

The Foundation Stone Meditation

Verse 1

Stanza 1

1 **Human Soul!**
2 **You live in the limbs**
3 **That carry you through the world-space**
4 **Into the ocean-being of the Spirit:**
5 **Practice spirit-remembering**
6 **In depths of soul,**
7 **Where in the wielding**
8 **world-creator-life**
9 **The own I**
10 **In God's I**
11 **Comes to being;**
12 **And you will truly live**
13 **In human-world-being**

Stanza 2

14 **For the Father-Spirit in the heights holds**
sway
15 **In the depths of worlds begetting-being:**
16 **You Strengthened-Spirits (Seraphim,**
Cherubim, Thrones)
17 **Let resound from the heights**
18 **What in the depths finds echo;**
19 **This speaks:**
20 **Out of the Godhead we are born**

21 **(Ex Deo Nascimur)**
22 **The spirits hear it in East, West, North, South:**
23 **May human beings hear it.**

Verse 2

Stanza 1

Human Soul!
You live in heart's-lung-beat
That leads you through the time-rhythms
Into the feeling realm of your own soul-being:
Practice spirit-contemplation
In balance of the soul,
Where the waves of
world-becoming-deeds
Your own I
With the I of the world
Unite;
And you will truly feel
In human-soul-work

Stanza 2

For the Christ-Will holds sway in the
encircling round
In the world-rhythms gracing the soul
You Light-Spirits (Kyriotetes, Dynamis,
Exusiai)
Let from the east be enflamed
What through the west is formed;
This speaks:
In Christ the death will live

(In Christo Morimur)
The spirits hear it in East, West, North, South:
May human beings hear it.

Verse 3

Stanza 1

Human Soul!
You live in the resting head
That from the eternal-ground
Opens up the world-thoughts:
Practice spirit-beholding
In calm, rest-thought
Where the eternal aims of gods
World-being-light
To the own I
For free willing
Bestow;
And you will truly think
In human-spirit-groundedness

Stanza 2

For the Spirit-World-Thoughts hold sway

In light-invoking world-being
You Soul-Spirits (Archai, Archangeloi,
Angeloi)
Let from the depths beseech
What in the heights is heard;
This speaks:
In the Spirit's world-thoughts the soul
awakens
(Per Spiritum Sanctum Reviviscimus)
The spirits hear it in East, West, North, Sout
May human beings hear it.

Verse 4

Stanza 1

1 **In the turning-point of time**
2 **Stepped the World-Spirit-Light**
3 **Into the earthly stream of being;**
4 **Night-darkness**
5 **Had ended its reign**
6 **Day-radiant light**
7 **Rayed forth in human souls**
8 **Light**
9 **That enwarms**
10 **The poor shepherd-hearts;**
11 **Light**
12 **That enlightens**
13 **The wise kings-heads**

Stanza 2

14 **Godly Light,**
15 **Christ-Sun,**
16 **Enwarm**
17 **Our hearts**
18 **Enlighten**
19 **Our heads**
20 **That will become good**
21 **What we**
22 **From hearts would want to found**
23 **What we**
24 **From heads would want to guide**
25 **With purposeful willingness.**