

# Dr. Thomas Cowan: What Can We Do to Help Ourselves?

[What can we do to help ourselves?](#)

by [Dr. Tom Cowan](#)

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<https://youtu.be/wbRfg437f4s>

## A Verse for Our Time

by **Rudolf Steiner** (1861 – 1925)

November 1917

*We must eradicate from the soul  
All fear and terror of what comes towards man out of the  
future.*

*We must acquire serenity  
In all feelings and sensations about the future.*

*We must look forward with absolute equanimity  
To everything that may come.*

*And we must think only that whatever comes  
Is given to us by a world-directive full of wisdom.*

*It is part of what we must learn in this age,  
namely, to live out of pure trust,  
Without any security in existence.*

*Trust in the ever present help  
Of the spiritual world.*

*Truly, nothing else will do  
If our courage is not to fail us.*

*And let us seek the awakening from within ourselves  
Every morning and every evening.*