

What I speak from my physical body is semblance –

I must speak from my ether body, to penetrate into the true reality:

1. You spirits below the earth press on the soles of my feet.
I stride above you.
2. You spirits of moisture caress my skin.
I press you to all sides.
3. You spirits of the air fill my inner being.
I unite myself with you.
4. You spirits of warmth ensoul my inner being.
I live in you.
5. You spirits of the light enspirit my inner being.
I think with you.
6. You spirits of [chemical] forces subdue my forces.
I wish to overcome you.
7. You spirits of life deaden my life.
I await you in death.

Saying this, I am in the ether body. And you may come: colors, tones, words of the etheric world.

- Given to Ita Wegman by Rudolf Steiner in October 1923.

The Macrocosmic Our Father

given by Rudolf Steiner in The Fifth Gospel

5 and 6 October, 1913

Amen.

The evils hold sway,
Witness of egoity freeing itself.
Selfhood guilt through others incurred,
Experienced in the daily bread,
Wherein the will of the heavens does not rule,
Because man separated himself from your realm,
And forgot your names,
You Fathers in the heavens.

The Lord's Prayer

Matthew 6:9-13; Luke 11:2-4

Our Father Who art in the heavens.
Hallowed be thy name,
Thy kingdom come,
Thy will be done, as above in the heavens
so also below on the earth.
Give us this day our daily bread,
And forgive us our trespasses
as we forgive those who trespass against us.
Lead us not into temptation,
But deliver us from the evil.
Amen.

OUR FATHER WHO ART IN THE HEAVENS
THY WILL BE DONE
AS ABOVE IN THE HEAVENS

SPRIT
MAN FATHER
MOTHER

THY KINGDOM COME
LOGOS
LIFE
HOLY
SPIRIT
SPIRIT
SELF
HOLLOWED BE
THY NAME

DELIVER US
FROM THE
EVIL

I

LEAD US NOT
ASTRAL
BODY
INTO TEMPTATION

GIVE US THIS
DAY OUR
DAILY BREAD

PHYSICAL
BODY

THINE FORGIVE US OUR
BODY TRESPASSES

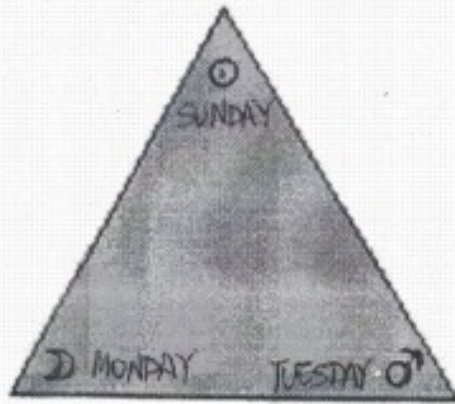
AS WE FORGIVE THOSE
WHO TRESPASS AGAINST US

SO ALSO ON THE EARTH

Our Father which art in heaven
Thy will be done

Will - Spirit Man

Thy Kingdom
come
Kingdom -
Life Spirit



Hallowed be
Thy name
Name - Spirit Self

Ego - Evil
Deliver us from
evil



Astral body -
Temptation
Lead us not into
temptation

Physical
body
Give us this day
our daily bread

Etheric body -
Guilt, Debt
Forgive us our debts,
as we forgive our debtors

KUDOLF STEINER, "THE LORD'S PRAYER -
AN ESOTERIC STUDY"
28 JANUARY 1907, BERLIN

The Foundation Stone Meditation

(revised translation 18 March 2023 BG + Friends)

Given by Rudolf Steiner at the Christmas Conference for the Foundation of the General Anthroposophical Society, December 25, 1923 – January 1, 1924

Human Soul!

You live within the Limbs
Which bear you through the World of Space
Into the Ocean of Spirit-Being:
Practice *Spirit-Remembering*
In depths of Soul,
Where in the welding
World-Creator-Existence
One's own I
Comes into Being
Within the I of God;
And you will truly *live*
In Human-World-Being.

For the Father-Spirit of the Heights holds sway
In World-Depths, begetting Being:
You Spirits of Strength!
(Seraphim, Cherubim, Thrones)
Let from the Heights ring forth
What in the Depths finds its Echo,
Speaking this:
Ex Deo Nascimur
(From God we are Born)
This the Spirits of the Elements hear
in East, West, North, South;
May Human Beings hear it!

Human Soul!

You live within the Beat of Heart and Lung
Which guides you through the Rhythms of Time
Into the Feeling of your own Soul-Being:
Practice *Spirit-Pondering/Sensing/Mindfulness*
In balance of Soul,
Where the surging
World-Becoming-Deeds
Unite
One's on I
With the I of the World;
And you will truly *feel*
In Human-Soul-Working.

For the Christ-Will in the encircling Spheres holds sway
In World-Rhythms, bestowing Grace on all Souls:
You Spirits of Light!
(Kyriotetes, Dynamis, Exusiai)
Let from the East be fired
What through the West takes Form,
Speaking this:
In Christo Morimur
(In Christ Death becomes Life)
This the Spirits of the Elements hear
in East, West, North, South;
May Human Beings hear it!

At the turning-point of time
The Spirit-Light of the World
Entered the Earthly Stream of Being:
Night-Darkness
Had held its sway;
Day-radiant Light
Shone forth in Human Souls:
Light
That warms
The humble shepherds' Hearts;
Light
That enlightens
The wise kings' Heads.

Human Soul!

You live within the resting Head
Which out of Eternity's Foundations
Reveals to you World-Thoughts:
Practice *Spirit-Beholding*
In quietness of Thought,
Where the eternal aims of Gods
Bestow
World-Being-Light
On one's own I
For free and active Willing;
And you will truly *think*
In Human-Spirit-Foundations.

For the Spirit's World-All Thoughts hold sway
In the Being of Worlds, imploring Light:
You Spirits of Soul!
(Archai, Archangeloi, Angeloi)
Let from the Depths be entreated
What in the Heights will be Heard,
Speaking this:
Per Spiritum Sanctum Reviviscimus
(In the Spirit's World-All Thoughts the Soul awakens)
This the Spirits of the Elements hear
in East, West, North, South;
May Human Beings hear it!

Divine Light,
Christ-Sun
Warm
Our Hearts;
Enlighten
Our Heads;

That Good may become
What we
From our Hearts Will to found
What we
From our Heads Will to guide
With single purpose.

The Lord's Prayer and the Seven Daily Rhythms of The Foundation Stone Meditation by Rudolf Steiner

Foundation Stone Meditation translation by Dorit Winter, René Querido, Brian Gray 1996
(revised 7 May 2020 by Brian Gray, Alice Stamm and Friends)

1

Wednesday: "I"

For the tempter is merely appearance and deception,
from which You, Father, deliver us through the Light of Your Knowledge.

Spirit-Remembering

One's own I
Comes into Being
Within the I of God

Spirit-Pondering/Sensing/Mindfulness

One's own I
Unite
With the I of the World

Spirit-Beholding

On one's own I
Bestow
For free and active Willing

Thursday: *Astral body*

Let not the tempter work in us beyond our strength,
for in Your Being, Father, no temptation can exist.

One's own I
Comes into Being
Within the I of God

live
In Human-World-Being

One's own I
Unite
With the I of the World

feel
In Human-Soul-Working

On one's own I
Bestow
For free and active Willing

think
In Human-Spirit-Foundations

Friday: *Etheric body*

May our compassion for others
compensate for the sins committed against ourselves.

Practice Spirit-Remembering

For the Father-Spirit of the Heights holds sway
In World-Depths, begetting Being

Practice Spirit-Pondering/Sensing/Mindfulness

For the Christ-Will in the encircling Spheres holds sway
In World-Rhythms, blessing all Souls

Practice Spirit-Beholding

For the Spirit's World-All Thoughts hold sway
In the World-Being, imploring Light

The Lord's Prayer and the Seven Daily Rhythms of The Foundation Stone Meditation by Rudolf Steiner

Foundation Stone Meditation translation by Dorit Winter, René Querido, Brian Gray 1996
(revised 7 May 2020 by Brian Gray, Alice Stamm and Friends)

2

Saturday: *Physical body*

The food of the Spirit, the Bread of Life,
You offer us in abundance in all the changing conditions of our lives.

Practice *Spirit-Remembering*

Seraphim
Cherubim
Thrones

Let from the Heights
ring forth
What in the Depths
finds its Echo

Practice *Spirit-Pondering/ Sensing/Mindfulness*

Kyriotetes
Dynamis
Exusiai

Let from the East
be fired
What through the West
takes Form

Practice *Spirit-Beholding*

Archai
Archangeloi
Angeloi

Let from the Depths
be entreated
What in the Heights
will be Heard

Sunday: *Atman, Spirit-Man*

May we do Your Will
as You, Father, have set it in our inmost being.

Spirit-Remembering

**Practice *Spirit-Pondering/
Sensing/Mindfulness***

*Practice *Spirit-Beholding**

That Good may become
What we
From our Hearts Will to found
What we
From our Heads Will to guide
Purposefully

The Lord's Prayer and the Seven Daily Rhythms of The Foundation Stone Meditation by Rudolf Steiner

Foundation Stone Meditation translation by Dorit Winter, René Querido, Brian Gray 1996
(revised 7 May 2020 by Brian Gray, Alice Stamm and Friends)

3

Monday: *Buddhi, Life Spirit*
May Your Kingdom
grow through our deeds and in the course of our lives.

**Divine Light,
Christ-Sun**

**This the Spirits of the Elements hear
In
East, West, North, South;
May Human Beings hear it!**

Tuesday: *Manas, Spirit Self*
May your Name
be glorified and exalted in us.

**You live within the Limbs
For the Father-Spirit of the Heights holds sway
In World-Depths, begetting Being**

**You live within the Beat of Heart and Lung
For the Christ-Will in the encircling Spheres holds sway
In World-Rhythms, blessing all Souls**

**You live within the resting Head
For the Spirit's World-All Thoughts hold sway
In the World-Being, imploring Light**

The Lord's Prayer and the Seven Daily Rhythms of The Foundation Stone Meditation by Rudolf Steiner

Foundation Stone Meditation translation by Dorit Winter, René Querido, Brian Gray 1996
(revised 7 May 2020 by Brian Gray, Alice Stamm and Friends)

4

***The Lord's Prayer* as Prayed by Rudolf Steiner**

**Father,
You Who were, are, and will be
in our inmost being:**

May Your Name be glorified and exalted in us.

**May Your Kingdom grow through our deeds
and in the course of our lives.**

**May we do Your Will
as You, Father, have set it in our inmost being.**

**The food of the Spirit, the Bread of Life
You offer us in abundance in all the changing conditions of our lives.**

**May our compassion for others compensate
for the sins committed against ourselves.**

**Let not the tempter work in us beyond our strength,
For in Your Being, Father, no temptation can exist.**

**For the tempter is merely appearance and deception
from which You, Father, deliver us
through the Light of Your Knowledge.**

**May Your Power and Glory
Work in us through all cycles of time to come.
Amen.**