

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

Wednesday, Recollection.

Human Soul !
Practice Spirit Recollection.
Your own I comes to being
Within the I of God.

Having laid the basis on Monday and Tuesday, Steiner addresses the coming-into-being of the self today.

Where does our 'I' come into being? – *Within the I of God.*

In the modern world the sense of self tends to be confused. Freud tells us ego is a problem. Scientism tells us the self is located in the brain. Society tells us we should be obedient on pain of death. (We'll look at death more next week, it is present in today's verse, but I am taking this slowly, and today looking only at the birth of self.)

Wednesday is also the first mention of the three tasks individually requested of us, the practice of spirit-recollection, spirit-mindfulness, spirit-vision. We can receive Anthroposophy as a wisdom-stream, or we can do Anthroposophy as a practice. If we choose to do it, what happens? These three practices build within us a harmony between the self that comes about through incarnation and the Cosmic Self that gives rise to all of existence. Between these two, one can also experience an eternal Self that goes from life to life on a learning and growing journey. The core of the issue is the harmony between Self and self. When we grow this flow of harmony, life becomes rich and the world is fed by our work. Creating that harmony is a free choice. Once we choose to do that, the cosmos responds. We need only to continue choosing.

How to practice "Spirit-Recollection?" What even is that?

The two ways I find to do this are:

- 1, To bring awareness (my spirit) to all acts of recollection/memory
- 2, to use my powers of recall on spiritual issues/ancient memory/peak experiences.

All acts of memory create the self. The word recollection: re-call-action. I call myself, like I call a child to come. Re-call – I call myself back. Re-call-action, the act of calling myself back. An action taken inwardly, in stillness.

Memory is also reflective. In the mirror of our recall, we see who we are. The past contains the pictures of our experience that show us to ourselves. Without such a REFLECTIVE sense we would be simply a flow of being, not a self as we define it. Making recall a conscious action begins self-knowledge in fundamental ways. Only practice can present this to you, I cannot describe it. The key lies in the senses. Our memories are all things that have happened to us, and how we felt about them (we need to know about the full circle of 12 senses to fully understand this, the 5 physical senses are not enough.) The senses are mysterious. Science does not understand how they work. Everything that comes in through the senses gets lost in the body. Some things come up to be noticed, not all things do. The act of noticing something is ALREADY an act of memory (I just heard a car horn, do I need to pay attention?) Even if you stand in front of something as simple as a wall in order to see it you need to recall what has, this microsecond, come in through the senses. In order to know that this is a wall and that it is brick/block/painted etc we need to put perception and memory together to create the concept that we (think) we are seeing. Stepping back from that immediate projection: "Wall," onto the sense impressions is to bring the action of a spirit-seeing process to our recollections that create "Wall."

This act (or deed) of bringing spirit to our recollection of this world we live in, is a huge process that few engage in. Without it the self remains small, hard and reactive. With it the spirit grows large, soft and responsive. We can bring deliberate practice to this be separating perception and memory. The first paragraph [HERE](https://dmtrk.net/t/NT6-22S7Y-903BCHQ96E/cr.aspx#7) describes an exercise for that.

Using my powers of recall on spiritual issues is a second issue. This applies to a meditative act of self-memory. The Luigi Morelli text (on the Foundation Stone) I have recommended elsewhere only suggests this second technique. Most commentators have missed the importance of the first one. In this second technique, the question becomes: 'Can I find and refresh early-childhood memories in such a way as to release the fears and compulsions attached to them?' They become pure memories when we release any trauma they have carried. Until we release it nearly all our early memories are actually knots, or boulders in the stream of our becoming, rather than strong foundations of the self. Some people like to push their memory further back. Very early childhood, infancy or even pre-life memories are available, if we can release enough of what stops us recalling them. When we do any of these, we re-form our sense of self in much larger and softer ways. We become enabled to carry more of the Cosmic Self, if we soften the boundaries of our daily self.

This already touches on the second part of today's verse and the call to practise spirit-awareness. More next week on that.

This is the thrust of today.

- > *'The action of spirit recollection creates yourself within the Self of All-that-Is' and,*
- > *'Remember this, your own I exists only within the greater I AM of all existence'*

These two helpful images, and *the call to our soul to engage* in this, make up this first part of this third day.