

In our Destiny Unveiled Advent, Christmas Visioning Conversation  
we spoke about the path of development from spirit child to spirit self through the Holy Nights.

Following find the Christmas verse we alluded to and the Foundation Stone Meditation  
which can support us on our journey.

Calendar of the Soul Christmas Verse  
by Rudolf Steiner

I feel the Spirit-child  
Set free from spell in womb of soul;  
The Holy Word of Worlds  
Has in the heart's clear light  
Begotten Heaven's own fruit of hope,  
Which joyfully grows toward farthest worlds  
Out of my being's godly ground.

Foundation Stone Meditation  
As given by Rudolf Steiner

Christmas Conference 1923-24

O Human Soul!  
Thou livest in the Limbs  
Which bear thee through the World of Space  
Into ocean-being of the Spirit.  
*Practice Spirit –Remembrance*  
In depths of Soul,  
Where in the wielding  
Creator Being of Worlds  
Thine own I comes to being  
Within the Divine I.  
Then in the All-World-being of humanity  
Thou wilt truly *live*.

For the Father Spirit of the Heights holds sway  
In depths of Worlds Begetting Life.  
Spirits of Strength!  
(Seraphim, Cherubim, Thrones)

Let there resound in the Heights  
What echoes in the Depths.  
And what, in the echo of the Depths,  
Lets the secret of the Heights resound,  
Speaking: Ex Deo Nascimur  
Out of God we are born!

The Spirits of the Elements hear it  
In the East, West, North, and South.  
May human beings hear it!

O Human Soul!  
Thou livest in the beat of Heart and Lung  
Which leads thee through  
The rhythmic tides of Time  
Into the essential feeling of thy own Soul-being.  
Practice *Spirit-Awakening*  
In balance of the soul,  
Where the wave of World's becoming  
Do thine own I unite  
With the I of the World.  
Then mid the weaving of Human Souls  
Thou wilt truly feel.

For the Christ-Will  
In the encircling Round holds sway  
Pouring His Grace on Souls,  
In the rhythms of the Worlds.  
Spirits of Light!  
(Kyriotetes, Dynamis, Exusiai)  
Let there be set on fire, O Spirits of the East  
What is formed by the West.  
And the fire of the East,  
That receives its form from the West,  
Speaks: In Christos Morimur  
In Christ, Death becomes Life!

The Spirits of the Elements hear it  
In the East, West, North, and South.  
May human beings hear it!

O Human Soul!  
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 the Gods'

Essential Light of Worlds  
Is poured out in offering  
On thine own I  
For thy free Willing.  
Then from the Spirit-Foundations of Humanity  
Thou wilt truly *think*.

For the Spirit's Universal Thoughts hold sway  
In the Being of all Worlds, longing for Light.  
Spirits of Soul!  
(Archai, Archangeloi, Angeloi)  
Let prayer rise from the Depths  
That the Heights may hear,  
And when there will be correct understanding  
Of what sounds forth  
From Archai, Archangeloi, Angeloi  
When what can be heard in the Heights  
Will be prayed for from the Depths,  
Then through the Universe will resound the Word:  
Per Spiritum Sanctum Reviviscimus  
Through the Holy Spirit we are born again!  
Together?  
The Spirits of the Elements hear it  
In the East, West, North, and South.  
May human beings hear it!

At the turning point of Time  
The Spirit-Light of the World  
Entered the Stream of Earthly Being  
The Dark Night concluded its rule.  
Day-radiant Light  
Poured into the Hearts  
Of human souls.

Light  
That gives warmth  
To simple Shepherd's Hearts  
Light  
That enlightens  
The wise Heads of Kings.

O Light Divine  
O Sun of Christ!  
Warm Thou our Hearts,  
Enlighten Thou our Heads,  
That good may become  
From forces founded in the Heart  
And from our Heads directed

With purpose-filled will.