

Foundation Stone Meditation as a
Counterforce/balance to Evil, in light of the
American Eclipse

Dedicated to Sergei O Prokofieff

Article in four stages begun

On August 8th, 2017

THE FOUNDATION STONE MEDITATION

'The attentive reader will not have failed to observe that a similar structure can also be found in the Foundation Stone Meditation, which through its inner connection with the Foundation Stone itself, is likewise suitable to be used in inner meditative practise as a powerful weapon against all four kinds of evil; for there one addresses in turn three times the three ranks of hierarchies who are able to help man in his battle against the first three kinds of adversarial powers, and then in the fourth part, Christ Himself who as the spiritual Sun will extend to man the power to overcome Sorat.'
Sergei O Prokofieff 'And The Earth Becomes a Sun.'

Soul of Man!

Thou livest in the limbs

Which bear thee through the world of space

Into the ocean being of the Spirit

Practice *Spirit-recollection*

In depths of soul

Wherein the wielding

World creator life

Thine own I comes to being

Within the I of God

Then, in the all-world -being of man thou wilt truly *live*.

For the Father-Spirit of the Heights holds sway

In the Depths of Worlds begetting life

Seraphim, Cherubim, Thrones!

Let there ring out in the heights

What in the depths is echoed,

Speaking:

Ex Deo Nascimur.

The elementals hear it

In the East and West and North and South

May human beings hear it!

Soul of Man!

Thou livest in the beat of Heart and Lung

Which leads thee through the rhythmic tides of time

Into the feeling of thine own Soul being,

Practice *Spirit-mindfulness*

In depths of soul,

Wherein the surging
Deeds of the Worlds Becoming
Thine own I unites unto the I of the world
Then 'mid the weaving of the soul in man
Thou wilt truly feel

For the Christ will in the encircling round holds sway
In the rhythms of worlds blessing the soul
Kyriotetes, Dynamis, Exusiai,
Let there be fired in the East,
What in the West is formed
Speaking:
In Christo Morimur
The Elementals hear it, in the East and West and North and South
May human beings hear it.

Soul of Man!
Thou livest in the resting head
Which from the ground of the Eternal
Opens to thee the thoughts of worlds
Practice *Spirit-vision*
In quietness of Thought,
Where the eternal aims of Gods
World-being's light
Upon thine own I unite
For thy free willing.
Then from the ground of the Spirit in Man
Thou wilt truly *think*

For the Spirits Universal Thoughts hold sway
In the beings of all worlds craving for light.
Archai, Archangeloi, Angeloi!
Let there be prayed in the depths,
What in the height is answered,
Speaking:
Per Spiritum, Sanctum, Reviviscimus
The Elemental Spirits hear it,
In the East and West and North and South,
May human beings hear it!

At the turning point in Time
The Spirit Light of the World
Entered into the sphere of Earthly being
Darkness of night had held sway;
Day-radiant Light
Poured into the souls of men:
Light that warms simple Shepherd's Hearts
Light that enlightens the Wise Heads of kings

Oh light divine,
Oh sun of Christ!
Warm thou our Hearts,
Enlighten Thou our Heads,
That good may become,
What from our hearts we would found,
And from our heads direct
In conscious, light filled, willing

Rudolf Steiner, 1923

First Panel

A Protection against Asuras

Soul of man,
Thou livest in the limbs
Which bear thee through the world of space
Into the ocean being of the Spirit
Practice *Spirit-recollection*
In depths of soul
Wherein the wielding
World creator life
Thine own I comes to being
Within the I of God
Then, in the all-world -being of man thou wilt truly *live*.

For the Father-Spirit of the Heights holds sway
In the Depths of Worlds begetting life
Seraphim, Cherubim, Thrones!
Let there ring out in the heights
What in the depths is echoed,
Speaking:
Ex Deo Nascimur.
The elementals hear it
In the East and West and North and South
May human beings hear it!

Memory/love and Habit/freedom

Practise Spirit Recollection in Depths of Soul.

In order to understand what Recollection really means we have to understand the task of Memory/Love and habit/freedom and its connection to the Limbs or the Will.

In the Foundation Stone Meditation we are appealing to the Father Gods.

For the Father-Spirit of the Heights holds sway
In the Depths of Worlds begetting life
Seraphim, Cherubim, Thrones!

Their influence LIVES in the all-world -being of man, in the limbs which connect us with the world of space, in our metabolism and in the depths of our souls in our will.

They are what we can call the World Creator in us, the Will of the Father Gods whose warmth implanted the seed for our physical bodies and the physical body of the Earth on Old Saturn. Through the Father forces of Seraphim (love), Cherubim (Harmony) and Thrones (Will). On one side they represent the First Logos (beyond the Solar System) in the realm of our Solar System. We were 'born' through them as physical beings. Their representatives in the sphere of the Angels, in other words, the higher being that unites us with these lofty beings of the First Hierarchy are the Archai, who underwent their own human existence on Old Saturn and who are now those angels that are concerned primarily with the great cycles of time but who also have a deep connection to the will in the soul and the father forces in the human being, particularly in our time, the development of consciousness in the soul.

First Logos	First Hierarchy	Third Hierarchy
Father	Seraphim Cherubim	Archai
Life	Thrones	
	Physical Body	Will
	Warmth/Metabolism	

Consciousness developed, one might say through perception and memory.

In the past memory was a form of perception. On the Old Moon stage of Earth evolution when the Moon human being wished to know what he had experienced he could look back in a dreamy way to the imprints he left by his thoughts and experiences.

One can imagine that this was a bit like a man who having walked on a beach only realises where he has been because he looks back to see the imprints left in the sand. The human being left imprints in the fine ether, in the spiritual substance of the world, and these could be observed when

the human being wanted to know what had 'passed' - in a sense thought and action were one - thought was an action.

Let us pause a moment to pay attention to what an imprint is. It is a negative. An indent. If you walk on the beach, the impression your foot creates is a negative form of your foot - an opposite of the impression left by a seal on wax. What is form - creates space, what is space - creates form, what is white is black and visa versa, what is light is darkness. But this experience was atavistic, in other words, not conscious.

*'Under such conditions you would merely have to look at the spot where the experience was inscribed. You would be able to look outwards, because the experiences would be preserved in the outer world. So indeed it was in the time of the Old Moon. All that was experienced in that old dreamlike, clairvoyant consciousness, was engraved, as it were, in a certain delicate ether-substance. All that the Moon-humanity experienced through this dreamy, clairvoyant consciousness was written into the cosmic substance; and the activity of the human soul which might be compared with memory to-day was that the dreamy clairvoyant gaze was directed to the 'engraving' in the delicate ether-substance. The Moon-man saw his own experiences in the traces left by them, just as we now see the objects of the outer world. He only needed to look round upon what he had experienced in his dreamlike imaginative life and he found it inscribed in the cosmic substance. This was quite a different mode of 'living-together' with the world from that of to-day. Suppose everything that now becomes a thought in your minds were to flash after you like a comet's tail so that you could re-think it.'*¹

Memory belonged to the outer life, to perception.

Memory = Perception of thoughts and actions.

This is because on Old Moon, before the human being engaged in an action, the human being was inspired, in a dreamy way by a higher being inside the soul to perform the action.

¹ Rudolf Steiner

<http://wn.rsarchive.org/Lectures/GA170/English/APC1948/19160826p02.html>

The human being was moved by a higher being who thought something in them, and caused his or her limbs to perform an action of WILL. The human being on looking back at what actions were performed, could see not only the action but the thought that engendered the action.

But because this was a dreamy experience after the event the human being was not free. He hadn't yet developed the faculty that was able to think about the action performed, but performed it through being unconsciously moved and remembered the action later, when they looked back to see the imprints the thought inspired action had created on the world.

*'At that time, whenever anything had to be carried out by us or through us, we came under the direct influence of the higher Beings of the spiritual world. We were impelled to action by impulses sent into us from the Beings of the spiritual world. We needed no 'habits,' for what we had to do, the Beings of the higher world did, in a certain sense, through us. We were more intimately part of the whole 'organism' of the Hierarchies than is the case now, in the Earth period.'*²

In Lemurian times, which correspond to the Old Moon evolution on Earth, something changed this.

In Lemurian times Lucifer insinuated himself into the Astral body of human beings and this created organs of sense, the organs of sense which made perceptions possible, but it also created an inner sense life - inner feelings which created a division between outer and inner.

From this time on human beings began to observe the world in a different way. What was the outer world entered into the inner world so that by Atlantean times, the human being looked inwardly to find the imprints of all they had seen and done so that Memory became an inward experience.

'What had come over from the Old Moon period of evolution as a force enabling man to draw his dreamlike, imaginative experiences after him like the tail of a comet — this force, instead of working outside as a channel of communication with an outer universe, passed into

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<http://wn.rsarchive.org/Lectures/GA170/English/APC1948/19160826p02.html>

the inner being of man. As a result of this transference from the outer to the inner life, memory in the Atlanteans was like a flashing-up of something which the world at that time gave of itself.' Ibid.

The memory of the Atlanteans was long in their souls they found an imprint of everything they experienced outwardly and felt about it because it remained in them and did not fade or die down. So that the Atlantean could look inside the soul to see what had been imprinted in the etheric body for every experience in the outer world, including the spiritual beings that communed with them in nature and in higher worlds.

'This is quite a different process from what took place in the dreamy, imaginative consciousness of the Old Moon period, when the thoughts were first evolved by the Beings of the higher Hierarchies and also to some extent by Elemental Beings and then echoed by the humanity of the Moon period. The thoughts evolved in this way remain visible, whereas during the Earth period everything a man thinks (as well as the feelings and impulses of will which are connected with his thoughts) is impressed upon his own ether-body, into his own etheric substance...' *ibid.*

But along with the higher and elemental beings that entered into the soul through perception and memory another being found his way into the human soul - Ahriman. Ahriman's task was to take what entered human beings one step further. He was to use memory to create thoughts that were independent from the things seen. So that the human being severed himself or herself completely from a consciousness of elemental beings and higher beings and began to perceive and to remember only the imprints they left behind from their thoughts and will - the world of nature and of physical things.

Human beings began to see only the outer impressions and entered more and more into their souls to remember them. But this ability to form Memory is also connected, in our time, to our ability to live alone in the centre of our being during the time between death and rebirth and also during sleep - this Freedom from the influence of higher beings is a communion with the self.

On the other hand our ability to become one with higher beings in the spiritual world, to observe the activity of higher beings that unite with us in our souls during the time between death and rebirth and also during sleep is what has engendered love/morality.

In the spiritual world before we are born and even during our time on earth during sleep, we therefore have two conscious states now;

1st State.

The first state is a kind of inbreathing, when we are with higher beings, they are inside us. This is our 'community' or 'communing' consciousness - the time we surrender to the work of higher beings inside us. In other words, they are at the centre of our being and we are looking inwardly from the periphery to what they do inside us.

Two things arise out of this communion.

Habit is a memory of this communion with the gods. It is what breaks into our daily waking and living from a less conscious communion with the gods - which enables freedom.

Community/Love. Our communion with the gods inside us enables us to form community outside of our selves with others - this unification with others is a high expression of what we call Love. A memory of this when we wake up is Conscience. Conscience is in a sense the morality we develop on earth through a memory of living together with the gods.

Habit and Conscience = memory of communion with the gods.

This being with the gods is what enables us to perform deeds with others (Good will) in community with people who also remember the gods. We consciously perform deeds with them based on our love/morality.

This is how we overcome Lucifer's temptation to selfishness - through selflessness.

2nd State.

This is a kind of breathing out of the higher beings to the periphery in spiritual worlds, so that the human being can enter into the centre to commune with what has been left behind from the work with higher beings. This loneliness is what Rudolf Steiner says, creates our earthly memory, what enables us to enter into the depths of our souls with our 'I' consciousness to see what we 'created' within the 'I'.

Memory has become related to what we perceive inwardly inside us of the effects of our actions.

'The own I comes to being within the I of God.'

So let us keep this in mind as we explore how memory is now created on earth.

In our time when we perceive the world it makes an impression on us like in Atlantean times but we generally don't notice it as it is fleeting. We have evidence of this impression however, every time we see a bright light and close our eyes. We look inwardly and we see that it continues to live in us for some time before it disappears. This is called an after image. It flashes up inside us and dies away. This is a remnant of the memory of Atlantis, when the human being could look inwardly for a long time to perceive the imprints of his experiences.

But why don't they last as long?

The image that lives in us, even after we look away from its outer counterpart, is evidence that everything we see enters us in its original form. An example is when we see the colour red, inside us the impression is green. It is the opposite because we are sensing an impression of the origins of red which is green! (remember impressions are the opposite always).

So what is the origin of physical red?

It is the being of red, which in the spiritual world is green.

One could also call this green this impression a willed deed of the being living behind the red 'thing' perceived in the physical world.

When we look within then we can say we are perceiving the willed deeds of the beings behind all things which are opposite to what we see in the physical world. The spirit behind the world of matter is stripped of its physical form inside us and dies away.

The Will of the world enters human beings and holds sway in the soul but only for a short time.

In the past these impressions remained with us, we carried them about, 'like comet tails', these were impressions the spirit behind all things and these once created unconscious impulses to actions so they had to be forgotten for the sake of freedom.

Michael is the higher being given the task to 'slay' these impressions and that is why they disappear from our consciousness after a short while.

What rises up as a deeper memory, after seeing red, through Michael's influence, is simply the physical red. Memory in our times separates our consciousness from the original impressions (spirit) of everything we see making memory a mirror image of the world. We remember only the physical red.

For thinking can only arise when the Will is free of compulsion from higher beings. And what rises up as memory is connected to the will.

Thinking arose therefore, only because we were able to forget the original impression the spirit made in us and we were able to freely Will - to make a memory that is free of original compulsion of the original impression made in us by higher beings and elementals.

For instance, imagine you are in a theatre and a picture of a burger flashes on the screen. This makes an impression in the soul which leads to a compulsion to eat and this rises to our thinking.

'I'm hungry'.

At this point we are unfree. This is a compulsion. But because it has entered the thinking life we have the opportunity, if we exercise it, to decide whether to get up and buy one or not. We DECIDE if we should - but only if we are conscious!

This was impossible in the past. We had a compulsion because beings entered us and inspired us and we acted on it and only later we saw the imprints of what we experienced when we performed the action.

But Lucifer inspirations, which have led to thought inspire Selfishness which is an aberration of memory in the soul.

This works against love and community. How? Man wants everything for himself. He wants to enter into himself and feels himself the most important being.

The motto 'every man for himself' is a good example.

The reason we can think however comes from Ahriman who gave us the impulse to 'gather' facts and to compare them to come to an understanding of the outer world, wrenching us away from the inner self that Lucifer inspires.

But this has led to error. That is, to experience only what the eyes behold outwardly as reality. This is his great lie. It is a thinking that does not accord with reality because the reality is that there is a spiritual counterpart to every physical thing.

According to Rudolf Steiner lies create death. This is because they are a denial of the original living spirit behind all material things. The Intellect has created thoughts that may or may not accord with the full reality - opinions. The final result of intellectualism, is that everyone has his or her own opinion - their own 'version' of the truth.

Lucifer inspires selfishness.

Ahriman inspires Lies.

So let us recap:

In Lemuria Lucifer was active in the Senses/Memory - selfishness

In Atlantis Ahriman was active in Memory/Thinking - lies

In our Fifth Post Atlantean Epoch and in particularly our Fifth Cultural Epoch, the Asuras are active in Consciousness/ Will - immorality and death of culture.

Who are the Asuras?

Lucifer is a fallen Archangel, who fell behind on Old Moon and must work as an Angel.

Ahriman is a fallen Archai, who fell behind on Old Sun and must work as an Archangel.

Asuras is a Fallen spirit of Form/Exusiai, and they fell on Old Saturn and now work as Archais.

The Asuras never reached their human stage on Old Saturn, but Rudolf Steiner tells us they were higher gods until the change over from Lemurian to Atlantean times when they became non gods. Because they have the potential to be Spirits of Form (the beings responsible for sacrificing their own substance, a substance that became the rudimentary human ego) but cannot work in that sphere and must work in the sphere of the Archai they have a dual connection - to Archai and to Exusiai.

This dual connection means the Asuras are connected to both the physical body and the ego, because the Archai are connected to the physical body of human beings and the Exusiai were responsible for implanting the seed of the rudimentary ego in the human being in Lemurian times. But they want to condense matter and compress it ever more (physical body) so that it can't be spiritualized (ego connection is cut). They fell so far behind that they are now residents of the anti moon - the 8th sphere as are Lucifer and Ahriman - and related to the degenerated ethers.

Lucifer - electricity
Ahriman - Magnetism
Asuras - Atomic forces

Although in our time we cannot overcome the work of Lucifer, we can counterbalance their effects when we work with memory and habit in a new way.

How?

In the First Panel we find the answer:

Practise spirit RECOLLECTION.

To recollect, is a new form of memory.

Instead of merely remembering physical things perceived in images we can begin to take notice of their spiritual counterparts and to bring them

together again. To re-collect what was divided.

To do this is to practise a new form of memory, it is to 'go back' to the Atlantean way of looking inwardly but in a higher way, at what is impressed into the soul with every observation. The higher way requires no dreamy atavism but clear consciousness.

To perceive how the deeds of the gods are lighting up in the soul is a communing with higher beings - it is a higher form of love (something we do each night but now we do it in the day), which only comes through free will, in other words, when the human being consciously decides upon doing it!

Consciousness achieved through thinking and making a decision to unite with what was separated off for the sake of freedom answers the riddle of the world in the human soul.

What is the riddle?

It is how does the human being relate to nature?

Through thinking perception rises to a new form, it becomes a perception of what enters and lives in the will.

Thinking in will = perceiving the impressions of higher beings and elemental beings on the soul.

For example, we can consciously decide that when we look at the colour red, we will perceive not only the red but also the green complementary colour. We recollect the two in our own souls through the power of thinking that has become perception. In this way we experience what has willed itself in us. We see that the world is always performing deeds inside us, and we learn to know what inspires good deeds and what inspires evil deeds consciously.

Crime really is nothing more than just a form of unconsciousness - a lack of conscience.

What is it that helps us to do this?

The elemental beings, the beings of will!

The elemental beings, will into us the origins of all things. What stands behind red is the will being of red - the elemental being of red that performs a deed inside us on behalf of the higher beings that created the world through thought! So in this respect perceiving the will deeds of elementals is at the same time allowing the thoughts of the gods to live in us - to think in us. Hence Rudolf Steiner tells us that the world was created through thought and when we think it is the gods who think in us.

Elemental beings are the servants of higher beings = Will

Higher beings are the originators of all we see in the world = Thoughts

We essentially trace the will action in us back to the thought behind it. As we once looked outside us to see thought imprints left by the actions we performed which were earlier willed into us by the thoughts of higher beings. Now the thoughts of higher beings living in our will are experienced but if we are to become conscious of them we have to elaborate the consciousness soul - the consciousness of our entire soul - a consciousness of the thoughts that live behind our actions - the good or evil will of beings.

This has only been possible since 1413 and more recently fully explored by Goethe.

Hence we are told that colours are the deeds and sacrifices of the gods through light and darkness.

This brings us to habits. We must become conscious of what is influencing us in our will, what is entering into us with every perception and making us perform actions, and what has entered into us in previous lives through thought that now continues to work on us so that we are not performing actions unconsciously but through an automatic will - buying that burger without thinking.

We must strive to do nothing automatically, but thoughtfully and consciously. All our movements all our actions must become more and more imbued with thought and a consciousness of the gods or morality.

To be Conscious means - 'knowing with others or in oneself.' Morality

To be unconscious is therefore to be immoral by degree.

It is because the Asuras fell behind on old Saturn that they have a particular predilection for the Consciousness Soul, because through it they can access both the physical body and the ego. They wish to sever our consciousness from our will so that we perform deeds in the limbs unconsciously through old memory and automatic habits that are immoral. In this way they seek to sever us, therefore from the spirit.

A good exercise that can help us to become conscious of our will - or to change a habit - is the Evening Review. If we recall all we have done in the day in a backwards fashion this breaks the old habit of sequence. It will help us, not only at night when we enter the spiritual worlds in our communion with higher beings, but also it will help us to understand what comes before all that we think. It leads to a new memory of the origins of our actions.

So we see how will and thought are inextricably united in the first panel and how it gives us the key to protect ourselves from the Asuras.

PRACTISE SPIRIT RECOLLECTION

What rings out in the heights of the First Hierarchy is echoed in the depths of our bodies, in the will life, where the creator thoughts and will influences of Seraphim, Cherubim, Thrones still exist as imprints! When we call upon them they unite with us in our striving to re-collect what was divided consciously because they have an affinity with what lives in our will.

In the world of angels the representative of the First Hierarchy as we know is the Archai - the Archai as mentioned above experienced their human state on old Saturn - Saturn is the planetary memory of the cosmos. We have in the word *Archives* a memory of the task of the Archai on behalf of the First Hierarchy in relation to the will of human beings - since it was on old Saturn that the Thrones or Spirits of Will sacrificed their warmth substance to the Cherubim.

This Consciousness Soul enables the unification of the human being with the spirit, the higher aspect of that which was breathed into the human being in its rudimentary form by the Exusiai or Spirits of Form. Hence the fact that Asuras are the enemies of both Spirits of Form, Archai and

through them the First hierarchy. They are therefore called, by Rudolf Steiner, the spirits of Egoism. Because they have a desire on the one hand to bring the human soul into close connection with the physical body so that the human soul becomes materialised and more physical and they desire to sever the lower ego from the warmth of the higher spirit.

The human soul then becomes an automata, a being who acts through a form of automatic reasoning that is not 'human' because it is divorced from a consciousness of the spirit.

What makes a human being truly human is a soul that is connected to the warmth of the spirit - such a human being has a conscience. Without the spirit and conscience, a soul reverts back to the animal but with higher cold, reasoning powers.

In the nomenclature of occultism these beings are called 'soulless'. Meaning they are worse than animals. They are Beasts - they are the human beings who have become possessed by the Asuras. These human souls form the Beast of the Apocalypse with seven heads, which rise up from the sea - the sea meaning that aspect that lives below human consciousness.

'In striving after freedom and human dignity we bear within us the influences of the Spirits of the Ego who followed the good path, and we bear within us the seed of evil, because the influence of the Beings who fell away continued to be active. This contrast has always been felt. Christianity itself makes a distinction between God the Father, whom it considers as the most highly developed Spirit of Saturn, and his opponent, the Spirit of all the evil Egos (Asuras) and of everything which is radically immoral, the Spirit who fell away upon the ancient Saturn. These are the two representatives of Saturn.'³

From the Father Life is born, from the Seraphim Cherubim Thrones comes the seed of our physical body, which enables memory and habit - Ex Deo Nascimur. And through the Father or the forces of Will which is guided by the Archai, is born a new memory and habit - memory as an

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<http://wn.rsarchive.org/Lectures/GA100/English/ANS1942/19070624p02.html>

inner perception of spiritual will through thought and habit as an outer performance of a thoughtful action that is will freely by the human being.

This new faculty of memory/habit transforms our sensual attraction to matter into Sacrificial love. Every time we resurrect the spirit inside us and connect with it through thought we are performing a sacrificial offering as important as those on an altar, when priests observed elementals and higher beings in the shapes of incense and smoke.

Sacrificial love is the way to counteract Asuras.

We may better understand now what Rudolf Steiner gave as a protection against these beings before he gave it in a higher way in the Foundation Stone Meditation.

He said the *AUM* wards off bad influences when one says it in the right way because it connects man with the creating Godhead, the three Logoi. Evil beings who want to tear men away from the Godhead can't stand the *AUM*.

A= Primal Self from which everything came - Ex Deo Nascimur - Seraphim, Cherubim, Thrones. FATHER

U= Primal Self to which everything returns - In Christo Morimur - Kyriotetes, Dynamis, Exusiai. SON

M= Primal Self that lives in me - Per Spiritum Sanctum Revivisimus - Archai, Archangeloi, Angeloi. HOLY SPIRIT

Towards you I strive - Light Divine, Sun of Christ - AUM. CHRIST

Peace-peace-peace = AUM.

A is atma, U is buddhi, M is the wisdom that directs the higher self to AUM.

May Human beings Hear it.

