

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

Thursday – Truly Feel.

Oh, Human Soul !  
Your own I unite  
Unto the I of the World,  
And you will truly Feel  
In the Human Soul's creating

Presence of mind is a form of active meditation. When we notice what is really going on, now, our own breath and heartbeat come to the fore. The weather around us, and the emotional weather within us, follow right behind. Distractions from other beings begin the build-up of impressions that reach us from this world, right now. The more complete the attention we pay to this moment now, the less we feel our personality, (daytime-ego) pushing its demands upon us.

This I that has come to being within the I of God, through the practice of memory, is the source of all pain. Our separation from God is the deepest sorrow, underlying the angst of the soul. The welling up of Joy that comes with a sunny day, true friendship, falling in love, with all heart-opening experiences, reunite the soul with the world. To practice conscious Presence, or Mindfulness, is to bring our spirit's power of focus to the dissolution of the self into the World I.

The meeting with forces beyond our control is another force in our lives that dissolves the self, conceived in God. Death, disaster, loss, confrontation, defeat, all cause a death in the ego. When we are able to cease our inner raging-against such experiences, and breathe with this one, we can experience how the Higher I within us is larger than the everyday-self that comes to birth through recollection. Yet the very real defeat of many of these experiences is, in itself essential for *life* to develop in us.

These two poles, ecstatic Joy and tragic defeat are the boundaries of human feeling. The more we bring our spirit-attention to their occurrence within us the richer our feeling life becomes. As souls, here on earth we are creative beings. The gift of our creativity, inwardly and outwardly, to the world we live in, grows richer and richer, the more we gift our spirit-attention to where the I dies into a unification with this experience: Being, Here, Now.