

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

Thursday – weaving happens

Human Soul!  
Your own I comes into being  
In the I of God  
And you will truly live  
In human all-world being.

Human Soul!  
Unite your own I  
With the I of the World  
And you will truly feel  
In the human soul's creating.

Human soul!  
Bestow the Light of Cosmic Being  
Upon your I, for free and active willing  
And you will truly think  
In human spirit depths

The sense of movement in this is huge.

Let me start with pointing out echoes of Tuesday's Father-Spirit in the Heights, and my own I, small and low within His immensity. This focal point of 'I' making it possible for me to live, deeply and truly.

Within the 'World-All Being of Man' – This takes me back into the heights. From the Father, that is All, I arise, here and small, finding myself within the All. --- My focus is led from a vastness, into this experience of self-hood, then woven again into a vastness. Roll with that image for a while.

Then the call to expand this point of "I" into the World I. To flow-with those moments when time stops and I lose myself, in joy or fear. Flowing out into the "Way the World Is," feels horizontal by comparison with the Father/"I" process above. Just as I am fully expanded into the World I, comes an image that brings me back to centre. "You will truly feel" from being lost in the World I, to the subtle moving of my own heart and lung. Amidst this soul-weaving my human feelings become a newly creative force. Expanding to the horizons and falling back into me, - the ebb and flow of joy and fear re-enliven the self my Father-processes, and Memory-processes made so firm. Real experience softens me.

Within the Son-god's encircling around I am supported to expand and contract without the ultimate loss of self. The father-born I learns to die, as nature dies, all around us, only to be reborn.

"Bestow the light of cosmic wisdom" and tomorrow's "In the beings of all worlds, craving for light" image the responsive gesture to the Father's top-down embrace. Here the active principle is at the centre-bottom and the answers we reach for come from above. Yet the final line "In human-spirit depths" comes full circle to touch on the image on verse one. This is a gentle hint at the extraordinary relationship between embodiment and wisdom, between the will and the thinking, between the nascent ego gifted to us through recall, and the enlightened spirit-self that arises as a resurrected self, lit by Cosmic Thinking, once we accede to losing the separated ego.

Thursday is the key point. 3 days behind me, 3 in front. The Grounding Exercise for today is responsibility for what flows into and out of my soul life. In the menorah image of the 7-branched candlestick this centre point is the one that touches the ground and rises higher than the others. "The world is All centre" said Giordano Bruno, and Steiner reiterates that in many ways. Both in space and time the centre is where we always are. In the lords prayer this is food/nourishment that we receive "superabundantly in all the ages of our lives" as Steiner put it in his transliteration of the Lords Prayer. Zeus/Jupiter is the Lord of Superabundance. Can you feel this power in today's rhythm?