



# Rudolf Steiner's Calendar of the Soul

## Dates from Easter 2021 to Easter 2022

April 4, 2021: #1  
Easter Mood

April 11: #2

April 18: #3

April 25: #4

May 2: #5 ~ Light from Spirit Depths

May 9: #6  
Light from Spirit Depths ~ Oct. 31: #31

May 16: #7 ~ Luciferic Threat

May 23: #8 ~ Whitsun  
Ahrimanic Deception ~ Nov. 14: #33

May 30: #9

June 6: #10  
Advent ~ Nov. 28: #35

June 13: #11

June 20: #12 ~ St. John's Mood

June 27: #13  
Christmas Mood ~ Dec. 19: #38

July 4: #14  
Dec. 26: verses #38/39

July 11: #15

July 18: #16

July 25: #17

Aug. 1: #18

Aug. 8: #19

Aug. 15: #20 ~ Luciferic Temptation

Aug. 22: #21

Aug. 29: #22 ~ Light from Cosmic Widths

Sept. 5: #23  
Ahrimanic Threat ~ Lent ~ Feb. 27: #46

Sept. 12: #24

Sept. 19: #25  
Light from Cosmic Heights ~ Mar. 13: #48

**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 astronomically every year, the dates of the verses must also be adjusted. The dates listed here for 2021-2022 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 4, 2021) and continue in harmony with the seven day astral rhythm of the soul to the next Easter (April 17, 2022).

The rule for setting the cosmic date of Easter creates the opportunity to re-chart the yearly course through the Soul Calendar. Rudolf Steiner composed 52 verses, but there are 54 weeks between Easter 2021 and Easter 2022. The guiding principle 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 adjustment occurs just after Christmas, 2021 and again just before Lent, 2022.

The Calendar of the Soul incorporates the metamorphosis of the archetypal plant, the changing seasons, the alternating moods of one's inner life and the influences of Lucifer and Ahriman. The verses are also studied in relation to the planets and zodiac. It is especially fruitful to recognize the polarities as well, starting with the complete 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