INTRODUCTION

There is a journey that we take between Death and Rebirth.
It is a timeless journey, there is no time as we know it when incarnated in a physical body, no space-time.
It may be called Time out-of-time, Time beyond time, Duration, Eternity. It is the "Once upon a time ..." of many stories, ageless Time where Past, Present and Future have no meaning.

The Soul Calendar takes us through the course of a year starting at Easter. The space-time year runs concurrently with the journey between Death and Rebirth. We are living in a stream of space-time simultaneously with Time, in Eternity. Our physical senses keep us conscious of ordinary, temporal, space-time - our depths of soul are connected to Eternity. We alternate between incarnate and discarnate, living in the flesh on a solid earth and existing out of the flesh in soul, spiritual and supra-spiritual realms. Yet, in our temporal earthly existence, we are still united meaningfully, albeit mostly unconsciously, with Eternity.

In his introduction to the first edition of the Calendar of the Soul
1912/13 Rudolf Steiner wrote:

"Human beings feel themselves in a relationship with the world of space and the course of time. In their own being they experience an image of the world's archetype. But the image is not an exact symbolic imitation of the archetype. What the world reveals in the course of time corresponds to a pendulum swing of the human being, which does not take place in the element of time."

What appears in Nature as the alternating seasons, as summer and winter, become in the human being the rhythm of the outer life of sense perceptions and inner life of soul, the mysteries waiting to be uncovered .Everything that we can experience with our physical senses dies, dies out of ordinary space-time, which is transient in its material physicality. However, it can be a symbol, a clue, a sign to something eternal in other Worlds. All the perishable things on Earth have an eternal origin.

As we journey with Nature we can be constantly reminded of and prompted by the reality that the depths of our heart knows. The Moon, circling the Earth and visible to physical senses, can be a symbol, a reminder or signature of another reality, a non-physical Soul or Spiritual Sphere that we are immersed in and experience after death - some individuals are able to experience this before death as well! Observing the rainbow in clear conditions we can note a physical earthly component of the rainbow and the fainter ethereal bow in reversed colours above it. The realm of the ethers is the interface between the physical and soul worlds. We can be reminded of the first appearance of a rainbow and the divine covenant made with Noah of the pledged connection between humanity and the spiritual world. The Soul Calendar takes us on a bridging journey of self-knowledge to our divine origins.

"**Long occult experience and research have been squeezed into these 52 verse formulae which will retain their meaning for all years**" writes Rudolf Steiner. They have very deep meanings which are not easy to comprehend and unfold with years of meditative study. The short commentaries given here are only to help your orientation, and give some guiding words to help find meanings within the verses. There are several excellent published commentaries on this great work including that of Karl König, who personally met Rudolf Steiner (*Calendar of the Soul - A Commentary*). This 2024 publication mainly draws on Roland Schrapp's extensive commentary on the Soul Calendar (*The Anthroposophical Soul Calendar and the Incarnation Cycle of Man*). It sets out to create a tone for each verse exploring some of the nuances flowing through it. Sophia Monefiore's researched meditative art work honour the verses in a beautiful way.

Translations

The verses received by Rudolf Steiner were written down in German and translated into many languages. The translations in this edition are indebted to the work done by many English translators. An effort has been made to follow threads of key words by translating them in a consistent way.

Comment on the translation of the German word "Welten"
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Various English Translations have used words like cosmic, universal World-All and World's. In this edition, when "Welten (Worlds)" it is translated as implying multiple worlds of physical, soul and spiritual. The Word of Worlds (Weltenwort) creates these multiple trinitarian worlds.

Soul's seasonal experience

Verse Number
Mood

Journey's Phase
towards Freedom or Love

Verse of the Week in Original German

Verse of the Week English Translation

Freedom & Love
Key Phrases

Zodiac Symbol

World between Death and Rebirth

Rudolf Steiner Designed Zodiac Image

7- Fold Zodiacal Members of Christ Being and Human Being

PAGE FORMAT

Zodiac Sign related to the Verse



Commentary

The short commentaries have been designed to give an overall sense of the infinite depth to these 52 verses.

RULERS of TIME
ELDER
2 rounds of 24

Current
Mirrors
Mirrors
Counter

Domain
Sphere
Region
Sequence 1 to 7

Ascending Phase
Through Regions

Descending Phase
Through Regions

SOUL SPRING EXPERIENCE

Verse 1
Easter Atmosphere

FREEDOM OUTER JOURNEY

Wenn aus den Weltenweiten
Die Sonne spricht zum Menschensinn
Und Freude aus den Seelentiefen
Dem Licht sich eint im Schauen,
Dann ziehen aus der Selbstheit Hülle
Gedanken in die Raumesfernen
Und binden dumpf
Des Menschen Wesen an des Geistes Sein.

When out of farthest Worlds
The Sun speaks to human senses
And Joy from the depths of soul
In seeing joins with Light,
Then soar out of the selfhood's sheath
Thoughts into distant space
And dimly bind
The Human Being to Spirit Existence.

1st of 4 Selfhood Verses
Leaving Selfhood's Sheath

ON EARTH



ARIES

SACRIFICIAL LAMB 7

The excarnating journey begins into the world of Eternity augmented by new possibilities since the Mystery of Golgotha (33 CE) when the Human Ego was born. The soul feels Joy in this 'Easter Atmosphere' and the Sun's speaking. Discarding the physical body we go on a 26-verse journey towards freedom where we can find the essence of, and forces for, our true Selfhood. In the 7-fold time rhythms seven is the consummate number. Aries, the Sacrificial Lamb, is the ultimate expression of Christ's 7-fold being in the Zodiac. Aries beg

RULERS of TIME
OLD ELDER
Saturn ♄ 7
Glyph

EASTER 1
26 52
27
Earth Verses

Excarnating
HUMAN BEING



Lion, Living Being – "The lion is the representative of those animals … in which the sun unfolds its own special force. Then those special characteristics appear … namely that the forces of the sun itself, permeating the air, produce in the lion a breathing system of just such a kind that in its rhythm it is in perfect balance with the rhythm of the blood-circulation… One can see this, too, in the remarkable gaze of the lion, resting in itself, and yet turned boldly outwards." (Rudolf Steiner, 20 October 1923)
"Strength pulsing through the world, Strength which makes all things possible of fulfilment, Strength which is the creative power surging through the world, for these, in all systems of symbolism, the token is the lion. The Strength infused into our earth through Christ-Jesus, the Strength which orders and directs all things and which, when it is unfolded, signifies supreme Power—that is what is described in the Gospel of St. Mark as a third attribute of Christ-Jesus." (Rudolf Steiner, 2 November 1909)

Es will erstehen aus dem Weltenschoße,
Den Sinnenschein erquickend, Werdelust.
Sie finde meines Denkens Kraft
Gerüstet durch die Gotteskräfte,
Die kräftig mir im Innern leben.

It will arise out of Womb of Worlds,
Urge to be, quickening senses' glory.
It finds my thinking's strength
Equipped by divine powers,
That strongly live within me.

10th of 12 Thinking References
Strength Of Thinking Is Well Equipped With Divine Powers



The First and most ancient round of the two sets of 24 Cycle of Elders has its microcosmic yearly cycle starting in Pisces with the Old Saturn evolutionary period. In this mini yearly cycle, The Elders are ruling over the four seasons. The Thinking powers gifted over the Holy Nights are Actioned by the Spirits domiciled in this Mars Region. This urge to be, to incarnate again with newly developed forces has been in development over aeons. In this Consciousness Soul Age, the Human Being has the potential to become a

RULERS of TIME
ELDER
OLD ♄ 1

47
32 6
21

ACTION SPIRITS
Region
1