

## **The Foundation Stone Meditation**

*Human Soul!*  
You live within the limbs  
Which bear you through the world  
of space  
Into the spirits' ocean-being:  
Practice **spirit-recalling**  
In depths of soul,  
Where in the wielding  
World-Creator-Being  
Your own I  
Comes into being  
In the I of God;  
And you will truly **live**  
In human world-all being.

*For the Father-Spirit of the  
heights holds sway  
In depths of worlds begetting life.  
Spirits of Strength:  
Let ring forth from the heights  
What in the depths is echoed,  
Speaking:  
Out of the Godhead we are born.*

*This is heard by the spirits of  
the elements  
In east, west, north, south:  
May human beings hear it!*

*Human Soul!*  
You live within the beat of heart  
and lung  
Which leads you through the  
rhythms of time  
Into the feeling of your own soul-  
being:  
Practice **spirit-sensing**  
In balance of the soul,  
Where the surging deeds  
Of world-evolving  
Unite your own I  
With the I of the world;  
And you will truly **feel**  
In human soul's creating.

*For the Christ-will encircling us  
holds sway,  
In world rhythms, bestowing  
grace upon souls.  
Spirits of Light:  
Let from the east be enkindled  
What through the west takes  
on form,  
Speaking:  
In Christ death becomes life.*

*This is heard by the spirits of  
the elements  
In east, west, north, south:  
May human beings hear it!*

*Human Soul!*  
You live within the resting head  
Which from the grounds of  
eternity  
Unlocks for you world-thoughts:  
Practice **spirit-beholding**  
In stillness of thought,  
Where the gods' eternal aims  
Bestow the light of cosmic being  
On your own I  
For free and active willing.  
And you will truly **think**  
In human spirit depths.

*For the Spirits' world-thoughts  
hold sway  
In cosmic being, imploring light.  
Spirits of Soul:  
Let from the depths be entreated  
What in the heights will be heard,  
Speaking:  
In the spirit's cosmic thoughts the  
soul awakens.*

*This is heard by the spirits of  
the elements  
In east, west, north, south:  
May human beings hear it!*

*At the turning point of time  
The Spirit-light of the world  
Entered the earthly stream  
of being.  
Darkness of night  
Had ceased its reign;  
Day-radiant light  
Shone forth in 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 from our hearts  
We are founding,  
What from our heads  
We direct,  
With focused will.*

— Rudolf Steiner