



# Rudolf Steiner's Calendar of the Soul

## Dates from Easter 2022 to Easter 2023

April 17, 2022: #1		Oct. 2: #27
Easter Mood		Oct. 9: #28
April 24: #2		Oct. 16: #29
May 1: #3		Oct. 23: #30
May 8: #4	Light from Spirit Depths	Oct. 30: #31
May 15: #5	Light from Spirit Depths	Nov. 6: #32
May 22: #6	Overcoming Ahriman	Nov. 13: #33
May 29: #7	Luciferic Temptation	Nov. 20: #34
June 5: #8	Whitsun	Nov. 27: #35
June 12: #9		Dec. 4: #36
June 19: #10		Dec. 11: #37
June 26: #11/12	St. John's Mood	Dec. 18: #37/38
July 3: #13	Christmas Mood	Dec. 25: #38
July 10: #14		Jan. 1, 2023: #39
July 17: #15		Jan. 8: #40
July 24: #16		Jan. 15: #41
July 31: #17		Jan. 22: #42
Aug. 7: #18		Jan. 29: #43
Aug. 14: #19		Feb. 5: #44
Aug. 21: #20	Overcoming Lucifer	Feb. 12: #45
Aug. 28: #21	Ahrimanic Deception	Feb. 19: #46
Sept.:4: #22	Light from Cosmic Widths	Feb. 26: #47
Sept. 11: #23		Mar. 5: #48
Sept. 18: #24		Mar. 12: #49
Sept. 25: #25/26	Michaelmas Mood	Mar. 19: #50
		Mar. 26: #51
		Apr. 2: #52
		Easter Mood Apr. 9: #1

**Note:** Rudolf Steiner first published the 52 mantric verses we know as the "Calendar of the Soul" in 1912, and again in 1918. #1 starts on Easter Sunday. Since the observance of Easter shifts cosmically every year, the timing of the verses must also be adjusted. The dates listed here for 2022-2023 are based on the practice of meditating a new verse each week, from Sunday through Saturday. This formula was also followed in the 1912 edition. In keeping with Rudolf Steiner's instruction, we open the new meditative year with the first verse on Easter Sunday (April 17, 2022) and continue in harmony with the seven day astral rhythm of the soul to the next Easter (April 9, 2023).

The rule for setting the cosmic date of Easter creates the opportunity to re-chart the yearly course of the Soul Calendar. Rudolf Steiner composed 52 verses, but there are only 50 weeks between Easter 2021 and Easter 2022. The intention here is to keep 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 occur at the festival times. The Calendar of the Soul incorporates the life cycles of the plant world, the impact of sense perceptions, the influence of Lucifer and Ahriman, and the consciousness of soul activity. The verses were also meant to be studied in relation to the planets and the zodiac. It is especially fruitful to work with the polarities as well, starting with the dramatic shift from verse 52 to verse 1, and progressing on with 51 and 2, 50 and 3, etc. The result is that we come to treasure the Calendar as a dynamic pathway to self-knowledge and spiritual awakening.

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Calendar of the Soul Facsimile Edition