

*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

Let ring-out from the heights,

What in the depths is echoed

The Spirits of Strength are part of the nine levels of Cosmic Consciousness that weave the experience of incarnation. Science has spent the last 100 years looking for matter and concluded it truly does not exist. The experience of matter (the mother) is a real, and solid experience. It takes powerful and strong beings to create this for us. The most sublime and loving beings of all the universe, the “top 3” hierarchies combine to create this hidden foundation for all existence.

The experience of community interdependence is powerful and convincing. Nothing we live-by would be possible without our world-wide community. – The ‘Spirits of Light’ mentioned in part two of Saturday’s verse create this for us, and support our own feeling life in the process. These are the middle 3 of the nine.

The experience of *self* in the world, the beauty of our own experience, learning and development, is supported by the third group, called here ‘Spirits of Soul.’

The practise of conscious, meditative, recall allies the self we are developing with the cosmic order that has brought us into being. The Spirits of Strength become the ‘top of the Cosmic Order’ by being the most giving and least visible. The almost unimaginable gift-of-love that it requires to constantly give-into-being the matter that everyone treads upon, casts away and abhors as dirt is a huge example of selfless love. This is what rings out from the heights, this is the echo we find in our souls as example and support for our own developing ability to give and become love. Our own self is the platform upon which we do this. Conscious, loving recall, the practise of spirit (or spirited) recollection is a loving support for this platform of self we are given.