

The Foundation Stone Meditation Rhythms

<p>Wednesday Rhythm</p> <p>Spirit-remembering, The own I In God's I Comes to being —</p> <p>Spirit-contemplation, Your own I With the I of the world Unite —</p> <p>Spirit-beholding. To the own I For free willing Bestow —.</p>	<p>Thursday Rhythm</p> <p>The own I In God's I Comes to being live In human-world-being</p> <p>Your own I With the I of the world Unite feel In human-soul-work</p> <p>To the own I For free willing Bestow think In human-spirit-groundedness</p>
<p>Friday Rhythm</p> <p>Practice spirit-remembering For the Father-Spirit in the heights holds sway In the depths of worlds begetting-being.</p> <p>Practice spirit-contemplation For the Christ-Will holds sway in the encircling round In the world-rhythms gracing the soul.</p> <p>Practice spirit-beholding For the Spirit-World-Thoughts hold sway In light-invoking world-being.</p>	<p>Saturday Rhythm</p> <p>Practice spirit-remembering Seraphim, Cherubim, Thrones Let resound from the heights What in the depths finds echo.</p> <p>Practice spirit-contemplation Kyriotetes, Dynamis, Exusiai Let from the east be enflamed What through the west is formed.</p> <p>Practice spirit-beholding Archai, Archangeloi, Angeloi Let from the depths beseech What in the heights is heard.</p>
<p>Sunday Rhythm</p> <p style="text-align: center;"> <i>spirit-remembering</i> Practice spirit-contemplation <i>Practice spirit-beholding</i> </p> <p style="text-align: center;"> What will become good What we from hearts would want to found What we from heads would want to guide With purposeful willingness. </p>	
<p>Monday Rhythm</p> <p>Godly Light, Christ-Sun, The elemental spirits hear it in East, West, North, South: May human beings hear it.</p>	<p>Tuesday Rhythm</p> <p>You live in the limbs For the Father-Spirit in the heights holds sway In the depths of worlds begetting-being.</p> <p>You live in heart's-lung-beat For the Christ-Will holds sway in the encircling round In the world-rhythms gracing the soul.</p> <p>You live in the resting head For the Spirit-World-Thoughts hold sway In light-invoking world-being.</p>