



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.

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.

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.

At the turning point of time
The Spirit-light of the world
Entered the stream of earth
existence.
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.

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.

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.

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.

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.

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

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

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

— Rudolf Steiner