

The Foundation Stone Verse – Rudolf Steiner

Translated by Michaël Merle | June 2022

Human Soul!

You live in the limbs

That carry you through the world-space

Into the ocean-being of the Spirit:

Practice spirit-remembering

In depths of soul,

Where in the wielding

world-creator-life

The own I

In God's I

Comes to being;

And you will truly live

In human-world-being

For the Father-Spirit in the heights holds sway

In the depths of worlds begetting-being:

You Strengthened-Spirits (Seraphim, Cherubim, Thrones)

Let resound from the heights

What in the depths finds echo;

This speaks:

Out of the Godhead we are born (Ex Deo Nascimur)

The spirits hear it in East, West, North, South:

May human beings hear it.

Human Soul!

You live in heart-lung-beat

That leads you through the time-rhythms

Into the feeling realm of your own soul-being:

Practice spirit-contemplation

In balance of the soul,

Where the waves of

world-becoming-deeds

Your own I

With the I of the world

Unite;

And you will truly feel

In human-soul-work

For the Christ-Will holds sway in the encircling round

In the world-rhythms gracing the soul

You Light-Spirits (Kyriotetes, Dynamis, Exusiai)

Let from the east be enflamed

What through the west is formed;

This speaks:

In Christ the death will live (In Christo Morimur)

The spirits hear it in East, West, North, South:

May human beings hear it.

Human Soul!

You live in the resting head

That from the eternal-ground

Opens up the world-thoughts:

Practice spirit-beholding

In calm, rest-thought

Where the eternal aims of gods

World-being-light

To the own I

For free willing

Bestow;

And you will truly think

In human-spirit-groundedness

For the Spirit-World-Thoughts hold sway

In light-invoking world-being

You Soul-Spirits (Archai, Archangeloi, Angeloi)

Let from the depths beseech

What in the heights is heard;

This speaks:

In the Spirit's world-thoughts the soul awakens (Per Spiritum Sanctum Reviviscimus)

The spirits hear it in East, West, North, South

May human beings hear it.

In the turning-point of time
Stepped the World-Spirit-Light
Into the earthly stream of being;
Night-darkness
Had ended its reign
Day-radiant light
Rayed forth in human souls
Light
That enwarms
The poor shepherd-hearts;
Light
That enlightens
The wise kings-heads

Godly Light,
Christ-Sun,
Enwarm
Our hearts
Enlighten
Our heads
That good will become
What we
From hearts would want to found
What we
From heads would want to guide
With willingness.