

## Recommended Reading

**Bryant, William**

*The Veiled Pulse of Time* (Anthroposophical Press, 1993)

**Burkhard, Gudrun**

*Biographical Work* (Floris Books, 2007)

*Taking Charge: Your Life Patterns and Their Meaning* (Floris Books, 1997)

**Jocelyn, Beredene**

*Citizens of the Cosmos: Life's Unfolding from Conception through Death to Rebirth*  
(Steiner Press, 2009)

**Lievegoed, Bernard**

*Man on the Threshold* (Hawthorn Press, 1985)

*Phases: The Spiritual Rhythm in Adult Life* (Rudolf Steiner Press, 1977)

**O'Neil, George & Gisela; Florin Lowndes, ed.**

*The Human Life* (Mercury Press, 1990)

**Richter, Gottfried**

*Art and Human Consciousness* (Anthroposophic Press, 1985)

**Schaefer, Signe Eklund**

*Why on Earth? Biography and the Practice of Human Becoming* (Rudolf Steiner Press, 2013)

*She was always there : Sophia as a Story for Our Time* (SteinerBooks, 2023)

**Schrapp, Roland**

*The Mirroring of Life before Birth in the Seven-Year Periods of Human Life on Earth*  
(2023)

**Staley, Betty**

*Tapestries: Weaving Life's Journey* (Hawthorn Press, 1997)

*Soul Weaving* (Hawthorn Press, 1997)

**Steiner, Rudolf**

*Biography: Freedom and Destiny, Enlightening the Path of Human Life* (Rudolf Steiner Press, 2009)

*Manifestations of Karma* (Rudolf Steiner Press, 1995)

*Anthroposophy and Everyday Life* (Anthroposophic Press, 1995)

**Sturgeon-Day, Lee**

Biography and Life Cycles Workbook [www.leesturgeonday.com](http://www.leesturgeonday.com)

**Selected Lectures by Rudolf Steiner:**

- The Inner Aspect of the Social Question (Feb. 4, 11 and Mar. 9, 1919; GA 193)
- How Can the Destitution of Soul in Modern Times Be Overcome? (Zurich, Oct. 10, 1916; GA 168)
- Social and Anti-Social Forces (Bern, Dec. 12, 1918; GA 186)
- The Work of the Angels in Man's Astral Body (Zurich, Oct. 9, 1918; GA 182)