



# **The Spiritual Science of Everyday Life - a Practical Exploration Through Five Workbooks: Book Four: Me and My Shadow**

*John L Bewick*

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# The Spiritual Science of Everyday Life - a Practical Exploration Through Five Workbooks: Book Four: Me and My Shadow

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## **The Spiritual Science of Everyday Life - a Practical Exploration Through Five Workbooks: Book Four: Me and My Shadow** John L Bewick

The series provides step by step guides for:

- observing how our lives transform as four-fold spiritual beings.
- strengthening contemplation, concentration and meditation
- clarifying karmic paths and recognising connections between ourselves and the world.
- over 70 practical experiments and activities. Includes: Rudolf Steiner s concept of the mind The four-fold human being The significance of our earliest memory The transformation of our 12 physical senses A unique Personal Temperament Chart A unique Personal Soul Qualities Chart A soul/spiritual view of the human life cycle Seeing inside things A practical guide to concentration and meditation A Personality Profile and the significance of trust, fear and habit A unique Destiny Chart The Matrix Becoming a Sagacious Serendiptian Harnessing our Four Everyday Gifts The Gift of Remembrance The Gift of Temperament The Gift of Conversation The Gift of Conscience Exploring human duality and polarity Working with the angels Explores: What s the difference between thinking and thoughts? What s the brain got to do with consciousness? Where does memory live? What s the significance of your earliest memory? Have we always thought like this? What s the difference between a sylph and a salamander? Why is adolescence both a joy and a pain? Is there such a thing as a mid-life crisis? Who do I trust? What is fear? What is boredom? Do pets have memories? Why can time sometimes fly by? Why are habits hard to break? What is serendipity? Is memory connected to de ja vu ? What is tableaux memory ? What is conscience? What is negative space? What is the opposite of red? Does the brain think? Who the devil are you?

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