

The Foundation Stone Verses

Given by Rudolf Steiner in connection with the Christmas Conference of 1923
in Dornach, Switzerland

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| 1 | Human soul! | Human soul! | Human soul! | At the turning point of time |
| 2 | You live in the limbs; | You live in the beat of heart and lungs; | You live in the resting head; | Came the cosmic spirit-light |
| 3 | Through the world of space they bear you | Through the rhythm of time it leads you | From eternal grounds it discloses | Into the earthly stream of being. |
| 4 | Into seas of spirit-being: | Into the feeling of your own soul-being: | The thoughts of the cosmos to you: | |
| 5 | Practice spirit-recalling | Practice spirit-meditating | Practice spirit-emissioning | |
| 6 | In depths of soul, | In equanimity of soul, | In stillness of thought, | Had reached its power's end; |
| 7 | Where in the wielding | Where by the surging | Where by the eternal aims of gods | Light, bright as day, |
| 8 | World-creator-being | Deeds of world-becoming | Light of cosmic being | Rayed forth in human souls; |
| 9 | Your own "I" | Your own "I" | To your own "I" | |
| 10 | Comes into being | Is united | Is granted | Night darkness |
| 11 | Within the "I of God;" | With the "I of the cosmos;" | For your free willing: | Had reached its power's end; |
| 12 | And you will truly live | And you will truly feel | And you will truly think | Light |
| 13 | In human cosmic being. | In human weaving of souls. | In human spirit-grounds. | That enlightens |
| 14 | For there reigns the Father-spirit of the heights | For there reigns the will of Christ all around us | For there reign the cosmic thoughts of the Spirit | Light divine, |
| 15 | In cosmic depths creating existence. | In cosmic rhythms bestowing grace onto souls. | In cosmic being light imploring. | Christ-Sun, |
| 16 | Ye Spirits of Strength, | Ye Spirits of Light, | Ye Spirits of Soul, | Give warmth |
| 16a | Seraphim, Cherubim, Thrones, | Kyriettes, Dynameis, Exusiai, | Archai, Archangeloi, Angeloi, | to our hearts; |
| 17 | Let from the heights ring forth | Let from the East be enkindled | Let from the depths be entreated | Enlighten |
| 18 | What in the depths finds its echo; | What through the West takes on form; | What in the heights will be answered; | our heads; |
| 19 | This speaks thus: | This speaks thus: | This speaks thus: | That good may become |
| 20 | From the divine mankind takes being. | In Christ death becomes life. | In the Spirit's cosmic thoughts the soul awakens. | What from our hearts |
| 21 | Thus hear it the elementary spirits | Thus hear it the elementary spirits | Thus hear it the elementary spirits | We are founding, |
| | in the East, West, North, South: | in the East, West, North, South: | in the East, West, North, South: | What from our heads |
| 22 | May human beings hear it! | May human beings hear it! | May human beings hear it! | We shall guide |
| | | | | With our purposeful willing. |

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Line 16 refers to Rudolf Steiner's version as printed after the conference.
Line 16a refers to Rudolf Steiner's version as spoken during the conference.

Translation Ernst Katz 1996

A composite, derived from several variants given by Rudolf Steiner.
Revised and improved relative to previous translations by the same author.

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