

Calendar of the Soul

Working with It on a Daily Basis



The Foundation Stone Meditation

Soul of Man!

**You live within the limbs,
Which bear you through the
world of Space**

Into the ocean-being of the spirit:

Practise *spirit-remembering*

In depths of soul,

Where in the sovereign

World-Creator presence

One's own I

Within God's I

Gains Being;

And you shall truly *live*

In cosmic Being of Man.

**For the Father-Spirit of the
heights holds sway**

In the depths of worlds begetting
existence:

Ye Spirits of Power

Let from the heights ring out

What in the depths is echoed;

This resounds:

From the Divine mankind has

Being.

This the spirits hear in east, west,
north, south.

May men hear it.

Soul of Man!

**You live within the beat of
heart and lung,
Which leads you through the
rhythms of Time**

Into your own soul-nature's
weaving feeling:

Practise *spirit-awareness*

In balance of the soul,

Where the on-surging

Deeds of world-becoming

One's own I

And I of world Unite;

And you shall truly *feel*

In the soul-working of Man.

**For the Will of Christ in all
around holds sway**

**In the world rhythms
bestowing grace on souls:**

Ye Spirits of Light

Let from the east flame up

What through the west takes form;

This resounds:

In Christ death becomes life.

This the spirits hear in east, west,
north, south.

May men hear it.

Soul of Man!

**You live within the resting
head,
Which from the grounds of
eternity**

Reveals the universal thoughts:

Practise *spirit-beholding*

In the calm of thought,

Where the eternal aims of Gods

World-Being's light

On one's own I

Bestow

For will in freedom;

And you shall truly *think*

In spirit-foundations of Man.

**For the Spirit's cosmic thoughts
hold sway**

In world Being beseeching light:

Ye Spirits of Soul

Let from the depths be entreated

What in the heights finds hearing;

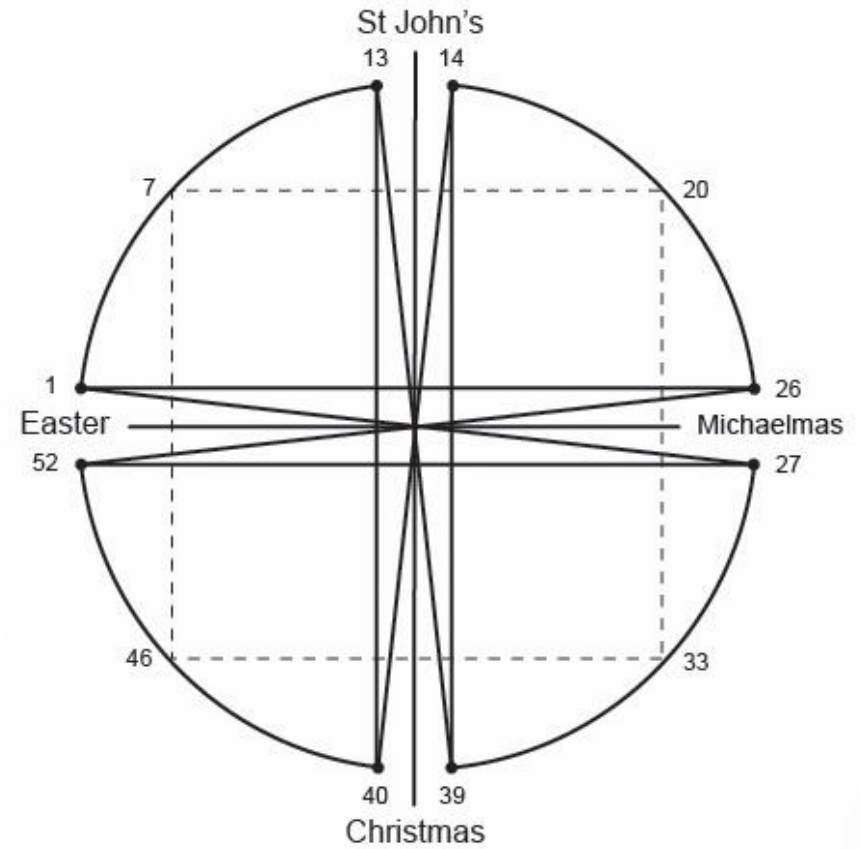
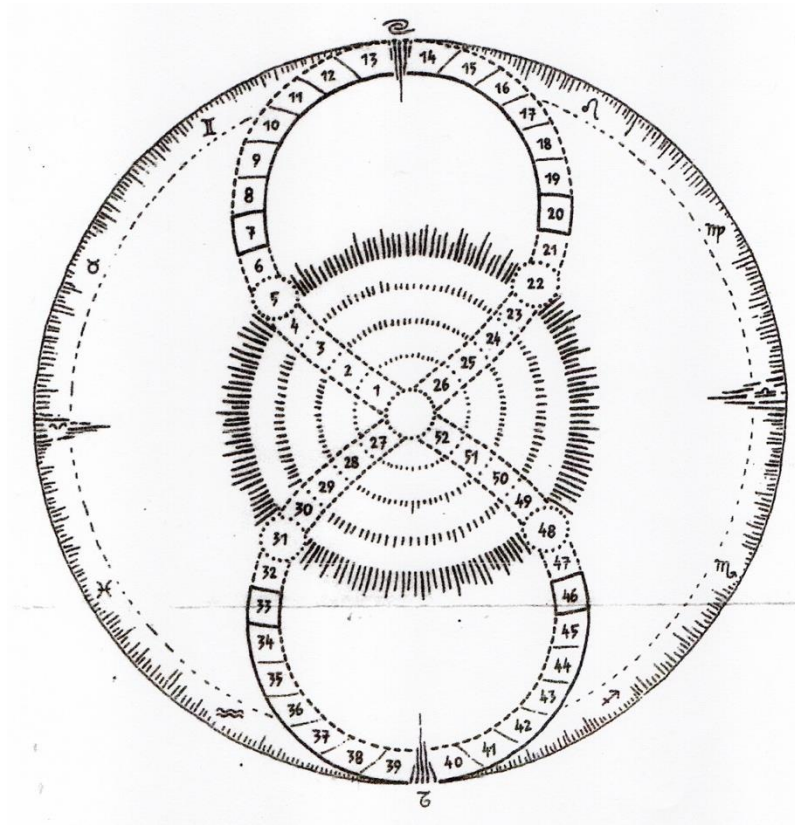
This resounds:

In the Spirit's cosmic thoughts the
soul awakes.

This the spirits hear in east, west,
north south;

May men hear it.

The Calendar of the Soul and the Quartets / Crosses



Today's Exploration

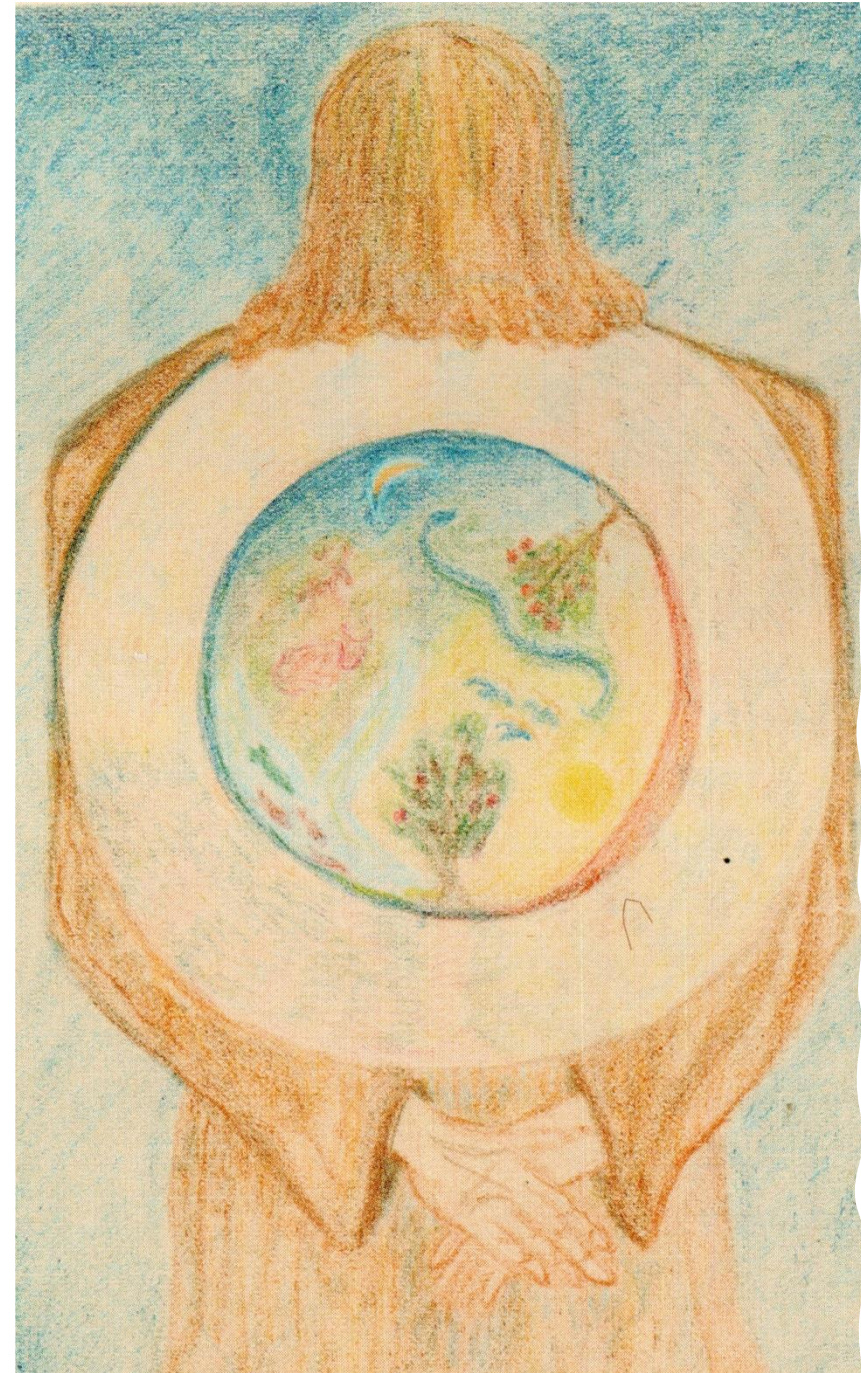
- Looking at the verse: various English translations
- Image of the weekly verse
- Verse and complementary verse (1 version)
- Image of the complementary verse
- Cross of today's verse with images
- Sequences of verses
- How to work on the verses together

Versions of Verse 5 (May 5-11)

<p>5. (5. - 11. Mai) <i>Light</i> Im Lichte, das aus Geistestiefen Im Raume fruchtbar webend Der Götter Schaffen offenbart: In ihm erscheint der Seele Wesen Geweitet zu dem Weltensein Und auferstanden Aus enger Selbstheit Innenmacht.</p>	<p>5. (48, 22, 31) <i>stars</i> Within the light, which out of spirit depths In space its fertile splendour weaves, Revealing thus the Gods' creating — In it appears the soul's inherent being To Universal Being widened And risen now From narrow selfhood's inner sway.</p>
<p><i>★</i> In light, which out of Spirit depth (In space fruit-bearing weaving,) Which there reveals the gods' creating: The essence of the soul appears Expanded to the universe And resurrected From narrow selfhood's inner might.</p>	<p>Within the light which out of Spirit depth Weaves fruitfully in space And thus displays the working of the gods: In it the soul beholds herself Spread to the compass of the world And resurrected From narrow selfhood's secret power.</p>
<p>Within the light whose birth from spirit-deeps and fruitful weaving through space reveals the gods' creating loom soul's true existence is made manifest, the Being of the World becomes her room, from cramping selfhood's narrow tyranny risen as from a tomb.</p>	<p>Within the light that out of spirit depths Weaves fruitfully in space, The Gods' creative deeds revealing — In this appears the soul's own being Widened to Universal Life And risen again From narrow Selfhood's inner sway.</p>
<p>In light that wells from spirit depths And weaving fruitfully in space Reveals the gods' creative work: Appears the soul's own being, Expanded now to world existence And risen free From narrow inwardness of self.</p>	<p>Within the light that out of spirit depths Weaves germinating power into space And manifests the gods' creative work: Within its shine, the soul's true being Is widened into worldwide life And resurrected From narrow selfhood's inner power.</p>

Verse 5 and Karl König's Image

Within the light that out of spirit depths
Weaves germinating power into space
And manifests the gods' creative work:
Within its shine, the soul's true being
Is widened into worldwide life
And resurrected
From narrow selfhood's inner power.



Verse 5 and Complementary Verse 48

Verse 5

Within the light that out of spirit
depths

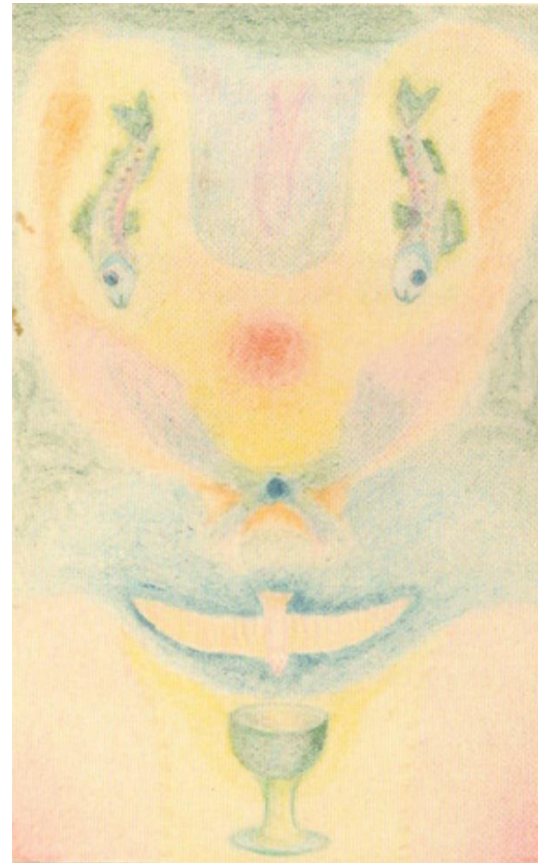
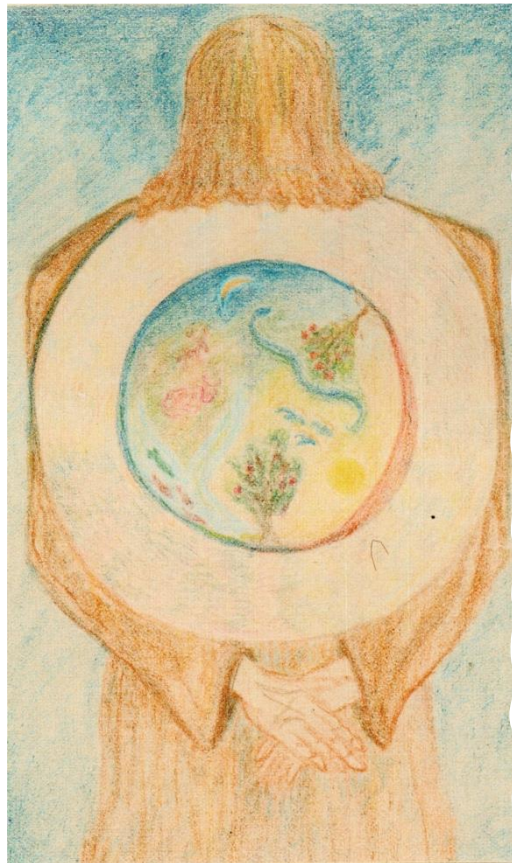
Weaves germinating power into space
And manifests the gods' creative work:
Within its shine, the soul's true being
Is widened into worldwide life
And resurrected
From narrow selfhood's inner power.

Verse 48

Within the light that out of world-wide
heights

Would stream with power toward the
soul,
May certainty of cosmic thinking
Arise to solve the soul's enigmas
And focusing its mighty rays,
Awaken love in human hearts.

Verse 5 and Complementary Verse 48



Verses of Cross 5

Verse 5

Within the light that out of spirit
depths
Weaves germinating power into space
And manifests the gods' creative work:
Within its shine, the soul's true being
Is widened into worldwide life
And resurrected
From narrow selfhood's inner power.

Verse 31

The light from spirit depths
Strives to ray outwards, sun-imbued;
Transformed to forceful will of life
It shines into the senses' dullness
To bring to birth the powers
Whereby creative forces, soul-
impelled,
Shall ripen into human deeds.

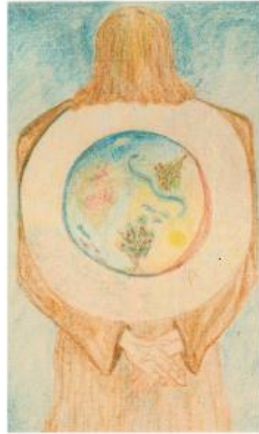
Verse 22

The light from world-wide spaces
Works on within with living power;
Transformed to light of soul
It shines into the spirit depths
To bring to birth the fruits
Whereby out of the self of worlds
The human self in course of time shall
ripen.

Verse 48

Within the light that out of world-wide
heights
Would stream with power toward the
soul,
May certainty of cosmic thinking
Arise to solve the soul's enigmas
And focusing its mighty rays,
Awaken love in human hearts.

Images for the Verses of Cross 5



Verse 5



Verse 22



Verse 31



Verse 48

Sequences of Verses

Week 4

I sense a kindred nature to my own:
Thus speaks perceptive feeling
As in the sun-illuminated world
It merges with the floods of light;
To thinking's clarity
My feeling would give warmth
And firmly bind as one
The human being and the world.

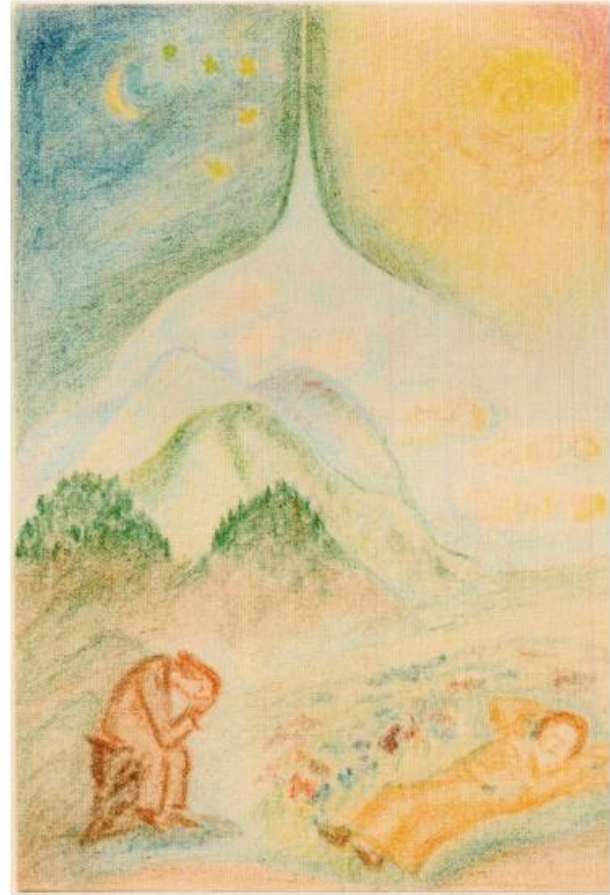
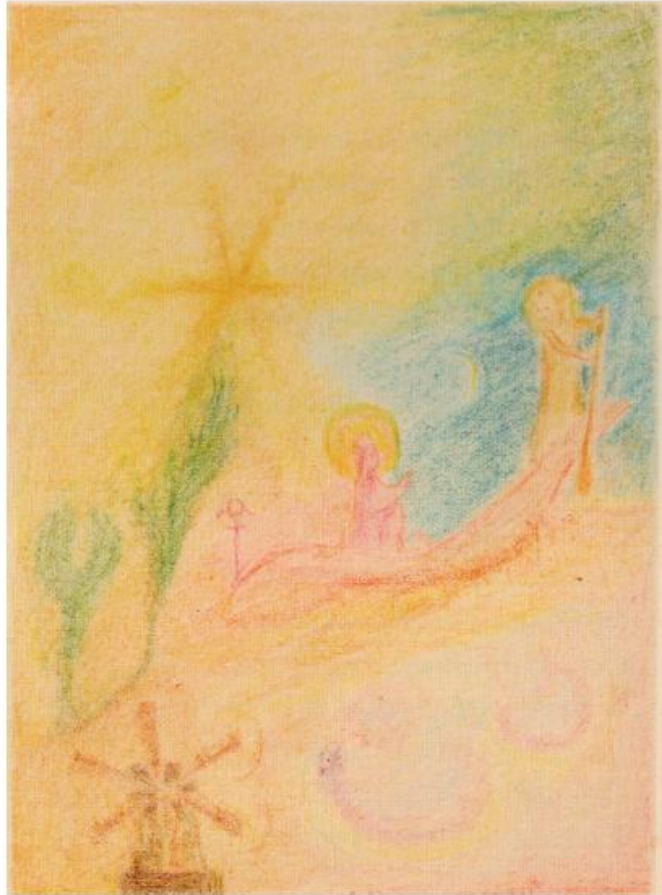
Week 5

Within the light that out of spirit
depths
Weaves germinating power into space
And manifests the gods' creative work:
Within its shine, the soul's true being
Is widened into worldwide life
And resurrected
From narrow selfhood's inner power.

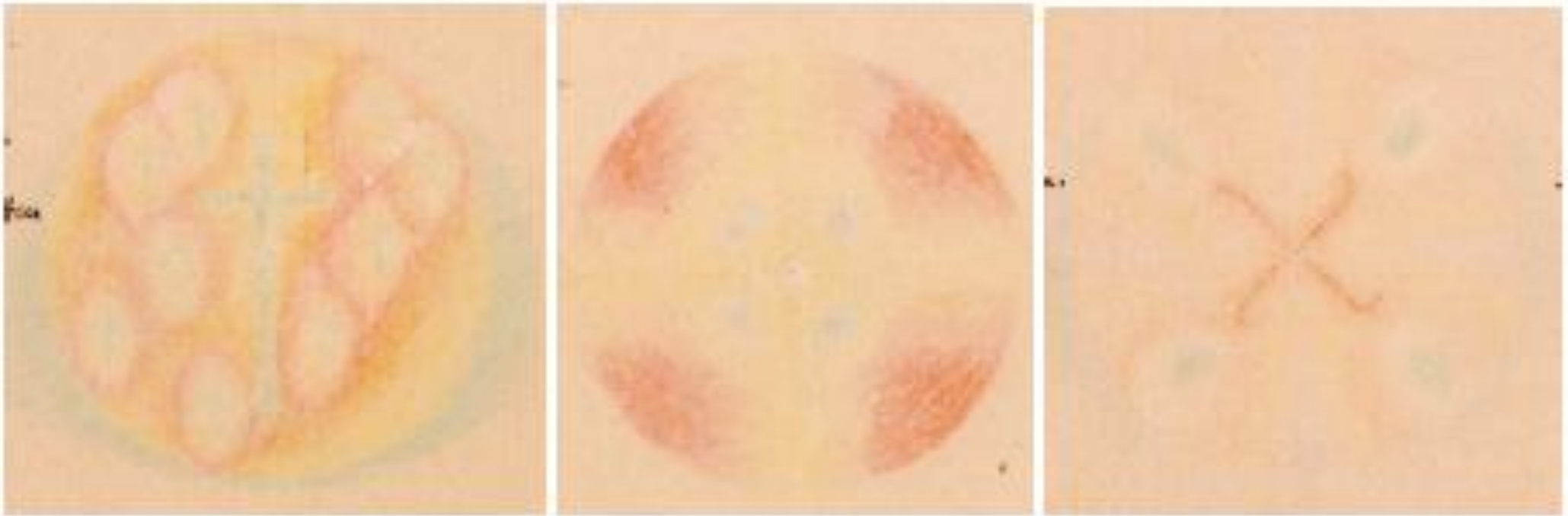
Week 6

There has arisen from its narrow limits
My self and finds itself
As revelation of all worlds
Within the sway of time and space;
The world, as archetype divine,
Displays to me at every turn
The truth of my own likeness.

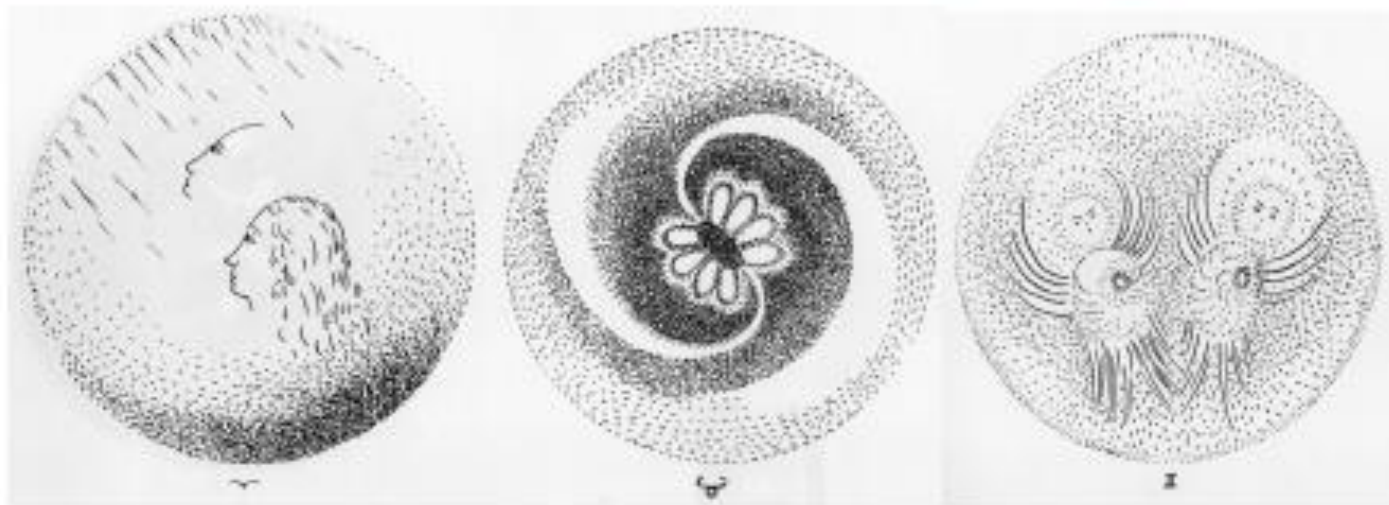
Sequences of Images



Karl König's Medallions for Crosses 4, 5, 6



Original Artowrk for the Calendar (Imma von Eckardstein)



Group Work Format

- Social time
- Reading of the verses: German version followed by the English translations
- Phenomenological look at the wording
- Looking at the image of the weekly verse
- A phenomenological look at the complementary verse (1 version)
- Looking at the image of the complementary verse
- 10'-12' meditation time
- Meditation sharing ("dew gathering")
- Closing

Resources

The Calendar of the Soul and Essays about It

Rudolf Steiner, *The Calendar of the Soul* (Mercury Press): Rudolf Steiner's German verses are presented side by side with six different translations and one paraphrase (Owen Barfield).

Rudolf Steiner, *The Calendar of the Soul*: lecture of 7th May 1912.

Karl König, *The Calendar of the Soul: A Commentary*.

H.D. van Goudoever, *A Contemplation about Rudolf Steiner's Calendar of the Soul*.

Eleanor Merry, *A Commentary to the Calendar of the Soul* with illustrations by Valerie Jacobs, translation by Ernst Lehrs.

Luigi Morelli, *Exploring Themes of the Calendar of the Soul*, available at <https://millenniumculmination.net/>

More resources available at Rudolf Steiner Library online: <https://rsl.scoolaid.net/bin/home>

The Calendar of the Soul in Art

Karl König, *An Inner Journey through the Year: Soul Images and the Calendar of the Soul*.

Anne Stockton, *The illustrated Calendar of the Soul: Meditations for the Yearly Cycle*.

Sophie Bourguignon Takada, *The Calendar of the Soul*.

Laura Summer, *Fifty-two Weeks: Painting and Drawing through the Course of the Year in Relation to the Calendar of the Soul by Rudolf Steiner*.

More resources available at Rudolf Steiner Library online: <https://rsl.scoolaid.net/bin/home>

Contemplate

How do you relate to some of the possible ways of working with the Calendar?

How would the Calendar complement your other approaches to anthroposophy?