"Give me your paw for a little healing in the meadow."

With Verse 31, the fifth Autumn verse, the soul experiences a shining light within, offering creative deeds of love to Man and World.

May we serve in gladness!

Rudolf Steiner's Calendar of the Soul Verse 31 – Light becomes Creative Will

Eloise Krivosheia

Verse 31 relates to the fifth, newly developing member of the human being, Spirit Self, and to Condition 5, which is "Steadfastness in carrying out a resolution once it's taken." 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. (See pg. 3 below)

Every resolution is a force, and even if this force does not have full success at the point where it is applied, nevertheless it works on in its own way. In higher worlds, love for your moral ideal, your moral action, is key. All other actions have no value for esoteric training and higher worlds. Everything that impels you to action should be an expression of love for others, for your ideal. Then you will never tire in your efforts to translate a resolution into deed, however often you may fail.

In this way you reach the stage of not waiting to see the outward effect of your deeds, but of being content with what they are in themselves. You learn to offer up your deeds, even your whole being, to the world, no matter how the world may receive your sacrifice. As Rudolf Steiner often cautioned, anyone who wishes to become an esoteric pupil must resolve to be ready for a life of sacrifice.

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.

original German by Rudolf Steiner

Anne Stockton

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.

tr. by Daisy Aldan

In many regions November's gray skies and bare tree branches show an outward gloom, but *within the soul we must feel a shining light!* From the Sun of Summer we have gathered spirit light. If, as Patsy Scaly writes, in winter there is to be a soul light shining forth like the Sun, this light must come through each one of us —in every thought that comes from our heart, every act of kindness and generosity. This kind of light, in its understanding, we may feel holds a sense of brotherhood.

David Newbatt Parzival to Grail Castle

The light from Spirit depths
Streams outward like the sun's own light.
Transformed into a force of living will
It shines within the darkness of the senses,
Striving to set free the powers
Which will permit the soul's creative energies
To ripen into human deeds.

tr. by Isabel Grieve

Janet Jordan The Journey

Scaly warns, however, that we must not wait until "someday" to be the world's Sun. "If our soul's powers are to ripen into deeds that will help the world", we must "delve deeply into our souls to emerge with a knowing of what it is we came here to do and then we must do it."

Karl König speaks of the incompleteness of the created world that now requires man's co-creating work. Indeed, the soul in Verse 31 seems to welcome a role of striving toward a fuller, richer life not only for ourselves but for others—"letting creative powers ripen in the work of Man."

Eleanor Merry notes further that in our Autumn awakening we can become aware of strong will-impulses for co-operative human activity, impulses "which are to lead us on to the great Festival of Love at Christmas". Transforming what is merely earthly (materialistic) into a spiritual understanding is also the Michael path, for Michael it is who "rules in the fullness of His strength as Herald of the Christ."

We may of course be well aware that even when with creative powers we want to do good works in the world, we sometimes fail to follow through. Self-examination may then reveal that without sufficient love for our ideals, our will forces lack the necessary power. An interesting teaching from Rudolf Steiner can help people more strongly want to do good and courageous deeds. It is that if by age nine children are guided to love beauty, then by age fourteen, they will be able to love their work, love what their spirit asks. It is this power of Love that enable the powers in Verse 31 to be realized.

The light from spirit depths
Strives outward like the sun itself:
Becomes life's fiery force of will
And shines into the senses' dullness,
There to release the forces
That in the work of man let ripen
Creative powers out of soul impulses.

tr. by Brigitte Knaack

The light from spirit depths
Strives outward like a sun;
It turns to strength of will for living
And shines into the sense-world's dullness,
Releasing forces that allow
Creative power from soul's true impulse
To ripen in my human work.

tr. by John F. Gardner

A few thoughts about thoughts may be helpful. When we take a spiritual thought (a thought being) into us and lovingly cherish, protect and surround it, we make this thought accessible to us and to others as a "will force." Love's liberating power in action. (See *Theosophy* 4th level of Spirit Land)

We may feel a need to begin to transform our *unconscious* will by asking for, taking in, light from above. Coming into our will from a spiritual being, higher thinking can liberate our forces to act.

To the extent spiritual knowledge flows into the evolution of mankind and the Earth, there will be viable and fertile seeds for the Cosmic Future. It is of the very nature of spiritual knowledge gradually to be transmuted into Love. Appreciating the wisdom built into this world is the forerunner of Love.

Picturing thoughts within a Calendar verse as here exampled for Verse 31 is a way to "enter" the verses.

The light from depths of spirit	The seed of love, planted into the innermost depth of each human being by the Christ, becomes shining understanding. (P. 311 Occult Science)
Strives outward like the sun itself:	The consciousness soul here rays out with love, like sunrays. When the light of consciousness wakens and wisdom lights up soul enigmas, the soul can understand what's to be done, why and how to do it.
Becomes the force of will-to-live	The human soul is transformed bringing light to live within our will.
And shines into the senses' dullness,	Meaning is given to what our senses take in, to the trivial thoughts of the external world. The will is enlightened for meaningful action.
To liberate the forces,	The forces of love; love's creative thoughts and desires that come from spiritual knowledge are released for the world.
Whereby creative powers ripen	In creative imaginations Love builds up impulses for the spiritual goals of mankind; –will powers mature to do creative works of love.
From soul incentives in the works of Man.	Human progress can only be properly achieved when we strive through love-filled wishes to achieve high goals for humanity.

Calendar of the Soul Verses 31 and 22

The corresponding verse to Verse 31 is Verse 22 In this translation of Verse 22 by John Gardner, the foretold fruits of the soul that will result from an *outside* light shining into the soul's depths, will in Verse 31 become capable of creative deeds through the power of love. *Outer* light has become, in Verse 31, an *inner* Sun of radiant soul power.

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.

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.

Through meditating the verses, the soul experiences new wisdoms arising —reaching a level of higher consciousness each year.

The Light Verses

We may notice that the verses five weeks before and five weeks after Easter start with "**In** the light" and the verses five weeks before and five weeks after Michaelmas start with "**The** light." This difference may seem subtle, but it clearly shows our relation to the light.

The verses speak in a progression of the soul's relation to the Light:

- Light out of Spirit depths lifting us into world widths (Verse 5);
- Light becoming spirit light in us in order to give birth to our fruits so they can ripen in the course of time (Verse 22);
- Light becoming the very force of our life of will, shining into senses' dullness, in order to give birth to creative forces out of our soul impulses which can ripen in our human work (Verse 31);
- And finally, Light (cosmic thinking) wakening Love in us (Verse 48).

The Christ rhythms of Light inherent in these verses sum up the significance of the entire course of the year in a most wonderful way. In lemniscate pattern the rhythm of the Light verses may be likened to the rhythmic system in us, connecting our will nature, our metabolic-limb system, through the heart with our head nature.

Because the Sun moves through the universe in a lemniscate pattern, there are 4 times (the time of each light verse) when Earth in its revolution around the Sun, passes through the sun pattern. This is why the four Light Verses carry a special connection with and impulse from the spiritual Sun.

Eloise Krivosheia with inspiration from my sister, Roberta van Schilfgaarde. November 2025