

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

Saturday – Spirits of Light

Human Soul !

Practise Spirit Awareness

Spirits of Light, Let from the east be Enkindled

What in the west is given form

Enkindled, Lit-up, Fired, Enthused-into-Life...

These Light-Spirits, whose rhythmic weaving in the circling-cosmos, create and respond to the life-breath-feeling of the human heart-being. This second of the three hierarchies of the Angelic Hosts bring Life with every rising of the sun. His celestial passage from east to west brings life to all that is. My feeling-mood responds to morning and evening as it does the 'blooming and fading of flowers' described yesterday. Whatever I learn anew, blooms as revelation within my soul. There it slowly matures into understanding and thus to a 'known concept.' Like the flower gives way to seed, hard, structured, unchanging until it bursts again into newly enkindled life.

Today's thoughts are more aphoristic than usual, less explanatory. This week-long process is now a fruit. Monday set the roots in light and warmth, Tuesday saw them send up a shoot, through the week this soul-plant evolved. Tomorrow it will seed. Do you choose to learn? Or to practise?

The fire of enthusiasm evolves into the structure of understanding.

The Spirits of Light move a weaving dance between, creating these two.

The practise of Spirit Awareness can bring us to see them in every moving process, in our world and in our lives.

This call comes from the Sun, and all the lights of the heavens.

This call comes from the kindling-fire in our hearts.