

THE FOUNDATION STONE MEDITATION

PANEL ONE	PANEL TWO	PANEL THREE	PANEL FOUR
<p>Human soul! You live in the limbs; Through the world of space they bear you Into seas of spirit-being:</p> <p><i>Practice spirit-recalling</i></p> <p>In depths of soul, Where in the wielding World-creator-being Your own "I" Comes into being Within the "I of God;" And you will truly live In human cosmic being.</p> <p>For there reigns the Father-spirit of the heights In cosmic depths creating existence Ye Spirits of Strength, Seraphim, Cherubim, Thrones, Let from the heights ring forth What in the depths finds its echo; This speaks thus: From the divine mankind takes being.</p> <p>Thus hear it the elementary spirits In the East, West, North, South: May human beings hear it!</p>	<p>Human soul! You live in the beat of heart and lungs; Through the rhythm of time it leads you Into the feeling of your own soul-being:</p> <p><i>Practice Spirit-meditating</i></p> <p>In equanimity of soul, Where by the surging Deeds of world-becoming Your own "I" Is united With the "I of the cosmos" And you will truly feel In human weaving of souls.</p> <p>For there reigns the will of Christ all around us In cosmic rhythms bestowing grace onto souls. Ye Spirits of Light, Kyriotetes, Dynamis, Exusiai, Let from the East be enkindled What through the West takes on form; This speaks thus: In Christ death becomes life.</p> <p>Thus hear it the elementary spirits in the East, West, North, South: May human beings hear it!</p>	<p>Human soul! You live in the resting head; From eternal grounds it discloses The thoughts of the cosmos to you:</p> <p><i>Practice Spirit-envisioning</i></p> <p>In stillness of thought, Where by the eternal aims of gods Light of cosmic being To your own "I" Is granted For your free willing; And you will truly think In human spirit grounds.</p> <p>For there reign the cosmic thoughts of the Spirit In cosmic being light imploring. Ye Spirits of Soul, Archai, Archangeloi, Angeloi, Let from the depths be entreated What in the heights will be answered; This speaks thus: In the Spirit's cosmic thoughts the soul awakens.</p> <p>Thus hear it the elementary spirits in the East, West, North, South: May human beings hear it!</p>	<p>At the turning point of time Came the cosmic spirit light Into the earthly stream of being.</p> <p>Night darkness Had reached its power's end; Light, bright as day, Rayed forth in human souls;</p> <p>Light That gives warmth To simple hearts of shepherds;</p> <p>Light That enlightens The wise heads of kings;</p> <p>Light divine, Christ-Sun,</p> <p>Give warmth To our hearts;</p> <p>Enlighten Our heads,</p> <p>That good may become What from our hearts We are founding, What from our heads We shall guide With our purposeful willing.</p>

Translation: Ernst Katz 1996

A composite, derived from several variants given by Rudolf Steiner.

Revised and improved relative to previous translations by the same author.

THE SEVEN RHYTHMS OF THE FOUNDATION STONE VERSE

SUGGESTED DAYS AND SEASONS

Day/ Rhythm	March April May	June July August	September October November	December January February
Wed. 12-26 1923 I	Spirit-recalling ☆ Your own "I" Comes into being Within the "I of God"	Spirit-meditating ☆ Your own "I" Is united With the "I" of the cosmos"	Spirit-envisioning ☆ To your own "I" Is granted For your free willing	At the turning point of time Came the cosmic spirit-light Into the earthly stream of being. Night darkness Had Reached its power's end; Light, bright as day, Rayed forth in human souls;
Thurs. 12-27 1923 II	Your own "I" Comes into being Within the "I of God" ☆ Live Human cosmic being	Your own "I" Is united With the "I of the cosmos" ☆ Feel Human weaving of souls	To your own "I" Is granted For your free willing ☆ Think Human spirit-grounds	Light That gives warmth To simple hearts of shepherds:
Fri. 12-28 1923 III	Practice spirit-recalling ☆ For their reigns the Father-spirit of the heights In cosmic depths creating existence	Practice spirit-meditating ☆ For there reigns the will of Christ all around us In cosmic rhythms bestowing grace onto souls	Practice spirit-envisioning ☆ For their reign the cosmic thoughts of the Spirit In cosmic being light imploring	Light That enlightens The wise heads of kings;
Sat. 12-29 1923 IV	Practice spirit-recalling ☆ Seraphim, Cherubim, Thrones Let from the heights ring forth What in the depths finds its echo	Practice spirit-meditating ☆ Kyriotetes, Dynamis, Exusiai Let from the East be enkindled What through the West takes on form	Practice spirit-envisioning ☆ Archai, Archangeloi, Angeloi Let from the depths be entreated What in the heights will be answered	Light divine Christ-Sun Give warmth to our hearts;
Sun. 12-30 1923 V	Practice spirit-recalling	Practice spirit-meditating ☆ That good may become What from our hearts We are founding What from our heads We shall guide With our purposeful willing	Practice spirit-envisioning	Enlighten our heads; That good may become What from our hearts We are founding What from our heads We shall guide With our purposeful willing
Mon. 12-31 1923 VI	Light divine Christ-Sun! Thus hear it the elementary spirits in the East, West, North, South: May human beings hear it!			Light divine Christ-Sun Give warmth to our hearts; Enlighten our heads
Tue. 1-1 1924 VII	You live in the limbs ☆ For there reigns the Father-spirit of the heights In cosmic depths creating existence	You live in the beat of heart and lungs ☆ For there reigns the will of Christ all around us In cosmic rhythms bestowing grace onto souls	You live in the resting head ☆ For there reign the cosmic thoughts of the Spirit In cosmic being light imploring	Light divine Christ-Sun Give warmth to our hearts Enlighten our heads