

The Foundation Stone Meditation

Human Soul!
You live in the limbs
Which bear you through the world of space
In the spirit's ocean-being.
Practice **spirit-recalling**
in depths of soul,
Where in the wielding will
Of world-creating
Your own I
Comes to being
Within God's I.
And you will truly **live**
In Human World-Being.

For the Father-Spirit of the heights holds sway
In depths of worlds begetting being.
Spirits of Strength!
Let there ring out from the heights
What in the depths is echoed
Speaking:
Ex Deo nascimur.

This is heard by the spirits
In East, West, North, South,
May human beings hear it.

Human Soul!
You live in the beat of heart and lung
Which leads you through the rhythm of time
Into the realm of your own soul's feeling.
Practice **spirit-awareness**
In balance of the soul,
Where the surging deeds
Of the world's becoming
Unite your own I
With the World-I.
And you will truly **feel**
In Human Soul-Weaving.

For the Christ-Will in the encircling round holds sway
In the rhythms of the worlds, bestowing grace on the soul.
Spirits of Light!
Let there be fired from the East
What through the West is formed
Speaking:
In Christo morimur.

This is heard by the spirits
In East, West, North, South,
May human beings hear it.

Human Soul!
You live in the resting head
Which from the grounds of eternity
Opens to you world-thoughts.
Practice **spirit-beholding**
In stillness of thought,
Where the eternal aims of Gods World-Being's Light
On your own I
Bestow
For thy free willing.
And you will truly **think**
In Human Spirit-Foundations.

For the world-thoughts of the Spirit hold sway
In the being of worlds, craving for light.
Spirits of Soul!
Let there be prayed from the depths
What in the heights will be granted
Speaking:
Per Spiritum Sanctum reviviscimus.

This is heard by the spirits
In East, West, North, South,
May human beings hear it.

At the turning of the time
The Spirit-Light of the world
Entered the stream of earthly being.
Darkness of night
Had held its sway,
Day-radiant light
Streamed into human souls:
Light that gives warmth
To simple shepherds' hearts,

Light that enlightens
The wise heads of kings.
Light Divine
Christ-Sun
Warm our hearts,
Enlighten our heads,
That good may become
What we from our hearts would found
What we from our heads would direct
In conscious Willing.