

THE SEVEN RHYTHMS OF THE FOUNDATION STONE VERSE

SUGGESTED DAYS AND SEASONS

Day/ Rhythm	March April May	June July August	September October November	December January February
Wed. 12-26 1923 I	Spirit-recalling ☆ Your own "I" Comes into being Within the "I of God"	Spirit-meditating ☆ Your own "I" Is united With the "I" of the cosmos"	Spirit-envisioning ☆ To your own "I" Is granted For your free willing	At the turning point of time Came the cosmic spirit-light Into the earthly stream of being. Night darkness Had Reached its power's end; Light, bright as day, Rayed forth in human souls;
Thurs. 12-27 1923 II	Your own "I" Comes into being Within the "I of God" ☆ Live Human cosmic being	Your own "I" Is united With the "I of the cosmos" ☆ Feel Human weaving of souls	To your own "I" Is granted For your free willing ☆ Think Human spirit-grounds	Light That gives warmth To simple hearts of shepherds:
Fri. 12-28 1923 III	Practice spirit-recalling ☆ For their reigns the Father-spirit of the heights In cosmic depths creating existence	Practice spirit-meditating ☆ For there reigns the will of Christ all around us In cosmic rhythms bestowing grace onto souls	Practice spirit-envisioning ☆ For their reign the cosmic thoughts of the Spirit In cosmic being light imploring	Light That enlightens The wise heads of kings;
Sat. 12-29 1923 IV	Practice spirit-recalling ☆ Seraphim, Cherubim, Thrones Let from the heights ring forth What in the depths finds its echo	Practice spirit-meditating ☆ Kyriotetes, Dynamis, Exusiai Let from the East be enkindled What through the West takes on form	Practice spirit-envisioning ☆ Archai, Archangeloi, Angeloi Let from the depths be entreated What in the heights will be answered	Light divine Christ-Sun Give warmth to our hearts;
Sun. 12-30 1923 V	Practice spirit-recalling	Practice spirit-meditating ☆ That good may become What from our hearts We are founding What from our heads We shall guide With our purposeful willing	Practice spirit-envisioning	Enlighten our heads; That good may become What from our hearts We are founding What from our heads We shall guide With our purposeful willing
Mon. 12-31 1923 VI	Light divine Christ-Sun! Thus hear it the elementary spirits in the East, West, North, South: May human beings hear it!			Light divine Christ-Sun Give warmth to our hearts; Enlighten our heads
Tue. 1-1 1924 VII	You live in the limbs ☆ For there reigns the Father-spirit of the heights In cosmic depths creating existence	You live in the beat of heart and lungs ☆ For there reigns the will of Christ all around us In cosmic rhythms bestowing grace onto souls	You live in the resting head ☆ For there reign the cosmic thoughts of the Spirit In cosmic being light imploring	Light divine Christ-Sun Give warmth to our hearts Enlighten our heads