light of Mystery Wisdom, Rudolf Steiner (1914-15). 8 lectures given in Dornach, Switzerland and include an introduction from Marie Steiner. GA 275. Printed copy: Rudolf Steiner Press, 1981.

## *Lesson 19*

### RECOMMENDED:

- Social and Anti-social Forces, Rudolf Steiner (1918). 1 Lecture given in Bern, Switzerland. GA 186. Printed copy: The Mercury Press, 1982.
- The Threefold Social Order, Rudolf Steiner (1919). Book, contains 4 parts: The four sections of the book are: The Nature of the Social Question in the Life of Modern Man, Meeting Social Needs, Capitalism and Creative Social Ideas (Capital and Human Labor) and International Aspects. GA23. Printed copy: The Anthroposophic Press, 1975.
- Spirit-led Community, Lisa Romero. Steiner Books, USA, 2018

### SUGGESTED:

- Inner Aspects of the Social Question, Rudolf Steiner (1919). 3 lectures given in Zurich, Switzerland. GA 1931. Printed copy: Rudolf Steiner Press, London, 1974.
- The Art of Goethean Conversation, Marjorie Spock (1983). St George Publications, Spring Valley, NY.

## *Lesson 20*

### RECOMMENDED:

- Anthroposophy and the Social Question, Rudolf Steiner (1905/06). A translation of three essays by Dr. Rudolf Steiner which first appeared in the journal "Lucifer-Gnosis", October 1905/1906. GA 34. Printed copy: Mercury Press, Spring Valley NY, 1982.
- Threefolding- A Social Alternative, Rudolf Steiner (1922). 2 lectures given in Oxford, England. Printed copy: Rudolf Steiner Press, London, 980.
- Spirit-led Community, Lisa Romero. Steiner Books, USA, 2018

### SUGGESTED:

- Towards the 21st Century: Doing the Good, Bernard J Lievegoed (1974). Anthroposophic Press, NY.
- Money for a Better World, Rudolf Mees (1991). Hawthorn Press, Stroud, UK.
- Inventing the Future, David Suzuki (1989). Allen & Unwin Press.
- Hidden Hazards, Ronald S Laura and John F Ashton (1991). Bantam Books.

## *Lesson 21*

### RECOMMENDED:

- Phases; Crisis and Development of the Individual, Bernard Lievegoed. Rudolf Steiner Press.
- Man on the Threshold, Bernard Lievegoed (1985). Hawthorn Press, Stroud UK.
- Theosophy, Rudolf Steiner (1910). GA 9. Chapter 2: Re-embodiment of the Spirit and Destiny. Printed copy: Anthroposophic Press, 1971.

SUGGESTED:

- The Human Life, George O'Neil and Gisela O'Neil (1990). Mercury Press.
- The Four Mystery Plays, Rudolf Steiner (1910-13). Four plays including: The Portal of Initiation, The Soul's Probation, The Guardian of the Threshold and The Soul's Awakening. GA 14. Printed copy: Rudolf Steiner Book Centre, UK.
- Karmic Relationships, Rudolf Steiner (1924). Each volume is a collection of many lectures given in Dornach, Switzerland. GA 235-243. Volumes 1-8. Rudolf Steiner Press, London 1972-75.

*Lesson 22*

RECOMMENDED:

- Collins Guide to Stars and Planets, Ian Ridpath. (or equivalent)
- Astronomy and the Imagination, Norman Davidson. ISBN: 0140190783.
- Sky Phenomena, Norman Davidson. ISBN: 086315168X.
- Betwixt Heaven and Earth, Brian Keats. ISBN: 0646382071. Available at Brian's website: [www.astro-calendar.com](http://www.astro-calendar.com).
- Antipodean Astro Calendar, Brian Keats (annual for southern hemisphere)
- Northern Star Calendar, Brian Keats (annual for northern hemisphere)
- Local Astronomical Society's Skywatch Guides

*Lesson 23, 24 and 25*

RECOMMENDED:

- Nutrition and Stimulants, Rudolf Steiner. Printed copy: Biodynamic Farming and Gardening Association, 1981.
- Culture and Horticulture, Wolf D Storl (1979). Biodynamic Literature, Wyoming USA.
- Nutrition, Rudolf Hauschka (1967). Stuart and Watson, London.
- Fundamentals of Therapy, Rudolf Steiner and Ita Wegman (1925) GA 27. Printed copy: Rudolf Steiner Press, London, 1983.
- Manifestations of Karma, Rudolf Steiner (1910). 11 lectures given in Hamburg, Germany. GA 120. Printed copy: Rudolf Steiner Press, London, 1969.
- Bridge to Spirit, Lisa Romero, Innerwork Books, 2019

SUGGESTED:

- The Dynamics of Nutrition, Gerhard Schmidt (1980). Biodynamic Literature.
- The Essentials of Nutrition, Gerhard Schmidt (1980). Biodynamic Literature.
- What the Label doesn't tell you, Sue Dib (1997). Thorsons.
- Additive Code Breaker, M and J Hansen (1991). Lothian Publishing Company, Victoria, Australia.
- Anthroposophical Medicine, Victor Bott (1978). Rudolf Steiner Press, London.
- In Place of the Self, Ron Dunselman (1995). Hawthorne Press, 1995.