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)