

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

Tuesday – Craving for Light

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

"Human Soul !" Where does this call come from? Who is addressing this essence of our being? Yesterday our attention was drawn to the light and warmth of the Christ-Sun, the human was referenced only in the last line. Now, it is my sense of my own existence that is called upon. Three times each day we are called to see ourselves and to practise our becoming. For five days this threefold call rings out. Does it come from the stars? From the world around us? Does it come from timeless depths within us? Even, from the centre of our heart? Who is calling us?

One of my favourite places to rest is under a bridge. There, light cast upwards, dances on the inner surface of the arch in patterns of indescribable beauty. Where does this light come from? Reflected from the water, its origin is the sun.

Another dance of reflected light is when the moon shines bright onto water and the ripples create a dance there that is endlessly beautiful.

At any point, the dance of reflected light is an outward vision of an inner experience. Thinking arises in the head as a response to sense experience. The light, reflecting in the world as plants, minerals, and animate beings gives rise to a (flickering) response in us. When we are subsumed by action, we miss the deeds of the "Spirit's World Thoughts" within us. If we pause to notice this play of thinking within us, the act of self-reflection takes place in quiet. "The resting head" is a place that requires some quiet to inhabit. When we bring the focus of our attention to anything, we are shining our light upon it. When we focus on our thinking, as it happens, we receive the cosmic-attention. Through this focus we open ourselves to the cosmic-thinking, the cosmic light.

When I was little I was allowed to play with fire. A few candle stubs within a biscuit tin was my meditation-space. I would get lost in the shining, dancing, melting, light of flame. Try this: hold a dead match 3-5cm above a candle-flame. Watch how it slowly gets to the point where it bursts into flame. Where does the

flame come from? There is no connection with the flame from below, a new flame just appears. Suddenly.

Now, try this: Blow out the candle below and hold the match-flame in the smoke that spirals up. The flame will dart down the smoke and take a hold of the wick.

What does it take for us to catch alight? How do we arrange that the cosmic fire of Love should take a hold of us?

The fire of Love lives within all things. Making fire with a bow-drill you can experience how the fire living in the wood is encouraged to come to life by the intense focus of the spinning drill, created by human intention/attention.

When the match meets the strike-strip, two chemicals unite, and fire is released.

Fire casts light. The potential for fire is everywhere, but the flame has to be lit for the light to shine. Everything, on all levels of being, is craving for light. The human being can choose to turn towards the light, to ignite the inner fire. To do so is to light-up the world.