

# The Foundation Stone Meditation

## DER GRUNDSTEIN

[http://wn.rsarchive.org/Lectures/GA260/English/SGP1980/FStMed\\_meditation.html#sthash.4zoCRV6A.dpuf](http://wn.rsarchive.org/Lectures/GA260/English/SGP1980/FStMed_meditation.html#sthash.4zoCRV6A.dpuf)

Human Soul!  
You live within the limbs,  
Which bear you through the  
world of space  
Into the Spirit-Ocean-Being:  
Live remembering Spirit  
In soul-depths,  
Where in majestic sway  
Of World-Creator-Being  
Your own I  
In God's I  
Is begotten:  
And you will live truly  
In the Being of the Human World.

Human Soul!  
You live in the heart-lung  
throbbing,  
Which guides you through  
the time-rhythm  
Into the feeling of your own soul's  
being:  
Live meditating on Spirit  
In soul equanimity,  
Where the surging  
World-evolving acts  
Your own I With cosmic I  
Unite;  
And you will feel truly  
In Human-Soul-Creating.

Human Soul!  
You live in the reposing head  
Which out of eternal springs  
Unfolds for you Cosmic thoughts:  
Live with Spirit-Vision  
In thought's tranquillity,  
Where the eternal goals of Gods  
Grant  
Cosmic-Beings'-Light  
To your own I  
For free willing;  
And you will think truly  
Out of founts of Human-Spirit.

At time's turning point  
The Cosmic Spirit-Light entered  
Into earthly life-stream.  
Night-darkness  
Had ended reign.  
Day-bright Light  
Rayed within human souls.  
Light  
Which warms  
The simple shepherd-hearts,  
Light  
Which enlightens  
The wise heads of Kings.

For there reigns the Father-Spirit  
of Heights  
In World-depths, creating life.  
You Spirits of Force  
Let from the heights resound  
What in the depths an echo finds;  
This speaks:  
Of the Divine is Mankind born.  
This hear the Spiritual Beings in  
East, West, North, South:  
May human beings hear it!

For there reigns the Christ will  
in the earth-sphere  
In Cosmic rhythm gracing souls.  
You Light-Spirits  
Let from the East ignite  
What through the West  
takes form:  
This speaks:  
In the Christ, death becomes life.  
This hear the Spiritual Beings in  
East, West, North, South:  
May human beings hear it.

For there reign the  
Spirit-Cosmic-Thoughts  
In the World-Being,  
Light imploring.  
You Soul-Spirits  
Let from the depths be prayed for  
What from the heights  
is granted:  
This speaks:  
In the Spirit's Cosmic Thoughts  
The soul awakens.  
This hear the Spiritual Beings in  
East, West, North, South:  
May human beings hear it.

Godly Light  
Christ-Sun  
Warm  
Our hearts  
Enlighten  
Our heads  
That good may become  
What we  
From hearts found  
What we  
From heads  
Direct with single will.