

THE FOUNDATION STONE MEDITATION

Soul of Man
Thou livest in the Limbs
Which bear thee through the world of Space
Into the ocean-being of the Spirit.
Practice Spirit-recollection
In depths of soul,
Where in the wielding
World-Creator-Life
Thy own I
Comes to being
Within the I of God.
Then in the All-World-Being of Man
Thou wilt truly *live*.

For the Father-Spirit of the Heights Holds sway
In Depths of Worlds begetting Life.
Seraphim, Cherubim, Thrones!
(Spirits of Strength!)
Let there ring out from the Heights
What in the Depths is echoed,
Speaking:
Ex Deo nascimur.
(From God, Mankind has Being.)
The Spirits hear it in East and West and North and South:
May human beings hear it!

Soul of Man!
Thou livest in the beat of Heart and Lung
Which leads thee through the rhythmic tides of Time
Into the feeling of thine own Soul-being.
Practice Spirit-mindfulness
In balance of the soul,
Where the surging
Deeds of the World's Becoming
Do thine own I
Unite
Unto the I of the World.
Then 'mid the weaving of the Soul of Man
Thou wilt truly *feel*.

For the Christ-Will in the encircling Round holds sway
In the rhythms of the Worlds, blessing the Soul. Kyriotetes,
Dynamis, Exusiai!
(Spirits of Light!)
Let there be fired from the East
And through the West be formed,
Speaking:
In Christo morimur.
(In Christ, Death becomes Life.)
The Spirits hear it in East and West and North and South:
May human beings hear it!

Soul of Man!
Thou livest in the resting Head
Which from the ground of the Eternal
Opens to thee the Thoughts of Worlds.
Practice Spirit Vision
In quietness of Thought,
Where the eternal aims of Gods
World-Being's Light
On thine own I
Bestow
For thy free Willing.
Then from the ground of the Spirit in Man
Thou wilt truly *think*.

For the Spirit's Universal Thoughts hold sway
In the Beings of all Worlds, beseeching Light.
Archai, Archangeloi, Angeloi!
(Spirits of Soul!)
Let there be prayed in the Depths
What from the Heights is answered,
Speaking!
Per Spiritum Sanctum reviviscimus,
(In the Spirit's Universal Thoughts, the Soul Awakens.)
The Spirits hear it in East and West and North and South:
May human beings hear it!

At the turning point of Time
The Spirit-Light of the World
Entered the stream of Earthly Being.
Darkness of Night
Had held its sway;
Day-radiant Light
Poured into the soul's of men;
Light that gives Warmth
To simple Shepherds' Hearts,
Light that enlightens
The wise Head of Kings.

O Light Divine,
O Sun of Christ!
Warm thou our Hearts,
Enlighten thou our Heads,
That good may become
What from our Hearts we would found
And from our heads direct
With single purpose.

Given by **Rudolf Steiner** during the meeting for the re-founding
of the Anthroposophical Society at Christmas, 1923, in Dornach,
Switzerland.