

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

Friday – Begetting Life

Human Soul

Practice Spirit Recollection.

For the Father Spirit

In the Heights, holds sway.

In depths of worlds

Begetting Life

Strongly now the call to action comes. Practice spirit memory. The act of recollection, re-calling my Self into this present being. A strong call for gentle action, the finding, and treasuring, of pictures, in the soul.

In the Heights of my conscious mind, with all the strength of my reflective head, calling up and holding images of my own experience. Three days ago, this same image: 'Father heights ... begetting deep life,' connected my Self to my limbs. Now the act of conscious memory, en-spirited recall, is action on the inner plane.

In the whole 7-verse meditation, "You live in the limbs" is followed with "Which bear you through the world of space into the ocean-being of the spirit" This act of conscious memory is orientation within this ocean of beingness. Taking a bearing from the stars of our outstanding experiences gives us orientation to navigate the ship of our lives.

This brings to life within the depths of my being newness of Self. Not the same old self that just goes round and round in my astral body, demanding satisfaction, Rather, a newness of Self, that, like a new-born child, will grow in the family patterns, yet bring refreshment, possibility, change.

I become the Father of my Self when I call up my memory power, recent, sacred or ancient, images of my sense-impressions, images of what I once was, and, also, images of those highest moments in my experience, those moments of clarity, or granted vision, when the skies or the veils parted or thinned, and sublime truth flowed into my being. This is a third aspect of memory that also feeds this 'begetting of life' in the depths of my being.