

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

Tuesday – The beat of Heart and Lung

Last Tuesday the focus was on the first third of this daily “Rhythm,” The call to feel oneself in the limbs, and the source thereof in the Deeds of the Father in the Depths. The second part of today’s verse goes:

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

Once we are grounded in the essential, limbic/bodily, foundation of our being, we are called to notice how the breath and the blood move within us.

The regular rhythm of four heartbeats to one breath, two in, two out, is the daily marker of our unconscious lives. When we sit in meditation that easily slows to four each way. Six each way is recommended in some practices. If we really deepen the in and extend the out, eight, ten, or even more breaths become possible. Such full giving-away of the breath, and full acceptance of the air-gift on the intake, really deepens our soul life, and, as in all forms of meditation, the deeper the practice the more changes one can notice in one’s life. Frequently we recognise those changes more easily retrospectively, but inner work always brings outer change. This causal harmony between inner and outer, reflects the harmony between the soul life and the Spirit life that Steiner emphasises in each verse. World rhythms bless the soul. The Father lives in what IS, the Son brings change. Rhythm is a marker of harmony in change. Not sudden, steady.

When we rest within that rhythm of breath and beat, we bring that harmony to our inner life. Becoming part of the rhythmic beat of our life is also immensely calming to the soul. Watch the sunrise, and or set. Watch the moon wax and wane, notice where the moon is in the sky today, relative to the sun, or tonight relative to the stars. Give respect to the coming and going of the clouds. If you live near the sea, be aware of the changing tides. To mark inwardly the vast

rhythms of the world around us brings deep calm to the soul. The four seasons are a long extension of this. Like day and night, we cannot but be changed by the seasons, yet here too we can choose whether we are dragged along by these changes or whether we keep loving pace with them. Rudolf Steiner's "Calendar of the Soul" marks each week with a verse that brings our awareness to the deep connection between cosmic and soulful. There are many translations, my own delight is in Barfield's. I do not follow this regularly. Many do, simply making a habit of reading it each morning. Others take it as a path, the centre of their inner work. There's even an app with 8 translations to choose from.

Connecting to the rhythms of the world connects us to Christ. Christ is the force of change whose death releases life. In Christ we feel change as a lead, not a challenge. Within Christ we discover how each death that occurs within us (and even around us) releases a new spirit, a resurrection that brings (and makes) us more than we were before. The breath and heartbeat within us can become our conscious celebration of Christ in our lives. Blessing the Soul.