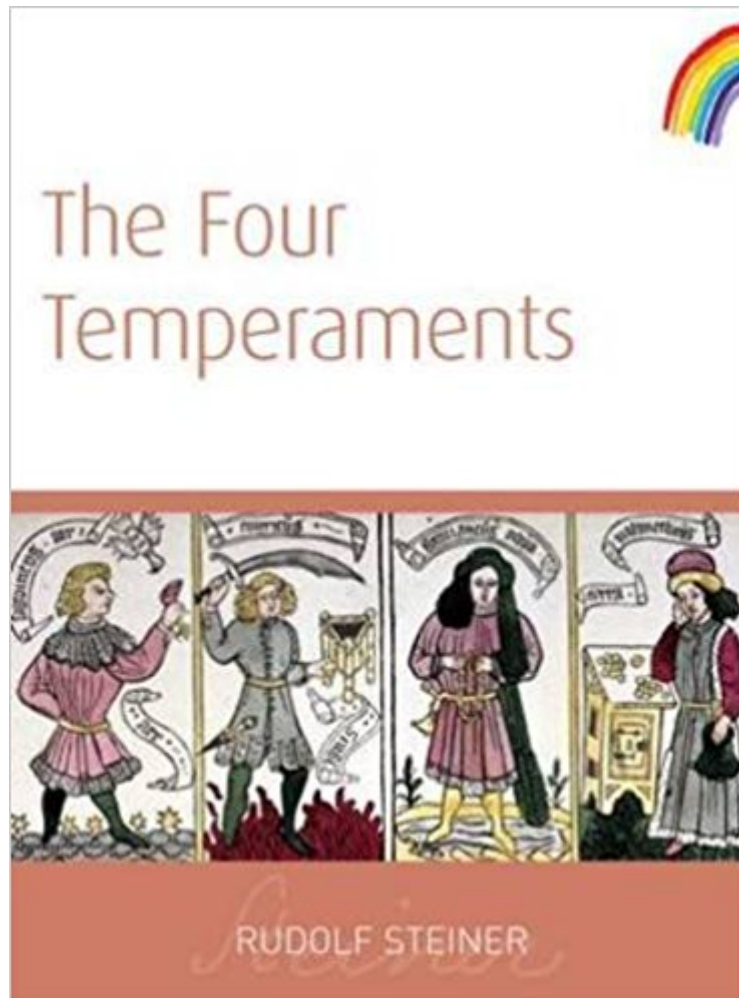


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# The Four Temperaments: (CW 57)



## Synopsis

1 lecture, Berlin on March 4, 1909 (CW 57)â œThe two streams in the human being combine to produce what is commonly known as a personâ™s temperament. Our inner self and our inherited traits come in it. Temperament is an intermediary between what connects us to an ancestral line and what we bring with us.... Temperament strikes a balance between the eternal and the ephemeral.â • â •Rudolf SteinerFrom personal spiritual insight, Rudolf Steiner renews and broadens the ancient teaching of the four temperaments. He explains how each personâ™s mixture of temperaments is shaped, usually with one dominating. Steiner provides lively descriptions of the passive, comfort-seeking phlegmatic; the fickle, flitting sanguine; the pained, gloomy melancholic; and the fiery, assertive choleric. He also offers practical suggestions for teachers and parents in addressing the differing manifestations of the temperaments in children, as well as advice intended for adultsâ™ personal development. The audio edition, complete and unabridged, is read by the actor and speech teacher Peter Bridgmont, author of *Liberation of the Actor*.

## Book Information

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## Customer Reviews

Covers the "4 sheaths" and their associated "Temperaments" among other associations within the Spiritual Science of Rudolf Steiner called "Anthroposophy" or "wisdom of the human being". This book is just a single lecture and is only a very brief introduction to this extensive spiritual science. Temperament "strikes a balance between the eternal and the ephemeral." Temperament "is an intermediary between what connects us to an ancestral line and what we bring with us from former incarnations." A person comes into the physical and manifests one of the 4 Temperaments

predominantly, but all are present in every person to some degree. The four sheaths are 1. Physical sheath with associated Temperament: Melancholic 2. Etheric sheath with associated Temperament: Phlegmatic 3. Astral sheath with associated Temperament: Sanguine 4. Ego sheath with associated Temperament: Choleric. The physical sheath we have in common with the mineral world; etheric sheath with the plant world; astral sheath with the animal world; Ego sheath separates and distinguishes us from other worlds. The Ego lives on to reincarnate again seeking another body. Each Temperament is given a defining set of characteristics: A person with a sanguine temperament needs love; respect and esteem for the choleric; an understanding that others experience pain for melancholic; friendships for the phlegmatic. The Spiritual Science of Anthroposophy and understandings contained within it such as exemplified by The Four Temperaments and their associations inside a human being should help us achieve "a beautiful goal--the true and authentic love of others."

I loved this book. It gave just enough information. Since it is so cheap I will want to get another more expansive book on the temperaments. But this really was easy and short enough to get a good understanding. Would recommend to someone who wanted to start learning about the temperaments. If someone has a more expansive book on temps, please reply. "I don't believe people are looking for the meaning of life as much as they are looking for the experience of being alive."

Just like other versions of the same Steiner's lecture, this is a great way to become acquainted with anthroposophy and its fundamentals. It is tool for teachers as well as for parents. It provides the type of tool one cannot reject without consideration.

not as dense as i thought it would be (yeah) but i did have to use the dictionary (no complaints. just the truth) a bit too essentialist for my personal taste but i did like the descriptions and ideas about how to deal with the temperaments . a good beginner text.

As others have commented this is really short. For that matter you can find it free on-line and read it in less than an hour for free. As for the content provides a nice BASIC intro to the temperments. I am personally more fond of the approach from Ayurveda which gives a more nuanced and integrated approach to typology ( and which this model historically grew out of from my research) along with an actual living medical tradition that goes to the PhD level in India to back it up. Steiner

tried to revitalize the western esoteric tradition, and pick and chose what he took mixing it with all sorts of other sources along with his own, often times undergrounded, mystical visions to various effects. Nonetheless this book does imply some practical insights and dovetails with my other studies, but is only the tip of the iceberg.

The subject matter was all new to me. So, I have been struggling with the vocabulary. So... Many words to look up in dictionary. The sentence structure is really formal like it was in the early 1900's and difficult for me to follow.

Great book, every one should read it.

Left me wanting more information

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