



With **astral Verse 22** we look to receive wondrous transforming Cosmic Light into our spirit depths.

For Cosmic "light" rays to us a high understanding that leads to human "heart thinking", which, maturing in time, may become light-filled action.

May this "Light Verse" bring you joy and happy Autumn renewal,

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 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 deep heart 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," soul understanding. 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.

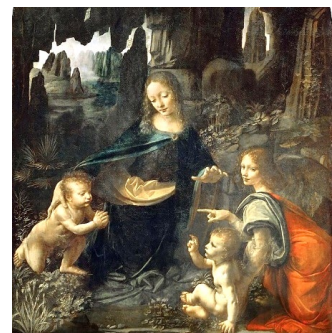
"Soul light", my new understandings, gained from cosmic communion, works within me. Strongly I feel the received light-consciousness shining into my heart thinking, transforming my soul to a higher nature. In this way, the "astral" nature and "Condition 3" are within this verse. In course of time, the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



Liane Collot d'Herbois

The Light from world expanses
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 Cosmic Light “transforms to light of soul,” which I experience as heart understanding, and shines into my willed thinking—into my deeds, I recognize my need for fellow humankind. This brotherly love of Christ, Light of the world, Cosmic Self, lives in every verse although the name of Christ itself does not appear. Gratefully we recognize that transformation of light, understanding 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. Our higher self approaching.

Karl König suggests a further picture. 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 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



“Budding” 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.