

## Rudolf Steiner's Calendar of the Soul Verse 22: Cosmic Light Lives Within Me

Eloise Krivosheia

Verse 22 relates to the third member of the human being, the Astral, and to Condition 3, "Know thoughts and feelings to be as important for the world as actions." This verse is one of the 4 "Light" verses, surrounding the festivals of Michaelmas and Easter, each of which comes 5 weeks before or after Michaelmas, Verses 22 and 31, and before or after Easter, Verses 48 and 5.

In Verse 5, the "light from spirit depths" accompanied the light of Ascension to the heavens, our soul was "widened to world existence and resurrected out of the inner might of our narrow self hood". Thus, we were being prepared for cosmic communion with the spirit word. Now, in the mood of our autumn awakening, something different is happening. "The light from worldwide space" has again found a home in the human heart. The soul receives the streaming light of worlds and, living "strongly on inside me," it "shines into my spirit's depths" —into my willed thinking.

Das Licht aus Weltenweiten,  
Im Innern lebt es kräftig fort:

Es wird zum Seelenlichte  
Und leuchtet in die  
Geistestiefen,

Um Früchte zu entbinden,  
Die Menschenselbst aus  
Weltenselbst

Im Zeitenlaufe reifen lassen.

*original German by Rudolf Steiner*



*Anne Stockton*

The light from worldwide space  
Lives strongly on inside me:

Soul light it now becomes  
And shines into my spirit's depth,  
To bring forth there the fruits  
That in the course of time let  
ripen

The human Self from cosmic  
SELF.

*tr. by John Gardner*

In spring the light streams out from the soul to cosmic heights; now there is an in-streaming, for the light is entering the heart, becoming "soul light". I feel it living on within me forcefully. This is because I am helping it, thinking it, making this gift of higher-consciousness my own.

My new understandings, gained from cosmic communion, work within me. Strongly I feel the received light-consciousness shining into my willed thinking, transforming my soul to a higher nature. In this, the "astral" nature and "Condition 3" are within this verse. In course of time, the seed germ I sensed last week within me will be matured. From Cosmic Self's streaming light my human self will ripen !



*Liane Collot d'Herbois*

The Light from world expands  
Lives on within me forcefully:

Transforms to light of soul  
And shines into the Spirit  
depths,

To liberate the fruit  
That may let ripen human self  
In course of time from cosmic  
Self.

*tr. by Daisy Aldan*



*Leonardo da Vinci*

Now, as the Light "transforms to light of soul," which I experience as heart consciousness, and shines into my willed thinking—into my deeds, I recognize my need for my fellow man. This is the brotherly love

of Christ, Light of the world, the Cosmic Self, which lives in every verse although the name of Christ itself does not appear. Gratefully we recognize the transformation of light into love is the gift of Christ.

Approaching Autumn, we see Summer's beauty and life are waning—even dying. The light that so filled nature is breaking free, seeking a new home, and we humans are that home. Light is streaming now into our souls to bring about an enlivening, a transformation there so that gradually we may reach our far off human goal of bringing love into Earth, into human deeds.

Karl König suggests a further connection. All that the light has done for the plants, raising them up from the roots, calling forth blossoms and ripening their fruit, we may imagine that same power of transformation will be brought about in us as light each autumn returns to its human home.

König remembers that "Rudolf Steiner once spoke of how with every breath of air, we take into ourselves not only air but also light and that we transform this light within us and make it our own as we do any other substance: we digest it, that is, we make it an integral part of our self." (See *The Archangel Michael* 11/30/1919) In that this happens to a particular degree in autumn as the light meets the germ seed within the human, we may approach the autumn and winter "with immense hope".

Deeply we feel the love of Christ within the verse, and strongly feel in humble gratitude the gift of grace of this heavenly light. May we also in loving readiness receive and work with this gift.

The light from world-wide spaces  
Works on within with living  
power;

Transformed to light of soul  
It shines now into spirit depths  
To bring to birth the fruits  
Whereby out of the self of worlds  
The human self in course of time  
shall ripen.

tr. by Ruth and Hans Pusch



Leszek Forczek

The light from cosmic spaces  
Lives on within myself with  
strength:

Becomes the light of soul  
And shines into the spirit depths,  
There to release the fruits  
That in the course of time let ripen  
The Human Self out of the  
Cosmic Self.

tr. by Brigitte Knaack

### Calendar of the Soul Verse 31

The **polar opposite** verse of Verse 22 is Verse 31, the other Light Verse that begins with "Das Licht". In this translation, by Daisy Aldan, the inner light of Verse 22 becomes our life of will, shining into our sense experience to raise soul impulses into creative forces that will ripen in *human work*.

Das Licht aus Geistestiefen,  
Nach aussen strebt es sonnenhaft:  
Es wird zur Lebenswillenskraft  
Und leuchtet in der Sinne Dumpfheit,  
Um Kräfte zu entbinden,  
Die Schaffensmächte aus Seelentrieben  
Im Menschenwerke reifen lassen.

The light from depths of spirit  
Strives outward like the sun itself:  
Becomes the force of will-to-live  
And shines into the senses' dullness,  
To liberate the forces,  
Whereby creative powers ripen  
From soul incentives in the works of Man.

Through meditating the Calendar, finding connections, we reach a level of higher consciousness each year.