

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

Tuesday – progression

Human Soul!

You live in the Limbs

For the Father-Spirit of the Heights holds sway

In depths of worlds, begetting life.

Human Soul

You live in the beat of heart and lung

For the Christ will in the encircling around holds sway

In the rhythms of the worlds, Blessing the soul

Human soul

You live in the resting head

For the Spirit's Universal Thoughts hold sway

In the beings of all worlds, Craving for light

Oh Man, Know thyself!

(Oh Spirit-of-the-Human-Soul, Discover what you truly are)

In the Depths of this, our world, the Father Spirit begets life.

What am I, thus begotten?

This very question is a coming-into-being of my Self. The attention I pay to this question highlights that what I am – at this stage, anyway – is just this: the point-of-attention. Where I place my attention, there am "I."

My coming-into-being in the depths is this: I am present in my limbs. Embodied, is what I Am. Why? – Simply because the great I-process of the universal heights has brought me into this 'being.'

This begins the 'poetry' of this whole image of existence. The fact of my being aware is a weaving between the greater I and this little point-of-awareness, me. The first verse directs my point-of-attention to my experience of being embodied, then to my less-condensed awareness of being within this Father-process. This weaving from centre to periphery and back is a key element in all spiritual work. The spirits of the elements know this, and seek to weave with us to assist in our self-creation.

The second verse picks up this movement and turns it into a pulse. This “I” lives within the repeated movement of itself, heart and lung, rise and fall of breath and of sun and stars. Time becomes circular, becomes rhythm, becomes blessing, bestowing grace upon our flow-of-attention and all that builds within us from that process.

This whole meditation, even meditation itself, both are about becoming aware and making space for all that is happening within us. The Presence of Self, the Pulse of the Universe, both come to rest when we have the stillness to notice them happening. Coming to rest, in the head that rests upon our active body, does not mean ceasing, it means that the birthing, growing, self is no longer pulled around by the storms of life but sits within the glow of the process itself. To come to stillness, within the resting head and make space for the Spirit’s World-Thoughts to shine upon us, even to shine within us, is the third stage. In this resting head we can bring this incipient Self into harmony with the Cosmic Process.

This second cycle of the Rhythms, for Tuesday, does not yet mention the self that we call I. Building on Monday’s call to be aware of the light, the warm sun-centre, and the call from all around to awaken, it pictures for our point-of-attention, the weaving process: Down from above; Circling around; From below, seeking upwards. Imagine a needle and thread following that pattern. Step by step the thread-of-consciousness weaves a new being.

How does this relate to Mars? To the swelling and bursting of the seed? How do we understand this as the second stage in all patterns of development? How does becoming familiar with this strengthen my ability to flow with that second stage?

Day by day these verses assist and encourage us to weave this deeper and deeper into a fuller and fuller Presence in the World. In this way the Gods achieve their aims, creating Love in Matter through the Human Being.