

Foundation Stone Meditation as a
Counterbalance to Evil, in light of the
American Eclipse Part II

Dedicated to Sergei O Prokofieff

Article in four stages begun

On August 17th, 2017

THE FOUNDATION STONE MEDITATION

Second Panel

Protection against Ahriman

Soul of Man!

Thou livest in the beat of Heart and Lung
Which leads the 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.

MINDFULNESS/FORGETFULNESS/LOVE

In earthly life, it is not too difficult to see that there is nothing in the human being that does not depend on the body for support. Our physical organs are necessary for life, as we saw in our exploration of the first panel and life is necessary for our soul life, for our inner feeling that we exist in the realm of Space. Without our limbs we can't walk and act, and our sense organs enable this walking and acting in the world to help us to elaborate our soul life. We begin, through our senses to take in the

natural world and this world makes impressions in us so that we remember where we have been and what we have done.

To become awake in this realm of the will or memory making, means not only to become conscious of what drives us in this life, but also of how our limbs are receptacles of our memory, not only our heredity, but the memory of all our actions. That is why our limbs become our physical head in the next life.

This memory is the basis of natural science - a science of the Father.

'Science as we know it today, in the way it came into being not so very long ago and in the way it works, is only a one-sided science of the Father. Seen only externally, there is a great deal in human destiny which is linked with these forces of heredity and which is brought about by the powers of the Father hidden in nature.'

'By acting, however, in a way that brings Spirit into their physical bodily nature which they have brought into being for this present life, human beings also have working in them all the results of their former lives on earth. These also work in them; these forces, too, are a foundation for their actions.' Rudolf Steiner

It is in our bones that we find the Wielding World Creator Might - the Fathers - the makers and destroyers of bone, the blasts and clasts, known to science. In our bones/limbs and skull - lie the memory (Chronos/Saturn) of what we were in every aeon and how this has created our present physical bodies - the oldest part of us. Here we find the realm of life, which through a killing in the soul becomes our present memory and thinking in the skull.

And here we also have a connection to blood, for there is blood in the bone marrow and blood is a physical manifestation of the Etheric Body. It is the blood that provides the oxygen for the head so that it can become conscious and also it is blood which provides the limbs with oxygen so that the human being can go about in the world and perform deeds.

If our limbs bear us into the world of space, our Blood beats in us and our Breath surges in and out of us like the tide, in a rhythm that enable us to live in the world of Time - in the Rhythmic tides of time.

Limbs = Space
Lungs and Heart = Time

So we naturally, in an organic way come to the Second Panel of the Foundation Stone Meditation, to the Beat of Heart and Lungs and the rhythmic System, which is connected to our feelings.

In the physical world we breathe in and we breath out in a perfect rhythm. In the time between death and rebirth we also breathe in an dout. There we breathe in when we wish to commune with higher beings, we breathe in higher beings and we breath out these higher beings when we wish to become one with ourselves.

In our last consideration of the First Panel we explored how the ability to breathe in during the time between death and rebirth allow enables Love and Morality during the time between birth and death and how the ability to breathe out in the spiritual world enables us to find Freedom in our time between birth and death.

<u>Spiritual world</u>	<u>Physical World</u>
Breathing in (Selflessness)	Love/Morality
Breathing out (Selfhood)	Memory/Freedom

'Thus when on earth we develop morality and freedom, they are memories of the rhythm we experience in the spiritual world between death and a new birth. But by directing our gaze to the soul we can speak more exactly of what echoes on in the soul — the becoming one with spiritual beings on the one hand, and on the other our experience of spiritual consciousness of the self. What during earthly life remains in our soul as an echo of the becoming one with the beings of the spiritual world is the capacity for love. This capacity for love is more deeply connected than people think with the moral life. For without the capacity for love there would be no moral life here on earth; it all arises from the understanding with which we meet the soul of another, and from striving to accomplish what we do out of this understanding. How we behave to others with selflessness, or how in love we can act morally, are essentially echoes from our life between death and rebirth in common with spiritual beings; and this remains with us after our experience of what one might call loneliness — for so it is felt to be — the lonely experience of our self in the spiritual world. For we do then feel lonely when we, as it were,

breathe out. In-breathing is like an experience of spiritual beings; out-breathing like an experience of our self. But feeling lonely — well, this feeling lonely has its echo here on earth as our capacity for remembering — our memory.’¹

Conversely when we fall asleep we become selfless - we leave our bodies - in order to unite with higher beings and when we wake again we descend back into our bodies to become one with our selves.

SLeep	Waking
Outbreathing	Inbreathing
Spiritual World	Physical Body

In a sense this rhythmic breathing occurs when we die and become, we breathe out of the body to unite with the spiritual world and when we are about to be born we breathe our spirit into the body again to unite with the physical world.

Death	Life
Outbreathing	Inbreathing

In every day physical life we breathe in what is what is life giving and pleasant to unite with the world in our inner selves and we breathe out what is dead and unpleasant to become empty of the world.

We circulate life from the lungs through the impulses in our blood and hearts to our limbs and to the head and we bring back the dead waste this engenders to expel it again through our heart and lungs.

This rhythm of heart and lungs is associated with the feelings that surge in us like the tide, that is, feelings that rise up to our thoughts and die down into our will.

If will is darkness and light is thinking then feeling is colour, an interplay of light and darkness of beings that enter into the soul with every breath we take and what we expel with every outbreath, with everything we eat and with the waste extracted from it, and with every sense perception that lights up in the soul and dies away.

¹ <http://wn.rsarchive.org/Lectures/19221204p01.html>

These beings inspire feelings that we believe to be so individual and personal, but which are really generally speaking, only their inspiration, what weave in us: their light and darkness, their sympathy and antipathy.

For instance, when you look at a Raphael Madonna, you feel inspired by its beauty to unite with it, this feeling of Sympathy is felt in the soul because the elemental beings in the soul find the elemental beings that were locked into the work of art (through the thoughts of the artist) sympathetic. What enters your soul stirs up a feeling in you, which you only dreamily perceive as a feeling of sympathy between what is outside you and what is inside you. This brings a feeling of harmony.

So we feel the activity of beings in us as joy, warmth, gladness etc as sympathy, and cold, sadness, hate as antipathy, but these are only felt in a dreamy way, because we are not fully conscious of the beings in the soul, which feel sympathy or a desire to unite or antipathy or a desire to separate, from the things in the outer world. We only sense their 'effects' as feelings. In fact Anthroposophical Medicine works through a knowledge of the interplay of outer and inner spirit:

'If I bring the spirit which works within the organism together with the spirit acting in some external object or substance — the two spiritual forces collaborate. We must cease to despise nature, and learn again to regard to the whole external world as permeated with the spirit...'²

Antipathy is therefore connected to how we enter into ourselves. Sympathy to how we unite with the world. Antipathy or selfishness experienced in the day - that is, an inability to connect with the world and with others consciously in waking life, leads to a lack of consciousness of higher beings during sleep. Sympathy in the day or selflessness, the ability to be one with others and with the world consciously (love), leads to consciousness during sleep.

Sympathy and Antipathy, the rhythm of the life of feelings is found in the Etheric Body, because the Etheric body is the Fluid 'Time' body in the human being. For this reason the heart and lungs are particularly connected to the Etheric body, for the human blood in particular is the physical manifestation of the Etheric body and pulses in time with the

²<http://wn.rsarchive.org/Lectures/GA312/English/RSP1948/19200406p01.html>

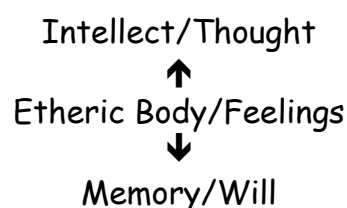
rhythmic breathing in and out of the lungs or what the human being brings in to the soul from the outside. We know the blood not only moves to the impulses of the air entering through the lungs, but also on what the senses perceive which can cause us to blush or to grow pale.

One could say the Etheric body functions like the heart and lungs of the soul, in two directions. In the direction of the head it provides a 'home' for the ego and consciousness and in the direction of the physical body it provides a for the creation of memory and Intellect.

Etheric body
Ego/Consciousness
Memory/Intellect.

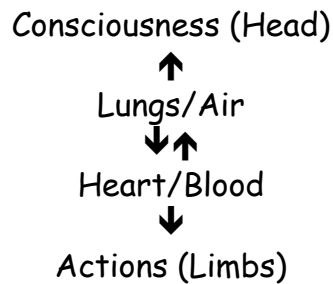
The Astral body is connected to the Sentient Soul - Perception/Senses.
The Etheric body is connected to the Intellectual Soul - Thinking/Memory.
The Physical body is connected to the Consciousness Soul/Conscience/Morality.

If the Etheric body did not mediate between the outer world and the depths of our souls we would not be free and we could not form memory or independent thought.



In the realm of the soul a human being has to have an Etheric Body if he or she is to Think and Remember.

In the realm of the physical body a human being has to have Heart and Lungs, air and blood, if he or she is to be able to act and to have consciousness.



One might say this rhythm that lives in the etheric time body of the human being is found also in nature.

In winter the Earth breathes in its nature spirits and this leads to an outward death, but this death outwardly perceived points to the Earth's inner activity and life. What lights up in the Earth's Soul in winter is the memory of summer, of the Cosmic conversations of the elementals with the gods, these elemental beings bring to the soul of the Earth directives from the Gods and they become inscribed in the Earth as memory and this becomes thought activity in winter. In winter the Earth draws into its centre to be alone with its thoughts and memories. It develops freedom.

In Summer when the Earth breathes out, wills out its inner life, its elemental spirits go out into the Cosmos to commune with the higher Gods. The Earth is then united with the Cosmos through the Willed actions of the elemental beings. This is a state of love and communion.

So the Earth is like the human being it breathes in and out, the only difference is that its in breath and outbreath has a different relationship to time: what for the Earth occurs during months, in the human being occurs during hours (sleep and waking) and seconds (in and out breath).

We see that the Earth too experiences Freedom and Love.

This is a rhythm that we share with the Earth:

Breathing in - Winter - thought/Memory.

Breathing out - Summer - Love/Communion

But we must take into consideration something else. We must take into

consideration Balance. One might say that while ever human beings are moving from pole to pole from the extremes of high tide and low tide, from Consciousness (thinking) to unconsciousness (will), they are not balanced. Balance occurs the right relationship is experienced between poles. For the Earth it is what lives between Winter and Summer - Spring and Autumn, for the human being it what lives between Thought and Will - Feelings - sympathy and antipathy.

Let us look at this more closely.

Thinking and memory have estranged human beings from the cosmos and thereby this has also estranged the Elemental spirits of the earth from their higher counterparts, which means the Earth too has become estranged.

This mysterious relationship of human beings with the world is based on the fact as related to us by Rudolf Steiner, that Human beings are constantly creating an essence of all they think, feel and will which, moves from the heart to the head every night as a moral essence of Deeds and thoughts.

'When a man stands in front of us today in his waking state and we observe him with the eye of clairvoyance, certain rays of light are seen streaming continually from the heart towards the head. Within the head these rays play around the organ known in anatomy as the pineal gland. These streamings arise because human blood, which is a physical substance, is perpetually resolving itself into etheric substance. In the region of the heart there is a continual transformation of the blood into this delicate etheric substance which streams upwards towards the head and glimmers around the pineal gland. This process — the etherisation of the blood — can be perceived in the human being all the time during his waking life.'³

All that comes from ordinary thoughts, feelings and deeds, the essence, rises up from heart to head at night to the pineal gland and there one might say, lives the threshold between spiritual and physical worlds - the altar upon which we light the incense. There in the head all that we bring with us from the daily life meets the Cosmic thoughts of the gods - the moral judgement of the Gods. A communion with higher beings is only possible if the quality of our essence is judged compatible with the

³ <http://wn.rsarchive.org/Lectures/19111001p01.html>

morality of the gods. Like oil and water do not mix, if what we bring does not find a 'likeness' or sympathy with the thoughts of the gods then it is rejected -Antipathy. A communion with the Gods in sleep, and subsequently during the time between death and rebirth becomes impossible.

The result is selfishness and immorality.

Before the mystery of Golgotha the communion of humanity with the gods had fallen to its lowest level, this means morality had fallen to its lowest levels. When human beings began to think only about physical things and forgot the Fathers in the Heavens, the Earth too began to lose its connection to the Cosmos - and like a plant denied water, both humanity and the Earth began to shrivel up and to grow old - to die.

A turning of the tide was necessary.

A winter of the Earth's Soul was a mirror of the winter of the Soul of humanity. What would bring a new spring? Only a new impulse, an impulse from outside the earth that could bring the possibility of a renewal of the 'blood' and body of the earth and the blood and body of human beings through a new conscious communion with the Fathers in the Heavens.

This new impulse would enter into the souls of human beings and into the soul of the Earth to implant a seed of consciousness capable of Turning the Tide, of bringing about a Spring - a consciousness of the spiritual beings of nature in human souls and the higher beings who were their Fathers, to bring life into human souls and into to the Earth's soul through its re-connection to this Im-pulse.

What was this Im-Pulse?

It was Christ, the Son, Christ the Sun Logos, who entered Earth Evolution. Christ brought to the Earth and into the (Am) of Jesus of Nazareth his Willed 'I'. Christ in Jesus become the I AM who walked on earth and performed deeds. His 'I' and Will (Am) worked in two directions through the beat of heart and lungs, to bring life to the earth and to bring life to human souls. But it works unconsciously, for consciousness is something to be gained in freedom!

What does it mean to say it works unconsciously?

What human beings experienced of Christ Jesus entered through the physical senses to warm their heads and hearts. It was an etheric light stream which accompanied the stream that moved from heart to head in the human being. The memory of Christ Jesus however, behaved like after images and complementary colours, it died away into the darkness of the will, to leave humans free, hence the disputes over the next centuries concerning the divinity of Jesus and the humanity of Christ.

This Macrocosmic Stream also entered the Soul of the Earth through His blood and body - what lived in his blood - his 'I' and what was locked inside the bones of Jesus, the etheric memory of all his deeds his 'AM' entered the physical sheath of the Earth after the mystery of Golgotha as a potential, a stream of consciousness that rises up from the heart of the Earth to its 'head'.

'Just as in the region of the human heart the blood is continually being transformed into etheric substance, a similar process takes place in the Macrocosm. We understand this when we turn our minds to the Mystery of Golgotha — to the moment when the blood flowed from the wounds of Jesus Christ.

This blood must not be regarded simply as chemical substance, but by reason of all that has been said concerning the nature of Jesus of Nazareth it must be recognised as something altogether unique. When it flowed from His wounds, a substance was imparted to our Earth, which in uniting with it, constituted an Event of the greatest possible significance for all future ages of the Earth's evolution — and it could take place only once. What came of this blood in the ages that followed? Nothing different from what otherwise takes place in the heart of man. In the course of Earth evolution this blood passes through a process of "etherisation." And just as our human blood streams upwards from the heart as ether, so since the Mystery of Golgotha the etherised blood of Christ Jesus has been present in the ether of the earth. The etheric body of the Earth is permeated by the blood — now transformed — which flowed on Golgotha. This is supremely important. If what has thus come to pass through Christ Jesus had not taken place, man's condition on the Earth could only have been as previously described. But since the Mystery of Golgotha it has always been possible for the etheric blood of Christ to

flow together with the streamings from below upward, from heart to head.'⁴

The Macrocosmic etheric Christ stream accompanies the etherised human blood streaming upwards from the heart to the brain of all human beings and human beings which carries upward everything that relates only to ordinary thinking feeling and will. It also accompanies the stream that rises up from the Earth, a stream of degenerated thoughts, feelings and will which have entered the Earth during its previous evolutionary stages: Saturn, Sun and Moon, and which are found in the degenerated ethers - electricity, magnetism, atom.

Degenerated thoughts/Moon - Electricity
Degenerated feelings/Sun - Magnetism
Degenerated will/Saturn - dead Matter⁵

The human being can unite with the 'I' stream of Christ, the 'I' of the world in the Am of the soul, by paradoxically working in the opposite direction, by working with what enters the human head and moves to the heart!

What moves from head to heart are the moral impulses of the hierarchies enter the human being each morning from the communion with higher beings each night!

When human beings reverse the effects of freedom, when the human being becomes conscious of what enters into the 'mind' into the etheric body - the spirit of all things in the world what is etherised and rises up at night is seen as favourable to the Gods, because it comes from a communion with the spirit - it is moral. This enables a communion to occur at night, so that in the morning a furthering of spiritual consciousness takes place (remember that a communion or selflessness in the spiritual world, leads to consciousness of the moral order in the physical world). That is why Michael is said to clear a path from the 'head to the heart'. From what enters from the moral order of the world through the head to a consciousness in the Will. He clears the path to enable freedom so that the human being can unite with the Father Gods from out of their own free will.

⁴ ibid

⁵ ibid

By reversing the process of ordinary thought and ordinary memory creation and recollecting the spirit, the human being can become 'mindful'. Of what live in the present, in the life of feelings, in other words aware of the spirit that surges in and out of the soul. This brings about a balance between thought and will, future and past.

We know that if we stand on one leg with our eyes open we can balance quite well, but the moment we close our eyes we lose orientation and we find it harder. Balance relies on a finely tuned relationship between what weavings in the ear (the fluid element) and in the eyes. A feeling for the horizon, or encircling round, which gives us perspective. In this we have an image of the Etheric body and consciousness. We need to have consciousness in our fluid element, in the rhythmic tides of time, in our blood, if we are to be mindful of the present moment, poised between past and future.

We feel ourselves as beings of soul, as conscious beings because we breathe air in and out and our blood moves through us rhythmically.

Soul of Man,
Thou livest in the beat of Heart and Lungs
Which lead thee through the rhythmic tides of time
Into the feeling of thine own Soul being

We feel ourselves as beings of spirit, as supraconscious beings when we breathe the spirit in and out and our etheric body our 'mind' body, lights up with what fills it rhythmically.

Practice Spirit-mindfulness
In depths of soul.

Moral Impulses live in the will - Higher Devachan - the First Hierarchy.

Sympathies and antipathies live in the surging feelings - Lower Devachan or the Second Hierarchy.⁶

⁶ *ibid.*

To live in the midst of Sympathies and Antipathies with consciousness is to truly feel. True feeling is love and Love cannot exist without Moral Impulses.

True Love, is a giving and receiving in perfect balance. It is what our lungs and hearts do for us. And it is how we unite or commune with the stream of Christ in the realm of hearts and lungs. This kind of love is not the sort that one feels on Earth, a selfish love that breathes everything into the self, but one that forgets the self to remember the 'other' and one forgets the 'other' to remember the self in perfect balance. This kind of love warms the soul, just as blood warms the physical body. This kind of love is an inner spiritual activity that recognises the outer spirit in all things.

True love is freely given and true freedom is only acquired through loving surrender - balance.

In this way the Earth also becomes conscious of the Christ 'I' through our own soul's connection to Christ, through connecting the elemental beings, the dying and living deeds of the world, in the soul, to the Christ/ I/Etheric stream, so that through human beings Christ 'becomes' the 'I' of the World - the Fountain of Life.

Wherein the surging
Deeds of the Worlds Becoming
Thine own I unites unto the I of the world

Only then, by achieving Christ Consciousness in this weaving life of sympathies and antipathies, of all that 'colours' the soul, do we begin to find Balance. For Christ himself is the balance acquired by living consciously into rhythm, and through him we transform the wisdom of cosmos to true feeling or love.

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.

Let us look at the Wisdom of the Cosmos:

Kyriotetes, Dynamis, Exusiai.

One might say that the entire Second hierarchy is like the 'Heart and Lungs' or Soul of the Cosmos. The soul of the cosmos experiences itself because of the activity of the second hierarchy, whose abode is in the Sun sphere. Hence the Sun has a central place in the solar system and stands between the First and Third Hierarchies.

It was also on Old Sun that the seeds for the human heart were laid down.

Similarly, the Second Hierarchy is related to the Son who stands between the Holy Spirit and the Father.

The Son logos in the realm of duration, becomes the Christ Sun in the realm of time, meaning that the Son Logos expresses His Life, Love and Light in the Solar System through the Sun in the realm of time.

From another perspective, one might say that the Sun's Soul is experienced through the agency of the Moon (7th Jehova Elohim/Spirit of Form), which reflects its light. It was on the Moon that the Dynamis planted the seed of the human Astral Body. While the Sun Spirit (6 Elohim/Spirits of Form) is more connected to the life that rays out its formative forces from the Sun towards the earth.

The Sun Soul warms the head; the Sun Spirit enlightens the heart. What lives between the two, as a potential for the future, is the present Earth and the Human being who will one day perform the task of the Heart and Lungs, of uniting Macrocosm and Microcosm, warmth and light in an interplay - just as the elemental beings die and become in human beings as sympathies and antipathies.

The Earth will then, take up the central position which was intended for it from the beginning, but only when human beings become conscious of Christ who weaves in the soul, in the region of heart and lungs and in the Etheric body of the Earth, in its heart and lungs - in the encircling round. Only then can the Earth become the central Sun of the solar System.

Until then the Second hierarchy is the spirit, soul and body of the Sun.

Sun Life/Spirit - Kyriotetes/Spirits of Wisdom

Sun Warmth/Soul - Dynamis/spirits of Movement
Sun Light/Body - Exusiai/Spirits of Form

These three categories one might say constitute the Wisdom of the Cosmos - or the Cosmic Intelligence of Christ - the sum total of all the memory of the Cosmos with regards to Christ as the Sun Logos.

Note that the Dynamis/Spirits of Movement or Libra are connected to balance. For one can only balance when there is fluid movement. They stand as representatives of the Soul/ Feelings, therefore, between Life/Will and light/Thought.

The Archangels are the messengers of the second hierarchy in the Angelic Sphere. For it was on Old Sun that they underwent a human incarnation where they reflected the Wisdom of the Kyriotetes back to them as Light. This became the foundation of human thought and for this reason they are intimately connected to the Light/thought/consciousness of Christ.

Autumn and Spring Above and Below

Michael was the foremost human being on the Sun and became, for this reason, in subsequent aeons he became the Archangelic guardian of the Cosmic Intelligence or Wisdom Light of the cosmos, which he has been sacrificing to human beings since 1413, clearing the etheric path in the from head to heart in order that through human free willed thinking, wisdom's light in the head, might be transformed to Christ Love in the heart.

Michael's greatest adversary is Ahriman.

Ahriman fell behind on Old Sun where the Archangels underwent their human stage, he is therefore an Archangel with the potential powers of an Archai. As an backward Archangel he is, therefore particularly connected to all that was Sun evolution and has a particular longing for the Etheric Body, on Earth he is connected to all that is mineral and it is for this reason that during Atlantean times, he was able to slip into the human soul through the portal of the senses and through his kinship to the etheric body and by way of its ability to create memory enabled the development of human thought. The human intellect owes its existence to Ahriman.

In this sense, Ahriman took the freedom that Lucifer gave us through our senses, and brought it to another level. Where Lucifer is responsible for our sentience, for what lights up in the human soul as sensation and inner life, Ahriman is responsible for these sensations being remembered only as memories of physical things sensed, creating an inner thought life based on lies.

Lucifer = Sentience Soul - selfishness

Ahriman = Intellectual Soul - lies

We needed Lucifer's temptation to selfishness and Ahriman's lies in order to be free.

But freedom only really comes by redeeming and overcoming their effects.

Ahriman's desire is to make the intellect ever more rigid and based only on matter. Thought as an end in itself. In the human skull we see the calcifying process portrayed to its greatest degree, the dying process that engenders human thought goes right down into the bones and into the memory locked there (Mount of Skulls - Golgotha is where Christ was Crucified. Thought creates death and Ahriman is not only the king of lies through false memories, but also the king in the realm of death in the realm of thoughts based on false memories and Christ is his greatest foe.

Michael's working on behalf of Christ has made it his task is to clear the path from head to heart so that the human being can be free to find the Christ and to transform the intellect into consciousness, in other words, ordinary thought about material perceptions are transformed into higher thoughts which, are able to know both the material and the spiritual in perfect balance. To do this we have to work backwards as we mentioned before, to the origins of all thought and memory, to the nature spirits behind all material things, but with clear consciousness, through a free will.

Michael clears the path in the feeling life, from Intellectual Soul (thinking through the agency of the lungs) to Consciousness Soul (through the agency of what we etherise in the heart) by slaying the compelling 'Luciferic' spirit - the after images and the complementary colours - and by casting Ahriman down to Earth so he could help human beings to develop the intellect.

Ahriman is the being of duality and in this way he opposes Christ who is the second person of the trinity.

Since 1879 when the Ahrimanic spirits were finally cast down into the realm of the blood, a realm that they had so longed for, according to Rudolf Steiner, materialism has increased to an unprecedented level. Materialism being that outlook that only takes physical sense perceptions as evidence of existence. We see evidence of this in all areas of life today, most markedly in the area of Science and Technology. Science, with its Darwinian image of the human being as a higher animal a Beast, and technology which has enabled the entrance into world existence of the Ahrimanic elemental beings of Birth and Death, the demonic elementals found in binary technology, in electricity and in magnetism, these combine with what is rising up as the power of the 'dead' atom to create the electro-magnetic subetheric sea from which the Beast with seven heads rises in the Apocalypse of John.

Seven is the number of the Etheric body. A hardening of the etheric body by way of the materialised intellect and degenerated ethers. A computer for instance has a memory and it 'thinks' - here we see a degeneration of human thinking and memory. Human beings are relinquishing their memories and their ability to think to the beings of Birth and Death and their consciousness is then seized and torn away from the spirit. Ahriman then hands this consciousness over to Asuras.

Ahriman therefore sabotages the etherisation of the spirit in the blood. It is through his influence that what rises up to our pineal glands at night is not compatible with morality, this prevents the human being from connecting to the Etheric stream of Christ in the human soul. Also, every Autumn what rises up from his influence, the materialistic thoughts, feelings and will living in the hearts of human beings which are breathed out during Summer and which are not compatible with the cosmos, along with all the Ahrimanised elementals, this brings a dimming down of Earth consciousness in winter and pollutes the Etheric world and prevents human cognition of Christ in the Etheric. That is why Michael is particularly active at this time. He slays all that clouds the etheric world and all that clouds the etheric body, so that in winter human thinking can find its way to the Christ Spirit and the Earth soul can be ready to receive it.

Ahriman, the spirit of lies, therefore fights against human freedom and love. He is the spirit that inspires hatred of the spirit in the feeling life.

In our times Ahriman will incarnate into a human being. His task is to present the greatest resistance to the unification of the human Etheric stream with the Christ Stream. His incarnation is pre ordained and the resistance he creates can provide humanity with an opportunity to overcome materialism, because what he will bring will cause the human being to face a decision, either they will travel the path that leads to an annihilation of his or her soul or they will overcome lies in thinking and memory to reconnect to the Spirit of Christ.

In a sense we see the signs everywhere in the world today of the beginning of a long 'Autumn' where through Michael human beings will have to fight hard to overcome the materialisation of their souls by uniting with the Christ in the realm of the heart and lungs, in the realm of feeling - in the realm between Lucifer's temptation and Ahriman's lie.

But Lucifer can be the light that takes us to Christ, if we use After images and Complementary colours, not as ends as he tempts us in but as a bridge to the spirit, just as in the Fairytale of the Green Snake and the beautiful Lily the rainbow snake, the snake of sympathies and antipathies of feelings, Lucifer can become a bridge that connects the physical to the spiritual.

Through Lucifer we can individually redeem the elemental beings that have become entangled in Ahriman's lies and thereby redeem Lucifer himself. But the human being must enter into the self to create a memory of the spirit through freedom.

Ahriman can only be countered through working outwardly, lovingly in groups.

Lucifer is redeemed through a higher Selfhood and Freedom.
Ahriman is countered through Community and Love.

Only a soul that is balanced and rhythmic can keep the human soul from becoming hardened. Only a soul full of Christ/Consciousness Love can prevent Asuras from taking hold of the soul and tearing it away from the spirit.

East and West Encircling Round

One might say that what was fired from the East - from the realm of the Kyriotetes, Dynamis and Exusiai, was the rejuvenating wisdom light, full of warmth and life, the being of Christ, who was born into the body of Jesus of Nazareth in the West, in the physical world, thereby to transform him into a Sun walking the Earth as a potential for a renewal of life in human souls by overcoming Lucifer's selfish egoistic temptation and his eventual redemption through human beings.

Paradoxically, what was fired from the East when Christ died in the body of Jesus during the Mystery of Golgotha, was the Christened all pervading willed/I/love that entered into the aura of the Earth and was seen in the West as a rejuvenation of the Earth's etheric body - a potential for a renewal of the life in the soul of the Earth, for his overcoming of death has brought the potential for Ahriman to return to the realm where he belongs - the mineral kingdom.

Let there be fired in the East,
What in the West is formed
Speaking:
In Christo Morimur

In Christ Death becomes New Life.

The Wisdom of the Sun will then be reflected back to the cosmos by the Earth through human souls as Love which is Christ Consciousness, in the same way that the Archangels took up the Wisdom of the Kyriotetes and reflected it back as Light.

But the difference is that on Earth, as never before, the beings undergoing a human experience are free to transform wisdom to love not through compulsion but through a free deed inspired by Christ.

So we see how important we are and how important this moment in which we live is. This long Autumn is the Turning of the Tide. The Earth must become the Heart and Lungs, the Sun through human beings, through Mindfulness and Balance of Soul.

We have the potential to be the Tenth Hierarchy of Freedom and Love because only we can choose to 'forget our freedom' our 'loneliness within'

to become selfless, to surrender our freedom to unite with Christ in our souls so that we can live into Paul's words: Not I but the Christ in me' we will, feel and think with Christ. We unite with his etheric stream, which in no way diminishes our individual freedom, and ego consciousness but which enhances it to a supraconsciousness which is Christ Love!

So in summation:

First Panel:

In the sphere of the limbs, which corresponds to the will in the soul, we unite with what the Father Gods have left behind when we were born on Earth into the Father realm of Nature:

EX DEO NASCIMUR

Through our ability to sense the spiritual origin of all that enters through our physical senses into our souls from the natural world in the realm of the Will we develop a consciousness of the moral deeds of the gods of what sustains our higher 'I' - conscience - and this is a Counterforce to the effects of Asuras and the elemental beings of 'Birth' related to them which rise up from the Earth.

Second Panel:

In the Sphere of heart and lungs, which corresponds with the Etheric body and feelings in the soul, we allow our own I to sacrifice itself to unite with the I Christ, the World I.

IN CHRISTO MORIMUR

Through our ability to unite physical and spiritual in perfect balance in the realm of feelings through Michael's help we unite with Christ Love - to Counterbalance the lies and death of Ahriman in the soul and in the human soul of the Earth. It also nullifies the effects of the beings of 'Death' related to Ahriman, which rise up from the Earth.

All of this is accomplished through the elemental spirits who hear it in every corner of the Earth.

In the East and West and North and South.

They fear Asuras and Ahriman and look to us for help! They merely require us to become conscious of them to save them from Asuras and Ahriman!

They hear the call that is fired from the East and must be formed in the West - Soul of Man Practise spirit Mindfulness!

And they hope that human beings will hear it.