

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

Friday – Craving for Light

Human Soul !

Practise Spirit Recollection

For the Father spirit in the Heights holds sway

In depths of worlds

Begetting Life

Human Soul !

Practise Spirit Mindfulness

For the Christ Will in the encircling-round holds sway

In the rhythms of the world

Blessing the Soul

Human Soul !

Practise Spirit Vision

For the Spirit's Universal Thoughts hold sway

In the beings of all worlds, Craving for Light

We create ourselves within the God's creating. Far from being a finished being, we humans are a process-of-becoming. The Gods, Father, Son, and Spirit are the space within which we are creating ourselves.

Practise spirit recalling *because* the Father, from the heights, begets life in the depths.

Practise spirit mindfulness/sensing/awareness, *because* the circling rhythms of the Christ bring life into form, repeatedly blessing us.

Practise spirit vision/beholding for the *very reason* that I, in my depths, am imploring light from this sacred spirit of wholeness that calls me into being, into harmony with the Gods.

To enact these calls, is to open myself to this flow, through which I become more of, closer to, what I am offered, and destined, by the Gods, to become.

Amidst the turmoils of life lie these calls. Despite all distractions the soul is invited, without cease, to follow the deeds of the gods within their own soul-practice, and thus-doing, accept those gifts.

For the Gods are holding out their love to us, hoping we, for all our freedom will choose to accept.

Venus is Friday's ruler. The imploring sensuality of this message and the intensity of the huntress within it, both bear witness to Aphrodite/Venus and to Freya, Odin's wife and queen of Valhalla. Be aware of her gifts in this step of 'flowering and fading,' as you experience this step, weekly.