



In Verse 42's winter week of darkened skies in many parts of the world, we experience the striving soul confidently intent on penetrating the mysteries of sense perceptions that go deep, deep into experiences, experiences that can reveal mysteries to us that only warmth of heart may spiritually uncover.

May your meditations prove golden!

## Rudolf Steiner's Calendar of the Soul Verse 42: Warmth of Heart

*Eloise Krivosheia*

**Verse 42** relates to the Astral member of the Human Being, to Condition 3, "Know thoughts and feelings to be as important for the world as actions." We are in the "Ego" quarter of the year and sense that the higher ego is directing the astral soul strivings in the verse. As the soul becomes a "picture" of the higher I, our hearts can begin to shine—for the world.

Through new strength and warmth of heart gained over the Christmas season, the soul feels a mighty urge to reveal answers that neither the senses nor thinking intellect, alone can achieve. For not even the sharpest intellect can see through problems of the soul requiring a warm heart-felt willing. Noteworthy in the last two lines of the verse is the soul's premonition that warmth of heart will be needed to provide a deeper understanding of some great mystery soon to arise.

We know our senses bring to us what is outside of us. Like camera pictures that hold no meaning in themselves, they may be considered "darkness." Only when the soul lends its response, its "feeling will," as in this verse, do we have deep and creative power through "warmth of heart." With its healing forces the power of love can reshape and transform.

Es ist in diesem Winterdunkel  
Die Offenbarung eigner Kraft  
Der Seele starker Trieb,  
In Finsternisse sie zu lenken  
Und ahnend vorzufühlen  
Durch Herzenswärme  
Sinnesoffenbarung.

*original German by Rudolf Steiner*



*Anne Stockton*

In this deep winter darkness  
A mighty urge impels the soul  
To manifest her inner strength,  
To guide it into darknesses  
And feel as dawning vision  
Through warmth of heart the senses'  
revelation.

*tr. By Brigitte Knaack.*

The great interest the soul has in looking at its ability to perceive what otherwise is dark is, as Rudolf Steiner tells us, because the healthy soul "loves its material!" Rightly therefore, the soul wants "to manifest its innate powers" to understand the mysteries of "senses darkness;" to use its powers to tell us about ourselves -and our relation to nature and the world.

Higher capacities have also been developed in the soul through having pondered many sense experiences throughout the summer and fall. Described as "warm" and warmth giving, we may picture these spiritual forces of understanding as heart thinking with a "fiery will".

As previously indicated, the verse conveys a happy premonition of the soul that something beyond mere sensing, something herein called "warmth of heart" will be needed to penetrate coming revelations, which we sense as something important that need to be brought to our consciousness. The German "ahnend," or premonition, carries an inner sense of something powerful to come. Perhaps, the higher ego experience at Whitsun, Verse 8, is already being dimly sensed! \*



Within this dusk of winter,  
Soul's robust impulse strives  
To show the strength that is its  
own:  
To guide it into darkness,  
And feel ahead divining,  
Through warmth of heart,  
Sense revelations coming.

tr. by John F. Gardner



Soul "feeling" has been further transformed by Christmas, perhaps especially through a deep experiencing of the Holy Nights, and we are prepared now to meet the coming Spirit in a changed manner. When with Christ power, feeling and willing are balanced in the heart, loving deeds arise. Thus, as balance to the season's pervading darkness, the soul's warm eagerness to discover senses' revelations is deeply powered by its desire to gift to the world its understandings of a coming spiritual warmth and light—surely to be reflected in personal deeds of kindness and generosity.

Understanding gained from senses revelations with warmth of heart has not to do with thinking as we normally view brain activity, but to do with a "seeing" with the heart, a kind of higher seeing, whereby we are aided by imagination, inspiration, and intuition, the etheric Christ forces. We read that comparing the light of Christ to the Sun's light is as daylight is to night. Thus, it is the power of the "light" of the etheric Christ that enables us to feel, act and know through "warmth of heart."

We recognize also that warmth of heart must involve the will. The soul in Verse 42 thus expresses its desire as "a mighty urge". A willed thinking takes place in meditation—in the heart.

In this the shrouding gloom of winter  
The soul feels ardently impelled  
To manifest its innate strength,  
To guide itself to realms of darkness,  
Anticipating thus through warmth of  
heart  
The sense-world's revelation.

tr. by Ruth and Hans Pusch



from Ninetta Sombart

It is, within this winter gloom,  
The strong endeavor of the soul  
To manifest her innate power;  
To lead it into darknesses  
And feel a premonition  
Through warmth of heart, of  
senses' revelation.

tr. Daisy Aldan

"Senses revelations," *Sinnesoffenbarung*, the very last word of the verse in itself points to our need and to the answering power of Christ enabling us to feel in deep ways how we are related to *life* in the sense world, revealing our *part in the Cosmic I*. If we are concerned only with ourself, then what we seek is only our lower self. But through senses revelation we find, we see, how we relate to the whole world. It is a way to know the higher Self, **for that which is manifest, the sense world, can thus reveal the unmanifest, the spirit**. We can begin movement into spirit self!

### Corresponding Calendar of the Soul Verses 11 and 42

Es ist in dieser Sonnenstunde  
An dir, die weise Kunde zu erkennen:  
An Weltenschönheit hingegeben,  
In dir dich fühlend zu durchleben:  
Verlieren kann das Menschen-Ich  
Und finden sich im Welten-Ich.

It is your task in this Sun-hour  
The Tidings, wisdom-filled, to recognize:  
Surrendered now to cosmic beauty,  
To feel yourself in self, experience this:  
The human "I" can lose itself  
And find itself in cosmic "I".

Translated by Daisy Aldan, in Verse 11 at Summer Solstice we can have an encounter of the dark, though we stand in the light; at Winter Solstice, we must know the light, though we stand in the dark. In Verse 42, we go into the whole sense world to find the higher Self that rays into us.

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

\* Given the Calendar rhythms hidden within the number 19, we find in Verses 42 and 8 a beautiful example of how a verse, 19 verses further on from the one under study, may be a fulfillment of the studied verse. The premonition, the *ahnend*, in Line 5 of Verse 42 seems a pre-dawning vision of *Whitsun*, of the new light, the new understanding sent by the Christ to us through the Holy Spirit. The higher ego experience at *Whitsun*, Verse 8, can already be dimly sensed in Verse 42, 19 verses earlier.

I would like to recall for rich meditation at this time, the excerpt printed with Verse 19 last year. It is from a most interesting and practical essay by Roberta van Schilfgaarde regarding the rhythms of 19 and 33 in the Calendar and of the rhythm of the 'Moon Node Return' of 18.6 years:

"There are many rhythms in the Calendar, just as there are in all of life. One that for me has seemed very meaningful is the rhythm of 19 and 33—a rhythm of the Moon and a rhythm of the Sun. We see this number, 19, every year as the age of most high school graduating seniors. It is a moment to be clearly marked, a time when the first part of life, the preparation for adult life, has come to an end. Children have been cared for, nurtured, to the point that they can stand alone fairly well. They are now expected to be less dependent on parents and nurturing teachers and to take much more responsibility for their own lives. In the 12<sup>th</sup> grade in Waldorf Schools, students look back via the curriculum to all their previous years, even to the time when they were very little, how they then experienced the world, and how little ones should be cared for.

It is a right time for looking back, because it is the time in life of the first "Moon Node Return", actually a rhythm of about 18.6 years. It is a time when the Moon "sets us free" for the first time. The path (orbit) of the Moon around the Earth rises above the ecliptic (the path of the Earth around the Sun), and also descends below the ecliptic. The points of intersection with the ecliptic are called nodes. They are 180° apart. As everything else connected with the cosmos, these nodes are not stationary. They move along on the orbit of the Moon, around the Zodiac, during the course of 18.6 years. When a baby is born, the ascending node (the point at which the Moon's path ascends or rises above the ecliptic) is at a particular place in the Zodiac, and every 18.6 years later it returns to that place. These returns mark special moments in every person's life and bring special experiences. (The famous nine or ten-year change of a child that every teacher knows is the half-way point—the descending node has moved just half way round the Moon orbit and is in the place of the birth ascending node.)

With verse 19 we come to a feeling of the end of summer. It is a verse expressing great gratitude, a true and beautiful expression of the sixth condition of esoteric training. It can remind us of Mary's "Magnificat", also a paean of gratitude, in verses 46ff in Chapter I of the Luke Gospel. The first part of the year, as H. D. van Goudoever also points out, can be for us an archetypal picture of Mary's virginal experience in Chapter I of the Gospel of St. Luke. In Colorado (and much of the dry-air West) the clear radiant blue of the skies is like Mary's blue cloak, sheltering the whole Earth and the conceived Spirit Child that will be born at Christmas to help prepare the Earth's future planetary evolution.

Verse 19 culminates for us what can be seen as this Moon portion of the year. Of course we remember our earlier thoughts about the light and warmth of the Sun, the Beings of light and warmth. However, it is during this time of "spring-summer sleep" that the forces left in the Earth by the Moon



and its invisible Beings when the Moon departed in Lemurian times have brought forth the fruits of the Earth. This growth and fruiting activity was laid down in the Earth in long-past ages from very much earlier developments, as Rudolf Steiner has often told us. One can say, the events of evolution have been spread out before us. It has been like a Grail Procession, proceeding before our eyes, with the World Word as Host in the Grail Cup of the Earth, bringing healing to an ailing humanity. Nineteen verses after verse 19 is verse 38, the Christmas verse, when the Spirit child is born in us.

After verse 19 there are 33 verses left in the year, culminating in verse 52. Thirty-three years is a Sun rhythm; it is also the age of Christ-Jesus at the time of the Crucifixion/Resurrection, and since then 33 years has been and is a new rhythm, a Christ rhythm, working in human activity.

What shall we make of these 33 weeks, symbolizing 33 years? The answer is entirely up to us, yet it is helpful to remember how Rudolf Steiner referred to this 33-year rhythm, in words that without insight into the rhythm may well be puzzling. —He said that **What humanity brings as thoughts and feelings to Christmas will be reborn in social life at Easter 33 years later.**

This rhythm of 19 can be applied to all verses, not just the interval between 19 and 38. It is my experience that the Calendar "comes alive" in a new way through a constant working with the details of the verses in connection with this rhythm. We can look at any verse to see how the verse 19 weeks later (or earlier) relates to it. As an example, if we look back to verse 51, we see that it speaks of the human eye that must receive its force out of the World Spirit. It is of course true that our eyes receive their physical nourishment from the light of the Sun. However, our inner eyes—clairvoyance or Imagination—are developed through the *spiritual* light of the Sun that is invisible to us. The summer is also a time for receiving forces that work on these inner eyes. Nineteen verses after 51 is verse 18, which speaks of spirit garment and the soul's worthiness. This spirit garment includes *new etheric eyes* for the spirit.

In like manner, comparing verses 33 earlier or later than any particular verse will reveal significant connections, deepening meanings in both verses.

Another example is to see how the Equinox/Solstice verses interact with the "cornerstone verses" (7, 20, 33, 46). Looking 19 verses after verse 14, the beginning of summer when we must garner something new, brings us to the fall "cornerstone verse", verse 33, when we recognize that the Earth itself depends upon our creating ourselves anew. Thirty-three verses after verse 7 brings us to verse 40, the beginning of the fourth quarter of the year.

This rhythm of 19 can also be instructive for parents and Waldorf teachers. For example, teachers may identify the birth verses of their students to help them better understand their charges. Then, by looking 19 verses later, they can see where the individual student is heading, an insight that may be of particular help to high school teachers.

Perhaps this rhythm can be instructive for all of us in another way. If we look at life itself as outlined above, after 18.6 years + 33 years we are 51.6 years old. Our physical strength is still fairly high, and at 51/52, we are usually actively engaged and responsible in our life's tasks, our careers, whatever our life work has been. Looking back, we may see that a number of events and experiences in the past, almost surprisingly sometimes, have come toward us again and again, to be experienced and looked at in new and better ways. (As the saying goes, "No matter where we go, we take ourselves along.") After another probably active 18.6 years beyond 51/52, we come to the Biblical age of 70 (70.2) years. It seems to me that one can grasp that what we have been given to work with in a lifetime, provides in these last 19, or even more, years after 51/52, an opportunity for more conscious preparation for one's next life.

In becoming aware of the many intricate rhythms in the Soul Calendar, we have a new appreciation for Rudolf Steiner's saying that "Every detail in Time is connected with every other detail," and, that whether we know it or not, in all of these World Rhythms in the Calendar, the World Word, the Christ, holds sway.