



In this Verse 4 week, the soul is beginning to awaken to the need to have warmth of thinking if clarity of thinking is to happen. The Calendar offers essential help as we seek to reach our higher self.

In this regard, Rudolf Steiner offers a few words:

"We want to take the weekly meditations particularly into our heart, for each verse contains what can make the soul alive and what really corresponds to a living relationship of the soul forces to the forces of the macrocosm."

Rudolf Steiner's Calendar of the Soul Verse 4: Warmth of Thinking Unites with World

Eloise Krivosheia

Verse 4 relates to the Ego or "I" member of the human being and to Condition 4 from *Knowledge of Higher Worlds*, "Balance the truths you stand for in your soul with an open heart for the needs of the outer world." (We feel how different is this new soul mood from that of the first three verses.)

Through the illuminating power of light and life, our "I" is already "mindful" that our being is rooted in Spiritual Worlds. We can sense this truth. Even we can sense God's warmth in our "I" coming now to the fore. Gloriously it is that our Self, in recognizing self, can feel that it lives in a *meaningful* sunlit universe. This new inner awareness is conveyed in Line 2 with the German *Empfindung*.

In Line 3, *Sonnerhellten Welt* conveys a lighting up of the whole *inner nature* of the universe. Light that carries life and love is the substance of the Christ. We feel the *essence* of our soul must live in this Christ light of understanding that carries life and love.

With its new inner awareness, the I begins to sense the essential nature of its true being. It feels drawn to unite with the Sun world's "flowing light." With its inner warmth now fanned into life, the I has gained both capability and desire to pour this warmth into its thinking's clarity.

Ich fühle Wesen meines
Wesens:

So spricht Empfindung,
Die in der sonnerhellten Welt
Mit Lichtesfluten sich vereint;

Sie will dem Denken
Zur Klarheit Wärme schenken
Und Mensch und Welt
In Einheit fest verbinden.

original by Rudolf Steiner.



Liane Collot d'Herbois

"I feel the essence of my
being,"

So speaks an inward sense
Which in the sun-illuminated world
Unites with the flowing light.

For it would pour its warmth
Into thinking's clarity
And bind in one
The human being and the world.

tr. by John Thomson.

Without this warmth, thinking cannot bring Man and Universe to union. (You may like Daisy Aldan's use below of "weld" for "verbinden" so as to continue the feeling of warmth within the union of man and world.)

Clarity of thinking takes sensual perception to higher understanding and to recognizing the reality of the self. In such a 'living' thinking, we determine our own 'spirit birth', our higher development.

When we truly become aware of and feel our I to be in the spiritual world, we have attained a higher I consciousness.

In this fourth verse after Easter, an "I" verse, we sense a wish to gain a gradual increase in consciousness of the world.

Recognizing that this higher state requires a love which comes from *spiritual light*, we feel it to be the same light that Christian Morgenstern speaks of in his poem: "*Light is Love*". 'Tis woven sunshine, love-beams shining from a world of creative Beings who for untold ages have kept us in their hearts...."



Iris Sullivan

I feel the essence of my essence
 So sentience speaks
 Which in the sunlit universe
 Unites itself with floods of light;
 It would add warmth
 To thinking's clarity
 And Man and World
 In oneness firmly weld.

tr. by Daisy Aldan



Verse Four in its focus on the "I" is a balanced verse of thinking and feeling, beautifully expressed also in Rudolf Steiner's *The Foundation Stone Mantra* in the lines: "O Light Divine, O Sun of Christ! Warm Thou our Hearts, Enlighten Thou our Heads..." Heart warmth is essential if we are to achieve 'thinking's clarity'—and in oneness "firmly weld Man and World." One way we may think of spiritual warmth in daily life is the attentive taking in of another's thoughts as our own—we take them in with selfless interest.

In this sense we may think of 'community' and how important this same balance of thinking and feeling is if we are to experience freedom in joining with others. In the verse we have the sense that the I—even in oneness with the world—is actually *evolving* its consciousness to be an independent and balanced individuality. We learn that balance always precedes progress. We see it even in little children learning to walk. First they must learn balance—only then can they walk.

The same is true in communal activity. When thinking and feeling are in balance, there can be progress. There is then no sense of concern for loss of identity or of self. Although community activity may indeed require some sacrificing of self from everyone, this is a healthy sacrificing, for it will be a freeing from the chains of cold egotistic self-interest—as we found so important in last week's verse. In true communal balance the individual can experience community as freedom—freedom even from one's egotism.

When Spiritual Light, thinking with understanding, is manifested in loving deeds carried out with selfless warmth of heart, we then have the unbeatable inner power which alone can overcome Lucifer's temptation to egotism. Here in Tom Mellett's first lines, I think we hear his *inner* warmth of sense speaking!

Sensation speaks!
 'I feel the essence of my being!
 Swirling through torrents of light
 in the sun-brightened world.
 How sensation yearns
 to bestow upon thinking
 the gift of warmth that leads to clarity-
 and fuses into unity
 the human being and the world.

tr. by Tom Mellett



David Newbatt Temple of Athena

'I feel the essence of my being,'
 So speaks perceptive feeling,
 As in the sun-illuminated world
 It joins the flooding light.

To thinking's clarity
 It would add warmth,
 And man and world
 Would firmly bind as one.

tr. by John F. Gardner

When we keep a state of balance in our thinking and feeling, we make it possible for the power of Christ to have constant access in us; whereas when our thinking lacks warmth we give the opposing beings open access into us!

Carrying out our deeds with warmth of heart and conscious devotion to moral transformation, we come closer to reaching our higher I and assisting the very transformation of Earth.

We're told it's a helpful practice to put our ideals and ideas, which may be vague, into words. The attention given can clarify our thinking and lift our consciousness to creative, warm 'supra-consciousness'.

As we attain greater consciousness of being united with the universe, with nature and all its beings, we also feel more consciously connected to our personal angel—perhaps even beginning to experience our angel in brief moments of 'waking sleep'. Through our angel we connect to all other spiritual beings, even including archetypal concepts—for concepts are beings, too. Thus, feeling in union with the universe can bring us into feeling a connection with higher spiritual concepts as well.

We may be cognizant of how we progress, that the new awareness that comes with an "I" verse—always the fourth, or fulcrum verse in every seven verses—needs to become "a resolution steadfastly carried out" in the next, a fifth verse. In this way the fifth verse of seven will be rightly connected to Spirit Self.

Thus, this fourth verse may prompt us to ask ourselves: are we beginning to feel a higher consciousness of self? are we adding a warmth from Christ's light to our thinking? do we feel a union with the World?

I hope you may enjoy this beautiful description from Rudolf Steiner's Lecture 1 of *The Apocalypse of St. John* so complementary to Soul Calendar Verse 4.

"With true anthroposophists, there is always "a very earnest search for knowledge of great spiritual truths, and a deep understanding of anthroposophical life, of the true anthroposophical attitude towards life . . .

This kind of life which is only understood when our anthroposophical doctrines are not merely a theoretical interest, but something which spiritualizes, kindles and uplifts our inmost life, links us in closer bonds with our fellow-men and with the whole world.

It means much to feel that everything we see in the outer world in our objective sense-existence can be recognized as the external physiognomy of an invisible super-sensible existence lying at its foundation.

The world and all it contains will at length become to one who applies Anthroposophy to life more and more a physical expression of divine spiritual realities; and when the visible world around is observed, it will be as if penetrated from the mere features of a person's face to his heart and soul.

All that is seen externally, the mountains and rocks, the vegetation of the earth, the animals and human beings, human activities—everything in the world surrounding—will be to hint the facial expression, the countenance, of a divine existence lying behind it.

From this mode of observation new life rises up within the human, and permeates him; and a different, a noble enthusiasm fires all that he wishes to undertake."

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