



The Foundation Stone Meditation: A Key to the Christian Mysteries

Sergei O. Prokofieff

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Meditative reflection?strengthening thinking and feeling through the will?is one of the main methods of experiencing Anthroposophy. “The best path to this goal,” says Prokofieff, “is inner work with the Foundation Stone Meditation, because this meditation is the quintessence of the whole of Anthroposophy, given in meditatively inspired form by means of earthly words.”

Rudolf Steiner described the substance of the “Foundation Stone Meditation” as spoken by him “out of the will of the spiritual world,” and as “verses heard from the Cosmic Word.” Owing to its spiritual and mantric form, the text of this meditation represents an archetype and is thus a key to the most diverse areas of world and human existence. Depending on “which spiritual portal is opened with this key,” explains Prokofieff, “one arrives at one result or another, and one and the same line of the meditation becomes a reply to the most varied questions.”

The author applies this method in this work and, in the process, illuminates and opens up many dimensions of spiritual science. His research embraces, among other aspects, the relationship of the “Foundation Stone Meditation” to the being *Anthroposophia*, the spiritual hierarchies, human karma, the Rosicrucian, Michaelic and Grail streams, the Mystery of Golgotha, the two Jesus children, the three spiritual sources of Anthroposophy, and even the Constitution of the General Anthroposophical Society.



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