



**'May Human Beings Hear It':  
An Online  
Holy Nights Gathering  
2019-2020**



**Welcome**

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg

**1st Holy Night:  
Tuesday 24 December 2019**

# Love

What is it really that we should write in our hearts — the feeling that we may have on this Christmas night?

In this Christmas night there should pour into our hearts the fundamental human feeling of love the fundamental feeling that says: Compared with all other forces and powers and treasures of the world, the treasures and the power and the force of love are the greatest, the most intense, the most powerful.

There should pour into our hearts, into our souls, the feeling that: Wisdom is a great thing — that love is still greater; Might is a great thing — that love is yet greater.

And this feeling of the power and force and strength of love should pour into our hearts so strongly that from this Christmas night something may overflow into all our feelings during the rest of the year,

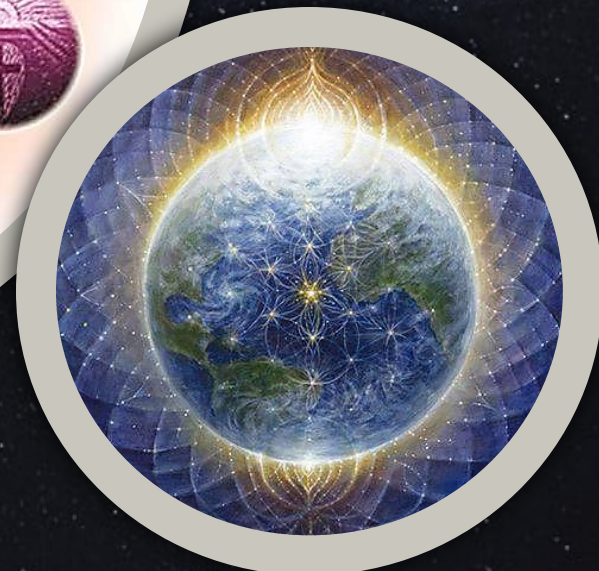
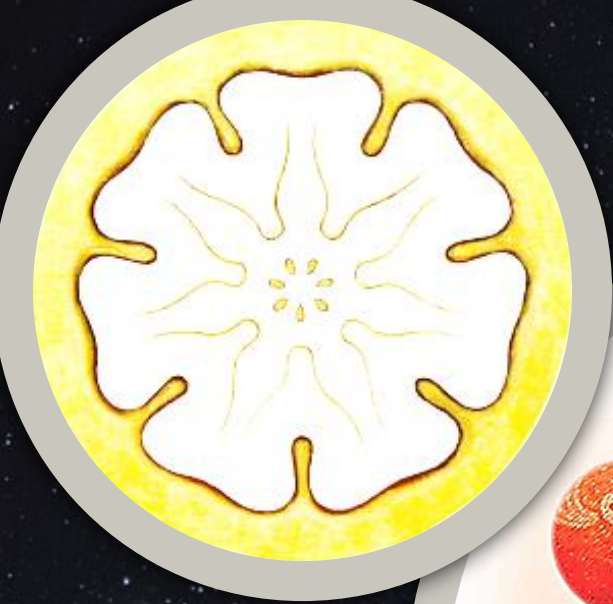
So that we may truthfully say at all times:  
We must really be ashamed,  
if in any hour of the year we do anything that cannot hold good when the spirit gazes into that night  
in which we would pour the all-power of love into our hearts.

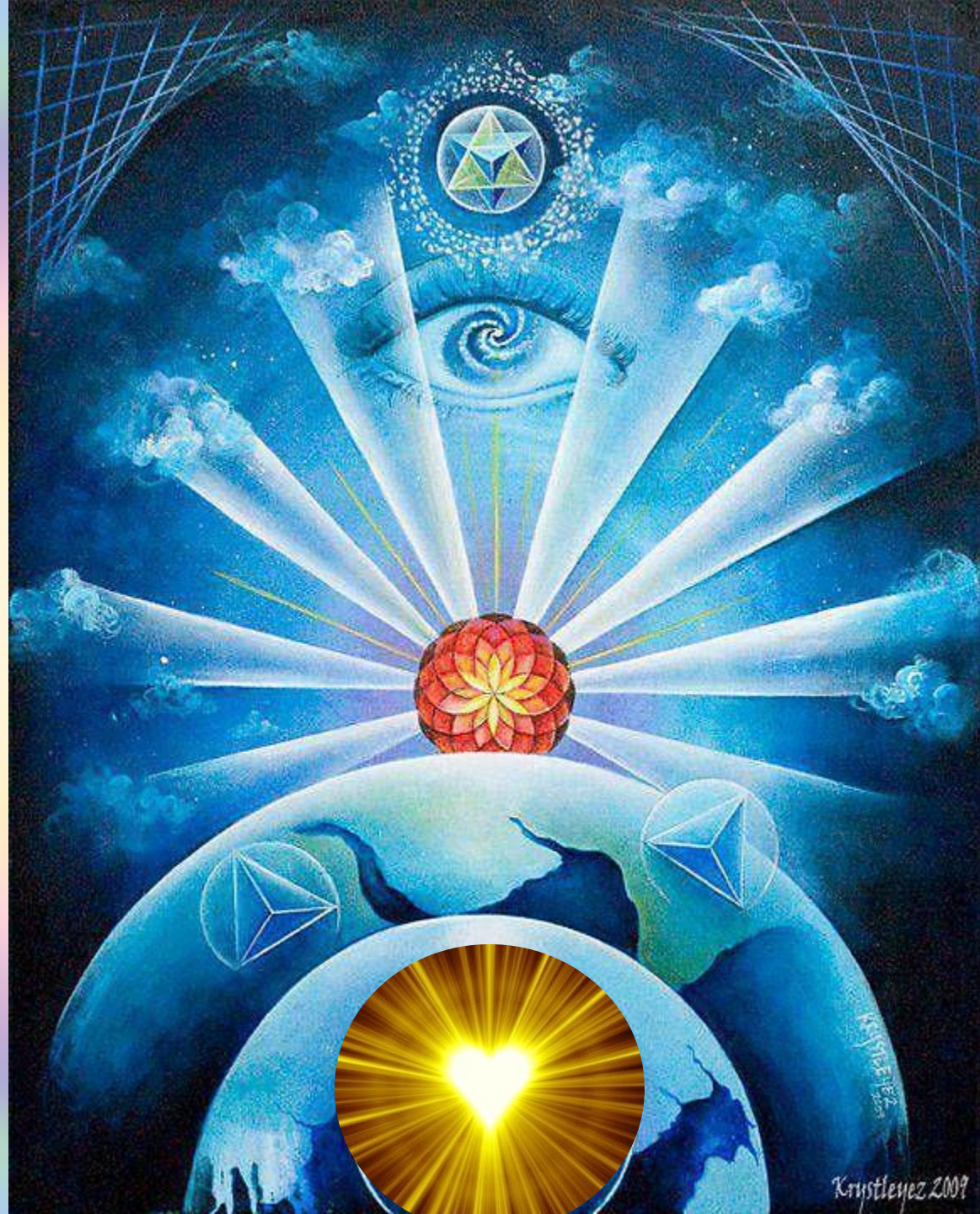
May it be possible for the days and the hours of the year to pass in such a way that we need not be ashamed of them in the light of the feeling that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912

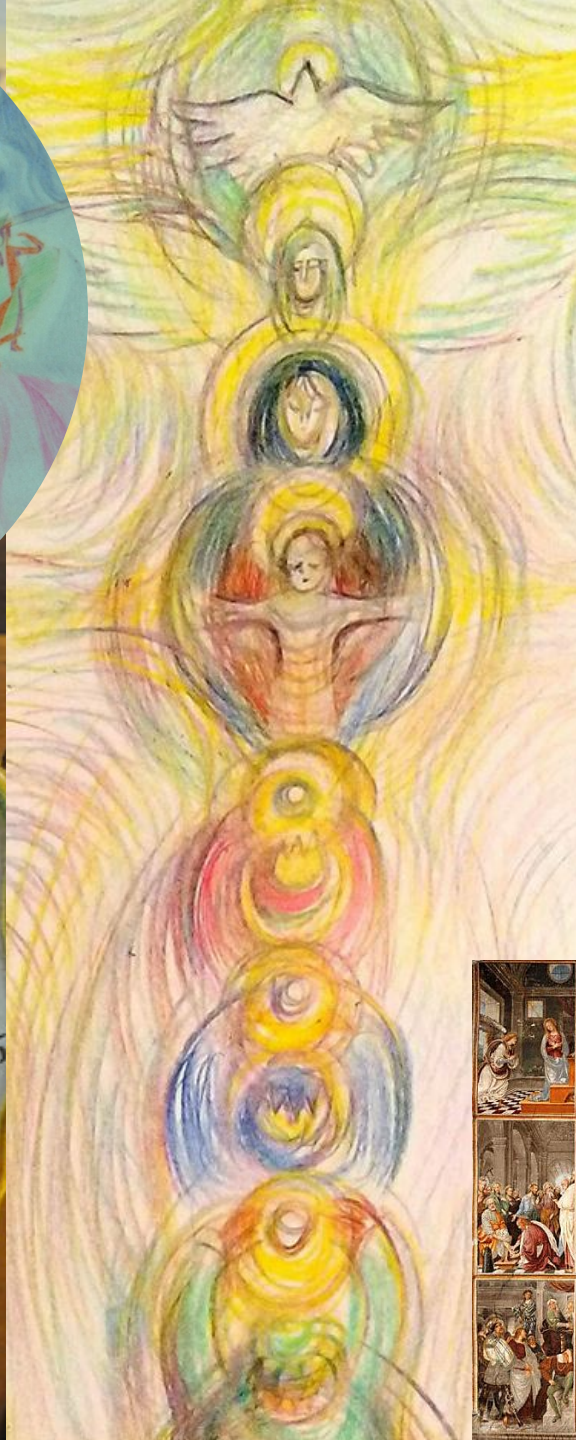


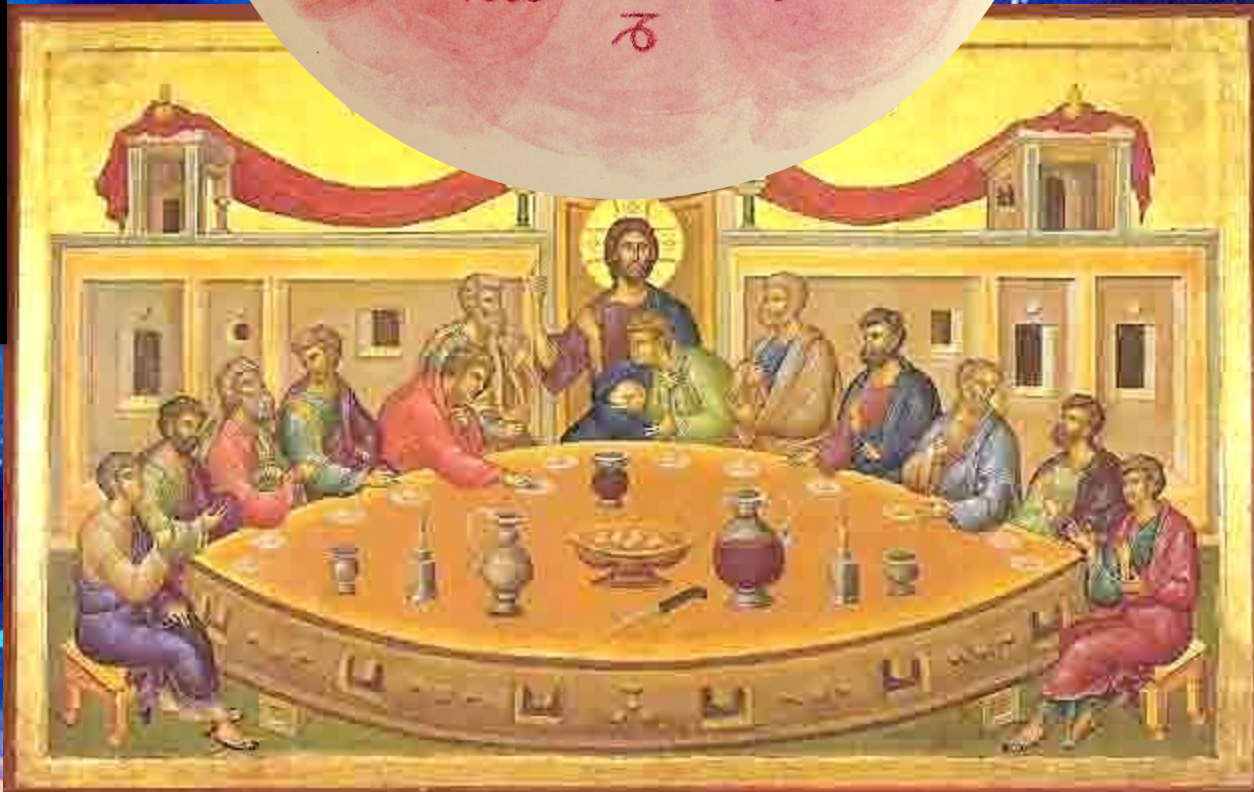
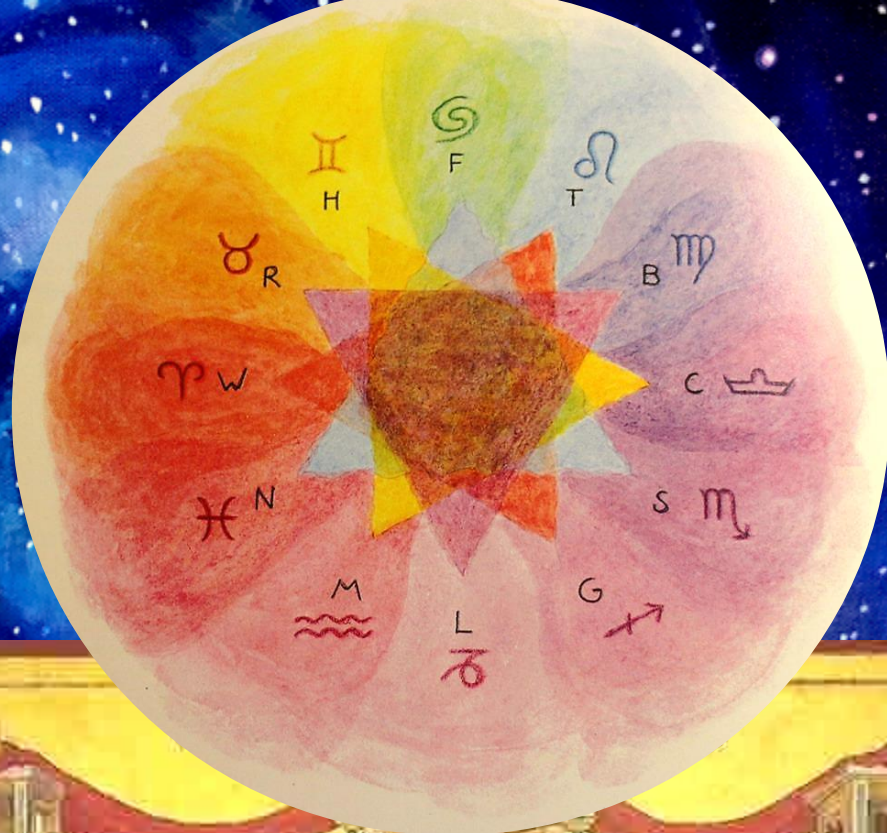
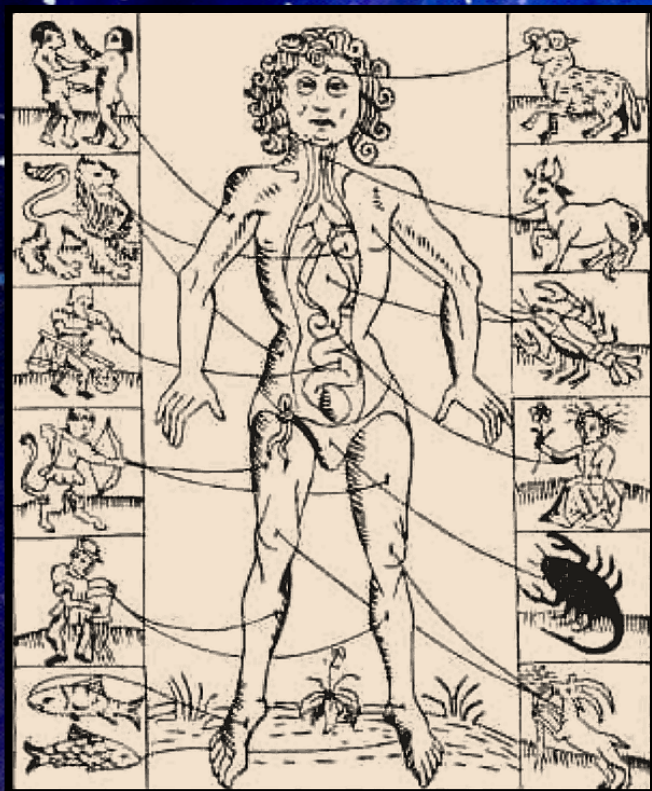












**1st Holy Night:**  
**Tuesday 24 December 2019**  
**Christmas Eve**  
Adam & Eve's Day

**Constellation of Pisces**  
The 2 Fishes (ruling the feet)

**The Sphere of the Human Being**

Virtue: Magnanimity Becomes Love

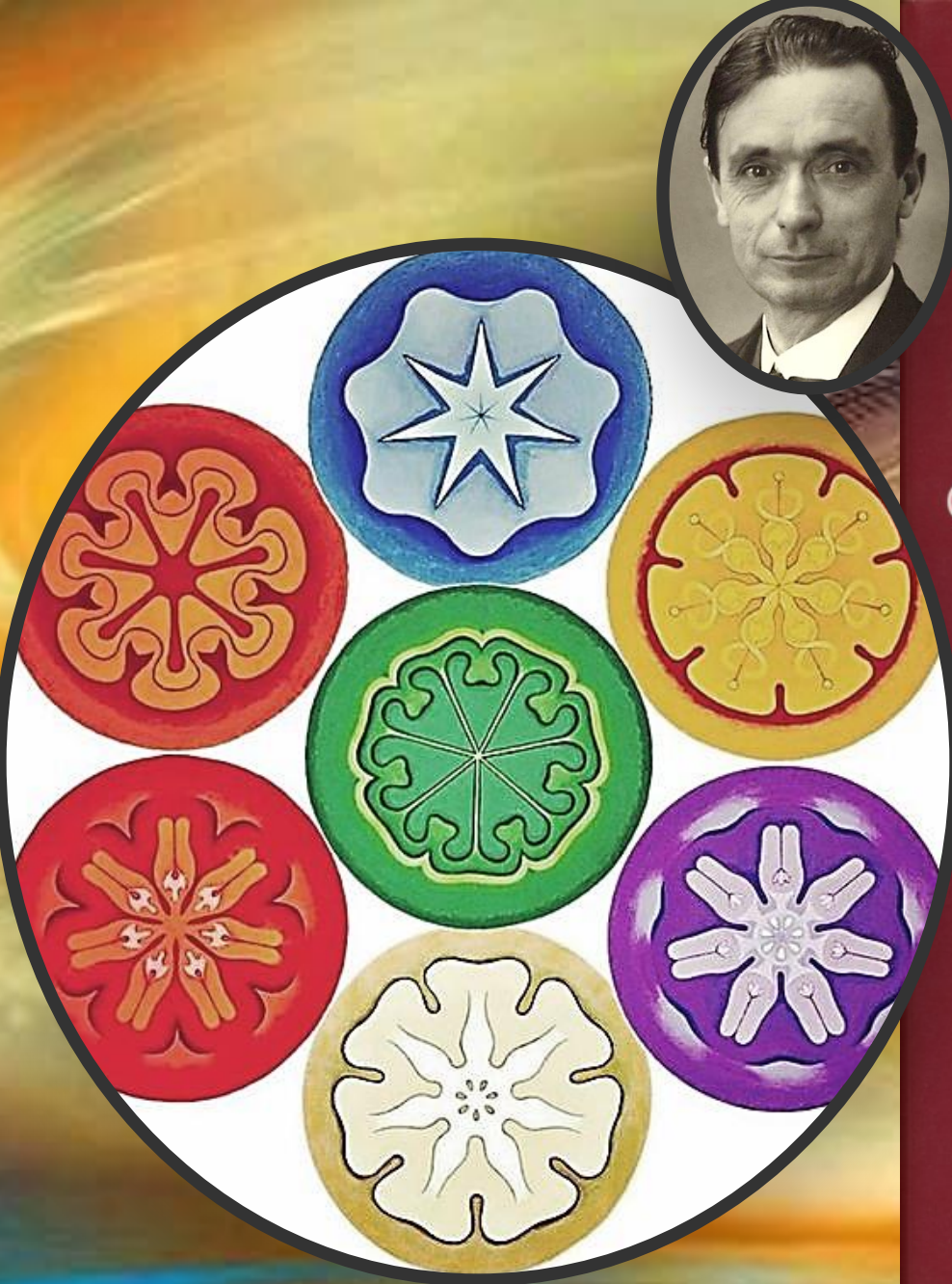
Eurythmy Sound: 'N'

Musical Keys: B flat Major / A minor



A Goethean Conversation with:  
Laura, Angela, Hazel





# THE CHRISTMAS CONFERENCE

FOR THE FOUNDATION OF THE  
GENERAL ANTHROPOSOPHICAL  
SOCIETY  
1923/1924

1  
Hebe Geist-Erinnerung

Denn es waltet der Vater Geist der Kisten  
In den Welten-Tiefen Sein ergötzt

2  
Hebe Geist-Besinnen

Denn es waltet der Christus-Willkür im Hohen  
In dem Weltenzyklon Salen-begründet.

3  
Hebe Geist-Beifallen  
Denn es waltet der Christus-Willkür im Hohen  
In dem Weltenzyklon Salen-begründet.

(Königsberg)  
28. XII 23

RUDOLF STEINER  
FOREWORD & CONCLUSION BY MARIE STEINER



Wesolych Swiat  
Nollaig Shona  
Merii Kurisuma

Feliz Navidad  
Buon Natale  
Bo Nadal

Bo Nadal  
Wesolych Swiat  
Glædelig Jul

Glædelig Jul  
God Yul  
Vrolijk Kerfeest

Frohe Weihnachten  
Wesolych Swiat  
Besela Koleda

Veselé Vánoce  
Buon Natale  
Selamat Natal

Geseënde Kersfees  
Iwaye Nw  
God Jul

Feliz Natal  
Joyeux Noël  
Veselé Vánoce  
Geseënde Kersfees

Feliz Natal  
Gledileg Jol  
Veselé Vánoce  
Gezur Krislinjden

Gledileg Jol  
Joyeux Noël  
Sretan Bozic  
God Jul

Frohe Weihnachten  
Wesolych Swiat  
Besela Koleda  
Veselé Vánoce

Buon Natale  
Selamat Natal  
Hyvää Joulua

Frohe Weihnachten  
Veselé Vánoce  
Sretan Bozic  
God Jul

Merry Christmas  
Frohe Weihnachten  
Veselé Vánoce  
Geseënde Kersfees

Bon Nadal  
Sretan Bozic  
Hyvää Joulua  
Veselé Vánoce

God Jul  
Joyeux Noël  
Sretan Bozic  
God Jul

Frohe Weihnachten  
Wesolych Swiat  
Besela Koleda  
Veselé Vánoce

Buon Natale  
Selamat Natal  
Hyvää Joulua

Glædelig Jul  
Vrolijk Kerfeest  
God Yul  
Joyeux Noël

Veselé Vánoce  
Frohe Weihnachten  
Veselé Vánoce  
Geseënde Kersfees

Feliz Natal  
Gledileg Jol  
Veselé Vánoce  
Gezur Krislinjden

Gledileg Jol  
Joyeux Noël  
Sretan Bozic  
God Jul

Frohe Weihnachten  
Wesolych Swiat  
Besela Koleda  
Veselé Vánoce

Buon Natale  
Selamat Natal  
Hyvää Joulua



## The Rhythms of the Foundation Stone Meditation

You will find, my dear friends, that if you pay attention to the inner rhythms that lie in these verses, if you then present these inner rhythms to your soul and perform a suitable meditation within yourself, allowing your thoughts to come to rest upon them, then these sayings can be felt to be the speaking of cosmic secrets in so far as these cosmic secrets are resurrected in the human soul and human self knowledge.

~Rudolf Steiner, Dec. 27, 1923

Tuesday

Du lebest in den Gliedern  
Denn es waltet der Vatergeist der Höhen  
In den Weltentiefen Sein-erzeugend

Du lebest in dem Herzens-Lungenschlage  
Denn es waltet der Chr. Wille im Umkreis  
In den Weltenrhythmen seelenbegnadend

Du lebest im ruhenden Haupte  
Denn es walten des Geistes Weltgedanken  
Im Weltenwesen Licht erflehend

Du lebest in den Gliedern

Denn es waltet der Vatergeist der Höhen

In den Weltentiefen Sein-erzeugend

Du lebest in dem Herzens-Lungenschlage

Denn es waltet der Chr. Wille im Umkreis

In den Weltenrhythmen seelenbegnadend

Du lebest im ruhenden Haupte  
Denn es walten des Geistes Weltgedanken  
Im Weltenwesen Licht erflehend

You live in the limbs

For the Father spirit of the heights holds  
sway

engendering existence in depths of  
worlds

You live within the beat of heart and lung

For the will of Christ holds sway to  
all horizons

bestowing grace on souls in rhythms  
of worlds

You live within the resting head  
For the spirit's universal thoughts hold sway,  
beseeching light in being of worlds





My dear friends, hear it as it resounds in your own hearts! Then will you found here a true community of human beings for Anthroposophia; and then will you carry the spirit that rules in the shining light of thoughts around the dodecahedral Stone of love out into the world wherever it should give of its light and of its warmth for the progress of human souls, for the progress of the universe.

**'May Human Beings Hear It':  
An Online Holy Nights Gathering  
2019-2020**

**Welcome**



Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg



**Merry  
Christmas!**

**2<sup>nd</sup> Holy Night:**  
**Wednesday 25 December 2019**

# Love

What is it really that we should write in our hearts — the feeling that we may have on this Christmas night?

In this Christmas night there should pour into our hearts the fundamental human feeling of love the fundamental feeling that says: Compared with all other forces and powers and treasures of the world, the treasures and the power and the force of love are the greatest, the most intense, the most powerful.

There should pour into our hearts, into our souls, the feeling that: Wisdom is a great thing — that love is still greater; Might is a great thing — that love is yet greater.

And this feeling of the power and force and strength of love should pour into our hearts so strongly that from this Christmas night something may overflow into all our feelings during the rest of the year,

So that we may truthfully say at all times:  
We must really be ashamed,  
if in any hour of the year we do anything that cannot hold good when the spirit gazes into that night in which we would pour the all-power of love into our hearts.

May it be possible for the days and the hours of the year to pass in such a way that we need not be ashamed of them in the light of the feeling that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912





**2<sup>nd</sup> Holy Night:**  
**Wednesday 25 December 2019**  
**Christmas Day**  
The Birth of the Luke Jesus

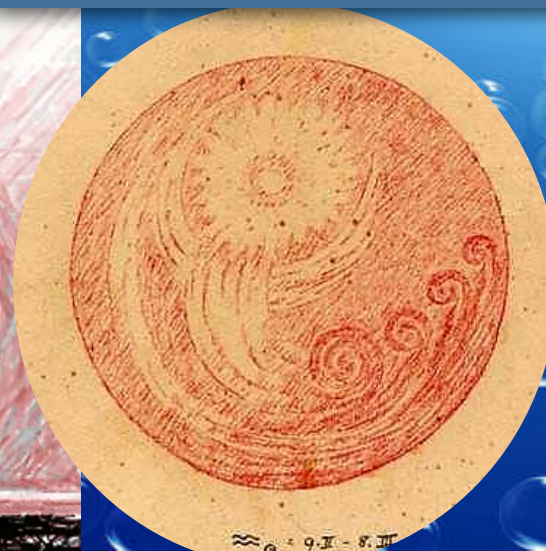
**Constellation of Aquarius,**  
The Water Bearer  
Ruling the calves, & ankles

**The Sphere of the Angeloi**  
also called 'Sons of Life' or 'Sons of Twilight'

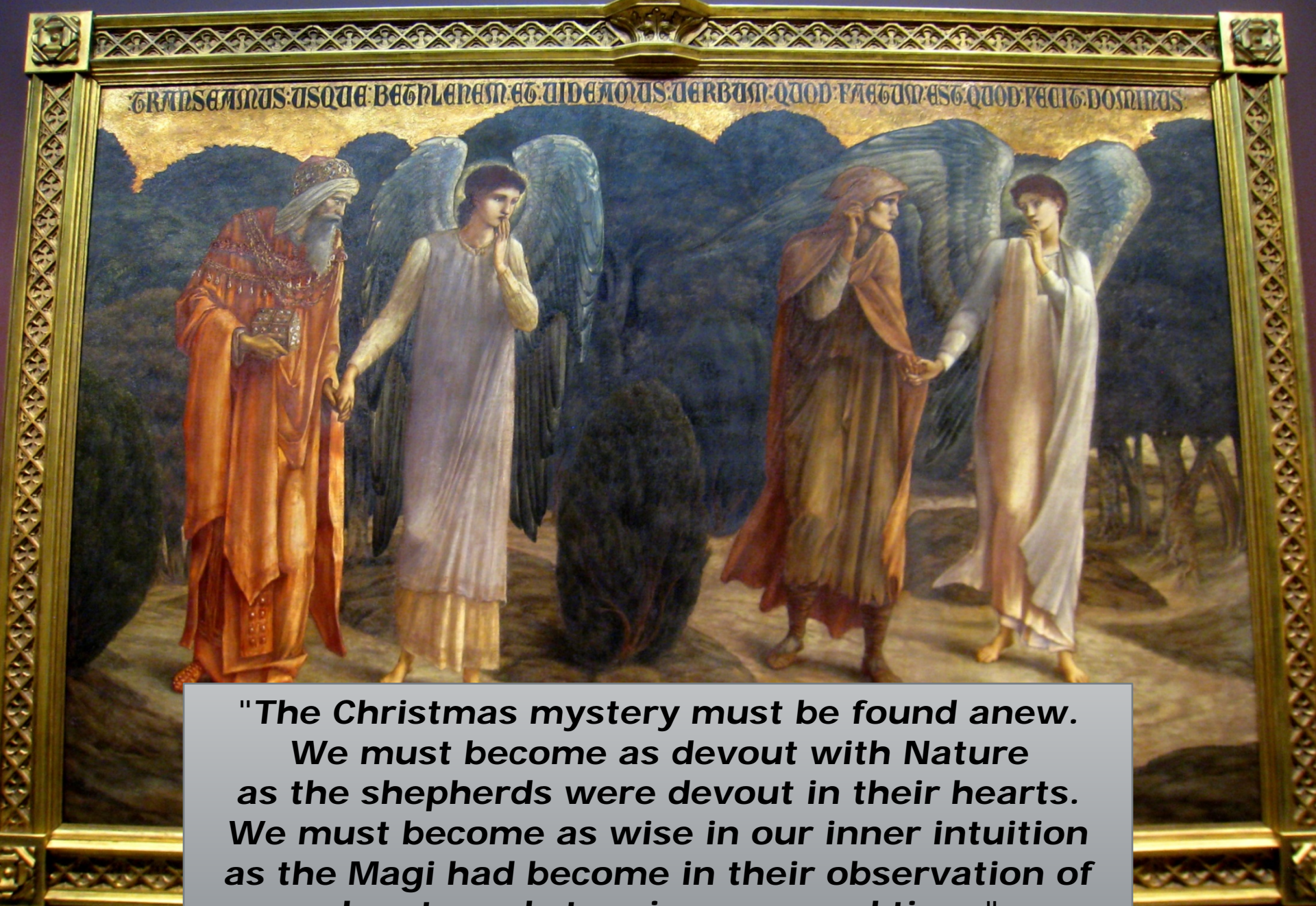
Virtue: Discretion becomes the power  
of meditation

Eurythmy Sound: 'M'

Musical Keys: E flat Major / E minor

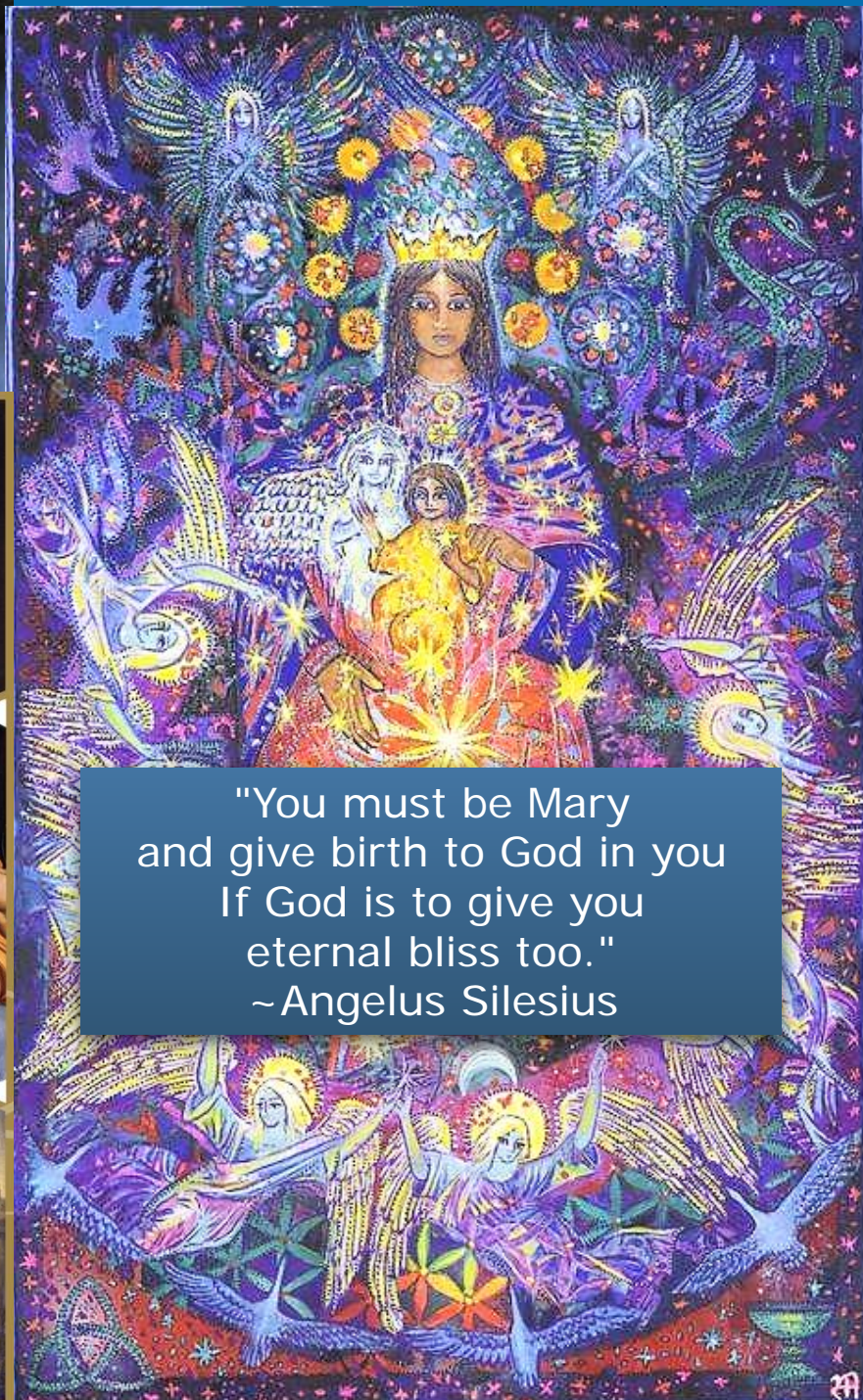


Hosted by:  
The Sophia  
Holding Group



**"The Christmas mystery must be found anew.  
We must become as devout with Nature  
as the shepherds were devout in their hearts.  
We must become as wise in our inner intuition  
as the Magi had become in their observation of  
planets and stars in space and time."**

**~Rudolf Steiner, The Search for the New Isis**



"You must be Mary  
and give birth to God in you  
If God is to give you  
eternal bliss too."  
~Angelus Silesius

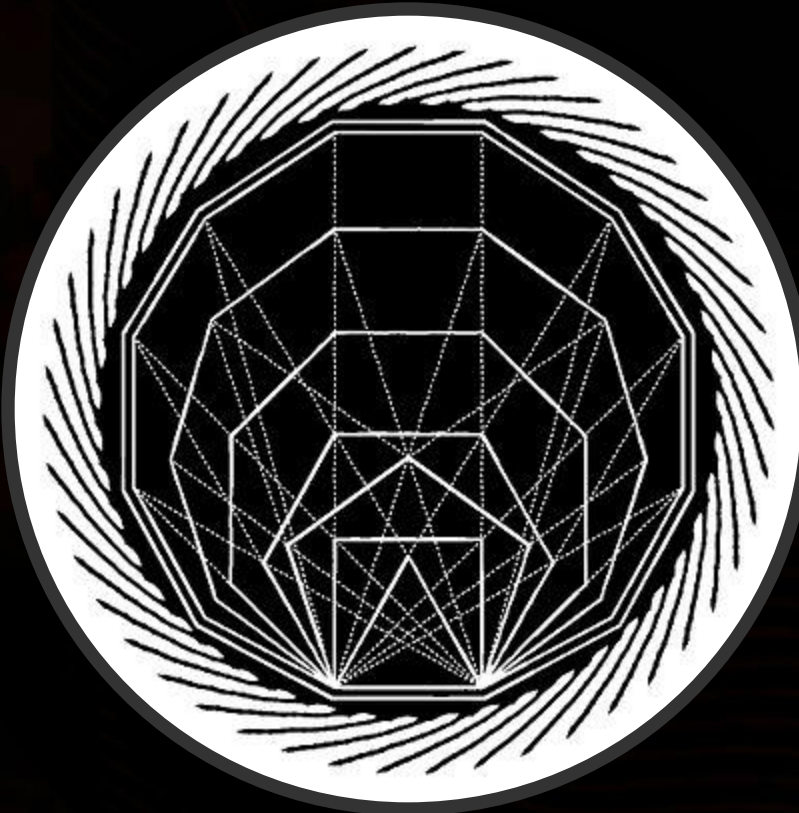


## The Rhythms of the Foundation Stone Meditation

You will find, my dear friends, that if you pay attention to the inner rhythms that lie in these verses, if you then present these inner rhythms to your soul and perform a suitable meditation within yourself, allowing your thoughts to come to rest upon them, then these sayings can be felt to be the speaking of cosmic secrets in so far as these cosmic secrets are resurrected in the human soul and human self knowledge.

~Rudolf Steiner, Dec. 27, 1923





My dear friends, hear it as it resounds in your own hearts! Then will you found here a true community of human beings for Anthroposophia; and then will you carry the spirit that rules in the shining light of thoughts around the dodecahedral Stone of love out into the world wherever it should give of its light and of its warmth for the progress of human souls, for the progress of the universe.

**'May Human Beings Hear It':  
An Online Holy Nights Gathering  
2019-2020**

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg

WELCOME

**3<sup>rd</sup> Holy Night:  
Thursday 26 December 2019**



# Love

What is it really that we should write in our hearts —  
the feeling that we may have on this Christmas night?

In this Christmas night there should pour into our hearts  
the fundamental human feeling of love  
the fundamental feeling that says: Compared with all other forces  
and powers and treasures of the world,  
the treasures and the power and the force of love  
are the greatest, the most intense, the most powerful.

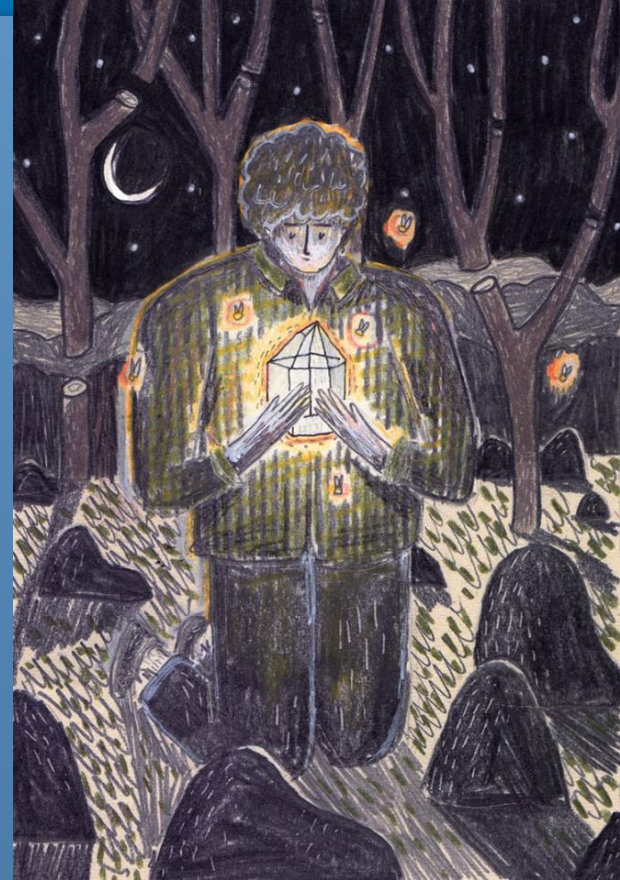
There should pour into our hearts, into our souls, the feeling that:  
Wisdom is a great thing — that love is still greater;  
Might is a great thing — that love is yet greater.

And this feeling of the power and force and strength of love  
should pour into our hearts so strongly  
that from this Christmas night something may overflow  
into all our feelings during the rest of the year,

So that we may truthfully say at all times:  
We must really be ashamed,  
if in any hour of the year we do anything that cannot hold good  
when the spirit gazes into that night  
in which we would pour the all-power of love into our hearts.

May it be possible for the days and the hours of the year to pass in such a way  
that we need not be ashamed of them in the light of the feeling  
that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912



# 3rd Holy Night: Thursday 26 December 2019

Solar Eclipse, Feast of St. Steven, Kwanzaa, Boxing Day

## Constellation of Capricorn

The Sea-goat

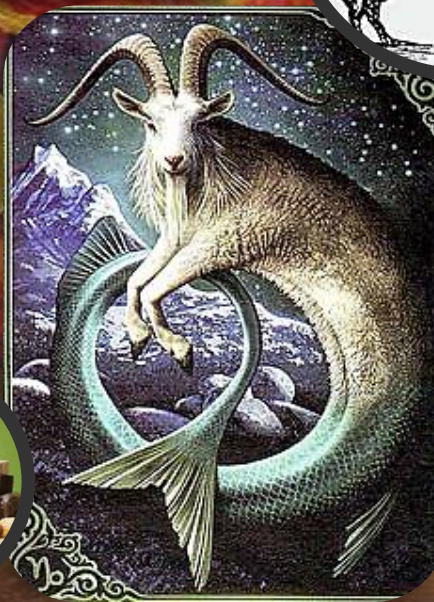
Ruling the knees & bones

## The Sphere of the Archangel, or Fire-Spirits

Virtue: Courage becomes  
the power of redemption

Eurythmy Sound: 'L'

Musical Keys: A flat Major / B minor



Hosted by:  
The Rudolf Steiner Branch,  
Chicago

# CHAOS & THE COEL COETH INCANTATION

~Written by **Hazel Archer-Ginsberg**

Eurythmy: Johanna Rohde, Deborah Rogers, Mary Spalding

Voices: Members of the Rudolf Steiner Branch Chicago





Thursday

Das eigne Ich Im Gottes Ich erweset	Das eigne Ich Dem Welten Ich Vereinen	Dem eignen Ich Zu freiem Wollen schenken
Leben	fühlen	denken
Menschen-Welten Wesen	Menschen Seelen Wirken	Menschen Geistes Gründen

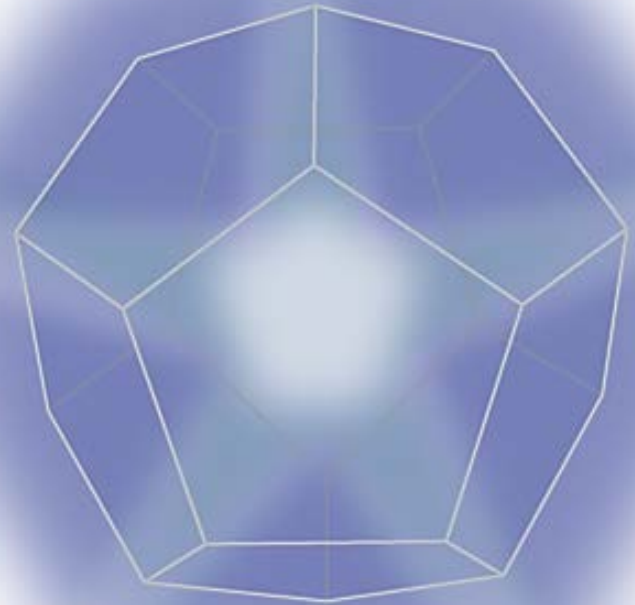
190 J. L. ...

Das eigne Ich Im Gottes Ich erweset	Das eigne Ich Dem Welten Ich Vereinen	Dem eignen Ich Zu freiem Wollen schenken
leben	fühlen	denken
Menschen-Welten Wesen	Menschen Seelen Wirken	Menschen Geistes Gründen

Our own I  
Gains being  
Within the I of God  
Live  
Human universal being

Our own I  
Unite  
With I of worlds  
Feel  
Human working of the soul

Our own I  
Bestow  
For will in freedom  
Think  
Human grounds of spirit



My dear friends, hear it as it resounds in your own hearts! Then will you found here a true community of human beings for Anthroposophia; and then will you carry the spirit that rules in the shining light of thoughts around the dodecahedral Stone of love out into the world wherever it should give of its light and of its warmth for the progress of human souls, for the progress of the universe.

**'May Human Beings Hear It':  
An Online Holy Nights Gathering  
2019-2020**

**Welcome**



Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg

**4<sup>th</sup> Holy Night:**  
**Friday 27 December 2019**

# Love

What is it really that we should write in our hearts — the feeling that we may have on this Christmas night?

In this Christmas night there should pour into our hearts the fundamental human feeling of love the fundamental feeling that says: Compared with all other forces and powers and treasures of the world, the treasures and the power and the force of love are the greatest, the most intense, the most powerful.

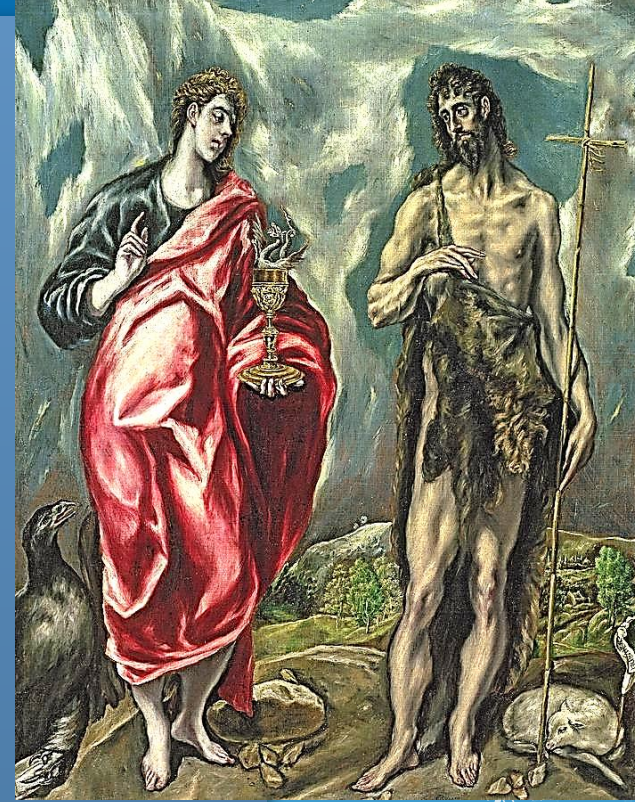
There should pour into our hearts, into our souls, the feeling that: Wisdom is a great thing — that love is still greater; Might is a great thing — that love is yet greater.

And this feeling of the power and force and strength of love should pour into our hearts so strongly that from this Christmas night something may overflow into all our feelings during the rest of the year,

So that we may truthfully say at all times:  
We must really be ashamed,  
if in any hour of the year we do anything that cannot hold good when the spirit gazes into that night in which we would pour the all-power of love into our hearts.

May it be possible for the days and the hours of the year to pass in such a way that we need not be ashamed of them in the light of the feeling that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912



4th Holy Night:  
Friday 27 December 2019  
Feast of St. John

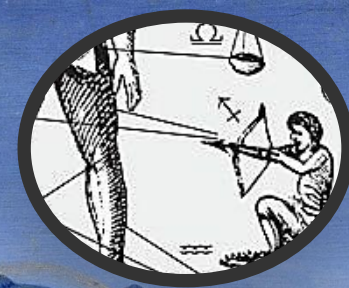
Constellation of Sagittarius (Archer)  
Ruling the hips & thighs

**The Sphere of the Archai,**  
Principalities, Spirits of Personality

Virtue: Control of speech and thinking becomes  
a feeling for the truth.

Eurythmy Sounds: 'G' and 'K'

Musical Keys: C sharp Major/F sharp minor



Hosted by:  
Mary Stewart Adams



The 3-Fold Mystery of Birth  
During the Holy Nights  
& Its Relation to the Cycle of the Year.

Mary Stewart Adams



1

### Uebe Geist-Erinnern

Denn es waltet der Vater Geist der Höhen  
In den Welten-Tiefen Sein erzeugend

2

### Uebe Geist-Besinnen

Denn es waltet der Christus-Wille im Umkreis  
In den Weltenrhythmen Seelen-begnadend

3

### Uebe Geist-Erschauen

Denn es walten des Geistes Weltgedanken  
Im Weltenwesen Licht-erflehend

1

### Practice spirit remembering

For the Father spirit of the heights holds sway  
engendering existence in depths of worlds

2

### Practice spirit awareness

For the will of Christ holds sway to all horizons  
bestowing grace on souls in rhythms of worlds

3

### Practice spirit beholding

For the spirit's universal thoughts hold sway,  
beseeching light in being of worlds

Friday

1

### Uebe Geist-Erinnern

Denn es waltet der Vater Geist der Höhen  
In den Welten-Tiefen Sein erzeugend.

2

### Uebe Geist-Besinnen

Denn es waltet der Christus-Wille im Umkreis  
In den Weltenrhythmen Seelen-begnadend.

3

Uebe Geist-Erschauen  
Denn es walten des Geistes Weltgedanken  
Im Weltenwesen Licht-erflehend.





My dear friends, hear it as it resounds in your own hearts.  
Then will you find here a true community of human beings for  
Anthroposophia; and then will you carry the spirit that rules in  
the shining light of thoughts around the dodecahedral Stone of  
love out into the world wherever it should give of its light and  
of its warmth for the progress of human souls, for the progress  
of the universe.

**'May Human Beings Hear It':  
An Online Holy Nights Gathering  
2019-2020**

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg

**5<sup>th</sup> Holy Night:  
Saturday 28 December 2019**

**Welcome**



# Love

What is it really that we should write in our hearts — the feeling that we may have on this Christmas night?

In this Christmas night there should pour into our hearts the fundamental human feeling of love  
the fundamental feeling that says: Compared with all other forces and powers and treasures of the world,  
the treasures and the power and the force of love are the greatest, the most intense, the most powerful.

There should pour into our hearts, into our souls, the feeling that: Wisdom is a great thing — that love is still greater;  
Might is a great thing — that love is yet greater.

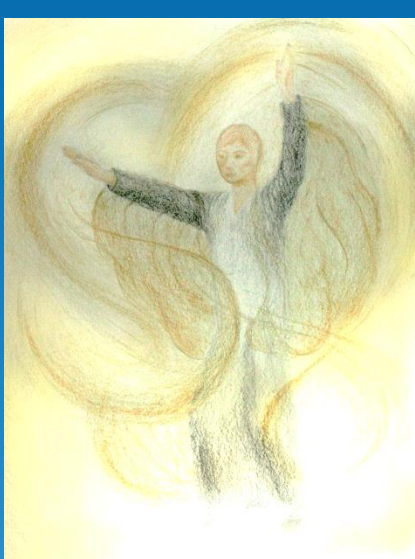
And this feeling of the power and force and strength of love should pour into our hearts so strongly  
that from this Christmas night something may overflow into all our feelings during the rest of the year,

So that we may truthfully say at all times:  
We must really be ashamed,  
if in any hour of the year we do anything that cannot hold good when the spirit gazes into that night  
in which we would pour the all-power of love into our hearts.

May it be possible for the days and the hours of the year to pass in such a way that we need not be ashamed of them in the light of the feeling that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912





## 5th Holy Night: Saturday 28 December 2019

Feast of The Holy Innocents

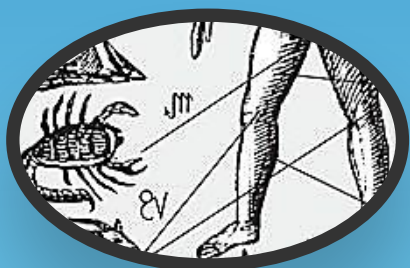
**Constellation of Scorpio** Scorpi  
Eagle/Dove  
Ruling the genitals

**The Sphere of the Exusiai,**  
the 'Elohim', Spirits of Form, Powers

Virtue: Patience becomes understanding

Eurythmy Sound: 'S'

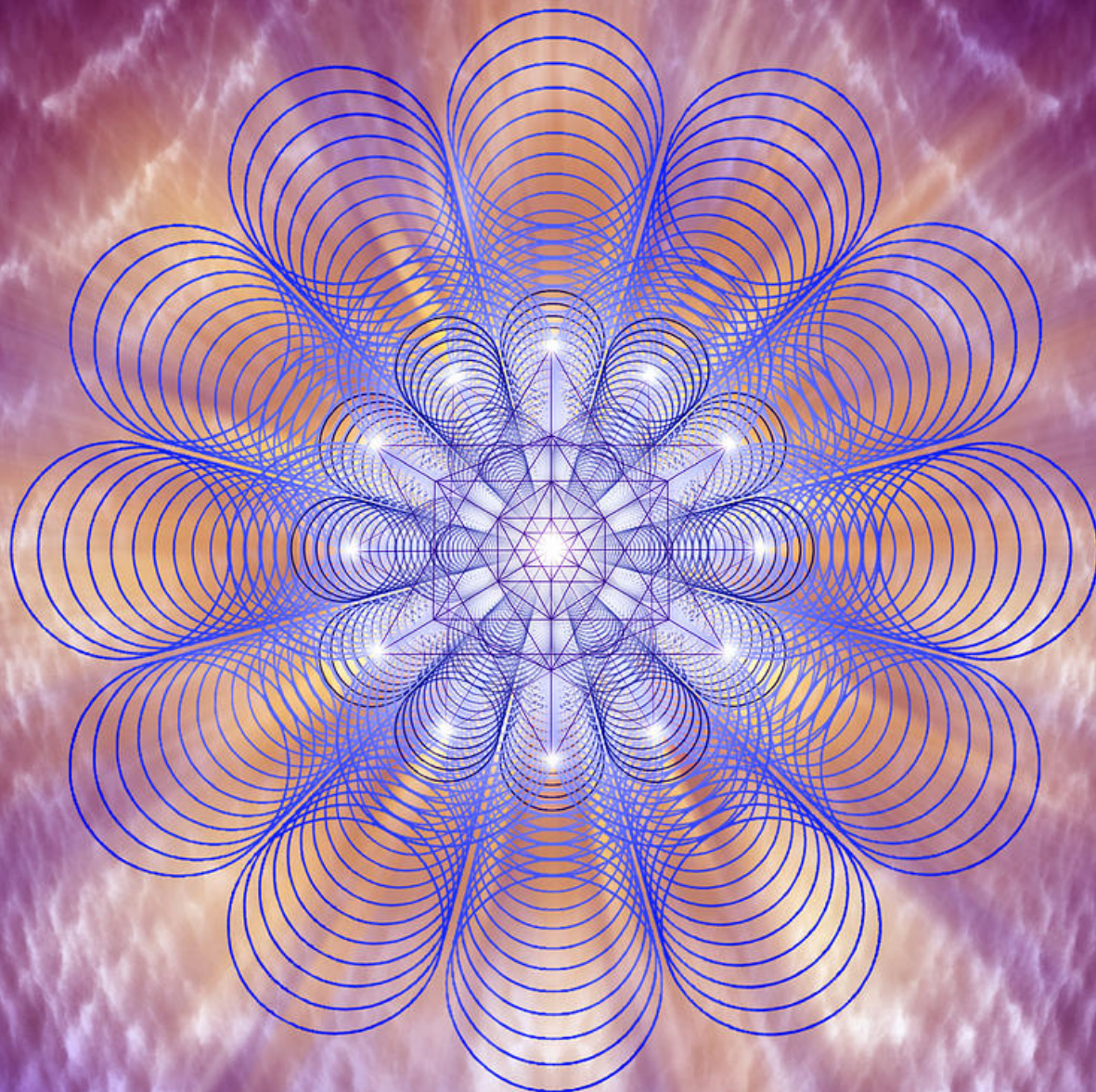
Musical Keys: F sharp Major/C sharp minor



Hosted by:  
The Dallas Maitreya Branch

The Dallas  
Maitreya  
Branch

The  
Maitreya Montage



*Handwritten signature*

Saturday



<p>Uebe Geist-Erinnern S. Ch. T.</p> <p>Lasset aus den Höhen erklingen Was in den Tiefen das Echo findet</p>	<p>Uebe Geist-Besinnen K. D. Ex.</p> <p>Lasset vom Osten Was durch den Westen sich gestaltet</p>	<p>Uebe Geist-Erschauen A. AA. Ang.</p> <p>Lasset aus den Tiefen erbitten Was in den Höhen erhöhet wird.</p>
--	--	--

Uebe Geist-Erinnern  
S. Ch. T.

Lasset aus den Höhen  
Erklingen  
Was in den Tiefen das  
Echo findet

Uebe Geist-Besinnen  
K. D. Ex.

Lasset vom Osten  
Befeuern  
Was durch den Westen  
Sich gestaltet

Uebe Geist-Erschauen  
A. AA. Ang.

Lasset aus den Tiefen  
Erbitten  
Was in den Höhen  
Erhöhet wird.

Practice spirit remembering  
S. Ch. Th.

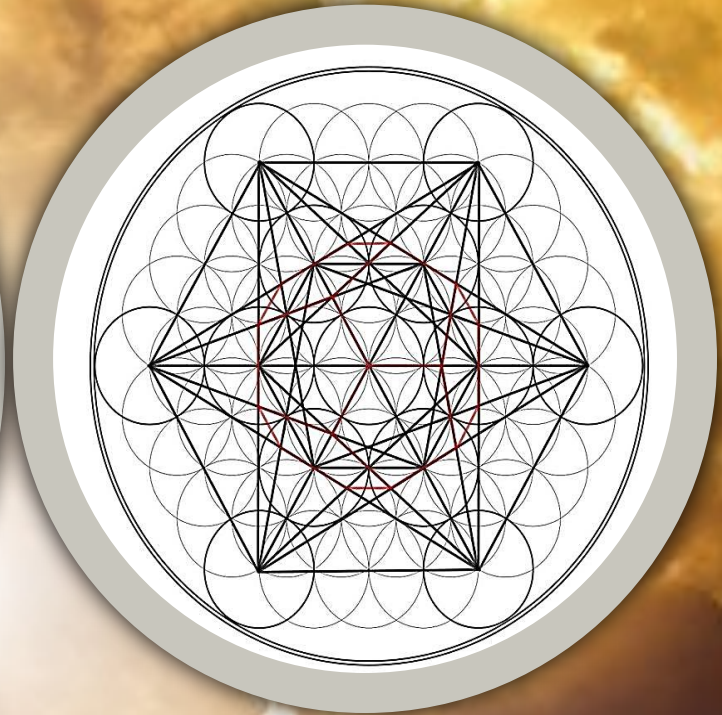
Let ring out from the heights  
what finds its echo in  
the depths

Practice spirit awareness  
K. D. Ex.

Let flame up from the East  
what through the West  
takes form

Practice spirit beholding  
A. AA. Ang.

Let from the depths  
ascend the plea heard in  
the heights.



My dear friends, hear it as it resounds in your own hearts! Then will you found here a true community of human beings for Anthroposophia; and then will you carry the spirit that rules in the shining light of thoughts around the dodecahedral Stone of love out into the world wherever it should give of its light and of its warmth for the progress of human souls, for the progress of the universe.



Welcome

**6<sup>th</sup> Holy Night:**  
**Sunday 29 December 2019**

**'May Human Beings Hear It':**  
**An Online 12 Holy Nights Gathering**  
**2019-2020**

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg

# Love

What is it really that we should write in our hearts — the feeling that we may have on this Christmas night?

In this Christmas night there should pour into our hearts the fundamental human feeling of love  
the fundamental feeling that says: Compared with all other forces and powers and treasures of the world,  
the treasures and the power and the force of love are the greatest, the most intense, the most powerful.

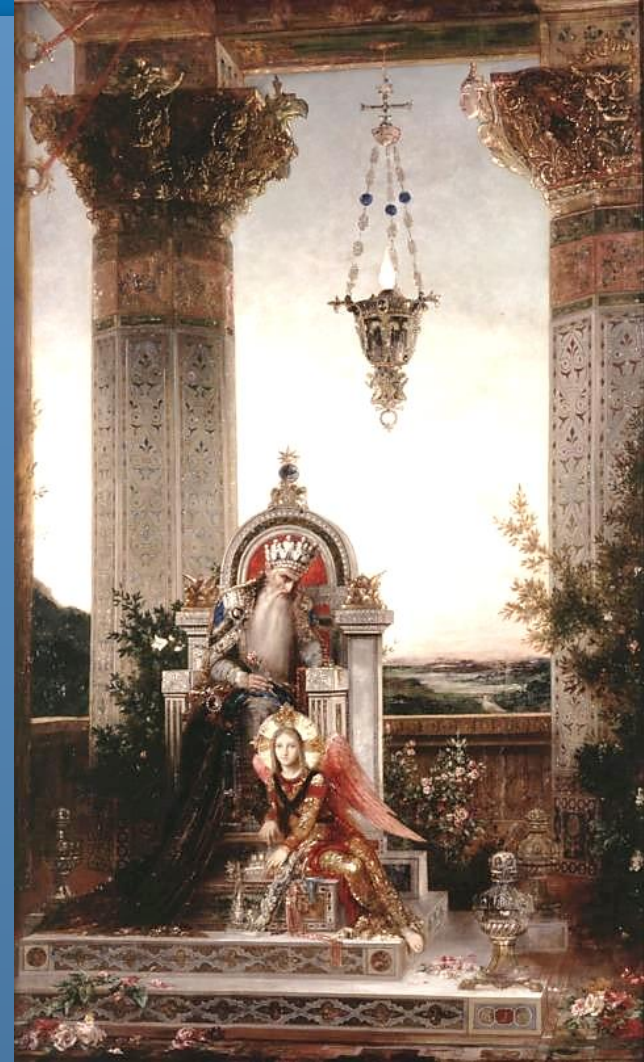
There should pour into our hearts, into our souls, the feeling that: Wisdom is a great thing — that love is still greater;  
Might is a great thing — that love is yet greater.

And this feeling of the power and force and strength of love should pour into our hearts so strongly  
that from this Christmas night something may overflow into all our feelings during the rest of the year,

So that we may truthfully say at all times:  
we must really be ashamed,  
if in any hour of the year we do anything that cannot hold good when the spirit gazes into that night  
in which we would pour the all-power of love into our hearts.

May it be possible for the days and the hours of the year to pass in such a way that we need not be ashamed of them in the light of the feeling that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912





Hosted by:  
The Rockford TN. Group

**6th Holy Night:**  
**Sunday 29 December 2019**  
Feast of King David

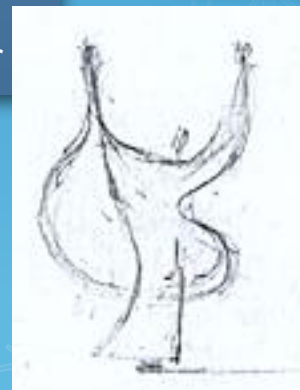
**Constellation of Libra** - Scales  
Ruling the kidneys & lumbar region

**The Sphere of the Dynamis,**  
Spirits of Movement, Virtues / Might

Virtue: Contentment becomes  
self-composure

Eurythmy Sound: 'Tz'

Musical Keys: B Major / G sharp minor

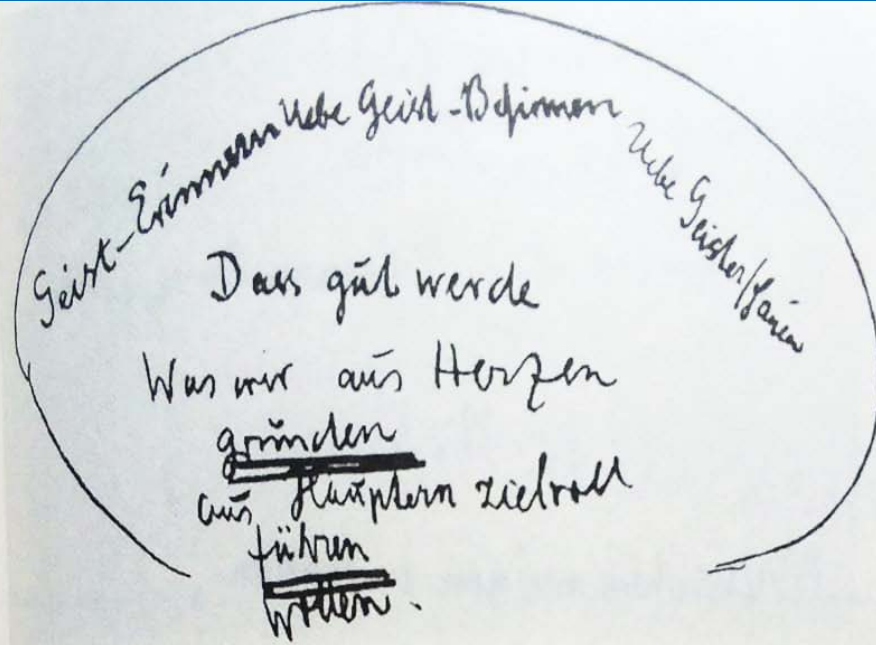
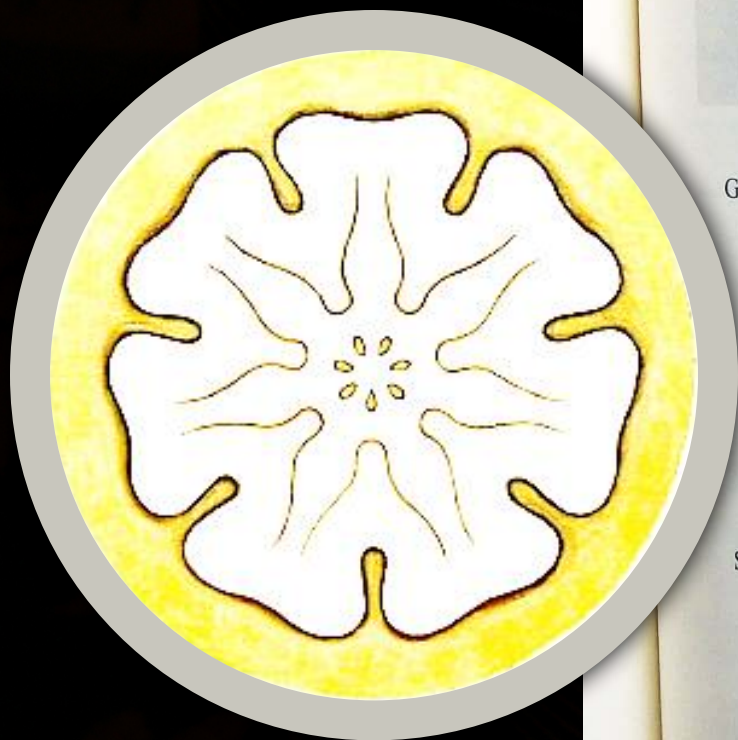


The Rockford TN. Group

# **"Christ, the Sun Spirit"**

by Oskar Kürten,  
trans. by Dr. Philip Owenby





Geist-Erinnern

Uebe Geist-Besinnen

Uebe Geisterschauen

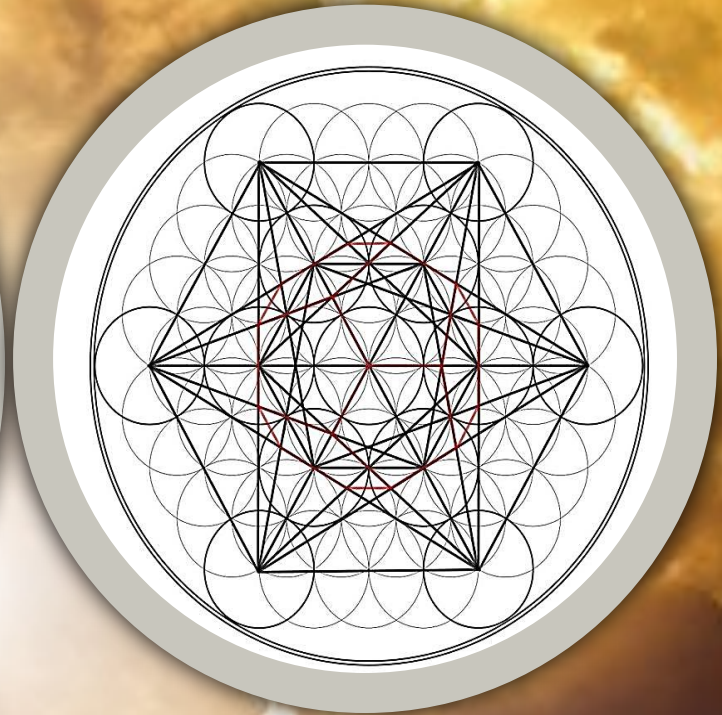
*Dass gut werde  
Was wir aus Herzen  
gründen  
aus Häuptern zielvoll  
führen  
wollen.*

Spirit remembering

Practice spirit awareness

Practice spirit beholding

so that good become  
what through hearts  
we ground,  
what through heads we seek  
to guide  
with clear intent.



My dear friends, hear it as it resounds in your own hearts! Then will you found here a true community of human beings for Anthroposophia; and then will you carry the spirit that rules in the shining light of thoughts around the dodecahedral Stone of love out into the world wherever it should give of its light and of its warmth for the progress of human souls, for the progress of the universe.



**Welcome**

***'May Human Beings Hear It':  
An Online Holy Nights Gathering***

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg

**7<sup>th</sup> Holy Night:**  
**Monday 30 December 2019**  
**2019-2020**

**7<sup>th</sup> Holy Night:  
Monday 30 December 2019**

**Constellation of Virgo**, The Virgin  
Ruling the abdomen & digestive system

**Sphere of the Kyriotetes**,  
Spirits of Wisdom, Dominions

Virtue: Courtesy becomes  
steadiness of feeling

Eurythmy Sounds: 'B' and 'P'

Musical Keys: E Major / E flat minor

Hosted by:  
The Eastern Regional Council



# Love

What is it really that we should write in our hearts — the feeling that we may have on this Christmas night?

In this Christmas night there should pour into our hearts the fundamental human feeling of love the fundamental feeling that says: Compared with all other forces and powers and treasures of the world, the treasures and the power and the force of love are the greatest, the most intense, the most powerful.

There should pour into our hearts, into our souls, the feeling that: Wisdom is a great thing — that love is still greater; Might is a great thing — that love is yet greater.

And this feeling of the power and force and strength of love should pour into our hearts so strongly that from this Christmas night something may overflow into all our feelings during the rest of the year,

So that we may truthfully say at all times:  
We must really be ashamed,  
if in any hour of the year we do anything that cannot hold good when the spirit gazes into that night in which we would pour the all-power of love into our hearts.

May it be possible for the days and the hours of the year to pass in such a way that we need not be ashamed of them in the light of the feeling that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912





The Eastern Regional Council

"Sophia to Anthroposophia"



© harmanvisions.com

Göttliches Licht

Chr. - Sonne

Das hören die Elementargeister  
in

O.W.N.S.

Menschen mögen es hören!



Göttliches Licht

Chr. - Sonne

Das hören die Elementargeister

von

O.W.N.S.

Menschen mögen es hören!

God-filled light

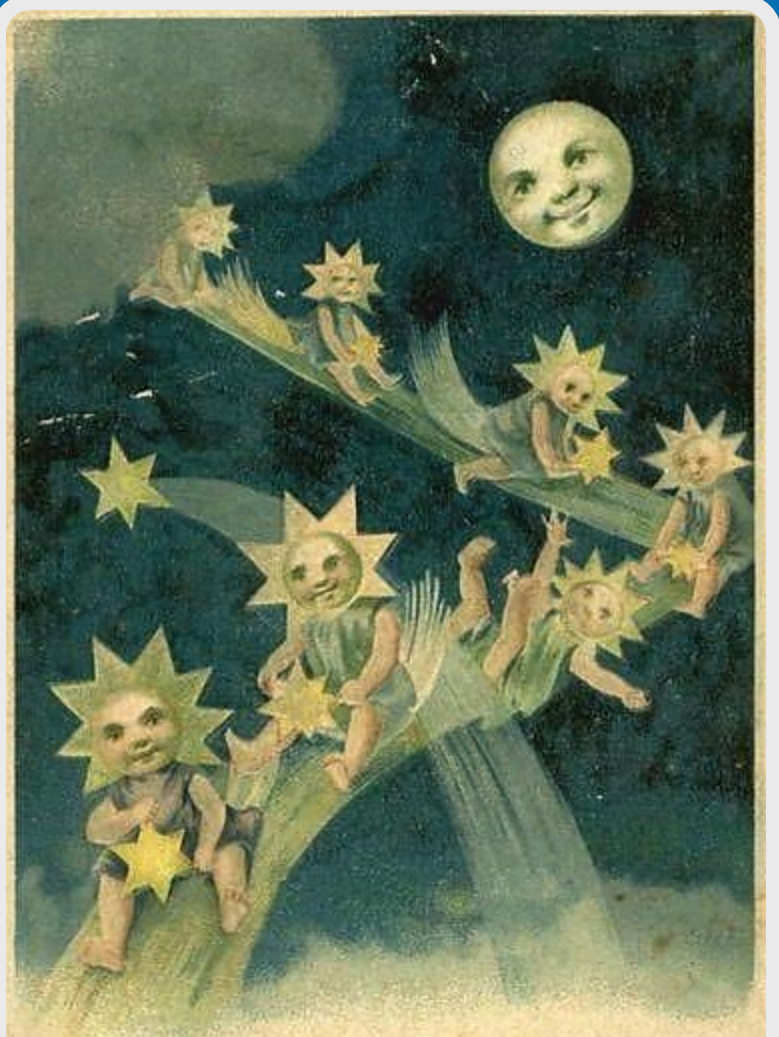
Christ sun

The elemental spirits hear it

in

E.W.N.S

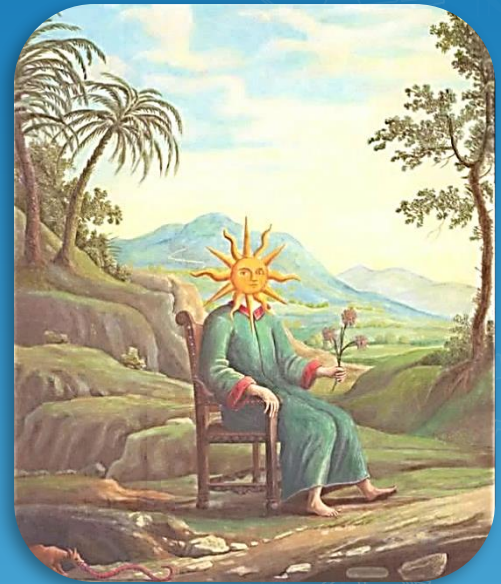
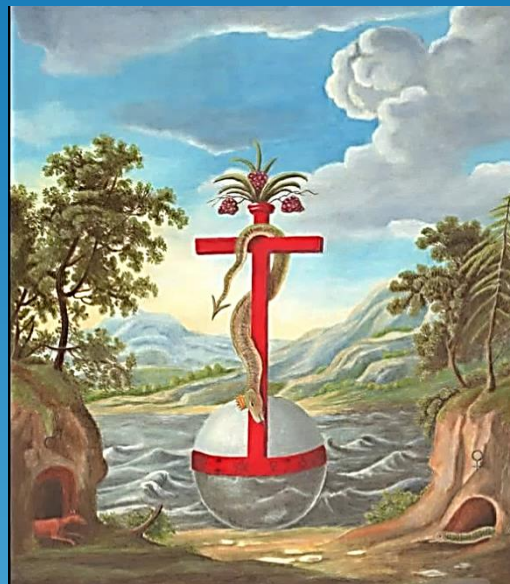
May human beings hear it!




A HAPPY  
NEW YEAR

MEMORIS  
W HUBB

**NYE**  
**'The Hidden Holy Night'**  
(No Zoom Call)

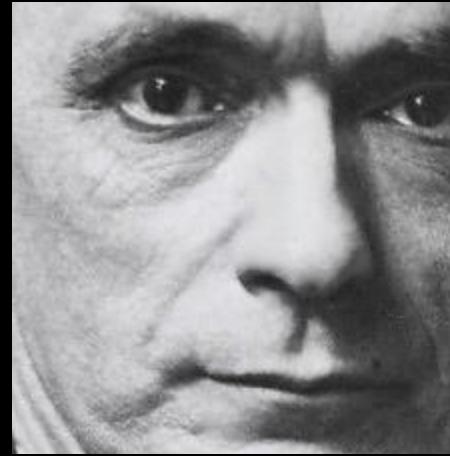
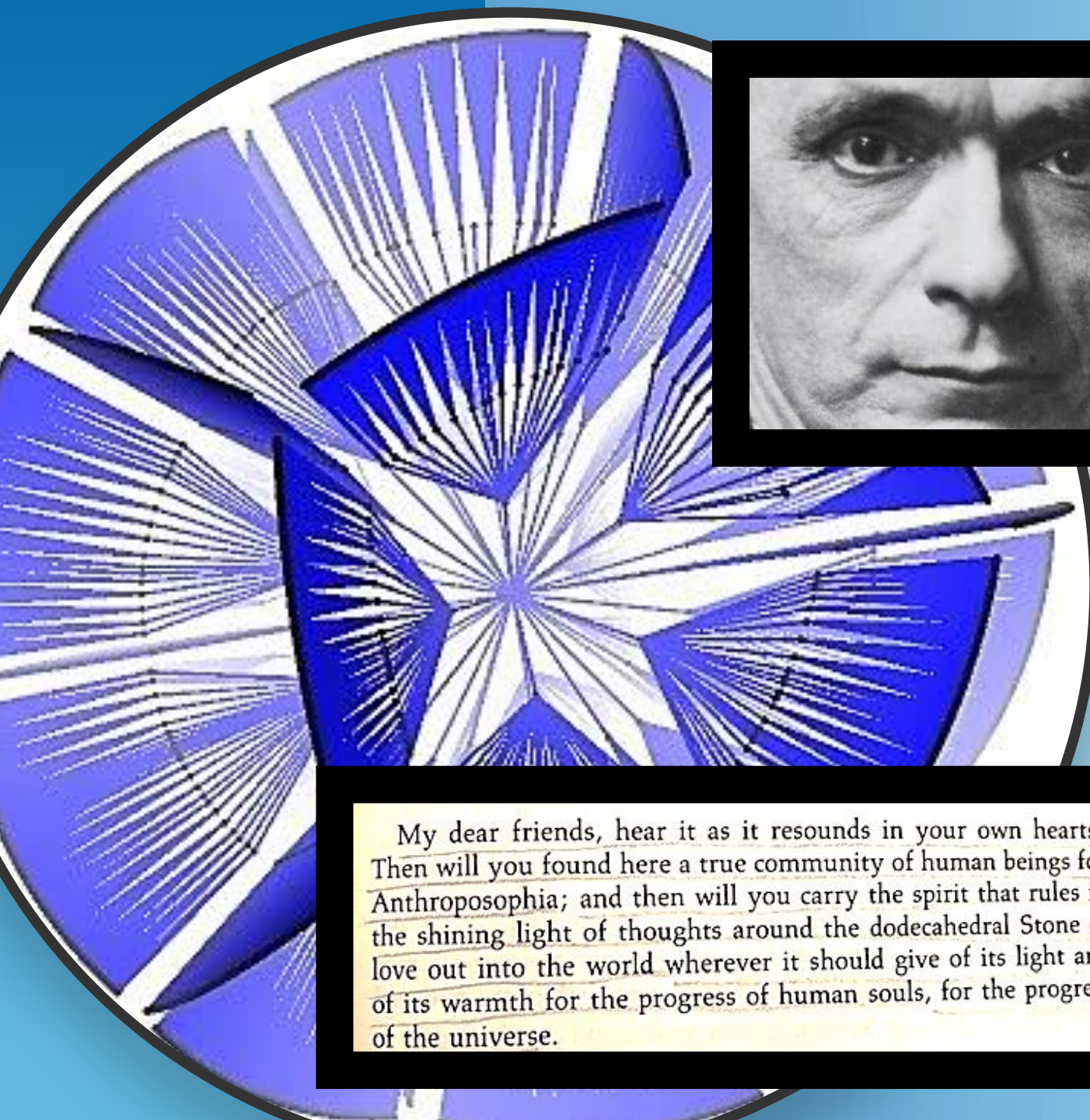


**"On New Year's Eve our folk soul briefly releases us  
& consequently what we then think is perceived  
by the highest hierarchies & has the power  
in it to be brought into reality"**  
~Rudolf Steiner in conversation with H. Hahn,  
reported in Das Goetheanum, # 3, Jan 4, 1990



**"Behold the Sun  
At the midnight hour;  
Build with stones in the lifeless ground,  
Thus in decay and in the night of Death  
Find the Creation's new beginning,  
Young morning's strength;  
Glory in the heights the eternal Word of Gods;  
Shelter in the depths the Powers of Peace.  
In darkness dwelling, create a Sun.  
In matter weaving, know the joy of Spirit"!**

**~Rudolf Steiner Schmidt Number: S-1456**



My dear friends, hear it as it resounds in your own hearts!  
Then will you find here a true community of human beings for  
Anthroposophia; and then will you carry the spirit that rules in  
the shining light of thoughts around the dodecahedral Stone of  
love out into the world wherever it should give of its light and  
of its warmth for the progress of human souls, for the progress  
of the universe.



**Welcome**

***'May Human Beings Hear It':  
An Online Holy Nights Gathering  
2019-2020***

**Happy New year!**

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg

**8<sup>th</sup> Holy Night:**  
**Wednesday 1 January 2020**

# Love

What is it really that we should write in our hearts — the feeling that we may have on this Christmas night?

In this Christmas night there should pour into our hearts the fundamental human feeling of love the fundamental feeling that says: Compared with all other forces and powers and treasures of the world, the treasures and the power and the force of love are the greatest, the most intense, the most powerful.

There should pour into our hearts, into our souls, the feeling that: Wisdom is a great thing — that love is still greater; Might is a great thing — that love is yet greater.

And this feeling of the power and force and strength of love should pour into our hearts so strongly that from this Christmas night something may overflow into all our feelings during the rest of the year,

So that we may truthfully say at all times:  
We must really be ashamed,  
if in any hour of the year we do anything that cannot hold good when the spirit gazes into that night in which we would pour the all-power of love into our hearts.

May it be possible for the days and the hours of the year to pass in such a way that we need not be ashamed of them in the light of the feeling that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912



Hosted by:  
Tess Parker, Abigail Dancey  
& The Youth

## 8th Holy Night:

Wednesday 1 January 2020

New Years Day - Solemnity of Mary

**Constellation of Leo, LION**  
Ruling the heart

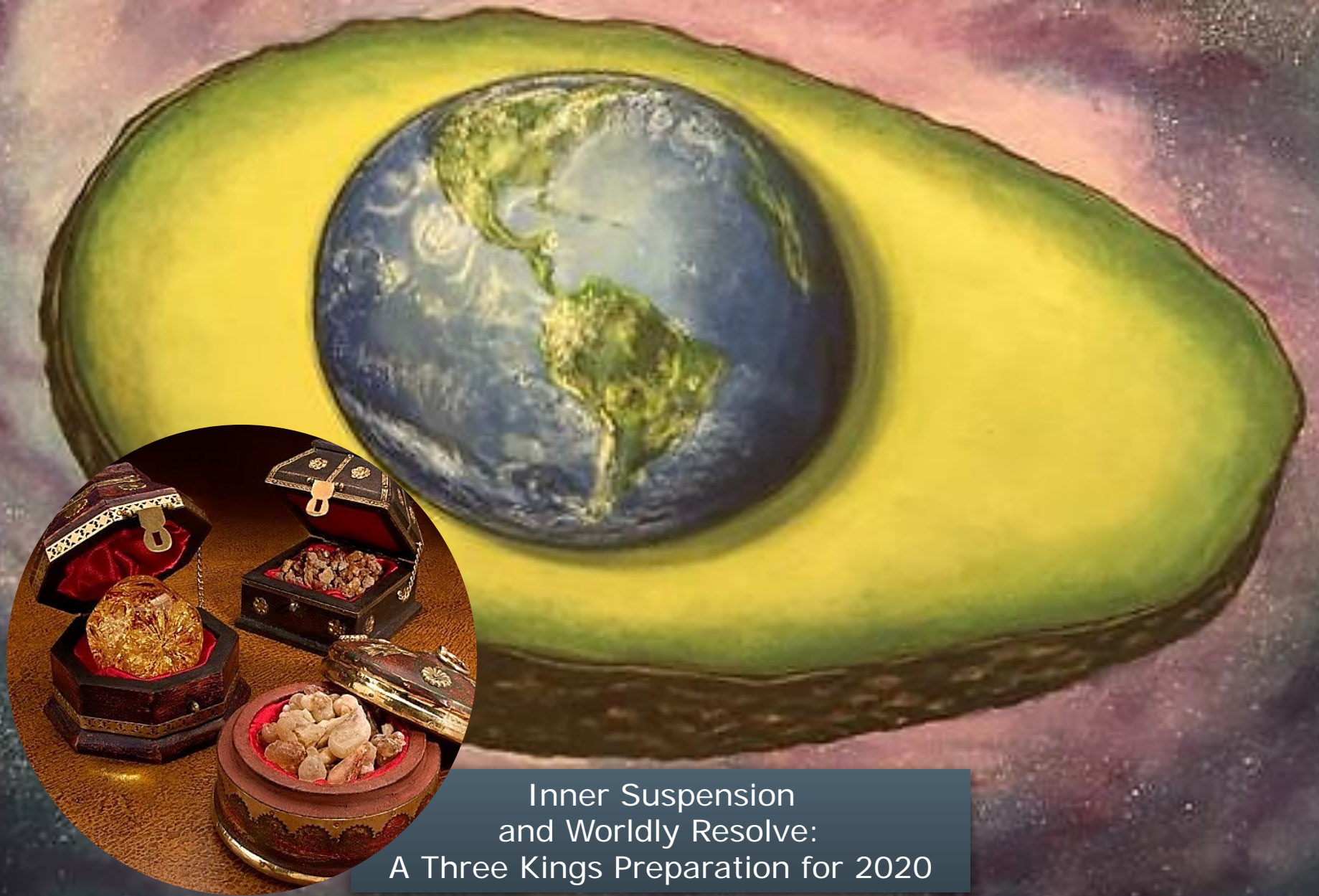
**The Sphere of the Thrones,**  
Spirits of Will

Virtue: Compassion becomes freedom.

Eurythmy Sounds: 'T' and 'D'

Musical Keys: A Major / B flat minor





Inner Suspension  
and Worldly Resolve:  
A Three Kings Preparation for 2020

Hosted by:  
Tess Parker, Abigail Dancey & The Youth





1. Jan. 1924. Vorm.

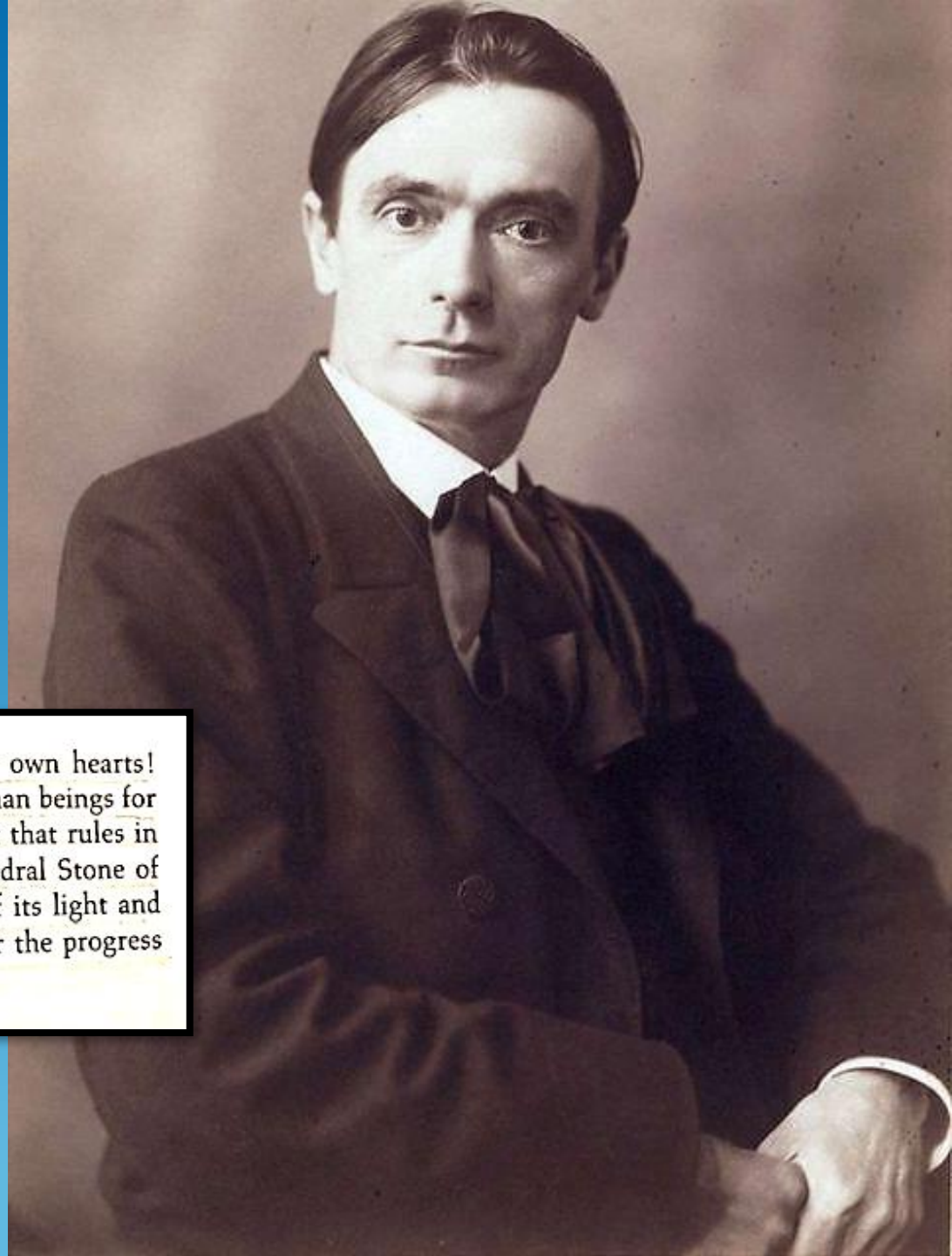
'On the Right Entry into the Spiritual World:  
The Responsibility Incumbent on Us'  
Lecture and words of farewell by Rudolf Steiner  
**1 JANUARY 1924** in the evening

And so, my dear friends,  
bear out with you into the world your warm hearts  
in whose soil you have laid the Foundation Stone  
for the Anthroposophical Society,  
bear out with you your warm hearts in order to do work  
in the world that is strong in healing.  
Help will come to you because your heads will be enlightened  
by what you all now want to be able to direct in conscious willing.  
Let us today make this resolve with all our strength.  
And we shall see that if we show ourselves to be worthy,  
then a good star will shine over that which is willed from here.  
My dear friends, follow this good star.  
We shall see whither the gods shall lead us through the light of this star.

Light Divine  
Christ-Sun,  
Warm thou  
Our hearts,  
Enlighten thou  
Our heads!



My dear friends, hear it as it resounds in your own hearts! Then will you found here a true community of human beings for Anthroposophia; and then will you carry the spirit that rules in the shining light of thoughts around the dodecahedral Stone of love out into the world wherever it should give of its light and of its warmth for the progress of human souls, for the progress of the universe.





**Welcome**

***'May Human Beings Hear It':  
An Online Holy Nights Gathering***

**9<sup>th</sup> Holy Night:  
Thursday 2 January 2020**

**Happy New Year!**

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg



**9th Holy Night:  
Thursday 2 January 2020**

**Constellation of Cancer**

Crab (the Vortex) Ruling the chest

**The Sphere of the Cherubim,**  
Spirits of Harmony

Virtue: Unselfishness becomes  
catharsis

Eurythmy Sound: 'F'

Musical Keys: D Major / F minor



Hosted by:  
The Western Regional Council



# Love

What is it really that we should write in our hearts —  
the feeling that we may have on this Christmas night?

In this Christmas night there should pour into our hearts  
the fundamental human feeling of love  
the fundamental feeling that says: Compared with all other forces  
and powers and treasures of the world,  
the treasures and the power and the force of love  
are the greatest, the most intense, the most powerful.

There should pour into our hearts, into our souls, the feeling that:  
Wisdom is a great thing — that love is still greater;  
Might is a great thing — that love is yet greater.

And this feeling of the power and force and strength of love  
should pour into our hearts so strongly  
that from this Christmas night something may overflow  
into all our feelings during the rest of the year,

So that we may truthfully say at all times:  
We must really be ashamed,  
if in any hour of the year we do anything that cannot hold good  
when the spirit gazes into that night  
in which we would pour the all-power of love into our hearts.

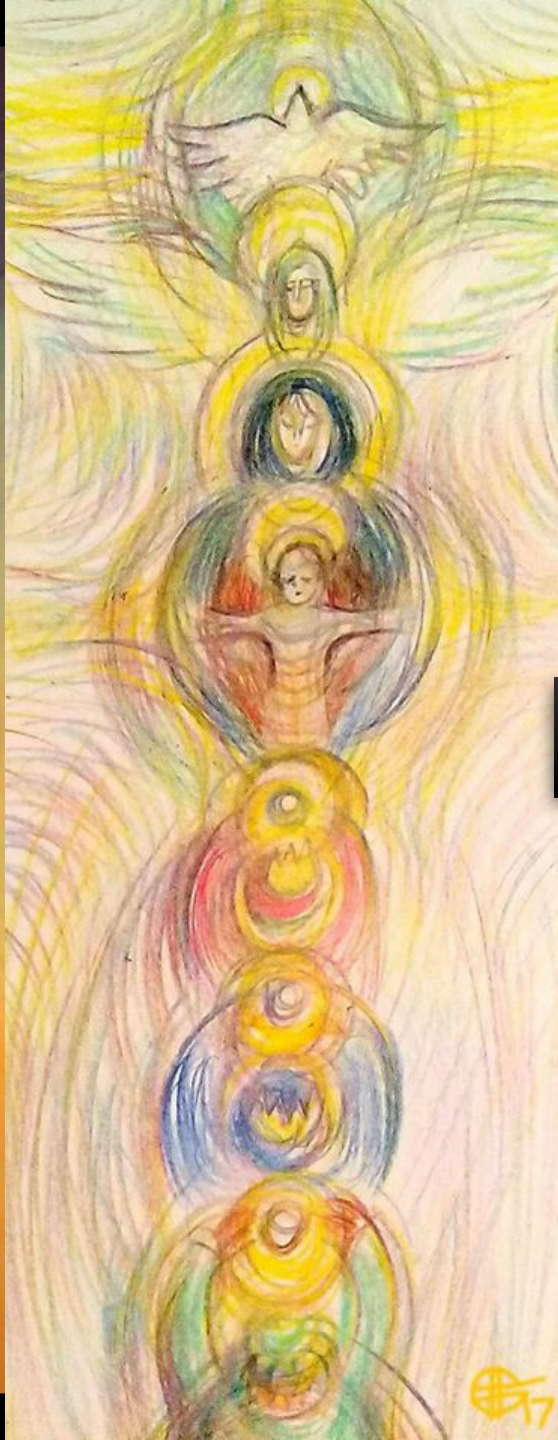
May it be possible for the days and the hours of the year to pass in such a way  
that we need not be ashamed of them in the light of the feeling  
that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912





The Birth of the Sun Spirit



Hosted by:  
The Western Regional Council





Thursday

Das eigne Ich Im Gottes Ich erweset	Das eigne Ich Dem Welten Ich Vereinen	Dem eignen Ich Zu freiem Wollen schenken
Leben	fühlen	denken
Menschen-Welten Wesen	Menschen Seelen Wirken	Menschen Geistes Gründen

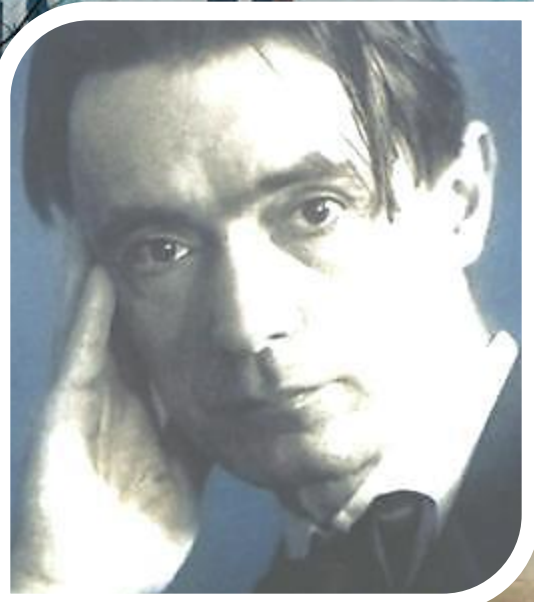
190

Das eigne Ich Im Gottes Ich erweset	Das eigne Ich Dem Welten Ich Vereinen	Dem eignen Ich Zu freiem Wollen schenken
leben	fühlen	denken
Menschen-Welten Wesen	Menschen Seelen Wirken	Menschen Geistes Gründen

Our own I  
Gains being  
Within the I of God  
Live  
Human universal being

Our own I  
Unite  
With I of worlds  
Feel  
Human working of the soul

Our own I  
Bestow  
For will in freedom  
Think  
Human grounds of spirit



My dear friends, hear it as it resounds in your own hearts! Then will you found here a true community of human beings for Anthroposophia; and then will you carry the spirit that rules in the shining light of thoughts around the dodecahedral Stone of love out into the world wherever it should give of its light and of its warmth for the progress of human souls, for the progress of the universe.

**'May Human Beings Hear It':  
An Online Holy Nights Gathering  
2019-2020**

**10<sup>th</sup> Holy Night:  
Friday 3 January 2020**

**Welcome**

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg

**Happy New Year!**





## 10<sup>th</sup> Holy Night: Friday 3 January 2020

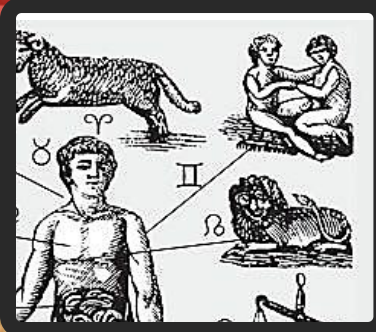
**Constellation of Gemini, Twins**  
Ruling lungs, arms, & shoulders

**The Sphere of the Seraphim**, Spirits  
of Love

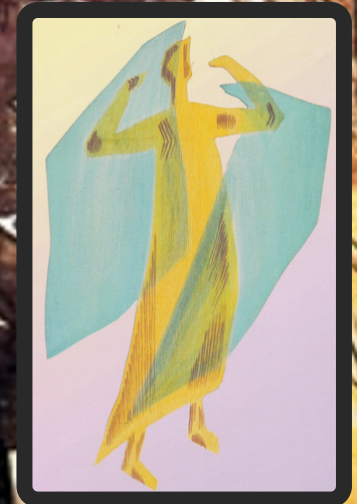
Virtue: Perseverance becomes  
faithfulness

Eurythmy Sounds: 'H' and 'Ch'

Musical Keys: G Major / C minor



Hosted by:  
The Portland Branch



# Love

What is it really that we should write in our hearts —  
the feeling that we may have on this Christmas night?

In this Christmas night there should pour into our hearts  
the fundamental human feeling of love  
the fundamental feeling that says: Compared with all other forces  
and powers and treasures of the world,  
the treasures and the power and the force of love  
are the greatest, the most intense, the most powerful.

There should pour into our hearts, into our souls, the feeling that:  
Wisdom is a great thing — that love is still greater;  
Might is a great thing — that love is yet greater.

And this feeling of the power and force and strength of love  
should pour into our hearts so strongly  
that from this Christmas night something may overflow  
into all our feelings during the rest of the year,

So that we may truthfully say at all times:  
We must really be ashamed,  
if in any hour of the year we do anything that cannot hold good  
when the spirit gazes into that night  
in which we would pour the all-power of love into our hearts.

May it be possible for the days and the hours of the year to pass in such a way  
that we need not be ashamed of them in the light of the feeling  
that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912





The Portland Branch

"Making a Journey  
to Understanding  
the Holy Nights"

1

### Uebe Geist-Erinnern

Denn es waltet der Vater Geist der Höhen  
In den Welten-Tiefen Sein erzeugend

2

### Uebe Geist-Besinnen

Denn es waltet der Christus-Wille im Umkreis  
In den Weltenrhythmen Seelen-begnadend

3

### Uebe Geist-Erschauen

Denn es walten des Geistes Weltgedanken  
Im Weltenwesen Licht-erflehend

1

### Practice spirit remembering

For the Father spirit of the heights holds sway  
engendering existence in depths of worlds

2

### Practice spirit awareness

For the will of Christ holds sway to all horizons  
bestowing grace on souls in rhythms of worlds

3

### Practice spirit beholding

For the spirit's universal thoughts hold sway,  
beseeching light in being of worlds

Friday

1

### Uebe Geist-Erinnern

Denn es waltet der Vater Geist der Höhen  
In den Welten-Tiefen Sein erzeugend.

2

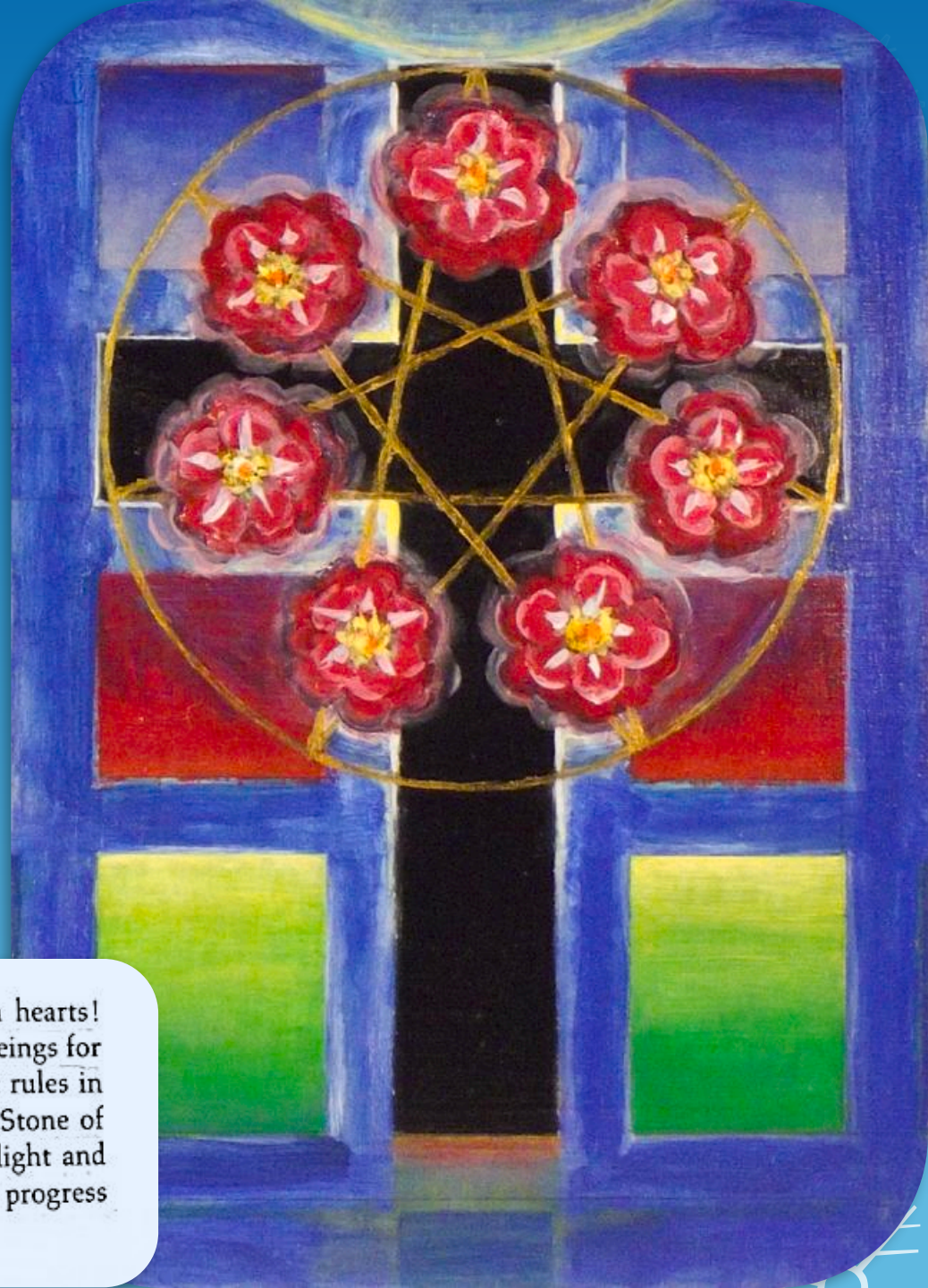
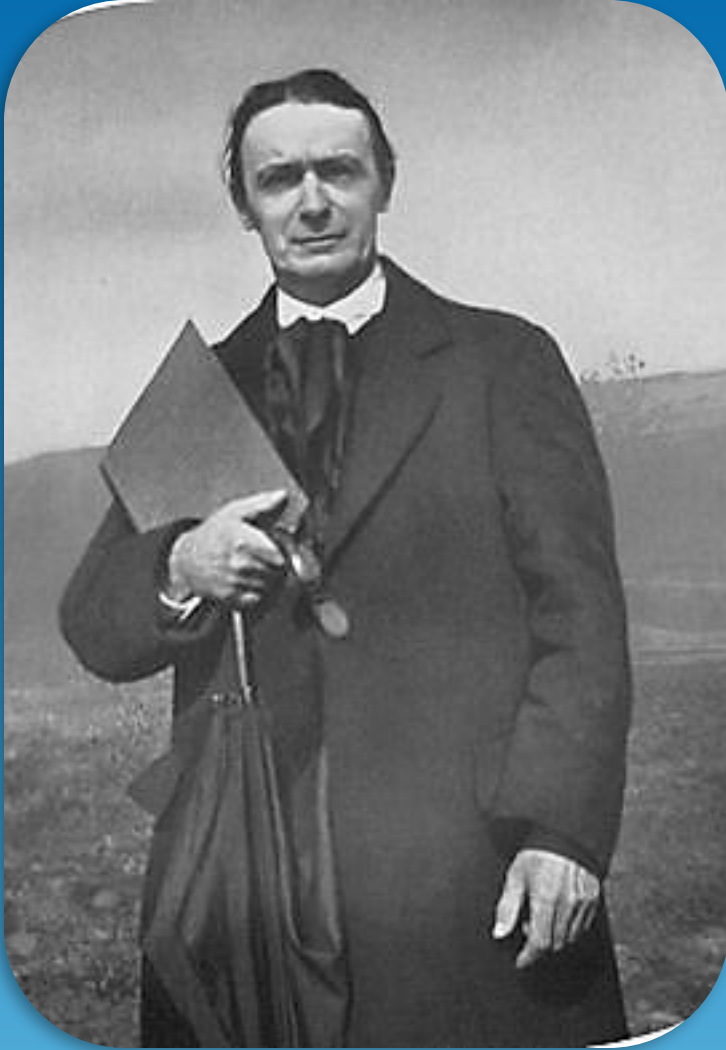
### Uebe Geist-Besinnen

Denn es waltet der Christus-Wille im Umkreis  
In den Weltenrhythmen Seelen-begnadend.

3

Uebe Geist-Erschauen  
Denn es walten des Geistes Weltgedanken  
Im Weltenwesen Licht-erflehend.





My dear friends, hear it as it resounds in your own hearts!  
Then will you found here a true community of human beings for  
Anthroposophia; and then will you carry the spirit that rules in  
the shining light of thoughts around the dodecahedral Stone of  
love out into the world wherever it should give of its light and  
of its warmth for the progress of human souls, for the progress  
of the universe.

**Welcome**

***'May Human Beings Hear It':  
An Online Holy Nights Gathering  
2019-2020***

**11<sup>th</sup> Holy Night:  
Saturday 4 January 2020**

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg

**Happy New Year!**

# Love

What is it really that we should write in our hearts — the feeling that we may have on this Christmas night?

In this Christmas night there should pour into our hearts the fundamental human feeling of love the fundamental feeling that says: Compared with all other forces and powers and treasures of the world, the treasures and the power and the force of love are the greatest, the most intense, the most powerful.

There should pour into our hearts, into our souls, the feeling that: Wisdom is a great thing — that love is still greater; Might is a great thing — that love is yet greater.

And this feeling of the power and force and strength of love should pour into our hearts so strongly that from this Christmas night something may overflow into all our feelings during the rest of the year,

So that we may truthfully say at all times:  
We must really be ashamed,  
if in any hour of the year we do anything that cannot hold good when the spirit gazes into that night in which we would pour the all-power of love into our hearts.

May it be possible for the days and the hours of the year to pass in such a way that we need not be ashamed of them in the light of the feeling that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912



**11<sup>th</sup> Holy Night:  
Saturday 4 January 2020**

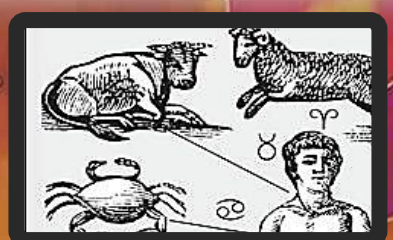
**Constellation of Taurus**, Bull  
Ruling the neck & throat/larynx

**The Sphere of the Holy Spirit**

Virtue: Equilibrium becomes progress

Eurythmy Sound: 'R'

Musical Keys: C Major / G minor



Hosted by:  
Brian Gray





Brian Gray

Cultural ages in their zodiacal  
sequence from the time of The Fall



Saturday



<p>Uebe Geist-Erinnern S. Ch. T.</p> <p>Lasset aus den Höhen erklingen Was in den Tiefen das Echo findet</p>	<p>Uebe Geist-Besinnen K. D. Ex.</p> <p>Lasset vom Osten Was durch den Westen sich gestaltet</p>	<p>Uebe Geist-Erschauen A. AA. Ang.</p> <p>Lasset aus den Tiefen erbitten Was in den Höhen erhöhet wird.</p>
--	--	--

Uebe Geist-Erinnern  
S. Ch. T.

Lasset aus den Höhen  
Erklingen  
Was in den Tiefen das  
Echo findet

Uebe Geist-Besinnen  
K. D. Ex.

Lasset vom Osten  
Befeuern  
Was durch den Westen  
Sich gestaltet

Uebe Geist-Erschauen  
A. AA. Ang.

Lasset aus den Tiefen  
Erbitten  
Was in den Höhen  
Erhöhet wird.

Practice spirit remembering  
S. Ch. Th.

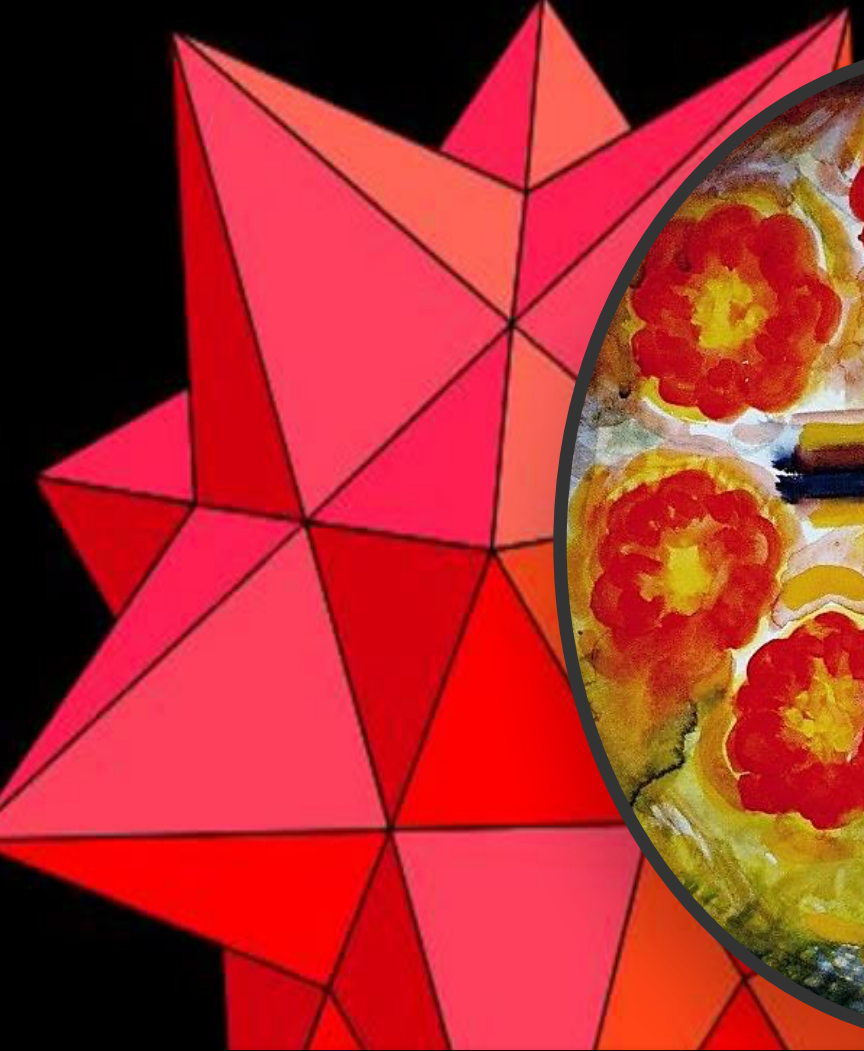
Let ring out from the heights  
what finds its echo in  
the depths

Practice spirit awareness  
K. D. Ex.

Let flame up from the East  
what through the West  
takes form

Practice spirit beholding  
A. AA. Ang.

Let from the depths  
ascend the plea heard in  
the heights.



My dear friends, hear it as it resounds in your own hearts!  
Then will you found here a true community of human beings for  
Anthroposophia; and then will you carry the spirit that rules in  
the shining light of thoughts around the dodecahedral Stone of  
love out into the world wherever it should give of its light and  
of its warmth for the progress of human souls, for the progress  
of the universe.

**'May Human Beings Hear It':  
An Online Holy Nights Gathering  
2019-2020**

**Welcome**

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg

**12<sup>th</sup> Holy Night:  
Sunday 5 January 2020**



**Happy New Year!**



**12th Holy Night:**  
**Sunday 5 January 2020**  
**Epiphany Eve 'Three Kings'**

**Constellation of Aries, Ram**  
 Ruling the head

**The Sphere of the Mystic Lamb**

Virtue: Devotion becomes  
 the power of sacrifice

Eurythmy Sounds: 'V' and 'W'

Musical Keys: F Major / D minor

Hosted by:  
 The Central Regional Council

# Love

What is it really that we should write in our hearts — the feeling that we may have on this Christmas night?

In this Christmas night there should pour into our hearts the fundamental human feeling of love the fundamental feeling that says: Compared with all other forces and powers and treasures of the world, the treasures and the power and the force of love are the greatest, the most intense, the most powerful.

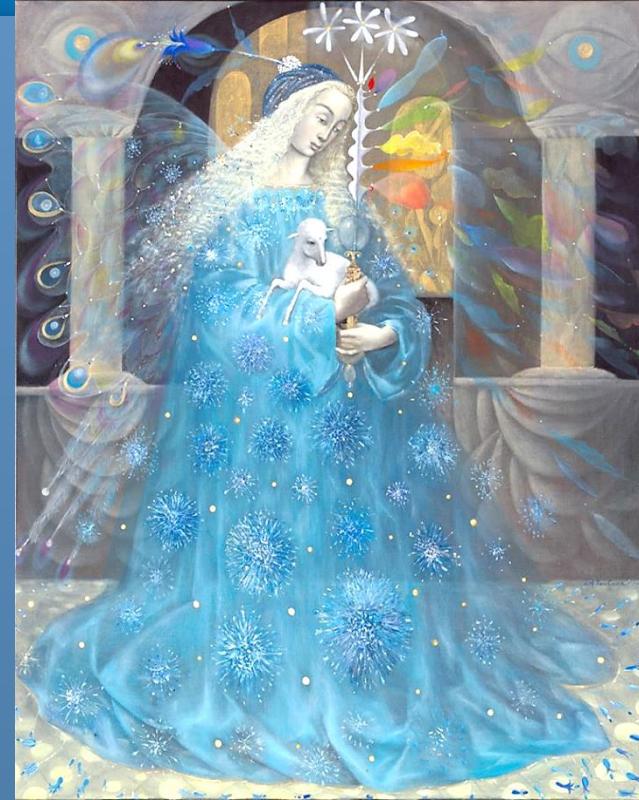
There should pour into our hearts, into our souls, the feeling that: Wisdom is a great thing — that love is still greater; Might is a great thing — that love is yet greater.

And this feeling of the power and force and strength of love should pour into our hearts so strongly that from this Christmas night something may overflow into all our feelings during the rest of the year,

So that we may truthfully say at all times:  
We must really be ashamed,  
if in any hour of the year we do anything that cannot hold good when the spirit gazes into that night in which we would pour the all-power of love into our hearts.

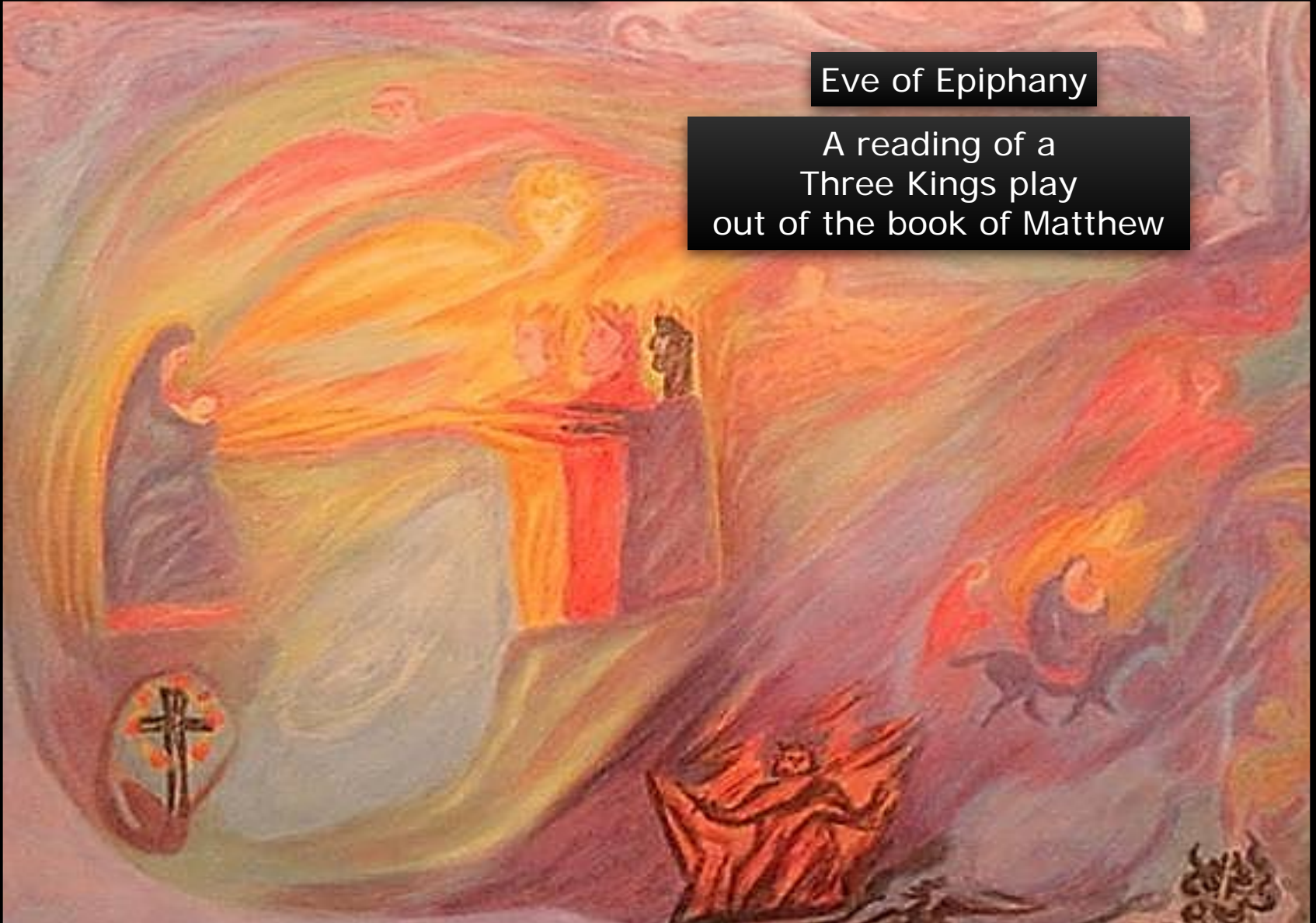
May it be possible for the days and the hours of the year to pass in such a way that we need not be ashamed of them in the light of the feeling that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912



Eve of Epiphany

A reading of a  
Three Kings play  
out of the book of Matthew

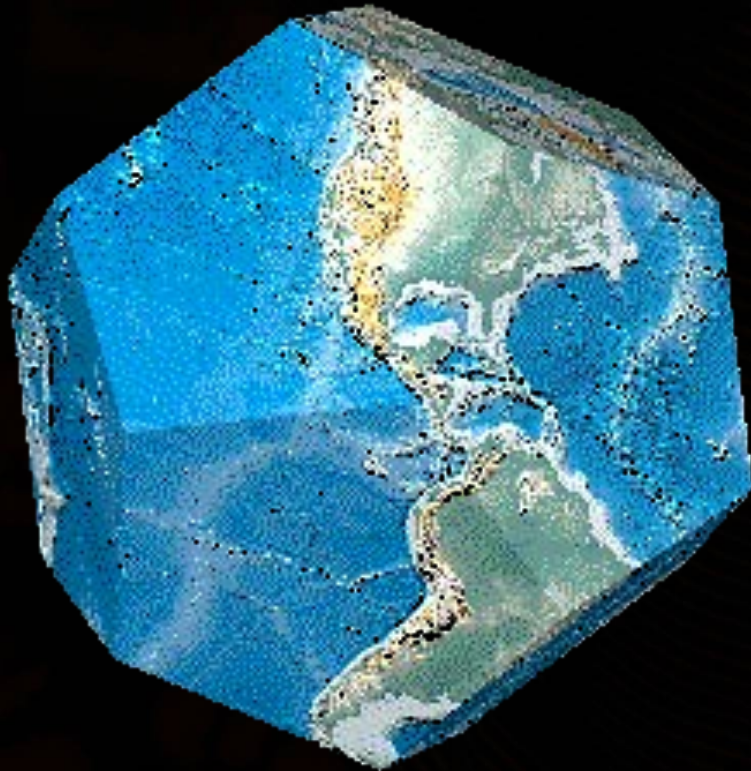


Granstein

20 Sept. 1913



My dear friends, hear it as it resounds in your own hearts!  
Then will you found here a true community of human beings for  
Anthroposophia; and then will you carry the spirit that rules in  
the shining light of thoughts around the dodecahedral Stone of  
love out into the world wherever it should give of its light and  
of its warmth for the progress of human souls, for the progress  
of the universe.



***'May Human Beings Hear It':  
An Online Holy Nights Gathering  
2019-2020***



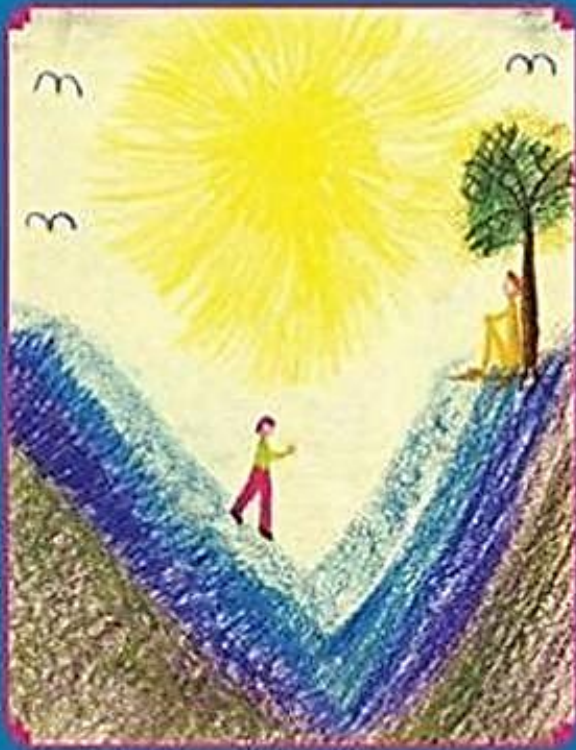
**THANK YOU!**

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg





## Marjorie Spock



## The Art Of Goethean Conversation

"Whence came you hither?"  
asked the golden king.

"Out of the clefts where gold dwells,"  
replied the serpent.

"What is more glorious than gold?"

"Light!"

"What is more quickening than Light?"

"Conversation!"



You live within  
the limbs

For the Father-Spirit  
of The heights  
holds sway

In depths of worlds  
begetting life

You live within the beat  
of heart and lung

For the Christ-will encircling  
us holds sway

In world rhythms, bestowing  
grace upon souls

The Tuesday Rhythm  
of the Foundation Stone Meditation

You live within the  
resting head

For the spirits' world-  
thoughts hold sway

In cosmic being,  
imploring light

The Wednesday Rhythm  
of the Foundation Stone Meditation

Spirit-Recalling

Your own I  
Comes into being  
In the I of God

Spirit-Sensing

Unite your own I  
With the I of the world

Spirit-Beholding

Bestow on your own I  
For free and active  
Willing



## The Thursday Rhythm of the Foundation Stone Meditation

Your own I  
Comes into being  
In the I of God

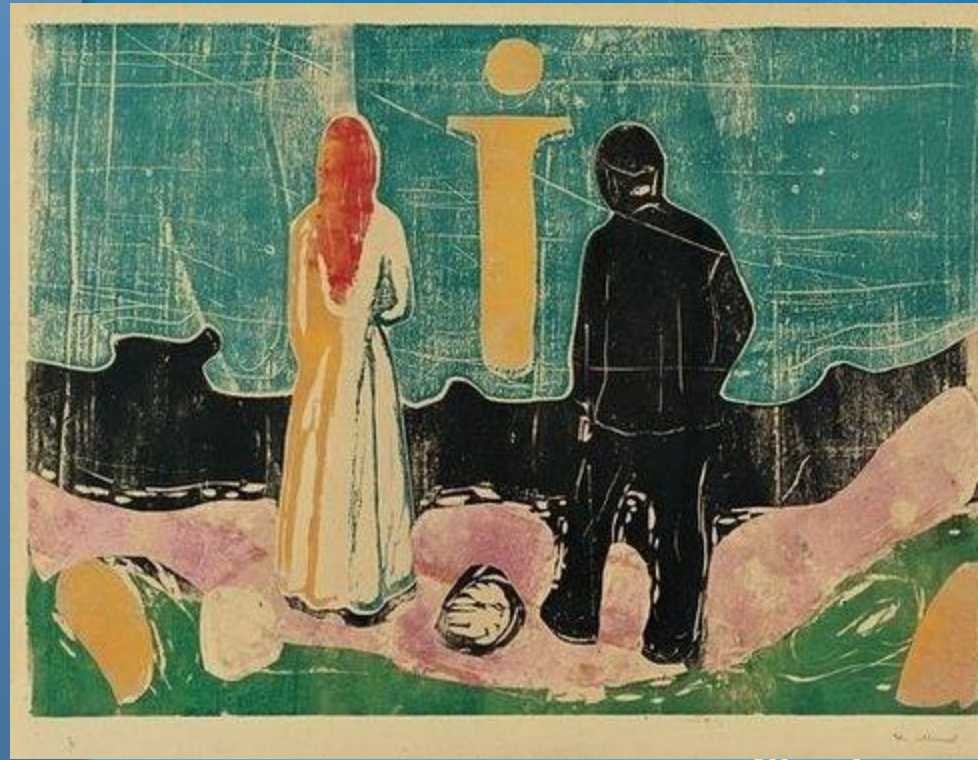
Live  
In human world-all being

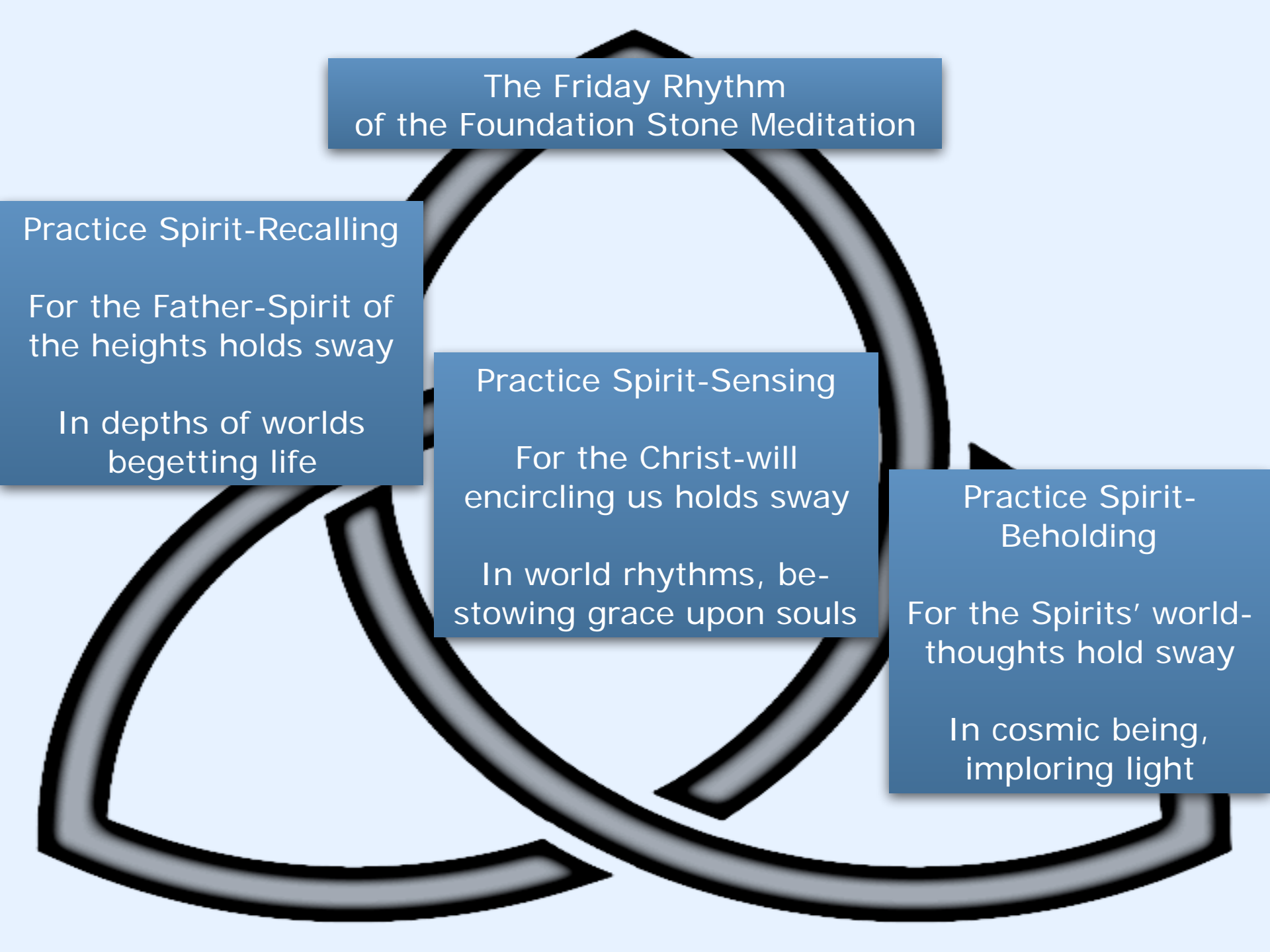
Unite your own I  
With the I of the world

Feel  
In human soul's creating

Bestow on your own I  
For free and active willing

Think  
In human spirit depths





## The Friday Rhythm of the Foundation Stone Meditation

### Practice Spirit-Recalling

For the Father-Spirit of  
the heights holds sway

In depths of worlds  
begetting life

### Practice Spirit-Sensing

For the Christ-will  
encircling us holds sway

In world rhythms, be-  
stowing grace upon souls

### Practice Spirit- Beholding

For the Spirits' world-  
thoughts hold sway

In cosmic being,  
imploping light



## Practice Spirit-Recalling

### Spirits of Strength

Let ring forth from the heights  
What in the depths is echoed

## Practice Spirit-Sensing

### Spirits of Light

Let from the east be enkindled  
What through the west  
takes on form

## Practice Spirit-Beholding

### Spirits of Soul

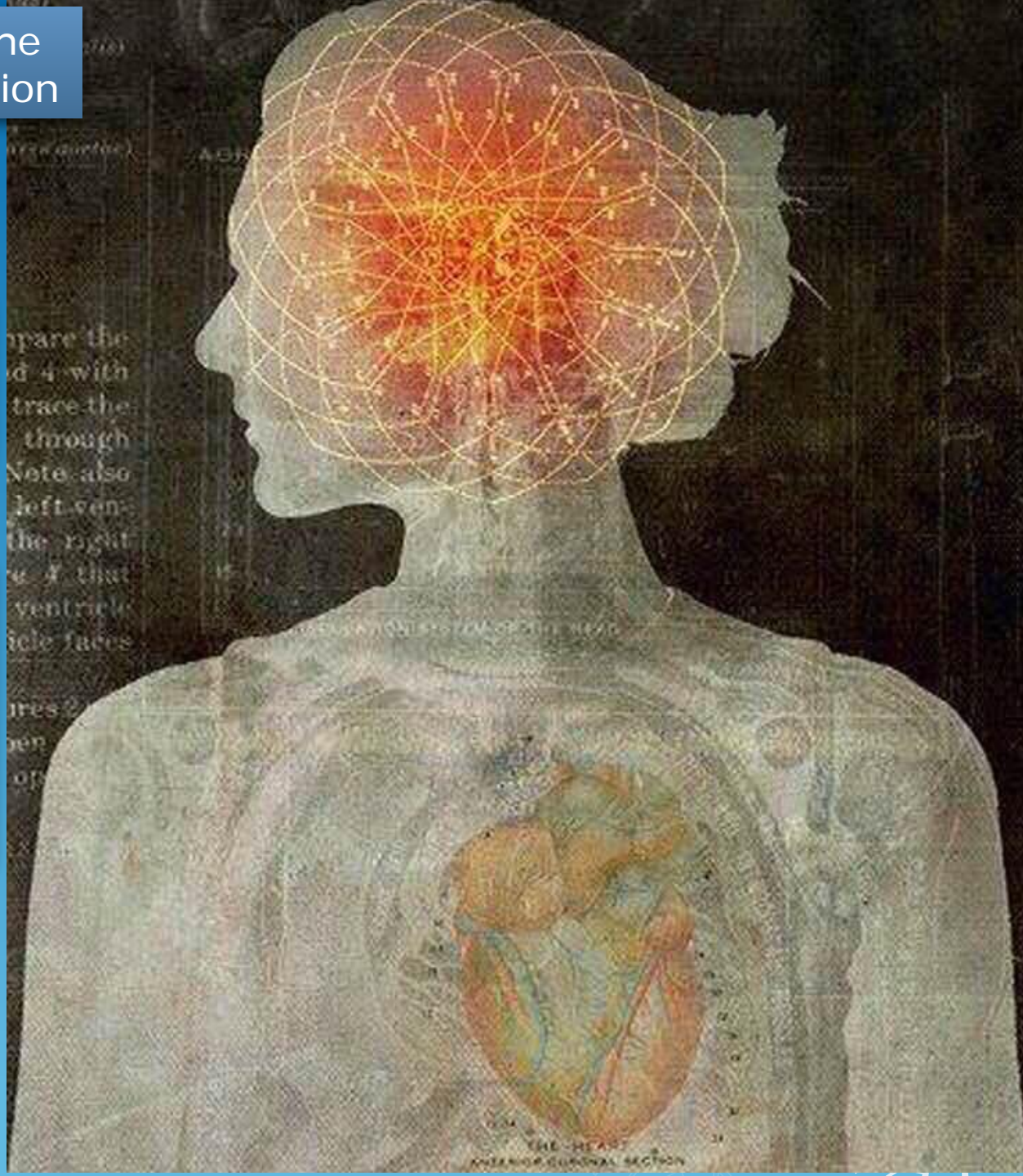
Let from the depths be entreated  
What in the heights will be heard

The Saturday Rhythm of the  
Foundation Stone Meditation

# The Sunday Rhythm of the Foundation Stone Meditation

Practice Spirit-Recalling  
Practice Spirit-Sensing  
Practice Spirit-Beholding

That good may become  
What from our hearts  
    We are founding,  
What from our heads  
    We direct,  
With focused willing.





The Monday Rhythm  
of the Foundation Stone Meditation

Light Divine,  
Christ-Sun!

This is heard by the spirits  
of the elements  
In east, west, north, south:  
May human beings hear it!



Menschenseele!

Du lebst im ruhenden Haupte  
Das dir aus Ewigkeitsgründen  
Die Weltgedanken erschliesst =  
Über Geist - Erschauen  
In Gedanken - Ruhe  
Wo die ewigen Götterziele  
Wellen - Wesens - Licht  
Dem eignen Ich  
Zu freiem Wollen  
Schenken  
Und du wirst wahrhaft denken  
Der Menschen - Geistes - Gründen.

Human Soul!

You live within the resting head  
Which from the grounds of eternity  
Unlocks for you world-thoughts:

Practice spirit-beholding  
In stillness of thought,  
Where the gods' eternal aims  
Bestow the light of cosmic being  
On your own I  
For free and active willing.

And you will truly think  
In human spirit depths.

The 3<sup>rd</sup> Panel of  
The Foundation Stone Meditation  
~ Rudolf Steiner

For the Spirits' world-thoughts  
hold sway  
In cosmic being,  
imploing light.

Spirits of Soul:  
Let from the depths be entreated  
What in the heights will be heard,  
Speaking:  
In the spirit's cosmic thoughts the  
soul awakens.

This is heard by the spirits  
Of the elements  
In east, west, north, south:  
May human beings hear it!

In der Zeitenwende  
Trat das Willen - Geistes - Licht  
In den irdischen Wissensstrom;  
Nacht dunkel hatte ausgewallt  
Taghelles Licht  
Ersahnte in Menschenseelen  
Licht, das erwärmet  
Die armen Hirten <sup>herden</sup> ~~seelen~~  
Licht, das erleuchtet  
Die weisen Königshäupter -



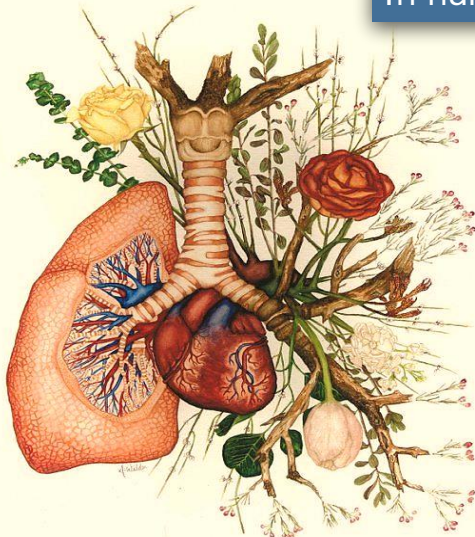
Menschenseele!  
 Du lebst in dem Herzen - Lungen - Schläge  
 Der dich durch den Zeiterrhythmus  
 Ins eigne Seelenwefensfühlen leitet,  
 Übe Geist - Besinnen  
 Im Seelengleichgewichte  
 Wo die wogenden  
 Willen - Werke - Taten

The 2<sup>nd</sup> Panel of  
 The Foundation Stone Meditation  
 ~Rudolf Steiner

Human Soul!  
 You live within the beat  
 of heart and lung  
 Which leads you through  
 the rhythms of time  
 Into the feeling of your own soul being:

Practice spirit-sensing  
 In balance of the soul,  
 Where the surging deeds  
 Of World-evolving  
 Unite your own I  
 With the I of the world;  
 And you will truly feel  
 In human soul's creating.

Das eigne Ich  
<sup>Willen</sup>  
 Durch ~~Wesen~~ - Ich  
 Vereinen  
 Und du wirst wahrhaft fühlen  
 Im Menschen - Seelen - Wirken.



For the Christ-will encircling us holds sway,  
 In world rhythms,  
 Bestowing grace upon souls.  
 Spirits of Light:  
 Let from the east be enkindled  
 What through the west takes on form,  
 Speaking:  
 In Christ death becomes life.

This is heard by the spirits  
 Of the elements  
 In east, west, north, south:  
 May human beings hear it!

The 1<sup>st</sup> Panel of  
The Foundation Stone Meditation  
~ Rudolf Steiner

Menschenseele!  
Du lebst in den Gliedern  
Die dich durch die Räumes welt  
Im Geistesmeereswellen tragen:  
Über Geist - Erinnern  
In Seelentiefen  
Wo in wallendem  
Wellenschöpfer - Sein  
Das eigne Ich  
In Gotter - Ich  
Erwaset  
Und du wirst wahrhafte leben  
Im Menschen - Wellen - Wesen.

Human Soul!

You live within the limbs  
Which bear you through the world of space  
Into the spirits' ocean-being:

Practice spirit-recalling  
In depths of soul,  
Where in the wielding  
World-Creator-Being  
Your own I  
Comes into being  
In the I of God;  
And you will truly live  
In human world-all being.

For the Father-Spirit of the  
heights holds sway  
In depths of worlds begetting life.  
Spirits of Strength:  
Let ring forth from the heights  
What in the depths is echoed,  
Speaking:  
Out of the Godhead we are born.

This is heard by the sprits  
Of the elements  
In east, west, north, south:  
May human beings hear it!



Human Soul!  
You live within the limbs  
Which bear you through  
the world of space  
Into the spirits' ocean-being:

Practice spirit-recalling  
In depths of soul,  
Where in the wielding  
World-Creator-Being  
Your own I  
Comes into being  
In the I of God;  
And you will truly live  
In human world-all being.

For the Father-Spirit of the  
heights holds sway  
In depths of worlds  
begetting life.  
Spirits of Strength:  
Let ring forth from  
the heights  
What in the depths  
is echoed,  
Speaking: Out of the  
Godhead we are born.

This is heard by the sprits  
of the elements  
In east, west, north, south:  
May human beings hear it!

Human Soul!  
You live within the beat  
of heart and lung  
Which leads you through  
The rhythms of time  
Into the feeling of  
your own soul-being:

Practice spirit-sensing  
In balance of the soul,  
Where the surging deeds  
Of World-evolving  
Unite your own I  
With the I of the world;  
And you will truly feel  
In human soul's creating.

For the Christ-will encircling us  
holds sway,  
In world rhythms,  
Bestowing grace upon souls.  
Spirits of Light:  
Let from the east  
be enkindled  
What through the west  
Takes on form,  
Speaking: In Christ death  
becomes life.

This is heard by the spirits  
Of the elements  
In east, west, north, south:  
May human beings hear it!

Human Soul!  
You live within the resting head  
Which from the grounds of  
eternity  
Unlocks for you world-thoughts:

Practice spirit-beholding  
In stillness of thought,  
Where the gods' eternal aims  
Bestow the light of cosmic being  
On your own I  
For free and active willing.  
And you will truly think  
In human spirit depths.

For the Spirits' world-thoughts  
hold sway  
In cosmic being,  
imploing light.  
Spirits of Soul:  
Let from the depths  
be entreated  
What in the heights will be heard,  
Speaking:  
In the spirit's cosmic thoughts  
the soul awakens.

This is heard by the spirits  
Of the elements  
In east, west, north, south:  
May human beings hear it!

Dem es waltet der Vater - Geist der Höhen  
 In den Weltentiefen Sein - erzeugend  
 S. Ch. Th.

Lasset aus den Höhen erklingen  
 Was in den Tiefen das Echo fründet:

Das spricht:

E. D. n.



Das hören die  
 Elementengeister  
 im  
 O. W. N. S.  
 Meuffen mögen es  
 hören.



Göttliches Licht  
 Christus Sonne  
 erwärme unsre Herzen  
 Erleuchte unsre Häupter

Dem es waltet der Christus - Wille im Umkreis  
 In den Wellenrhythmen Seelen - begnadend  
 F. Ch.

Lasset vom Osten befeuern

Was durch den Westen hin gestaltet:

Das spricht:

J. Ch. M.



At the turning point of time  
 The Spirit-light of the world  
 Entered the stream of earth  
 existence.

Darkness of night  
 Had ceased its reign;  
 Day-radiant light  
 Shone forth in human souls:

Light  
 That gives warmth  
 To simple shepherds' hearts;

Light  
 That enlightens  
 The wise heads of kings.

Light divine,  
 Christ-Sun,

Warm  
 Our hearts;

Enlighten  
 Our heads;

That good may become

What from our hearts  
 We are founding,

What from our heads  
 We direct,

With focused willing.

Was gut wurde  
 Was wir aus Herzen  
 gründen  
 aus Häuptern  
 zielvoll führen wollen.

The 4<sup>th</sup> Panel of  
 The Foundation Stone Meditation  
 ~Rudolf Steiner

