Introduction to the Calendar of the Soul Contents

P	ref	fa	ce

The Origin of the Calendar

The Structure of the Calendar

The Seasons' and Mid-Seasons' Quadrants

Chapter 1: The Rhythm of the Year: Inbreathing and Outbreathing

The Yearly Rhythms of the Earth and Their Relation to the Ethers

The Breathing of the Ethers

The In-breathing and Out-breathing of the Earth

A Synopsis

Chapter 2: Summer and Winter; Boding/Intuition and Thinking

Boding/Intuition

Thinking

Feeling in Relation to Intuition/Boding and Thinking

Cosmic thinking

Cosmic Word

Steiner's Life in Relation to Thinking and Intuition

Chapter 3: Cosmic Life, Cosmic Light and Cosmic Warmth

Moving through the Ethers

Transformation of the Ethers

Cosmic Life, Cosmic Light and Cosmic Warmth

The Verses of Cross 7: Looking Backward and Forward

The Calendar of the Soul Year in Relation to the Natural Year

The Turning Points of the Threshold Verses

Experience of the Self through the Year

Chapter 4: Summer Solstice Themes

The Saint John Imagination

Beauty

Surrender and Losing of Self

Intuition and Voices in the Mid-Summer Quadrant

Cosmic Word

Spring and Summer: Letting Go, Letting Come and Letting Grow

What St John Requests of Us

Chapter 5: Winter Solstice Themes

The Christmas Imagination

Hope

Meaning of Life, Destiny and Deeds

Heart, Warmth and Love

Cosmic Word and Spirit Birth

Cosmic Word in the Cosmos and in the Human Being

Chapter 6: Equinoxes Themes

Michaelmas as Easter in the Fall

I Spring and Easter

The Easter Imagination

Cosmic Life

Memory

Voices in the Spring Verses

II Fall and Michaelmas

The Michaelmas Imagination

Sleeping, Waking

Will, Strength, Power

Summer of the Soul

Chapter 7: The Mid-season Quadrants in Review

Dream, Sleep, Memory and Self-engendered Will

Quadrants and Soul Faculties

The Calendar of the Soul in Relation to the Practices of the Foundation Stone Meditation

The Calendar of the Soul in Review

Appendix 1: The Sequence of the Verses: Themes and Transitions

Appendix 2: Monthly Virtues in Relation to the Calendar Verses

Appendix 3: Calendar of the Soul, Festivals, Equinoxes and Solstices

Appendix 4: Monthly Virtues in Relation to the Calendar Verses

Appendix 5: Notes on the Crosses of the Calendar of the Soul

Appendix 6: The Calendar of the Soul in Relation to the Practices of the Foundation Stone Meditation

On the website but not in the book:

Appendices 7: Light and Darkness in the Crosses 1 to 5

Appendix 8: Nature Consciousness, Self Consciousness and the Four Soul Qualities

Appendix 9: The Paths of Reconnection and Initiation in the Calendar of the Soul

Appendix 10: Calendar of the Soul Transitions at Cardinal Holidays and Warning Verses

Appendix 11: Integration of the Soul Forces in the Two Halves of the Year