

Whoever knows that he lives in the sun need not regard the goal of his spiritual journey as a distant foreign land, rather it is a question of opening those organs which allow him to perceive what already surrounds him."

The Sun, Georg Blattmann

"In my youth I regarded the Universe as in open book, printed in the language of physical equations, whereas now it appears to me as a text written in invisible ink, of which, in our rare moments of grace, we are able to decipher a small fragment!"

Arthur Koestler

CHAPTER VIII

Concluding Thoughts

Fifteen years ago, a young college student wrestled with the problem of good and evil.

The way of the Psalmist which he explored led from the expectation of manifest changes in the world to a more personal solution: "The happiness of the man whose way is known by God; there is no greater happiness than this..."

The thoughts with which he then struggled one year later became life necessity to him.

An unexpected, sudden change of consciousness inaugurated a path which he has pursued for the following fifteen years.

"...Makarie could describe all the movements of the heavenly bodies without observing them through a telescope, because she had, in the etheric circulation of her blood, an exact reflection of the movements of the heavens. She knew about the constellations on high because she bore them in her own being because her being could afford space to the cosmic world, because it was not filled with experiences which had so long resisted cosmic revelations that the whole personality was full of egoistic joys and pains. It was because Makarie was so empty, so poor, that she was able to know more of the heavens than is usually possible for Man. Makarie is actually the promise made real of the first Beatitude in the Sermon on the Mount (c.f., St. Matthew V) - the promise in which Christ Jesus declares the fundamental condition of membership with the "makarioi" ("blessed" my addition) to be emptiness, inner poverty, spiritual beggary..."

Anthroposophical Studies of the New Testament,
Chapter III, p. 5, Valentin Tomberg

In the I previous pages lie has tried to share some of the fruits of that path which was inaugurated by some mysterious alchemy years ago. Were it not for that alchemy that "gracious helping hand," that elemental blush of shame, the words of Brother Giles:

"If a man were to live a thousand years and not have anything to do outside himself, he would have enough to do within, in his own heart."

might still not have touched his heart.

Novalis wrote: "Becoming human is an art."

My own experience has led me to feel that I had first to work at understanding myself, before I could wisely work at "the art of becoming human."

Through this developing work at the art of becoming human I came to discover the truth of St. Paul's words:

"I find then a law, that when I would do good, evil is present with me. For I delight in the law of God after the inward man: But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members..."
(Romans VII 21-23)

In this book I have tried to offer some of the fruits of my own experience, as a modern human being, of the struggle which St. Paul describes above. I hope that this work can make a contribution towards clarifying some of these difficult questions. I believe a more comprehensive picture can emerge as I carry these explorations further in later work.

If the reader remembers the story of Alanus ab Insulis and the child recounted in the introduction I should understand that to consider this work final or definitive would necessarily call forth within the child of the story in me the response: "that I can as little lecture on the problem and solution to the problem of good and evil as he (or I) can empty the Seine with our pail."

Rather I would say that just as I cannot empty the Seine with a bucket, I also cannot contain the living spirituality of the cosmos and man in a book.

Nevertheless, it is my hope that these previous words (my emptying the Seine of the oil and the sand) will serve as clarification and encouragement to those readers whose life's destiny or conscious choice has led them to some of the questions and experiences which it has been the aim of this book to explore.

Let me end these reflections with the words of the first Beatitude: "Blessed are the beggars for the spirit, for theirs is the Kingdom of Heaven."

**Harlemville, New York
Christmas 1985 - Easter 1986**

APPENDIX A (p.12)

"Regarding the distinction between Constellations and Signs, Willi O. Sucher gives the following guidance.

To understand the concept 'Sign' one may look at the 'apparent' orbit of the Sun in the course of one year. This is relatively close to the Earth and all the planets move with mostly small aberrations on the plane, the Ecliptic, which is indicated by the Sun-orbit. We divide this Sun-circle into twelve parts of equal 30° angles, starting from the point where the Sun appears to stand at the Spring Equinox, 20/21 March of each year...

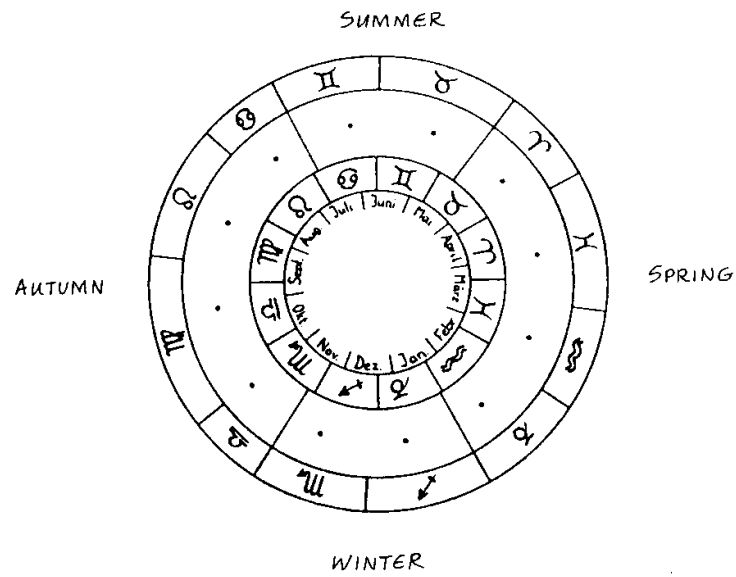
Apart from this Sun-circle, we see deep in cosmic space the actual Zodiac configurations (Constellations) made or depicted by the fixed stars. They appear also to stand at the outer fringe of the plane made by the yearly Sun-orbit...

At present the two circles do not coincide. Today we see, beyond 0° of the Sign of Aries (Ram) where the Sun appears to stand on 20/21 March, the fixed stars belonging to the Constellation Pisces (Fishes). And in future, the two, Ecliptic Signs and fixed star Constellations will come more and more apart. This is caused by the so-called Precession of the Vernal Equinox; that is, with regard to the position of 20/21 March, the Sun falls back every year circa 50 minutes of arc in relationship to the fixed star Zodiac."

From Europe, A Cosmic Picture, p. 31

Footnote, Maria Schindler

Following is a simple pictorial representation of the two zodiacal circles, that of the signs (tropical) and the constellations (sidereal). The signs stand inside, the constellations outside in the following picture. (After G. Wachsmuth, Kosmische Aspekt Von Geburt Und Tod, p. 21)



This distinction will be explored in greater length in the "scientific" chapters of the book (Chapters III, IV, V)

APPENDIX 1 (p. 27)

Rudolf Steiner's concept and varied descriptions of the etheric body both help me to understand aspects of my own experience over the years as well as, in other regards, remains elusive and obscure to me. Inasmuch as the above cited remarks seem to truly name some of the experiences I have had during my years of investigation I have quoted them as a means of further clarification as to the content which will follow. Nevertheless it would be misleading of me to suggest that I am certain that what I will be describing in the following pages of this book are experiences confined solely to that region to which he gives the name etheric. Given that the fundamental intention of this book is practical, I suggest to the reader that he turn his attention to his own experiences, rather than try to fit his experiences into my or Rudolf Steiner's remarks about them. To the degree that his or my reflections are helpful in clarifying his own experiences, of course they could be used. Yet I warn him against a tendency which I have had to personally combat (I warn also myself) for some years. This is the inclination to understand my experiences of more subtle aspects of life in the context of other's characterizations of them, rather than simply try to penetrate with my own understanding as to their actual nature. This is certainly not to say that other's explorations cannot be helpful in guiding my own, as well as helping me understand my own. Nevertheless, at least for myself, they are not helpful if I succumb to the temptation to have them replace my own or overrule my own patient will for the painstaking investigation necessary for me to come to my own conclusions and judgements about what I am considering.

With these remarks in mind I would now like to quote some more observations on the "etheric body" by Rudolf Steiner. Given that this term has been used in Rudolf Steiner's remarks and that of Valentin Tomberg in the earlier quote, it seems necessary to at least introduce some sense of its meaning for the reader not to feel at this early juncture rightly concerned with my use of terminology which is left unexplained. I have tried to keep such terminology to a minimum in this book. Whenever it is introduced I will explain its meaning as far as it is necessary to clarify it within the context of this work. This will either be done in the footnotes at the bottom of the page, or when longer explanations are necessary, in the Appendices at the back of the book.

"The main thing is that the moment you feel this second man within you (etheric man, my note), supra-terrestrial things begin to concern you in the way only terrestrial things did before.

... we learn to know what the rays of the sun, the light of the moon and the twinkling of the stars around the earth are to us. Gradually we attain one possible way of thinking of the spatial environment of the earth in relation to our "second man" as we formerly thought of our first (physical) body in relation to its

physical environment. And now we say to ourselves: what you bear within you as muscles, bones, lung, liver, etc., is connected with the cabbage, the pheasant, etc., out there in the world. But the "second man" of whom you have become conscious, through strengthening your thinking (see previous pages), is connected with the sun and the moon and all the twinkling stars with the spatial environment of the earth...

... We learn to esteem ourselves inhabitants of the world of stars as we formerly considered ourselves inhabitants of the earth. Hitherto we did not realise that we dwell in the world of the stars; for a science which does not go as far to strengthen man's thinking cannot make him conscious of his connection, through a second man, with the spatial environment of the earth - a connection similar to that between his physical body and the physical earth But, in actual fact, from a mere citizen of the earth man becomes a citizen of the universe when he strengthens his thinking in the above way...

... If you stand on the earth you see what is physical and connected with your physical man. If you strengthen your thinking the supra-terrestrial spatial world begins to concern you and the second man you have discovered - just as the earthly, physical world concerned you before. And, as you ascribe the origin of your physical body to the physical earth, you now ascribe your "second existence" to the cosmic ether through whose activities earthly things become visible. From your own experience you can now speak of having a physical body and an etheric body. You see, merely to systematize and think of man as composed of various members gives no real knowledge. We only attain real insight into these things by regarding the complete metamorphosis of consciousness that results from really discovering such a second man within ... I stretch out my physical arm and my physical hand takes hold of an objective. I feel, in a sense, the flowing force in this action. Through strengthening my thought I come to feel that it is inwardly mobile and now induces a kind of touching within me - a touching that also takes place in an organism; this is the etheric organism; that finer, supersensible organism which exists no less than the physical organism, though it is connected with the supra-terrestrial, not the terrestrial...

Anthroposophy, : An Introduction
Chapter IV, Rudolf Steiner

I hope these excerpts will give the reader unfamiliar with the terms, etheric world or etheric body a sufficient sense of those regions of experience towards which they point for him not to feel confused in meeting them before he has made some of his own investigations whereby he can more clearly understand their meaning.

Finally, the reader should understand - in the context of this discussion that my quote from Mr. Tomberg in which he speaks of Christ's appearance in the etheric can be considered as suggesting that Christ can be experienced in that world, some characteristics of which have here been cited.

Although an explicit discussion of these questions is beyond the scope of this book, it is certainly present implicitly within it. I suggest to the interested reader that he look further at the work of Rudolf Steiner and some of his students for a more complete presentation of their own research in these spheres.

APPENDIX 11 (p. 29)

The reader might find it valuable to look at Aristotle's "Ethics" in which there is a lengthy discussion of the question of Virtue as a mean between "excess" and "defect." Some of the names he gives in his categorization of various Virtues standing between "excesses" and "defects" are as follows:

DEFECT	MEAN	EXCESS
Fear	Courage	Rashness
Cowardice	Confidence	Fearlessness
Insensibility	Temperance	Self-indulgence
Meanness	Liberality	Prodigality
Niggardliness	Magnanimity	Vulgarity
Undue Humility	Proper Pride	Empty Vanity
Inirascibility	Good Temper	Irascibility
Mock-modesty	truthfulness	Boastfulness
Boorishness	Ready-witted	Buffoonery
Quarrelsome	Friendliness	Flattery
Surly		Obsequiousness
Bashful	Modest	Shameless
Unambitious	Right Ambition	Ambitious

APPENDIX III (p.199)

After I had spent many hours making the charts in the following three chapters accurate to the hour of the day I discovered that the correspondence between particular dates and exact degrees varied somewhat from year to year. Consequently I have depicted the changes only to the degree of accuracy of the day in the case of the calendar year, but exactly accurate in respect of the corresponding degrees of the tropical zodiac. Although I feel confident that I have actually succeeded in discerning the exact transitional periods in both the tropical and sidereal zodiacs to the degree, lily scientific conservatism inclines me to suggest that in each case the reader should allow for a margin of error of a degree before or after the degrees stated in trying to determine exact time changes. In these cases a portion of a degree can mean anywhere up to twenty four hours in that it takes the sun or earth about twenty four hours to move through 10 of the tropical zodiac. I would suggest that the reader start at lily exactly designated degrees and if lie discovers uncertainty about their accuracy he should slowly work his way - before or after - from them until he conies to that point where his inner observation seems consonant with the objective cosmic phenomena. To avoid misunderstanding I will say that I am - in the spirit of scientific considerations - eighty-five percent certain of the exact accuracy of my suggestions - eighty-five percent going on ninety-nine per cent.

For those readers familiar with astrological or astronomical ephemerides such conversions necessary to determine exact transitional times should not be difficult. For the sake of those readers unfamiliar with these conversions I will give an example for calculating these tropical changes so that they will be able to calculate exact hourly changes for themselves. In that the exact times of transition are perhaps the best times to experience the changing qualities as one region of experience gives way to another I think it could be valuable for the interested reader to know how to calculate these changes for himself.

If we look at the Table oil pages 200,201 we notice that a change occurs in the tropical regions moving from ♈ to ♋ on June 21. This corresponds to the sun moving into the 0⁰ ♋ region in the tropical zodiac. If we look at the ephemeris for June 21, 1986 (EST) we notice that at 7 a.m. the sun stands at 290 49' 14" ♈. At 7 a.m. on June 22, 1986 the sun stands at 0⁰ ♋ 46' 27". That is to say in 24 hours the sun moves about 57' or approximately 2' 23" per flour. Given that at 7 a.m. on June 21, 1986 (EST) the sun stands at 29⁰ 49' 14" (♈) it is 10' 46" shy of 0⁰ ♋. It would take the still 2' 23" - 10' 46" or about five hours to cover that distance. This would mean that at about 12 Noon (EST) or 1 p.m. (DST) on June 21, 1986 the sun enters the sign of Cancer (♋).

This is the means whereby all the other transitions can be calculated within the hours of the given dates. There will be certain days when the transition takes place late in the evening on the date previous to

the one given. In such cases the reader can work backwards and subtract the time that at 7 a.m. on the ephemeris the sidereal time has gone past the actual transition point. This would, of course, be different for ephemerides' for Midnight, Greenwich England time, corresponding to 7 p.m. EST.

I have calculated for the reader hourly time changes for 1986. These are given in Appendix X. He could work some of these out for this year and compare his calculation with what I have there presented.

1 Ephemerides are sets of tables giving the positions for the celestial bodies for the various days of a year. There are ephemerides for -a single year, five years, ten years, 100 years. Many bookstores carrying occult titles should have them. Neil Michelson's American Ephemeris 1900-2000 is a good, economical one.

APPENDIX IV (p. 209)

In order for the reader to move from the Table on page 210 to exact times of transition for the sun's motion from one constellation region to another we must do the following. Let us take for this example the transition from the constellation region of Υ which according to the above chart ends at June 19 and enters the constellation region of Υ , also stated as beginning at June 19. Looking at the column for corresponding (tropical) degrees we find that the constellation of Gemini begins at 28° . We then need to discover exactly when the sun moves across 28° in the tropical zodiac.

Looking at the ephemeris we find that at 7 a.m on June 19th the sun is at $27^{\circ} 54' 45''$ Gemini, During the next 24 hours it moves through $57' 15''$ or about $2' 23''$ per hour. $27^{\circ} 54' 45''$ is $05' 15''$ shy of $28^{\circ} 11'$. It would take the sun about two and one half hours to move through $05' 15''$ to $28^{\circ} 11'$ so on June 19th the sun will stand at $28^{\circ} 11'$ at about 9:30 a.m (EST) or 10:30 a.m. (DST. This, in principle, will hold for all the other transitional calculations remembering that although the degrees of the tropical zodiac are exact the dates are only approximately accurate.

APPENDIX V (p. 214)

If the reader looks at the chart on pages 218-220 he will find the simultaneously present sidereal and tropical regions listed in relation to the dates when they are being passed through by the sun. In order for him to calculate the transitions to within hourly accuracy it is necessary to look to the previous Tables on pages 200-201 and 210 where the same information is listed separately including the corresponding tropical degrees in relation to which the sun is standing at any given time.

If we look at the entry for June 19th we find the tropical sign standing in relation to 11 of the zodiac and the constellation standing in relation to 11 of the sidereal zodiac. If we turn back to pages 200, 201 we find that June 19 falls between the region of June 11 -June 21, the corresponding sign for which is 11. Looking at the charts on page 210 we find 11 to be listed as starting on June 19 at 28^0 11 of the tropical zodiac. To determine exactly when the change occurs for the sidereal sun moving from Υ to Υ ---> 11 we must calculate the exact time when the tropical sun moves into 28^0 11. The calculations for this are the same as were given in Appendix 11. The sun enters the constellation of Gemini at about 9:30 a.m. (EST) and 10:30 a.m. (DST).

If we move to the next entry we find the change occurring in the tropical zodiac (Υ to Υ) as compared with the previous change taking place in the sidereal zodiac (Υ to Υ) In order to calculate the exact hour of transition we note that the date of the change listed in the right hand column is June 21. Looking at the ephemeris we find the calculations to be the same as in the example given in Appendix 1 telling us that the sun enters the sign of Cancer (Υ) at about 12 Noon (EST), 1 p.m. (DST) on June 21. This method of calculation will follow for the entire chart. The reader must first see whether it is the sign/tropical or constellation/sidereal sector which has changed at any given entry and then refer to the appropriate Tables to find the corresponding Tropical degrees. Looking at the ephemeris one must calculate the exact time when the tropical or sidereal sun is passing the degree corresponding to the date given.

APPENDIX VI (p. 223)

In order to determine the time that the moon is leaving one region and entering the next one the reader must look at the ephemerides entry for the column of the moon (☾). Taking as an example the placement of the moon on June 21, 1986 at 7 a.m. (EST) we find that it is standing at 20^0 27' 47" ♊ in the Tropical zodiac. If we look to the chart on page 224 we see that when the moon is at 20^0 it stands between $18 \text{ } \text{♊}$ 28 - $28 \text{ } \text{♊}$ corresponding to its motion through the sidereal region of ♊ .

To find out when the moon moves into the next region of we must determine when the moon stands at $28^0 \text{ } \text{♊}$ the starting point of that constellation region. At 7 a.m. EST on June 21, 1986 the moon

stands at $20^{\circ} 27' 47''$. The following day, June 22 at 7 a.m. the moon stands at $50^{\circ} 42' 02''$. During the course of these 24 hours the moon has moved $150^{\circ} 14' 15''$. The moon standing at $20^{\circ} 27' 47''$ is $7^{\circ} 32' 13''$ shy of 28° . To find out how many hours it will take the moon to move $7^{\circ} 32' 13''$ we could use the equation:

$$\frac{7^{\circ} 32' 13'' \text{ (portion of the day)} = x = 453'}{150^{\circ} 14' \quad (24 \text{ hours of day}) \quad 24 \text{ hrs.}}$$

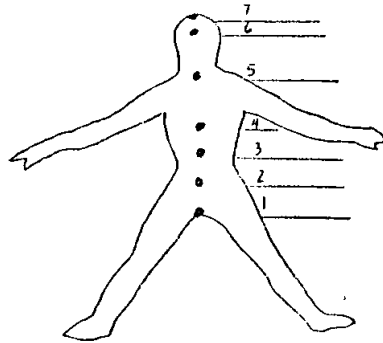
= about 1/2 the day or 12 hours. This means that the moon crosses 28° at about 12 hours later than 7 a.m (EST) or 7 p.m. (EST) on June 21, 1986.

For an approximation one can take about two hours for each degree the moon traverses on an average day, covering approximately 120 in the entire twenty four hour period.

APPENDIX VII (p. 225)

In relation to the moon let me make the following brief remarks. I will elaborate on this question in the next Volume of this series.

In the first section of this book I had presented a diagram picturing the human form with seven numbered centers in relation to this form. A similar picture is reproduced below, omitting the corresponding parts of the body.



All the following pages the twelve different archetypal regions were spoken of as focalizing in one or another of the centers pictured above: Leo at center four (heart); Gemini at center three (lungs); Virgo at center three (stomach, small intestines), etc.

Traditional astrology considers each of the twelve archetypal regions to be ruled by a different planet. Classically this was as follows:

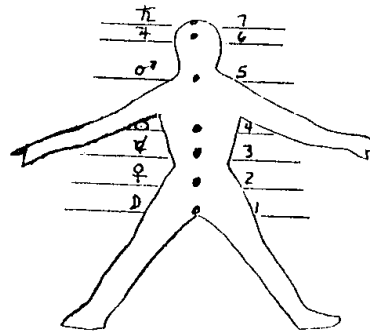
Aries	Mars	Libra	Venus
Taurus	Venus	Scorpio	Mars
Gemini	Mercury	Sagittarius	Jupiter
Cancer	Moon	Capricorn	Saturn
Leo	Sun	Aquarius	Saturn
Virgo	Mercury	Pisces	Jupiter

There are more recently variations on this, with the most common changing the rulership of Scorpio to Pluto; Aquarius to Uranus and Pisces to Neptune.

My own experience has led me to confirm the classical tradition with Scorpio ruled by Mars. I am inclined to feel that Uranus and Neptune may be, respectively, the true rulers of Aquarius and Pisces but I am not yet completely certain of this. (I will speak about how I have come to these conclusions based on my inner empirical observations in the next Volume).

In our consideration of the moon the next step is to place the planetary rulerships in relation to the various regions of focalization. The basis for this is partially contained in the initial chapters of this book, although I did not want to make this explicit correspondence as yet without speaking of its background in the following Volume.

Putting the planetary rulers in relation to their corresponding centers of focalization one finds:



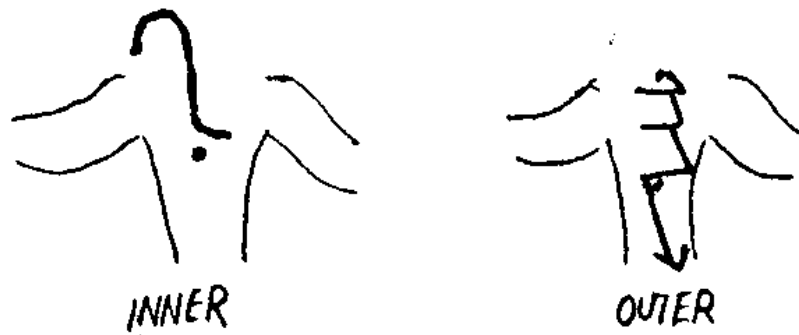
The next step is as follows. Through inner observation one can discover that when the moon stands within a Leo ruled region: Aries-Leo; Leo or Sagittarius-Leo it reflects life into the inner superphysical nature at the heart (4) center. One can experience this current moving from inside into the heart region. Alternatively when the moon stands within a Virgo ♍ ruled region: Taurus-Virgo; Virgo or Capricorn- Virgo it reflects life into the inner superphysical nature centered at the solar plexus (3). When the inner life moves through the inwards center at the heart it then radiates through this inner superphysical nature to the outer super-physical heart region.



Although in the context of this book I have spoken only about (the universal archetypes of the "outer superphysical nature" relating to the motion of the sun and the earth through the circle of the tropical zodiac (signs) there is a modification of this "outer superphysical structure"

related to the planetary placements at the moment of birth of any particular individual. That is to say if in the above example the sun stood in the sign of Scorpio at the moment of birth and mercury stood in Libra, then when the moon moves through the constellation Leo ♌ ruled regions its life would be reflected into the heart region from inside but would then ray through that region setting in motion the particular archetypal structure impressed on the more external superphysical heart nature by virtue of the sun's placement in the signs at the moment of birth. In this case the impression made on the heart center at the moment of birth would be that of Scorpio. Consequently when the inner sun radiation moves through the heart center it would set in motion the Scorpio ruled formative currents of the buttocks, nose area, the sense of smell, philosophical dynamism, etc. When the moon moved into the Virgo ruled regions it would reflect the forces into the inner solar plexus at the moment of birth. This would set in motion the formative currents around the hips, kidneys, the sense of balance, philosophical realism, etc.

Viewed pictorially we find the following:



The inner Leo radiation would move through and stimulate the Scorpio archetype impressed at the moment of birth on the heart center, each time the moon moved in front of a Leo ruled region. This would be true for all the other centers as well in relation to their corresponding rulerships.

This further factor needs to be kept in mind as a possible source of confusion in trying to distinguish through self-observation the difference between the working of the inner sun and moon. For the sake of step by step development I would suggest to the reader that he ignore the sphere of phenomena pointed to in this discussion unless in his own self- investigation he becomes aware of them. It might be more fruitful for him to first try to recognize the universal currents presented in this book before going on to a consideration of the particular, individualized currents which will be the theme of the next Volume.

APPENDIX VIII (p. 233)

In order to calculate the exact times of transition for the earth moving from one tropical region to another let us once again look at the example of June 22. Looking at the chart on page 234 we find that as of June 22 the sun stands at 1°♌ and the earth stands at 0°♑ opposite. First we find the sidereal time for June 22, 1986 at 7 a.m. (EST). We find it to be at 6h 1m 30s. We then look to the date approximately six months opposite or close to the 0°♑ entry on the table and in the ephemeris. Here we look for a sidereal time close to 18 h 1m 30s. We find that it falls between December 21 at 7 a.m. (17h 59m 3s) and December 22 at 7 a.m. at 18h 03m Os. Looking at the entry for December 22 in the sun column we find the still to be at 0°♑ , 20' 16". This is approximately 1/3 of the day: past the transitional point. We now interpolate in sidereal time 1/3 of the period between December 21 and December 22. For 24 hours the sidereal time has moved:

18h 03m Os
17h 59m 03s

3m 57s or approximately 4m.

4m=240s. 1/3 of 240s. = 80s. or 1m 20s. If we subtract 1m 20s from 18h 03m Os, the sidereal time for 7 a.m., December 22 we get 18 hr 1m 40s, the exact sidereal time corresponding to 0° . We then go from 18h 1m 40s back to the sun position opposite, subtracting the 12 hours we originally added and get 6hr. 1m 40s. This is 10s past the sidereal time for 7 a.m., June 22. 10s is 1/6 of one minute and the sidereal time changes about 4 minutes in one day. This would make 10s about, 1/24 of one day or 1 hour. This tells us that at about 8 a.m. on June 22 the earth opposite the sun is crossing the point of 0°♑ entering the tropical sign of Capricorn.

This is the way the reader could in principle work out any of the transitions for the Table on page 234.

APPENDIX IX (p. 236)

In order to calculate the exact times of transition for the earth's moving from one constellation region to another let us look at the transition that takes place on June 20, 1986, when the earth leaves the constellation region of $\mathcal{M}\mathcal{E}$ and enters the constellation region of

Looking at the chart on page 237 we see that on June 20 when the earth enters the region of \mathcal{X}^0 it is crossing \mathcal{X}^1 in the tropical zodiac. If we look to June 20, 1986 at 7 a.m. we find the sidereal time to be 5h 53m 37s. If we move approximately 12 hours opposite to 17h 53m 37s we find ourselves between December 19 at 7 a.m. (EST), 17h 51m 10s and December 20 at 7 a.m. (EST), 17h 55m 07s. We then see that at 7 a.m. on December 20 the sun stands at $28^0 19' 05''$ of \mathcal{X}^1 . This is $18' 05''$ past the starting point of the constellation of $\mathcal{X}^1 18' 05''$ is to $61'$ what x is to 24 hours. 3.4 of 24 hours is approximately 7 hours. This means that we are at this time 7 hours into the constellation region of Sagittarius. To convert this to sidereal time we have $7/24$ of the difference between December 20 (17 55 7) and December 19 (17 51 10). $7/24$ of $3' 57''$ is equal to $7/24$ of $237''$ or about $70''$ or 1m 10 seconds. If we subtract 1m 10s from the sidereal time on December 20 we get the exact time corresponding to $28^0 \mathcal{X}^1$. That is 17h 53m 57s. Next we subtract the 12 hours we had previously added and we get 5h 53m 57s as the sidereal time corresponding to the moment the earth enters the constellation of Sagittarius (\mathcal{X}^1). Turning back to June 20 we find at 7 a.m. the sidereal time is 5hr 53m 37s. This means that at 7 a.m. the sidereal time is 20s shy of the exact time of transition opposite. 10s is $1/6$ of one m. and 1m is $1/4$ of 1 day. Hence 10s. is $1/24$ of one day or one hour. 20s is equal to two hours. We add the 2 hours to 7 a.m. and find that at 9 a.m. on June 20, 1986 the earth is entering the constellation region of \mathcal{X}^1 at $28^0 \mathcal{X}^1$ opposite.

This in principle would be the way in which the reader could work out any of the transitions on the Table on page 237.

APPENDIX X (p. 256, 265)*

*Transitional Times for the Motion of the Tropical (Sign)
Sun through the Zodiac of 36 Decanate Regions (1986)*

SIGN	DATE (TIME)	DATE (TIME)
♈	Mar. '20 (5PM)	Mar.30 (7PM)
♈	Mar. 30 (7PM)	Apr. 9 (11 PM)
♈♁	Apr. 9 (11-PM)	Apr.20 (5AM)
♈	Apr. 20 (5AM)	Apr.30 (11 AM)
♈♂	Apr. '50 (11 AM)	May 10 (7PM)
♈♁	May 10 (7 PM)	May 20 (5AM)
♈	May 20 (3AM)	May31 (1 PM)
♈♂	May 31 (1PM)	June10 (11PM)
♈♁	June 10 (11PM)	June21 (11AM)
♈	June 21 (11 AM)	July 1 (11PM)
♈♂	July 1 (11PM)	July12 (11AM)
♈♁	July 12 (11AM)	July22 (9PM)
♈	July 22 (9PM)	Aug. 2 (9:30AM)
♈♁	Aug. 2 (9:30 AM)	Aug.12 (7PM)
♈	Aug. 12 (7PM)	Aug.23 (6AM)
♈♂	Aug. 23 (6AM)	Sept.2 (1PM)
♈♁	Sept. 2 0PM)	Sept.12 (9PM)
♈	Sept. 12 (9PM)	Sept.23 (3AM)
♈♂	Sept. 23 0AM)	Oct. 3 (7AM)
♈♁	Oct. 3 (7AM)	Oct.13 (11AM)
♈	Oct. 13 (11 AM)	Oct.23 (1PM)
♈♂	Oct. 23 (1PM)	Nov. 2 (1PM)
♈♁	Nov. 2 (1PM)	Nov.12 (11 AM)
♈	Nov. 12 (11AM)	Nov. 22 (Noon)
♈♁	Nov. 22 (Noon)	Dec. 2 (7AM)
♈♂	Dec. 2 (7AM)	Dec.12 (3AM)

APPENDIX X (p. 256, 265)

*Transitional. Times for the Motion of the Tropical (Sign)
Sun through the Zodiac of 36 Decanate Regions (1986)*

SIGN	DATE (TIME)	DATE (TIME)
♌	Dec. 12 (3AM)	Dec. 21 (11PM)
♍	Dec. 21 (11PM)	Dec. 31 (7PM)
♎	Dec. 31 (7PM)	Jan. 10 (8AM)
♏	Jan. 10 (8AM)	Jan. 20 (3AM)
♐	Jan. 20 (3AM)	Jan. 29 (11PM)
♑	Jan. 29 (11 PM)	Feb. 8 (7PM)
♒	Feb. 8 (7PM)	Feb. 19 (7PM)
♓	Feb. 19 (7PM)	Feb. 28 (5PM)
♈	Feb. 28 (5PM)	Mar. 10 (5PM)
♉	Mar. 10 (5PM)	Mar. 20 (5PM)

* In the first edition printed in the exact hours of transition for not only the Tropical Sun, but also for the Sidereal Sun, Tropical Earth and Sidereal Earth. I have left the example of the Tropical Sun for 1986 above so the reader can check his reckoning against it ~ as an example. For all of the changes for 1987 and beyond the directions given in the various appendices should enable the interested reader to calculate these for himself.

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* The intention of this index is to help the reader use the practical guide at the end of the book. For that reason I have only included the references to the twelve archetypal regions, although given the structure of the book that should cover a good portion of its content.