

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

Thursday, Truly Live.

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

Are you truly living, now? – Are you manifesting what you know yourself to be, deep down in your highest self-realisation?

Part of us holds back from being truly alive. We fear that we are not good enough. Once we truly accept that our own I comes into being within the I of God we realise that there is no question of good enough or not, we simply are. This is God's creation, as much as the mountains and the sky, is the human self. I am one of those Selves created by God. I exist. That needs no excuse. It simply is.

The World-All being of this, this being a human...

Human consciousness becomes easier to understand if we compare it with other forms. The 'four kingdoms of nature' is a useful way to start.

- Watching how consciousness moves through a rock takes some practice. To start we need to spend time with Rock. Being, in silence and stillness is essential. Rocks do not understand anything else. Their whole language is silence and stillness. Next, we need to spend time reviewing the experience in silence and stillness. Practicing *recollection* of the spiritual aspect of that time, slowly reveals how rocks make themselves sensitive to consciousness rather like sponges make themselves sensitive to water. That is to say, consciousness drifts through rock without stopping to create any sense of individuality. The fact that one rock is soft chalk and another is hard flint is a truth that the rock does not grab onto. If you smash a plant, it loses identity. Rocks do not, they merely assume the new identity with the same ease. Chalk loves to serve, equally in holding up a cliff as in drawing on a board. Flint is excited to be random-shaped stone and/or arrowhead, without distinction.

- Plants channel consciousness into their growth. The movement of their growth is a direction that expresses their interest. Consciousness in a plant is like a slow-motion fountain. Their language is form and the changing of form.

- Animals express consciousness in their interests and desires. The gift of

movement follows upon desire, we can see consciousness itself delighting in being dog, cow, giraffe, expressing variations on a flow from tail through head in the pursuit of desire.

The Human Being does a strange thing, S/He forms a loop in consciousness, causing it to roll back on itself before moving out again. This action is like making a loop in a hose, the water flows back on itself and crosses over again on it's way forward. This loop offers us freedom from desire in self-awareness. This loop is the call "Know Thyself" that echoes down the ages.

This loop is also the outline of the sense of self. Knowledge multiplies this loop, meditation smooths the flow of water trough the hose, finding and easing the kinks that have held it back. The call, "Practise spirit recollection" is about giving good form to this loop. This being a Self within the Cosmic Self.

The daily rhythms of the Foundation Stone mostly have three verses. The second and third verse deal with the evolution of the self. We can only evolve the self to the extent we have brought it to consciousness. Next week I shall follow the dissolution, or death of the self and in the third week its reformation as a cosmic I-am-channel. This week I am following the day-by-day evolution of the call to birth the self. Today's first verse is about becoming, ever more strongly, the heaven-filled version of who we are, who we were born to be.