

# Rudolf Steiner's Calendar of the Soul Verse 5 - Risen Free from Narrow Self

From Eloise Krivosheia

This "Spirit Self" verse is connected to **Condition 5: "Steadfastness in carrying out a resolution once it is taken."** Verse 5 is one of the four *Light Verses*, uplifting, enlightening, awakening the soul.

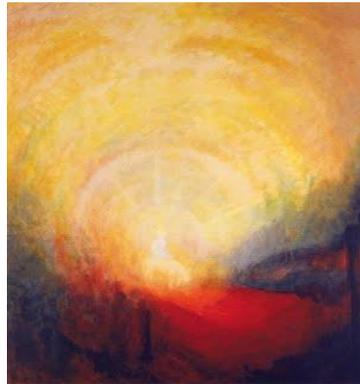
We remember that last week the "I" wanted to unite with the flowing light of the sun-illuminated world so that the warmth of the Christ light would enhance human thinking's clarity and help to weld man and world. We look to see if this resolve is carried through in Verse 5.

Indeed, we find that in its connection with the Light Being and with the wider world, the "I" is released from a lower self-centeredness to its higher self, toward Spirit Self. This we feel with inner joyfulness.

Again we can say that the Light that carries life and love is the substance of the Christ. The essence of our soul lives in this light. For this and the glow of rebirth within the world we give thanks.

Im Lichte, das aus Geistesstiefen  
Im Raume fruchtbar webend  
Der Götter Schaffen offenbart:  
In ihm erscheint der Seele Wesen  
Geweitet zu dem Weltensein  
Und auferstanden  
Aus enger Selbstheit Innenmacht.

original German by Rudolf Steiner.



Ninetta Sombart

In light that wells from spirit depths  
And weaving fruitfully in space  
Reveals the gods' creative work:  
Appears the soul's own being,  
Expanded now to world existence  
And risen free  
From narrow inwardness of self.

tr. by John F. Gardner

In this verse we can feel a heightened consciousness. We are becoming aware of our Spirit—a first step toward the path of initiation. You might detect in the 7 lines of this verse, the 7 members of the human being: Physical, Etheric, Astral, Ego, Spirit Self, Life Spirit, Spirit Man.



Risen to the Sun- Leszek Forczek

Within the light that out of spirit depths  
Weaves germinating power into space  
And manifests the gods' creative work:  
Within its shine, the soul's true being  
Is widened into worldwide life  
And resurrected  
From narrow selfhood's inner power.

tr. by Ruth and Hans Pusch



Line 1: In Light. . . we think of the fact that nothing can exist or grow without light. Physical light can show us objects; but spiritual light can show us man as gods' creation.

Line 4: In this Light, the true being of the soul shines- or is seen shining. For me, this is the I wanting to raise itself and, appearing in the next line with the selflessness of the Spirit Self, it expands to feel the whole world: Line 5. In Eleanor Merry's beautiful description, "The Soul expands in the warmth that the wakening "I", touched by Cosmic Fire, summons from the realm of Feeling."

You may experience that from the earthly physical sense of Space in Line 2, we have entered Time in a more eternal sense in Line 5.

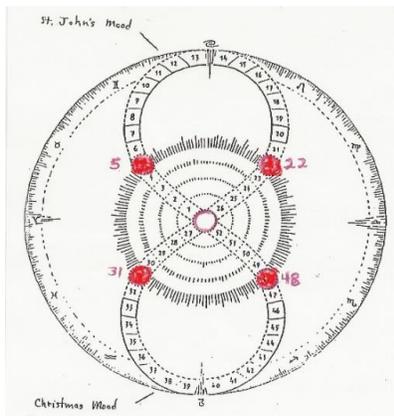
Line 6 with the word "resurrected" we are again reminded of the Christ. "Fructification" in Line 2 (Ethereic body) has become "resurrection" in Line 6 reflecting that in the far future, on Venus, the Etheric will be transformed to Life Spirit.

Within the light, which out of spirit  
 depths,  
 In space its fertile splendour weaves:  
 Revealing thus the Gods' creating,  
 In it appears the soul's inherent  
 being  
 To Universal Being widened  
 And risen now  
 From narrow selfhood's inner sway  
 tr. by Brigitte Knaack



In light which out of Spirit depth  
 In space fruit-bearing weaving,  
 Which there reveals the gods'  
 creating  
 The essence of the soul appears  
 Expanded to the universe  
 And resurrected  
 From narrow selfhood's inner  
 might.  
 tr. by Daisy Aldan

The deeply moving thought or knowledge that one's own essence, one's I, is of like kind to the essence of God has both a humbling but real power. Roberta van Schilfgaarde used to say this thought has the same forceful livingness of that in the germ of a plant's seed which is enough to push open the earth—even a rock—and to cause a new plant to grow into all its diversified parts.



Another aspect of Verse 5 is its place among the 52 verses. The diagram shows how Earth and Sun move in the form of a lemniscate. In its revolution around the Sun the Earth appears to pass four times through the Sun's pattern, where the Sun has been.

Verses 5, 22, 31 and 48 are called the Light Verses. Each are 5 weeks out from an Equinox or Solstice. This path is why these four verses carry a special connection with and impulse from the spiritual Sun. Here is a description by Roberta. van Schilfgaarde.

### 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 (world thinking) wakening Love in us (Verse 48);

This rhythm of the Light verses may be likened to our own rhythmic system, connecting our will nature, our metabolic system, with our head nature. The Christ rhythms inherent in these verses sum up the significance of the entire course of the year in a most wonderful way."

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