

Rudolf Steiner's Calendar of the Soul

Dates from Easter 2019 to Easter 2020

April 21, 2019: verse #1 Easter Mood

April 28: verse #2

May 5: verse #3

May 12: verse #4

May 19: verse #5
Light from Spirit Depths

May 26: verse #6 (May 30: Ascension)

June 2: verse #7
Luciferic Temptation

June 9: verses 8/9 Whitsun

June 16: verses 10/11

June 23: verse #12
St. John's Mood

June 30: verse #13

July 7: verse #14

July 14: verse #15

July 21: verse #16

July 28: verse #17

Aug. 4: verse #18

Aug. 11: verse #19

Aug. 18: verse #20
Luciferic Temptation

Aug. 25: verse #21

Sept. 1: verse #22
Light from Cosmic Widths

Sept. 8: verse #23

Sept. 15: verse #24

Sept. 22: verse #25

Sept. 29: verse #26 Michaelmas Mood

Oct. 6: verse #27

Oct. 13: verse #28

Oct. 20: verse #29

Oct. 27: verse #30

Nov. 3: verse #31
Light from Spirit Depths

Nov. 10: verse #32

Nov. 17: verse #33
Ahrimanic Deception

Nov. 24: verse #34

Dec. 1: verse #35 (Advent)

Dec. 8: verse #36

Dec. 15: verse #37

Dec. 22: verse #38
Christmas Mood

Dec. 29: verse #39

Jan. 5: verse #40 (2020)

Jan. 12: verse #41

Jan. 19: verse #42

Jan. 26: verse #43

Feb. 2: verse #44

Feb. 9: verse #45

Feb. 16: verses 45/46

Feb. 23: verse #46 (Lent)
Ahrimanic Deception

Mar. 1: #verse 47

Mar. 8: #verse 48
Light from Cosmic Heights

Mar. 15: verse #49

Mar. 22: verse #50

Mar. 29: verse #51

April 5: verse #52

April 12: verse #1 Easter Mood

Note: Rudolf Steiner first published the 52 mantric verses we know as the *Calendar of the Soul* in 1912 and again in 1918. Verse number one starts on Easter Sunday, but the date of Easter shifts cosmically every year. So the dates of the verses must also be adjusted each year. The dates listed here for 2019-2020 adhere to the practice of meditating a new verse each week, Sunday through Saturday. This formula was also used in the 1912 edition. In keeping with Rudolf Steiner's instruction, we open the meditative year with verse number one on Easter Sunday (April 21, 2019) and follow the seven day astral rhythm of the soul to the next Easter (April 12, 2020).

The rule for setting the cosmic date of Easter creates the opportunity to re-chart the yearly course of the Soul Calendar verses. Rudolf Steiner composed 52 verses, but there are only 51 weeks between Easter 2019 and Easter 2020. The intention here is to meditate the festival verses in sync with the actual dates of Easter, Whitsun, St. John's, Michaelmas and Christmas, including the observance of Advent and Lent. The proposed adjustments include doubling up verses 8/9 and 10/11 and adding an extra week to work with verses 45/46.

The Calendar of the Soul guides us through the metamorphosis of the archetypal plant, the changing seasons and the moods of one's soul life. The verses can also be studied in relation to the planets and the zodiac. We come to treasure the Calendar as a living pathway to self-knowledge and spiritual awakening.

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