

Dear Friends,

The Lenten season is not only a time of abstinence, it is also a season of preparation. Over the years I have created a way to engage with this mood of preparation that is informed by the understanding that each day of the week is related to one of the seven planetary spheres, and in turn, each of these spheres to a specific teaching of the 8-Fold Path of the Buddha, as per Rudolf Steiner. There are nearly seven weeks of Lent, including the Holy Week from Palm Sunday to Easter Sunday. So, there are the seven days of the week; the seven weeks of Lent; the seven planetary spheres; there are also seven planetary seals; and the seven teachings + one overall contemplation in the 8-fold path. Aligning these elements to one another throughout the Lenten season supports our preparation for the sacred Festival of Easter (Note: Because Easter is a movable feast, its date changes each year, so this contemplation must be adjusted from one year to the next, as was the intent with the original *Calendar of the Soul*).

What you will need:

1. Calendar with pen
2. Journal
3. Harmony of the Gospels, which lists the events in the life of the Christ and where they occur in each of the Gospels ([click here](#) and I can email this piece to you)
4. Eight-Fold Path descriptions as rendered by Rudolf Steiner, esp in *Guidance in Esoteric Training*
5. Planetary Seals (optional)
6. Five minutes each day from February 18 to April 5, 2015

Each week of the seven weeks is dedicated to a planetary sphere and the day of the week to which that sphere aligns, like this:

February 14 to 17, 2015 includes the three days of *Carnival* (from Saturday to Tuesday), culminating in *Mardi Gras* (Tuesday, February 17), followed by *Ash Wednesday*, February 18, 2015.

During this five days, I contemplate the events of **PALM SUNDAY**, as they are listed in the Harmony of the Gospels (*Jesus triumphantly enters Jerusalem. He weeps over the city as doomed. At eventide He returns to Bethany, having first entered the temple, and sternly looked around upon all things*). This activity is described in each of the Gospels, so throughout these five days, I will spend time each day reviewing the story/description.

From *Ash Wednesday*, **February 18 to Sunday, February 22** at sunset, I contemplate the events of **HOLY MONDAY** (Moon day) of Holy Week.

From **February 22 to March 1** at sunset, **HOLY TUESDAY** (Mars day)

From **March 1 to March 8**, **HOLY WEDNESDAY** (Mercury Day)

From **March 8 to March 15**, **MAUNDY THURSDAY** (Jupiter Day)

From **March 15 to March 22**, **GOOD FRIDAY** (Venus Day)~ note that the *Total Solar Eclipse will occur Friday, March 20*

From **March 22 to Palm Sunday, March 29**, I contemplate the events of **HOLY SATURDAY** from the Holy Week (Saturn Day)

And then, during the Holy Week from **March 29 to Easter Sunday April 5** this year, I contemplate the events of **EASTER SUNDAY** (Sun Day) from the Harmony of the Gospels. ~note that the *Total Lunar Eclipse will occur Holy Saturday, April 4; and that this year, the anniversary of Rudolf Steiner's death occurs on Monday (Moon Day) of the Holy Week.*



What to do:

1. Mark the dates on your wall calendar (ie February 22 to March 1, Mars; March 1 to 8, Mercury; March 8 to 15 Jupiter; and so on)
2. Set up a journal with at least seven pages, with at least one page for each day of the week, and enough room in each section for noting insights/experiences and creating imagery
3. Each day of the week, spend five minutes with the story of that day. For example, from February 22 to March 1, each day, I will spend five minutes contemplating the story from the *Harmony of the Gospels* that is about Tuesday of that week (*Christ interrogated by the High Priests*). What I am looking for is how this story reveals its mystery when I consider it on Monday, then on Tuesday, then on Wednesday, and so on, throughout the week. So I get the perspective on the Christ being interrogated by the High Priests first on Monday, then Tuesday, then Wednesday, or, in other words, I am trying to develop a sense for the events of the Holy Week as they are viewed through the lens of the different planetary spheres. So what does this interrogation look like from Moon, from Mars, from Mercury, from Jupiter, from Venus, from Saturn, from Sun? Rudolf Steiner repeatedly described the Mystery of Golgotha as a cosmic event taking place on the stage of Earth where humanity could see it. This makes it possible, I believe, for us to enter more fully into the way the cosmos also participated...

4. Each day, contemplate the 8-fold path teaching that belongs to that day of the week. So again, from February 22 to March 1 this year, I will consider, each day, the teaching for Tuesday/Mars Day, which is RIGHT DEED, especially as it is described in *Guidance in Esoteric Training*.

5. Each day, or perhaps at the beginning or end of the week, I will create the planetary seal for that week's planetary contemplation. As an example, if I create a Holy Week Journal, then on the page I have prepared for Mars, I will draw the Mars Seal on that day...

Ideally this type of preparation will lend itself to further understanding of the Mystery of Golgotha out of my individual initiative and understanding. There are volumes of materials available for further study, and I especially recommend Emil Bock's *Holy Week* section from his book *The Three Years*.

Also, in the weeks ahead, I will share information regarding the celestial gestures that will occur during this season, including the Total Solar Eclipse March 20, and the Total Lunar Eclipse April 4, 2015. Each year we celebrate the Easter Mystery, and each year the cosmos arrives at a unique alignment, indicating that we must find the expression of this mystery ever and again anew from one year to the next. My hope is that this contemplation will support us in finding our way to this year's Mystery, and I very much appreciate hearing about your experience!

Questions are always welcomed, at mary@fairytalemoons.com.

The last New Moon of the winter season arrives Ash Wednesday, February 18th, so it is good to have yourself organized by then for this kind of contemplation.

With good will,

Mary

p.s. you can hear my program *The Storyteller's Guide to the Night Sky* each week on Interlochen Public Radio by [clicking here](#) anytime. The program airs each Monday at 7:49 am, during the local broadcast of NPR's "Morning Edition", and is updated on the Interlochen website each week.