

The Rhythms of the Foundation Stone Meditation and the Movement toward Co-Creation

The following short essay comes from a realization of the polarity of half of the weekly rhythms in relation to the other ones. Monday stands as the beginning and transition point between the two sets.

Monday

Light divine,
Christ-Sun,
This is heard by the spirits of the elements
In east, west, north, south
May human beings hear it!

Tuesday

Human soul!
You live within the limbs
For the Father-Spirit of the
heights holds sway
In depths of worlds begetting
life.

Human soul!
You live within the beat of heart
and lung
For the Christ-will encircling us
holds sway,
In world rhythms, bestowing
grace upon souls.

Human soul!
You live within the resting head
For the Spirit's world-thoughts
hold sway
In cosmic being, imploring light.

Wednesday

Human soul!
Practice spirit-recalling
Your own I comes into being
In the I of God.

Human soul!
Practice spirit-sensing
Unite your own I
With the I of the World.

Human soul!
Practice spirit-beholding
Bestow the light of cosmic being
On your own I
For free and active willing.

Thursday

Human soul!
Your own I comes into being
In the I of God
And you will truly live
In human world-all being.

Human soul!
Unite your own I
With the I of the World
And you will truly feel
In human soul's creating.

Human soul!
Bestow the light of cosmic being
On your own I
For free and active willing
And you will truly think
In human spirit depth.

The Monday Rhythm is purely cosmic. It speaks of the Earth's permeation by the spirit of Christ. It is a reminder of the Earth's transformation at the hand of the Golgotha event as much as of its destination under the present unfolding of the reappearance of Christ in the etheric.

The rhythms of Tuesday to Thursday ask that the human being strengthen himself from the sources of the cosmos. The Tuesday rhythm starts from the matter-of-fact recognition that we owe our existence to the forces streaming from the Father, the Son and the Spirit. It awakens us to our cosmic connection. Wednesday immediately asks that we act on this knowledge through practice of three soul activities—Spirit Recollection, Spirit Mindfulness and Spirit Beholding—so that the human being take root in cosmic reality. The theme of co-creation is announced in the progression

from limbs to head. In the first part of the rhythm we receive our being from the I of the Godhead. In the second one we actively unite with the I of the World, or Christ I. And through this the third part the aim of co-creation is hinted at in the words "free and active willing," that willing that is done in complete spiritual freedom and that alone can unite us with the divine intentions on Earth. Thursday shows us what it will mean to be a true human being. It means reforming the way we live, feel and think. The human being should be other than what he is through simple physical birth. He should aspire to a new existence. The Thursday rhythm marks the beginning of that existence.

Friday

Human soul!
Practice spirit-recalling
For the Father-Spirit of the heights
holds sway
In depths of worlds begetting life.

Human soul!
Practice spirit-sensing
For the Christ-will encircling us holds sway,
In world rhythms, bestowing grace upon souls.

Human soul!
Practice spirit-vision
For the Spirit's world-thoughts hold sway
In cosmic being, imploring light

Saturday

Human Soul!
Practice spirit-recalling
Spirits of Strength:
Let ring forth from the heights
What in the depths is echoed.

Human Soul!
Practice spirit-sensing
Spirits of Light:
Let from the East be enkindled
What through the west takes on form.

Human Soul!
Practice spirit-beholding
Spirits of Soul:
Let from the depths be entreated
What in the Heights will be heard.

Sunday

Human Soul!
Practice spirit-recalling

Practice spirit-sensing

That good may become
What from our Hearts
We are founding,
What from our heads
We direct
With focused will.

Practice spirit-beholding

From Friday to Sunday all rhythms call us to practice. The ground and goals of a new existence have been established from Tuesday to Thursday. And in fact Friday echoes the Tuesday rhythm. To the realization of the activities of the hierarchies and the grace they bestow upon the human being (Tuesday) follows a taking of responsibility/active role upon this knowledge. This can be measured by the echoes between human and divine activities. The Spirit Recalling that we practice in depths of soul and leads us to truly live mirrors the life-bestowing activity of the Father-Spirit in depths of worlds. The spirit sensing (or mindfulness) that we practice in the beat/rhythm of heart and lung is mirrored by the Christ-will in world

rhythms. And finally the spirit vision (beholding) practiced in quietness of thought answers to the activity of the Spirit's world-thoughts. Through this recognition we know that we are called to take on a co-creative role in world evolution.

The call to practice of Saturday echoes the Wednesday verse. On Wednesday we were asked to unite with the macrocosm; on Saturday we are shown how the hierarchies respond to our initial steps. The Saturday rhythm expands the vista of the Friday one. Here we realize what the practices mean: that which places the human being in the role of a tenth hierarchy able to collaborate with the nine ranks of hierarchies indicated as Spirits of Strength, Spirits of Light and Spirits of Soul.

On Thursday we were shown how the human being can be formed anew by truly living, truly feeling and truly thinking. Sunday echoes this movement and indicates how the transformations resulting from the carrying of the practices has world moral consequences that unite us with our fellow human being. Sunday shows us the moral dimension of the practices and how they reconnect us to the turning point of time and the capacities of Shepherds and Kings, reflected in our warmth-imbued devotion and light-pervaded wisdom. This recognition also connects us to other human beings likewise determined to take on a co-creative role rooted in the spirit. This makes it possible to move from "human soul" to the collective "we" of the last four lines of the meditation's fourth panel.

We could say that we have two halves and an independent rhythm. During the first half (Tuesday to Thursday) we expand our understanding of the human being's position in the universe and down to Earth. During the second half (Friday to Sunday) we deepen this knowledge and turn it into a sacred responsibility. We become co-creators.

The whole movement finds a culmination in our understanding of the Earth's evolutionary movement, one that depends just as much on the Gods as it does on human beings, if they rise up to it:

Light divine,

Christ-Sun,

This is heard by the spirits of the elements

In east, west, north, south

May human beings hear it!