

The human being is a bridge  
Between the past  
And future existence;  
The present is a moment;  
Moment as bridge.  
Spirit grown to soul  
In matter's husk  
Comes from the past;  
Soul growing to spirit  
As seed encased  
Journeys towards the future.  
Grasp future things  
Through past ones,  
Hope for evolving things  
Through what has evolved.  
So grasp existence  
In evolving growth;  
So grasp what will be  
In what exists.

Dec 21, 1920

*Rudolf Steiner (for Ita Wegman)*