

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

Wednesday – Bestowing light

Human Soul !  
Practice spirit vision  
Bestow the light of Cosmic Thinking  
On your own I  
For free and active willing

Wednesday and Thursday are the centre of the week. On these days the question of the appearance of the I within the human being becomes central.

The full 3-stage mantra for today tracks the coming-into-being of the self through memory, its dissolution, or gifting, into the world I through Presence, and its resurrection as a vehicle for the Cosmic Light, and asks us to bring this to consciousness through practise.

Are you free? To what extent do any of us act from real freedom? Looking back we can see how often we reacted to situations rather than doing what our deep-self would really have wanted to do. On other occasions we went along with things because we had not prepared a strong idea of what we would have liked in that situation.

There are three powers of the soul that can make us free. If we apply our imagination to what we really want of our lives we prepare ourselves to act from our spirit in situations that we might otherwise simply flow with. Using the imagination, we can also review our lives so far and bring up the knots of the soul, old traumas. Then using the breath, we can bring compassion and forgiveness to release the gifts that lay hidden within that experience. The breath is spirit. When we no longer hold our breath around issues the spirit can 'breathe us' when we ask it to. This is called inspiration. Allowing the spirit to in-spire us, to breathe through us releases our consciousness from old patterns and it begins to go deeper and listen to the gut. The gut is our will-centre. When we ask the gut about our choices and actions in life it speaks its truth without reference to our astral inclinations. This is called intuition.

When practised in the clear light of Christ, of loving-self-knowledge, Imagination opens us to guidance from the Angels, Inspiration to the guidance Archangels, and Intuition to the Archai (or archetypes of the true soul life.)

The act of practising spirit vision is the act of bestowing the Cosmic Light, or Universal Thinking, upon our own I. To do this brings us into FREE-CHOICE-Harmony with the community we live in, both locally and globally. We learn to sing our own part within the Choir of Creation.

<https://www.millenniumculmination.net/Spirit-Recollection-and-Spirit-Beholding.pdf>