

The Foundation Stone Meditation

<p>Human soul! Thou livest in the limbs; Which bear thee through the world of space Into the spirit-ocean-being:</p> <p><i>Practice spirit-recalling</i></p> <p>In depths of soul, Where by prevailing, World-creative-being Thine own "I" Is forming Within the "I of God;" And thou wilt truly live In human-world-being.</p> <p>For there reigns The Father-Spirit of the heights In cosmic depths creating existence Ye Spirits of Strength Let from the heights ring forth What in the depths finds its echo; Speaking: From the divine mankind is born.</p> <p>Thus hear it the elementary spirits In the East, West, North, South: May human beings hear it!</p>	<p>Human soul! Thou livest in the beat of heart and lungs; Which lead thee through the rhythm of time Into thy soul-being-feeling:</p> <p><i>Practice spirit-contemplating</i></p> <p>In equanimity of soul, Where by the surging Acts of world-unfolding Thine own "I" Is united With the "I of the world" And thou wilt truly feel In human-soul-work.</p> <p>For there reigns the will of Christ All around us in cosmic rhythms Bestowing grace upon souls. Ye Spirits of Light Let from the East be enkindled What through the West takes on form; Speaking: In Christ death becomes life.</p> <p>Thus hear it the elementary spirits in the East, West, North, South: May human beings hear it!</p>	<p>Human soul! Thou livest in the resting head; Which from eternal foundations Discloses the world-thoughts:</p> <p><i>Practice spirit-beholding</i></p> <p>In tranquility of thought, Where by gods' eternal striving World-being-light Is given To thine own "I" For thy <i>free</i> willing; And thou wilt truly think In human-spirit-foundation.</p> <p>For there reign The cosmic thoughts of the Spirit In cosmic being light imploring. Ye Spirits of Soul Let from the depths be asked What in the heights will be heard, Speaking: The soul awakens in the spirit's world-thoughts.</p> <p>Thus hear it the elementary spirits in the East, West, North, South: May human beings hear it!</p>
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<p>At the turning point of time The Spirit-light of the world Entered the stream of earth existence</p> <p>Night darkness Had reached its power's end;</p> <p>Light, bright as day, Rayed forth in human souls;</p> <p>Light, that warms The simple shepherd's hearts;</p> <p>Light, that enlightens The wise heads of kings;</p>	<p>Light divine, Christ-Sun, Warm thou our hearts;</p>	<p>Enlighten thou our heads, That good may become What from our hearts We would found</p>	<p>What from our heads Would guide With purposeful will.</p>
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