

Anthroposophy is a source of spiritual knowledge and a practice of inner development. Through it one seeks to penetrate the mystery of our relationship with the spiritual world by searching for answers and insights that come through a schooling of one's inner life. It draws, and strives to build on, the spiritual research of Rudolf Steiner, who maintained that every human being (Anthropos) has the inherent wisdom (Sophia) to solve the riddles of existence and to transform both self and society.

Anthroposophy is a human oriented spiritual philosophy that reflects and speaks to the basic deep spiritual questions of humanity, to our basic artistic needs, to the need to relate to the world out of a scientific attitude of mind, and to the need to develop a relation to the world in complete freedom.

It is a path of knowledge or spiritual research, developed on the basis of European idealistic philosophy, rooted in the philosophies of Aristotle, Plato, and Thomas Aquinas. It is primarily defined by its method of research, and secondly by the possible knowledge or experiences this leads to.

From this perspective, anthroposophy can also be called spiritual science. As such, it is an effort to develop not only natural scientific, but also a spiritual scientific research on the basis of the idealistic tradition, in the spirit of the historical strivings, that have led to the development of modern science.

On this basis, anthroposophy strives to bridge the clefts that have developed since the Middle Ages between the sciences, the arts and the spiritual strivings of humanity as the three main areas of human culture, and build the foundation for a synthesis of them for the future.

Anthroposophy is also an impulse to nurture the life of the soul in the individual and in human society, meaning among other things to nurture the respect for and interest in others on a purely human basis independently of their origin and views.

It also lives as applied or practical anthroposophy in various "daughter movements" or member initiatives of anthroposophy. Such as: Biodynamic farming, Waldorf schools, Curative education, Medicine, The Christian Community, Eurhythmy...etc...

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Resources: <http://www.waldorfanswers.org/Anthroposophy.htm>

<http://www.anthroposophy.org/>

<http://www.rsarchive.org/>

<http://www.calendarofthesoul.net/>

<http://www.waldorftoday.com/>