

THE FOUNDATION STONE

Rudolf Steiner, 13 January 1924

Human soul!
You live within the limbs,
Which bear you through the world of space
Into the being of the spirit sea:
Practice *spirit remembering*
In depths of soul,
Where in the reigning
World creator being
Arises
Your own self
In the self of God;
And you will truly *live*
In the being of human worlds.

For there reigns the Father Spirit of the heights
Creating being in the depths of worlds;
O Spirits of Power
Let resound from the heights
What finds an echo in the depths;
This speaks:
Humanity is born of the divine.
The spirits hear this in east, west, north, south:
May human beings hear it.

Human soul!
You live within the beat of heart and lung,
Which leads you through the rhythm of time
Into the feeling of your own soul being:
Practice *spirit contemplating*
In balance of soul,
Where the surging
World becoming deeds
Unite
Your own self
With the world self;
And you will truly *feel*
In the working of human souls.

For there reigns the Christ Will round about
Blessing souls in worldly rhythms;
O Spirits of Light
Let be fired from the east
What is formed through the west;
This speaks:
In Christ death becomes life.
The spirits hear this in east, west, north, south:
May human beings hear it.

Human soul!
You live within the resting head,
Which opens to you from timeless grounds
The thoughts of the world:
Practice *spirit envisioning*
In peace of thought,
Where from the gods' eternal aims
World being light
Is given
To your own self
For free willing;
And you will truly *think*
In the grounds of human spirit.

For there reign the world thoughts of Spirit
Pleading for light within world being;
O Spirits of Soul
Let be implored from the depths
What is granted in the heights;
This speaks:
In spirit's world thoughts the soul awakens.
The spirits hear this in east, west, north, south:
May human beings hear it.

At the turning point of time
The world spirit light
Stepped into the earthly stream of being;
Darkness of night
Ceased to reign;
Day bright light
Rayed within human souls;
A light
That warms
The hearts of poor shepherds;
A light
That enlightens
The heads of wise kings.

Divine light,
Christ sun,
Warm
Our hearts;
Enlighten
Our heads;
That good may be,
What
From our hearts we found,
What
From our heads we lead
With will.