

THE FOUNDATION STONE MEDIATION AND RESCUING THE TRUE HUMAN BEING.

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Rudolf Steiner tells us that it was the fall which caused the human being to become less than what had been intended by the gods. Less than the ideal. The inoculation of luciferic forces into the soul caused a 'heaviness', which led the physical body to fall from its intended etheric nature into matter. The human being has in fact been falling further and further ever since, but this fall was initially intended to create in us an independent life, and through it the development of freedom. The development of our soul has led to an inner life but it has occurred at the expense of our spiritual connection. When we developed our feelings, and our own thinking this was at the expense of our communion with spiritual beings. We began to forget the language of the gods which had once been understood by reading the flame script of the stars the geometric patterned speech spoken from one star to the other. This became unintelligible to human beings who developed an individual language instead. If one understands it rightly, language is a kind of inner shadow Geometry of the language of the gods. The stars became silent dead bodies floating through space and the only sign that exists today that we once understood the language of the gods lives in alphabetical letters and Geometry.

Similarly we forgot the lower Gods, the offspring of the upper gods, the elemental beings of nature, and because of this all of nature lost its depth and colour and we began to see only surfaces giving rise to what we know as natural science.

Inevitably this forgetting entered even into religion and if we follow the various ecumenical councils we see a good picture of this in the arguments regarding the trinity. It culminated in 869, in the complete severance of the connection between the spirit and the human soul. The human being was stripped of his/her divine origins.

This paved the way for Copernicus and Darwin. One could say that what Copernicus did for the universe, by stripping it of spirit, Darwin did for the human being by connecting him to animals. It was a conquering of the above and the connection with the below and the beginning of the Mechanistic, Atomistic, Animalistic era. We were to believe that there

was no spirit living in the stars, no spirit in nature and the human being could not possess a spirit because he/she did not descend from divine heights and the gods to enter into an incarnation. The human being was only the descendant of lower forms of animals, raised slightly higher through natural selection and inherited characteristics.

And just as in former times the human being was stripped of spirit, the soul only having some spiritual 'qualities,' which are given to us by higher beings, in our times the human being is being stripped of soul. We are told that we think, feel and will because of a complex series of chemical interactions that occur between our brain, our nerves, the organs of heart lungs and our muscles. We are no more than a body and a brain, scientists believe, with some soul qualities, which are, in a sense, really only physical experiences that we imagine to be something more.

But it is precisely in the fifth Post Atlantean epoch, amid this distortion of the human image that we must develop our thinking life into an organ of consciousness. An organ that can become conscious of the spirit again re-establishing our connection with the true human ideal which had always been intended for us.

And yet look how far we have fallen! We have moved from being divine, to being higher animals, from the upper realms to the middle realms and we have since been descending further still, from around 1933, this time into the lower realm, a mechanical sub-earthly realm.

In fact, we are living now at a time when the distortion of the human image is happening pervasively. Soon molecular genetics and body technology will bring the human being even lower than ever before. To begin with the human being is faced with an inferior image of him or herself compared to what can be generated digitally. We seek outer physical perfection through surgery, drugs and exercise and in our inner life we are seeking to enhance ourselves with computers that have a much greater intelligence albeit artificial, a longer memory, longer life and an ability to calculate the most complex data well beyond the grasp of even the most gifted and intelligent human beings. The age of the transhumans, is therefore at hand, human beings that have been enhanced biogenetically and mechanistically to transcend even the biology of the physical body, to live long extended lives in the physical world without a body (Kurzweil's singularity) bypassing the oldest and wisest

and in many ways most spiritual aspect of the human being, so as to unite human consciousness with the subhuman world of matter.

There has never before been a more important time for understanding the nature of the true human being.

In 1923 at the Christmas Conference of the General Anthroposophical Society, nearly a year after the burning of the first Goetheanum by an arsonist, Rudolf Steiner gave the foundation Stone Meditation to Anthroposophists. It was to be a working, personal meditation, a life meditation, which would help each individual who practised it to find in their heart a true image of the ideal, spiritual human being whose origins come not from the world of matter but from the moral spiritual world.

Not long after this, the Nazi shadow ideal of the 'human being' would place at its centre an emphasis on the physical body and its inherited racial characteristics, neglecting morality entirely. A physical body capable of the most terrible cruelty with never a loving concern in the soul or the slightest stir of conscience because such a body had lost its connection to the higher spirit and had united itself with a lower one.

But what is the F.S.M? And how can it counteract the strong forces dehumanising the human being in our times?

Peter Selg reminds us in his book on the F.S.M that even the evil forces that drive human beings down into the level of the subhuman are spiritual and that in this lies the secret of working with the F.S.M.

When we work with the F.S.M as a living meditation, we are developing soul forces that connect our souls with the spirit again and bring about a consciousness of our true human nature, our higher nature, the nature above the physical, in a way that is individual and free.

So let's have a look at it:

One could say that reading from first to third panel we have a good picture of the macrocosmic fall of the human being from Saturn Sun and Moon in relation to the creation from outside in, of the physical body, the limbs or metabolic system, the heart and lungs, the nerves and senses. We see that we were once living in the bosom of the gods and that as we have descended they continue to work in us from inside out.

We also see in the meditation the development of the soul through its development of will in the limbs feeling in the heart and lungs and thinking/sensing in the brain and nerves.

The F.S.M also tells us, in the fourth panel that in order for us to connect with the trinity in the spiritual world so as to resurrect the ideal of trichotomy in the human being we needed help, we had fallen too far into matter and forgotten our fathers in heaven and at the turning point in time three beings had to come together to make this possible:

The Sophia - Light of the World.
Michael - Day radiant light.
The Nathan Soul - Light Divine.

They came together to make it possible for the...

Sun of Christ

...to enter earth evolution and to bestow upon human beings the seed of what will make us truly human, the ego. For it is the human ego that makes us different from all other beings on earth, it is our connection to the divine and through it we can work our way back to the conscious force of conviction that connects us to the spirit of the stars and of nature again in a concrete way.

Yes A concrete way. This is what R.S tells us:

'Anthroposophists must have the conscious force of conviction that Spirit is a concrete reality, that where matter exists, spirit not only penetrates and streams through this matter but ultimately all matter disappears for true human vision if it is capable of penetrating through things material to the spiritual.'

The spirit is our ideal. It is what makes us truly human and so our task is to find the ideal by using our Christ given ego to develop these forces of conviction.

What are these forces? The Mediation itself tells us we have to develop:

True thinking

From the ground of the Spirit in Man

True feeling

Mid the weaving of the soul in Man

True life/willing

In the All World Being of man.

TRUE THINKING

What is true thinking?

True thinking requires true selflessness, but this does not mean what we usually think it does. True selflessness is the active loosening of the etheric body and astral body. The etheric body is willed out as a light through the astral organs from the ground of the spirit in the self. What is the ground of the spirit?

It is the heart. The heart is the source of the human will and in the human will lives the seed of the human spirit the 'I'. In our time The I has to remain grounded in the physical body for consciousness to exist while the etheric body and astral bodies are lifted up to experience the spirit's universal Thoughts, the will of the gods.

True thinking is seeing the thoughts of the gods.

In truth, we have been crossing the threshold unconsciously according to Rudolf Steiner since around the middle of the last century. It is for this reason that we need awaken to the spirit that we always see weaving through nature and behind the stars without realising it. True thinking is experiencing the spirit in every material perception before it is 'killed' or becomes a corpse inside us, in other words a memory an abstract concept, a material thought and finally an idea. The idea is just a phantom of the ideal.

That is why Rudolf Steiner tells us that every idea that does not become an ideal kills something in us. This is what he means: every perception of the material world that is not complemented by a consciousness of the spirit that weaves within, above and around it, becomes an abstract idea, becomes so, by effectively killing the spirit in us.

By practising Spirit Vision we experience the ideal. Etheric vision is an Imagination of the elemental world behind the Physical world into which the spirit shines, and we find through this new vision, our connection to the beings of the third hierarchy who are the messengers of the Holy Spirit light in the world to human beings, through their offspring the elemental beings.

This first panel is therefore connected to the realm of Light Ether, the substance carried by the thoughts of the gods, the elemental beings of nature, into the human soul.

In this sense spirit vision is like a prayer, we lift up out of ourselves and we wait for the answer and when it comes it is by way of the elemental beings who carry the spirit into us, into the Self with every perception so that the more we receive the more we perceive. Our consciousness of what they bring helps us to 'live' again, that is, Spiritual life is restored to us leading to the next force.

TRUE FEELING:

This is what we feel when we not only recognise that we are seeing the spirit but that we are always bringing it into the soul. The capacity we need to develop here is Love. Love in spiritual terms is the ability to unite with the spirit in our souls, mid the weaving of breath and blood and heartbeat. Mindfulness in this sense is a realisation of that moment in which our astral body, resonates with what it perceives, it imprints the spirit onto our etheric bodies. This is occurring all the time only we do not understand it. We see it in the colours and after images that were studied by Goethe, whose work became the foundation of Rudolf Steiner's complement to natural Science Spiritual Science.

It is our loving conscious unification with the spirit living in the world outside us that brings to us our higher self, that is, the spirit, which enters into the self to die away into the will and to rise up again as 'The Word'. This is what happened at Whitsun to the disciples when through the auspices of the Mother of God they received the spirit. It entered in to them so that they could now speak with an understanding of the language of the spirit. It is by developing this ability to inspire the spirit more and more into the self that we find a connection again to the language of the gods which is connected to the beings of the second

hierarchy, and through them we find Christ himself, the Word, the living ideal of the perfect human being, whose will resounds in us and whose astral light shines into the encircling round - the sound ether, the chemical ether, in tones and colours.

Only by allowing the spirit to die away in us and to connect itself with Christ who is living in our souls, do we begin to enter deeper as we are asked in the meditation, to the hardest most material aspect of our physical bodies the limb system, the bones and muscles and metabolism, in order to restore the entire physical body to its original ideal - the Spirit in the whole human being who truly lives in the spiritual world.

TRUE LIFE

When the spirit enters into the whole human being a Re-collection - a remembering of the Spirit with the human physical body occurs, which unlocks the intuitive memory of our spiritual origins. We experience this as a true living awakening of the human I in the physical body by way of warmth. The warmth of the spirit penetrates every aspect of our being and through this invigorating life-giving warmth we find a connection with the beings of the first hierarchy who are the representatives of the Father forces in us and whose impulses work deep into our physical bodies by way of the Life Ether.

Now we realise what was always intended before we fell too far into matter and we begin to erect the scaffolding for the true human image and being, which had suffered distortion since the fall. Restored to us is the Father in us, or rather the true conscious memory of who we truly are and the origins of our spirit before we incarnated on earth. This memory creates a force of conscience and morality in the will that directs us to the good actions we hear about in the fourth panel.

In a sense we do the above every night.

In the night our physical and etheric bodies stay in bed while our astral bodies and egos leave through the head to enter the spiritual world. In the spiritual world the ego and astral body commune with the spirits of the stars, they listen to the moral language of the stars and they return again through the elemental world of nature and into the body via the limbs, carrying with them all they have experienced. We find the Christ in us every morning when we enter back into our physical bodies. Christ

the ideal man awakens us, but we rarely notice it. All of this is experienced in a dreamy or unconscious state.

The F.S.M practised as a living meditation in the day, helps us to remain conscious when we leave our heads at night, to unite lovingly with the gods and to remember the moral conversations we have had with them so that in the morning these awakens in us the power of conscience as we enter back through our limbs. Conscience is the light we bring with us from the spiritual world to enlighten the Christ in us.

Day and night experiences become one - a continuity of consciousness through the F.S.M.

So what is the FSM truly? In the words of Prokofieff they are:

'The Words of Christ that are being addressed today out of the spiritual realms, by a choir of divine spiritual hierarchies to every 'human soul' of present times'.

The F.S.M requires us to develop a new relationship to the gods so that we no longer stand mute before them as we did in ages past, only observing listening and knowing what their intentions were for the world. Now we are asked to engage actively in a conversation with the gods and to work creatively on the human ideal.

Only a few years after Rudolf Steiner gave this living, working meditation, which brings the truth about man to human consciousness to individual members, some of them had to face forces of destruction, forces that led to the greatest inhumanity. At that time subhuman evil powers were attempting to annihilate the spiritual image of the human being, particularly in the various death camps, using the demonic death methods which sought to destroy the etheric body, the foundational scaffold of the true human being, by way of Cyanide gas. One can only imagine how this mantra created a protection for those who practiced it in places like Auschwitz. Later it would sustain a generation through the cold war and communism and now it will help us to keep the ideal image of the human being coherent as we enter into an age where the line between human and subhuman becomes blurred.

If we practise and truly live into this meditation, not merely into the words, which have a power in themselves, but also into the experiences

they point to, then we can build those forces which will, in due course, allow us to behold, in the words of Rudolf Steiner, 'the perfected figure of man with the eyes of the spirit.' This perfected figure is Christ himself. The Christ we find in the representative of man, the Christ that rescues our true being and living in us, reshapes us into the ideal.