



Meditations given by Rudolf Steiner

In the event of restlessness, anxiety, fear

I bear calm within myself,
I bear within myself
The forces which strengthen me.
I want to fill myself
With the warmth of these forces,
I want to pervade myself
With the power of my will.
And I want to feel
How calm spreads
Through all my being
When I strengthen myself
To find calm as
The force within me
Through the power of my striving.

GA 268

To care for breathing and warmth, overcoming external isolation through the spiritual relationship with the world:

In my heart
Shines the power of the sun
In my soul
The warmth of the world is at work.
I want to breath
The power of the sun
I want to feel
The warmth of the world.
Let the power of the sun fill me
Let the warmth of the world penetrate me.

GA 268

Care of the relationship with light and the sun

When I look into the sun
Its light tells me radiantly
Of the spirit which mercifully
Prevails through cosmic beings.

Sun, bearer of radiance,
The power of your light in matter
Conjures life out of the boundless riches
Of the depths of the earth.

When I feel into my heart,
The spirit speaks its own words
Of the person whom it
Loves through all time and eternity.

Heart, bearer of the soul,
The power of your light in the spirit
Conjures life out of the human being's
Boundlessly deep inwardness.

I can see, in looking upwards,
In the sun's bright sphere
The mighty cosmic heart.

I can feel, looking inwards,
In the heart's warm life:
The ensouled sun of human beings.