

## **THE CALENDAR OF THE SOUL IN RELATION TO THE PRACTICES OF THE FOUNDATION STONE MEDITATION**

We have emphasized in this work how the Calendar of the Soul weaves in between the activities of the hierarchies in nature and in the cosmos—the macrocosm—and the corresponding responses of the soul ebbing and flowing during the seasons—the microcosm. We have seen the yearly rhythmical alternation of memory, intuition, self-engendered will, and thinking. We will now look at the contrast between spring and summer on one hand and fall and winter on the other in relation to the first three stanzas of the Foundation Stone Meditation. To follow what is spoken of here, see the Foundation Stone Meditation in Appendix 3.

The Calendar as a whole forms a breathing between soul and cosmos; it is what brings the soul in balance with the course of the year, and ultimately with the place of the Christ being in the order of nature and the cosmos.

In the second panel of the meditation the practice of Spirit Mindfulness (or Spirit Awareness)—which is the only one directly related to the Christ in the meditation—emphasizes what the calendar accomplishes in many ways. It is the practice that through our middle being—that of heart and lung—takes us “through the rhythms of time into the feeling of our own soul being” and does so “in balance of the soul.” Here the rhythm is that of the year, which relates to the cosmic rhythms of Sun and Moon, through which the calendar’s beginning is set for the changing date of Easter. In this we can see an expression of the “Christ will” that “holds sway in rhythms of time.”

During spring and summer, memory builds the inner orientation and focus of the soul; it is its “inward sight.” To this is added intuition, that capacity which in concert with memory/recollection teaches us to order our will, to bring thinking into our external activities. Altogether this is the activity at the heart of the practice of Spirit Recollection, that König called *boding*, and that we have called intuition.

In the first verse of the meditation the practice of Spirit Recollection is that which we practice “in depths of soul” and through which we “live in the limbs.” It places us in touch with the world of the soul, with the forces at play in our biography, which point to the karma we have generated through our earth incarnations. Through Spirit Recollection our “own I comes into being in the I of God” so that we can “truly live.” The warm time of the year is that in which we need to find our response to the cosmos approaching us; we have to

fathom it from the depths of our soul, through intuition and memory. We have to learn to truly live out of what we can bring forward from the depths of our soul.

Here Spirit Recollection takes on a more encompassing nature from its usual term, because it includes not only the human being's biography but the events of the cosmos. Spirit Mindfulness adds through every verse its gesture of balance of the soul, weaving inner activity with events of nature and cosmos. Examples of this enlarging of boundaries in the Calendar include:

- Verse 10: a godly being now has touched you
- Verse 13: in spirit sources seek expectantly to find your spirit kinship
- Verse 18: can I expand my soul that it unites itself with cosmic Word

The gesture of Spirit Mindfulness is present in the way in which the calendar invites us to receive the gifts of the macrocosm without taking leave of ourselves. The soul cannot be lost in the external dream of the season; it has to find an inner compass. Once more the gesture of interweaving of above and below is present: the warm time of the year wants to take us beyond ourselves. While we receive the gifts of the macrocosm, we consciously turn our attention inward in order to integrate the gifts we receive and develop selfhood power. As we transition into the fall we can say, "I feel at last my life's reality," but also know that it cannot be "severed from the world's existence" (verse 20).

Moving into the fall the Michaelic—self-engendered will—directs us both to the needs of Earth and also to the personal dimension of our lives. Soon after Michaelmas this turns into what the calendar calls "the summer of the soul," the solar faculty of thinking, which "thrives in the sunlight of the soul." The two activities brought together indicate the pouring of the will into thinking, which is part and parcel of what the Foundation Stone Meditation calls Spirit Beholding.

In Spirit Beholding we are called to living "in the resting head" which "reveals . . . world thoughts" bestowing on us "world-being light" out of "the eternal aims of gods." The end result is being able to "truly think from the ground of the human spirit." Whereas Spirit Recollection is the gateway to the inner world of the soul, Spirit Beholding leads us into the macrocosm. Nevertheless the practice of Spirit Beholding of the cold time of the year in the calendar weaves between the macrocosm and the microcosm of our

human relations as well. It is encompassed by the gesture of Spirit Mindfulness through and through. Examples of it:

- Verse 32: my inmost being I feel charged with power to turn with clearer insight toward the weaving of life's destiny.
- Verse 34: this shall, awakening, pour forth cosmic forces into the outer actions of my life
- Verse 41: the soul thus shapes itself in human loving and in human working

Come fall we see the world moving into apparent sleep. The soul is tempted to retreat into itself. The calendar calls for a vigorous exertion of the will turned outward, and toward seeking to develop sense of Self. We are called to take our role in the continuation of the work of creation; through this vigorous activity we can attain Imagination, then Inspiration and Intuition, those capacities through which we become citizens of the macrocosm. As winter approaches we "feel at last the world's reality" which needs "the communion of my soul" and needs "to recreate itself in souls" (verse 33).

In summing up, we see the three practices of the Foundation Stone Meditation alternate through the year. Spirit Mindfulness is always present throughout the year in the calendar's gesture of integration of the movements of the macrocosm and those of the soul. In spring and summer this is colored by Spirit Recollection, in fall and winter by Spirit Beholding.