

The "Calendar of the Soul" is a collection of 52 verses, each 6-8 lines long, written by Rudolf Steiner in 1912 as mediations to mark the changing seasons. They verses describe the dynamic relationships of the Sun and the Earth, sources of Outer Light and Inner Light.

Rudolf Steiner later drew Eurythmy forms for each verse, to be performed by 2 to 7 performers. And although we will not attempt to learn these very complicated forms, we will still be able to enter deeply into the soul-spiritual experience of the poems. We will start with a verse from the heart of winter and culminate with the verse for the Easter, harmonizing our personal soul life with the changing seasons.

Although here in California, the days are warm enough for short sleeves in the midday sun, the trees are budding and the first daffodils are blooming, for many of you in the colder climes, you still face the dark, cold days of February. To even more starkly contrast the cold of winter with the coming joy of spring, we will begin our Calendar of the Soul work with an especially dark meditation from mid-January, which speaks of the a mood of dark gloom and a reminder that we can draw from the wellsprings of Christmas to find our inner light.

Gradually, in the weeks to come, the verses speak of the ever increasing light that the sun shines down upon our earth, and in doing so draws forth from the depths of the soil the verdant life of spring. Soon, our senses will be dazzled, overcome by the colors of the plant world, the chatter and songs of the birds, and the fragrances that fill the air and delight our breath. Then, we will be warned, we must draw upon our inner life of thought and meet the sense impressions with the clarity of our conscious thought.

### Two Calendar of the Soul Verses

#### Late January

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

#### Early Spring (the week before Easter)

When from the depths of soul  
The spirit turns toward world existence,  
And beauty swells from space expanses  
Then streams from farthest heavens  
The life force into human bodies;  
Unites with mighty action  
The Spirit essence with the life of Man.

We have begun our Eurythmy class by exploring the 3 axes of space: above/below, right/left, front/back. These polarities immediately reveal to us that each direction has its own meaning, and can thus inspire the choreography that is needed from the poem. We will especially notice that moving forward into the "front space" underscores the nature of the sense-world, the day-time visual realm that consumes our attention for much of our daily life. In contrast, moving backwards into the "back-space" engages our capacity to relate to the spiritual space, "heard" but not seen in the imagined starry space behind us. (Those of you who have done the "Angel Wings" exercise or the Ah-Reverence Soul exercise are especially familiar with this experience).

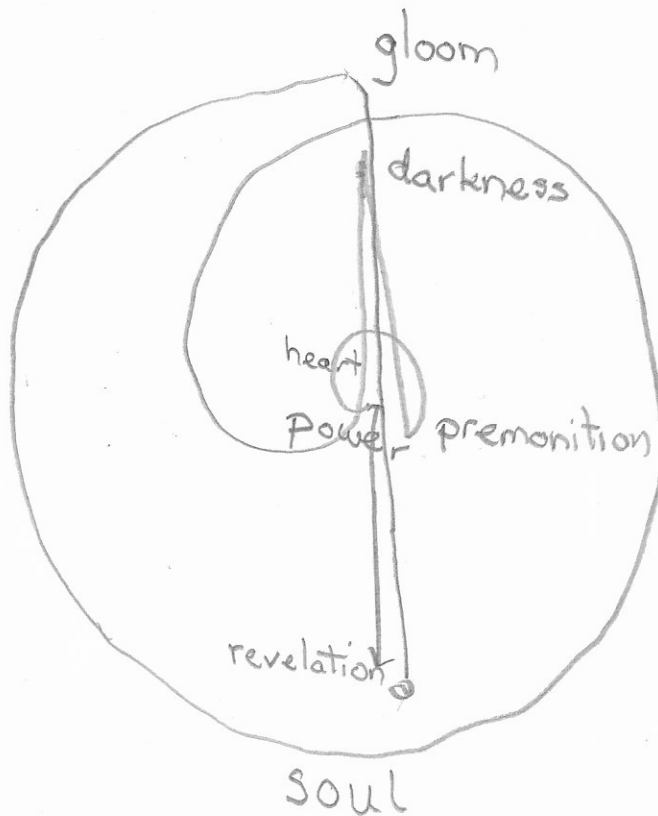
Thus attuned, we understand that in the winter poem we will move forward into the cold, dark front space, and spiral into the nested space of our heart.

In contrast, in the spring verse, we will gradually un-wind from the center of the spiral, open our arms right and left and feeling the heights of heaven behind us. From the widths of the world, we will then draw heaven's life into the life of our own earthly life, that we may be renewed from within, ready to pass into the glory of the senses in summer.

Verse for Late January

It is, within this winter gloom  
The strong endeavor of the soul  
To manifest its inmost power,  
To lead it into darkness,  
And feel a premonition  
Through warmth of heart,  
Of senses' revelation

ee (it is) / u ↓ (gloom)  
T (strong) / D (endeavor) / O (soul)  
M (manifest) / ow small, over the heart (power)  
L (lead) / D (darkness)  
ee (feel) / O (premonition)  
ah hands over the heart (warmth, heart)  
S(senses) / ā ↔ (revelation)

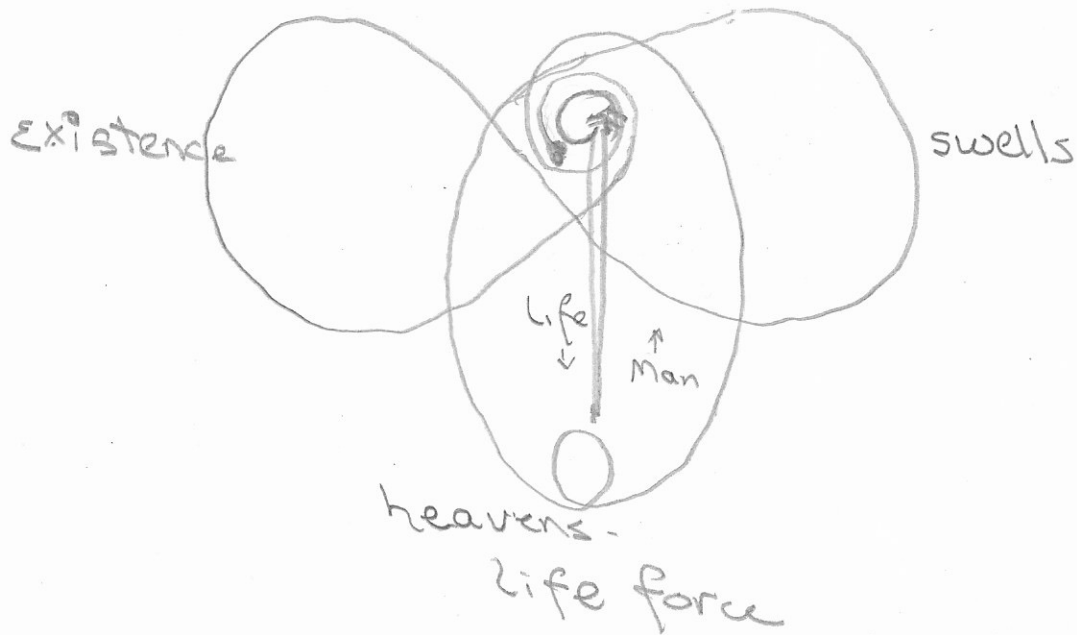


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Verse for the week before Easter

When from the depths of soul  
 The spirit turns toward world existence  
 And beauty swells from space expands  
 Then streams from farthest heavens  
 The life force into human bodies;  
 Unites with might action  
 The Spirit essence with the life of Man.

D ↓ (depths) / O (soul)  
 S ↑ (spirit) / T (turns) / Ö (world) / C (ts) (existence)  
 B (beauty) / W (swells) / P (expands)  
 S ↓ (streams) / F, ah ↑ (farthest) / H ↑ (heavens)  
 L (life) / B (bodies)  
 yU ↑ (unites) / K (action)  
 S ↑ (spirit) / S ↓ (essence) / L (life) / M (man)



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