Human soul!

Thou livest in the limbs;

Which bear thee through the world of space Into the ocean of spirit-being:

*Practice spirit-recalling**

In depths of soul,

Where by prevailing,

World-creative-being

Thine own "I"

Is forming

Within the "I of God;"

And thou will wilt truly live

In human world existence.

Human soul!

Thou livest in the beat of heart and lungs; Which lead thee through time's rhythm Into the feeling of thine own soul-being:

*Practice spirit-reflecting**

In equanimity of soul,
Where by the surging
Acts of world-becoming
Thine own "I"

Thine own "I"
Is united

With the "I of the world"

And thou wilt truly **feel**In human weaving of souls.

Human soul!

Thou livest in the resting head; Which from the ground of eternity Unlocks for thee world-thoughts:

Practice spirit-seeing*

In stillness of thought,

Where by the eternal aims of gods

Light of world being

To thine own "I"

Is granted

For your free willing;

And thou wilt truly **think**

In human spirit grounds.

Ancient Saturn

Physical Body – Will Metabolic System – Limbs – Space

* The verb is *erinnern*: remember, remind, recall

Ancient Sun

Ether Body – Feeling Rhythmic System – Heart and Lungs – Time

* The verb is *besinnen*: reflect upon, contemplate, ponder, consider

Ancient Moon

Astral Body – Thinking Head System – Mind – Eternity

* The verb is *erschauen*: see, behold, perceive

For there reigns	For there reigns the will of Christ	For there reign	
The Father-Spirit of the heights	All around us in cosmic rhythms	The cosmic thoughts of the Spirit	
In cosmic depths creating existence	Bestowing grace upon souls.	In cosmic being light imploring.	
Ye Spirits of Strength:	Ye Spirits of Light:	Ye Spirits of Soul:	
Seraphim, Cherubim, Thrones*	Kyriotetes, Dynamis, Exusiai*	Archai, Archangeloi, Angeloi*	
Let from the heights ring forth	Let from the East be enkindled	Let from the depths be asked	
What in the depths finds its echo;	What through the West takes on form;	What in the heights will be heard,	
Speaking: Ex deo nascimur.**	Speaking: In christo morimur.**	Speaking: Per spiritum sanctum reviviscimus.**	
Thus hear it the elementary spirits	Thus hear it the elementary spirits	Thus hear it the elementary spirits	
In the East, West, North, South:	in the East, West, North, South:	in the East, West, North, South:	
May human beings hear it!	May human beings hear it!	May human beings hear it!	
		Future Jupiter Spiritual Self – Holy Spirit Third Hierarchy – Resurrection	
Future Vulcan Man-Spirit – Father First Hierarchy – Birth	Future Venus Vital Spirit – Son Second Hierarchy – Death	Spiritual Self – Holy Spirit	
Man-Spirit – Father	Vital Spirit – Son	Spiritual Self – Holy Spirit	

At the turning point of time The Spirit-light of the world Entered the stream of earth existence	Light divine, Christ-Sun, Warm our hearts;	Enlighten our heads, That good may become What from our hearts We are founding,	What from our heads We shall guide With focused will.
Night darkness Had reached its power's end;			
Light, bright as day, Rayed forth in human souls;			
Light, that gives warmth To simple shepherd's hearts;			
Light, that enlightens The wise heads of kings;			
Present Earth I – Christ Shepherds – Three Kings Mystery of Golgotha	Holy Spirit Sentient Soul	Son Rational Soul	Father Consciousness Soul