

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

Saturday – Spirits of Strength

Human Soul !

Practise Spirit Recollection

Spirits of Strength - *Seraphim, Cherubim, Thrones:*

Let this ring-out from the heights,

What in the depths is echoed

Human Soul !

Practise Spirit awareness

Spirits of Light: *Kyriotetes, Dynamis, Exhusiai*

Let this be fired from the East

What in the West is given form.

Human Soul !

Practise Spirit beholding.

Spirits of Soul: *Archai, Archangeloi, Angeloi*

Let this be prayed in the depths

What in the heights is answered

Nine hierarchies of Beings, three levels of three. Each one supporting those below them to fulfil their purpose, setting the example that Christ showed us in the washing of the feet, they bow to serve our becoming.

Each of these levels of being is also the very substance of vast cosmic processes. In truth they are beyond our comprehension, yet they show themselves in our world, where we see them as space, time, and relationship, or as past, present and future. When we use the terms Father, Son and Spirit we allude to these processes that weave every aspect of our existence, yet they remain beyond our understanding. Heads were not made for this.

That which we take to be our soul is constantly being woven by the actions of these beings. When we make a decision, in freedom, theirs is the substance that supports that. When we take up an action, theirs is the strength that completes it in and for us.

Theirs is the call: "Oh Human Soul." Theirs is the space we create when we meditate. Memories that arise, joys that we feel, thoughts that occur when we seek them: All are gifts of, the very substance of these beings.

The gifts of these hierarchies are integral to our being. Just as air flows through me, and water is the main part of my body. Just like warmth keeps me alive, the Being-nature of these sublime beings flows through us, engendering the very experiences we identify as our own. The fact of experience itself, is in them. The flow of life is through their gifts. The very sense of self arises through their flow within our spirit-nature.

This penultimate prayer in this meditation is the grateful acknowledgement that our actions are their actions. Their call to being is our route to the life that makes everything worthwhile.