



Dates from Easter 2024 - Easter 2025
VERSES 1 - 52

March 31, 2024:	#1 Easter Mood	October 6:	#26
April 7:	#2	October 13:	#27
April 14:	#3	October 20:	#28
April 21:	#4	October 27:	#29
April 28:	#5 Light	November 3:	#30
May 5:	#6	November 10:	#31 Light
May 12:	#7 Lucifer	November 24:	#32 Ahriman
May 19:	#8 Whitsun	December 1:	#34
May 26:	#9	December 8:	#35
June 2:	#10	December 15:	#36
June 9:	#11	December 22:	#37 38 Christmas Mood
June 16:	#11 12	December 29:	#39
June 23:	#12 St John's Mood	January 5:	#40 Epiphany
June 30:	#13	January 12:	#40 41
July 7:	#14	January 19:	#41
July 14:	#15	January 26:	#42
July 21:	#16	February 2:	#43
July 28:	#17	February 16:	#44
August 4:	#18	February 23:	#45
August 11:	#19	March 2:	#46 Ahriman
August 18:	#20 Lucifer	March 9:	#47
August 25:	#21	March 16:	#48 Light
September 1:	#22 Light	March 23:	#49
September 8:	#23	March 30:	#50
September 15:	#24	April 6:	#51
September 22:	#24 25	April 13:	#52 Palm Sunday
September 29:	#25 Michaelmas mood	April 20:	#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. They begin with verse number one on Easter Sunday and continue through until the following Easter. Since the celebration of Easter shifts cosmically every year, an adjustment becomes necessary.

The dates presented here are based on the practice of meditating a new verse each week, Sunday through Saturday. This is the same formula 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 (March 31, 2024) to the next Easter (April 20, 2025). We also want to keep the major Christian festivals and observances in sync with their corresponding verses ("moods").

Rudolf Steiner composed 52 verses, but there 55 weeks between the current Easters. The proposed adjustments appear at St. John's, Michaelmas, Christmas, Epiphany and just before the start of Lent.

The "Calendar of the Soul" incorporates the annual cycles of nature, the activity of the senses, the influences of Lucifer and Ahriman, the cultivation of one's inner life and much more. The verses can also be studied in relation to the planets and zodiac. It is especially fruitful to explore the polarities as well, starting with verses 52 and 1, and continuing on with 2/51, 3/50, etc. We come to treasure the anthroposophical Calendar as an essential tool for nurturing the soul on our pathway to self-knowledge.

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Image from the original Calendar of the Soul Published for the year 1912 | 1913