

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

Sunday – Practice for Good

Human Soul !  
Practise Spirit Recollection  
Practise Spirit Mindfulness  
Practise Spirit Vision  
That good may become  
What, from our hearts, we would found  
and from our Heads, direct  
with Focussed Will

You might consider these 8 lines as seven held within the first one. This whole rhythm of seven that we are following is held within these lines. Sun is the central force in all our world. Sun (today's ruler) holds the other six principles within Him/Herself. Like seed holds the entire plant, body and process, so Sunday is the day we balance the other six stages of our development. Once we see this we see "That Good may Become" as the central line/principle. The rooted Jovial energy of the whole pattern. – What else do any of us want?

We, Human beings are the seed-hope of the cosmos. All their energy has been put into this development. Did you know that DNA in a seed is scrambled, plant a Braeburn apple seed, the resultant tree will have a completely new type of apple. Anything from a tiny bitter wild to a sweet and buttery new variety. We human beings are such a wildcard in the cosmic mix.

At this stage in the cosmic progress the problems of Human Freedom are more in the news than the gifts. These problems arise because we are out of harmony with the cosmos - Freedom gives us that. The gift of Fire burns things.

Religions often ask us to dampen our fire, draw back, engage only contemplatively. Or to obey the statutes of church and law so as not to cause problems. The left hand of politics also demands 'conformity for the greater good.'

Anthroposophy asks that we step into the fire within us and align this with the Cosmic flame, the I AM of the entire universe, the Christ. When we act purely from the Holy Spirit all our deeds harmonize with the Greater Good, even if they

cause waves when we act. Heroes such as Nelson Mandela or Joan of Arc show this.

Today's, closing rhythm of the Foundation Stone, celebrates the three-stage fire of becoming a self, aligning that self with the world, then filling the space-between with the existing cosmic patterns. This celebration consists of affirming the good that Humans can do from this space of three-fold connection.

Mostly we live, not in ourselves but in our desires. That is to say our soul looks only outward. What the soul wants, both in what comes towards it and in what it achieves, become the focus. Whereas the tools by which we achieve both of these things, and the self that makes the deep choices, are ignored.

Those tools are the powers of the soul. This self is the True I Am

When we attune these powers of the soul to the Cosmic Love-Centre-of-All-Being, the Christ-I-AM, they become a tool for the Universe to achieve Her/His aims.

Practise Spirit Recollection	-	with Focussed Will
Practise Spirit Mindfulness	-	directed by our head
Practise Spirit Vision	-	See from our hearts
That good may become		
What, from our hearts, we would found	-	clear vision
and from our Heads, direct	-	mindfully
with Focussed Will	-	recalling ourselves within

This is the purpose of the Foundation Stone meditation: To attune the powers of our soul to the spiritual aims of our own purposes in coming here, to this life.

.....That Good may become