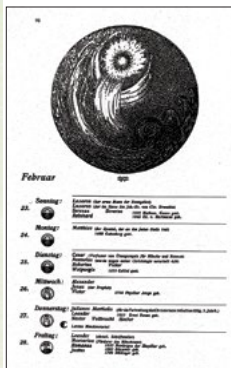
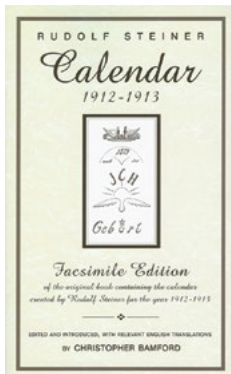


Rudolf Steiner's Calendar of the Soul

Dates from Easter 2023 to Easter 2024

April 9, 2023: #1 Easter Mood	
April 16: #2	
April 23: #3	
April 30: #4	
May 7: #5 Light from Spirit Depths	Light from Spirit Depths: Nov 5: #31
May 14: #6	Nov 12: #32
May 21: #7 Luciferic Temptation	Nov 19: #33: Overcoming Ahriman
May 28: #8 Whitsun	Nov 26: #34
June 4: #9	Dec 3: #35: 1st Advent
June 11: #10	Dec 10: #36
June 18: #11/12	Dec 17: #37
June 25: #12 St. John's Mood	#38 Christmas Mood: Dec 24
July 2: #13	Dec 31: #39
July 9: #14	Jan 7: #40/41: Epiphany 2024
July 16: #15	Jan 14: #42
July 23: #16	Jan 21: #43
July 30: #17	Jan 28: #44
Aug 6: #18	Feb 4: #45
Aug 13: #19	Feb 11: #46: Ahrimanic Deception
Aug 20: #20 Overcoming Lucifer	Feb 14 Ash Wednesday
Aug 27: #21	Feb 18: #47
Sept 3: #22	Feb 25: #48
Sept 10: #23	Mar 3: #49
Sept 17: #24	Mar 10: #50
Sept 24: #25 Michaelmas Mood	Mar 17: #51
Oct 1: #26	Mar 24: #52
	Mar 31: #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. We begin with verse #1 on Easter Sunday and continue through the following Easter. Since the observance of Easter shifts cosmically every year, an adjustment becomes appropriate. The dates are based on the practice of meditating a new verse each week, Sunday through Saturday. This formula was also followed in the original 1912 edition. The idea is to work with the verses in harmony with the seven day astral rhythm of the soul from one Easter (April 9, 2023) to the next Easter (March 31, 2024). We also want to keep in sync with the Easter, Whitsun, St. John's, Michaelmas and Christmas festivals, including the observance of Advent and Lent. Rudolf Steiner composed 52 verses, but there are only 51 weeks between the next two Easters. The proposed adjustments occur at St. John's and Epiphany. The "Calendar of the Soul" incorporates the annual cycles of nature, the activity of the senses, the influence of Lucifer and Ahriman, the cultivation of one's inner life, and much more. The verses are also meant to be studied in relation to the planets and zodiac. It is especially fruitful to explore the polarities as well, starting with the dramatic shift from verse 52 to verse 1, and continuing with 2/51, 3/50, etc. The result is that we come to treasure this anthroposophical Calendar as a tool for nurturing the life of the soul on our pathway to self-knowledge.



Calendar of the Soul
Facsimile Edition (left)

More resources at
[anthroposophy.org/
soulcalendar](http://anthroposophy.org/soulcalendar)

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