

*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.

In this, the first-third of Tuesday's rhythm-verses, Steiner wants us to feel how our presence in our body is connected with vast cosmic patterns.

*I am choosing to Go through these slowly, to penetrate some of the depths. Most days Steiner gives three verses as a single meditation, my suggestion is to use them together, 3 in 1, as soon as you wish. Starting with them as individual verses, as I do in this commentary, may be helpful until you "feel them" and are ready for the extra life that happens when they are put together.*

This modern world wants us to live in our heads. Not even in our physical heads, just in the thought-structures that underpin science and society, creating a common world view that is not questioned. Our limbs, by contrast are our own. When I am aware of my limbs there is no confusion with anyone else's limbs. This is me, here, now. I choose when and where to walk. I choose what my hands make, and that is my own work, be it omelette or screen-script, my own action/decisions have created it.

Father, Son and Holy Spirit are not abstract gods, they are the being-nature or representation of the fundamental nature of existence. The Father sustains the simple IS-ness of life. You might also see Him as the Space within which we live. We do not question that. In fact, when it changes, we suffer trauma. If an earthquake fells our house – or street – our sense of Beingness is undermined. This is how profoundly the Father-IS-ness supports our being. We live in the limbs BECAUSE the father supports us. We support ourselves in a fatherly fashion, when we remind ourselves of how gently and firmly embodied we are. This is the importance of embodiment meditations, they bring us home, to the Father.

On this, second day of the rhythms, we are supported by Mars. Yesterday Moon reminded us of the universal presence of light and warmth within and around us.

Mars is much more assertive. The latter two sections of the Tuesday rhythm mention our presence in the heart/lung, and the 'resting head,' but first comes this simple strength of presence in our limbic solidity. Feel into how strong each of these are by comparison to Moon's gift.

Living in the limbs enables us to act in the world. Our actions change the world. Change is the nature of life. When we engender change, we bring liveliness into our days and those of others. Deeds and decisions are intimately entwined. Even as we act on the world outwardly with our limbs we act on the world inwardly in our gut, changing everything we eat as a life-sustaining deed. We'll contemplate the gut as a centre of our decision making as we go forward. For now, our focus is the limbs.

In today's world there is a great consciousness of the trouble humans are causing. When we carry this image, we can paralyse our will. The mythological image is the hissing snakes of the Gorgon sisters turning people to stone. The snakes are head-located. It is the negative thinking that can turn our being to stone. When we take in that our deeds 'beget Life' we understand that to act in the world is a deep and essential aspect of being human. Just as your limbs are not societal, but You, so, also, the Life you engender by acting in the world is your gift to the world. Chosen deeds are food for the world, just as her plants and produce are food for us.

This first section of the second day brings us home to our Presence as an act of God. Being and Doing the Work of the Father.

It is an encouragement to bring your gifts to the world as an intrinsic aspect of Being.

Tuesday is supported by. It is characteristic of the outgoing, energetic nature of Mars, that he moves us, quite suddenly, from yesterday's simple 'light and spirit' verse to today's assertive assurance that our presence as a will-force is directly connected to our Father's generative powers.