



Weekly Meditations: Rudolf Steiner's Calendar of the Soul with Accompanying Reflections

Rudolf Steiner, Patsy Scala

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When asked how one might find a way into Christianity, the Benedictine monk Brother David Steindl-Rast advised, “Meditate the sacred year.” In the same vein, when asked what a lifetime’s study of Anthroposophy had given him, the English philosopher Owen Barfield replied, “I now have some idea of the reality of the living year.” For readers who like to chew meditatively on poetry, *Weekly Meditations* will put them firmly on the path to realizing both of these great realities.

Rudolf Steiner’s weekly verses allow attentive readers to follow the course of the year in body, soul, and spirit. In addition, from the perspective of one who has sought to live inwardly with the sacred, living year, Patsy Scala’s poetic reflections, which arose from her deep practice of the verses, provide an accessible and complementary guide to one’s daily practice.

Weekly Meditations is a book to keep handy and reread throughout the seasons of the year.

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