

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

Wednesday – Unite...

Human Soul !
Practice spirit awareness
Your own I unite
With the I of the World

Consciously being Present is a huge gift to the world.
Slowing the Breath, releasing fear/thoughts, relaxing goals, we awaken Heart to
What Is.
This is Uniting "I" with the circling rhythms of the world-I-Am.
Day/night, joy/sorrow, summer/winter, waxing and waning moon all become This
Moment when our breath slows and our heart opens. The rhythms of the world
flow through us. We are blessed.

In verse one in Wednesday's 'rhythm' the I comes to birth within God. Now we give
this I to the world, becoming One, in Love. This act of unification is a spiritual gift, a
mini death of ego.

Practicing Presence/spirit-awareness meditation can make it easier to flow with the
daily demands of the world. Our higher Self, the Point-of-Attention within us
becomes stronger in allowing this flow of coming-into-being, dying-away, and
resurrection of the identity.

That is all that is asked of us today, this practice of noticing, within the rhythmic flow
of time, how we unite ourselves with the flow of what-Is

You can imagine this verse at the centre of a cross.
The verse above, described this moment being blessed by the Cosmic Christ.
To the left, the verse describes the coming-into-being of the self.
To the right the Self is resurrected as a flow of Cosmic light
Below, how our feeling endows us as sensitive creators.
Here, at the heart of that cross, **Presence**, as a conscious deed, makes us One with
the world-all-Being.