

*The Evolution of the Human Self as supported through the Foundation Stone Meditation*

Monday – Light Divine

Light Divine

Sun of Christ

The spirits of the elements hear this

In East, and West, and North and South.

May Human Beings hear it

Light cannot be seen. We see only what light shines upon. Though it pours through the universe, 'space' remains dark. The attention of the Gods is on us, their light shines upon us, illuminating the space around our bodies with a light that cannot be seen. If we amplify this light with our own loving attention, it then shines upon others. Even though the light itself cannot be seen, those who come into our circle glow.

Following the planetary rhythms that also illuminate our weekly cycle we can see how poetic this issue is by how the moon is lit-up by the sun. We receive the moon's light because of how well she reflects the light. We can shine into the lives of others somewhat like the moon without trying to be the sun for them.

The Sun is the heart of our planetary system. It is the rise and fall of each day, the force of love that conjures all of life, warming the cold ground till the plants spring forth.

Like the heart, the sun is a still centre, around which all revolves. If the sun did not rise and shine upon us each day, no life would be possible. This reveals the true nature of Christ. The Cosmic Christ is the I AM that lights up in the human heart, through whose love all life comes into being. This love, this warmth of heart is the basis of all being. We connect with this Love, Source of all Being, in stillness.

All around us Nature is aware of this. All beings in nature know that the sun is their heart/lover. They know that all that moves, and grows, owes its being to the sun. The spirits that move within all of this know, too, that this sun-centre lodges in the human heart. Watching us from the periphery, like a circle around us, they are waiting for us awaken, also to this Christ/Sun/Centre within, and become the Love that shines for all being.

Today's Rhythm describes the light, everywhere. I feel it particularly as a dome, like the sky, beyond which is the night-darkness, points of light alone. Though that two

is woven through, everywhere, with the light of consciousness. Everything is consciousness.

Then we see the sun, maybe as an eye, gazing down upon us, or maybe as a brother/sister, holding out Love to our heart – gift AND example.

Then we see spirit(s) all around us, in every corner of the world, forming a cross.

Then we see ourselves at/as the centre.

Beyond our dome of light the dark universe is filled with stars.

Our radiant Heart is the very source of all this light, that is gifted to us.

From every point in our periphery Spirit is caring for our awakening.

May we all hear this.