

# Stone Tablet

Dear friend!

The mysterious crystal of an amazing and at first glance strange shape that you hold in your hands is the Cornerstone.

Yes, yes, that one about which the famous parable says that it was rejected by everyone, but then turned out to be a source of Strength and Wisdom, and then it was used by priests as the Temple construction base.

One ancient legend tells about the origin of this crystal.

## **Legend of the Temple**

A very long time ago, when not only kingdoms and empires, but even entire continents were completely different, in one land called Keb, people began to fall into some kind of strange insanity.

It started imperceptibly and gradually grew. And suddenly it turned out that people... stopped reading books. Not all, but only special books, which were called "sakh". They said: we will read any other books, and whoever even utters the word "sakh", we will consider him alien and dangerous.

No one these days knows what was written in those books, but it is known for sure that soon after their oblivion terrible epidemics came, and then such cruel wars began as never before. Hatred flared up in people towards each other, and even more - towards themselves. Every self-respecting king, of which there were many, was simply obliged to have a ministry that used to publish books, make paintings and - the worst one! - compose songs that seemed to force people to hate, to look at each other with the gaze of a cobra, although at that time people still knew how to communicate with cobras.

Some hated their alchemy teacher, having never learned how to make gold. Others hated soothsayers when they predicted incorrectly, but they hated them even more when they correctly predicted something unwanted. Everyone hated their neighbor, who gets up very early and doesn't let sleep, and that neighbor even more hated his lazy neighbor, who sleeps when everyone else is already working. In a word, each person hated everyone else and considered himself absolutely right, and experienced his hatred as sacred. And no wonder: if a holy place for something good was empty, then fierce, frantic hatred took this place and, it seemed, forever...

Keb fell into chaos, devastation and destruction came, such as had not been seen since the creation of the world. People no longer hoped for anything good, because it was clear that things would only get worse.

But suddenly one day a boy appeared. History has not stored his name. It is not true that history always remembers the names of heroes; sometimes they disappear in the distance of centuries. However, we need to call this boy, so it be Theo. He was surprisingly different from those around him in that the pathological hatred that gripped all people miraculously did not affect him. Although in the lands of Keb everyone instilled hatred in their children from a very early age, Theo rose above all this, glowing with such an inner light that he himself did not become the subject of general hatred. Both children and adults felt this dignity in him, and everyone just wanted to attract him to their side, but to no avail. Theo became increasingly silent.

And one day he said loudly - so that the whole planet heard: "I heard that the ancients built temples." Such words were written only in the books of "sakh", so that all of Keb - young and old - all froze.

- Let's build the Temple! - Theo's voice cut through the complete silence. Anyone else for such words would immediately become the subject of universal fierce hatred, and the crowd would tear him to pieces

in no time. But everyone, right down to the elders, took Theo into account.

– Theo, unfortunately, this was in the distant past, but in our time it is completely impossible! Ancient Temples took 30 years or even more to build. But then the same fate awaited them all: they were destroyed. You are an amazing boy, insubordinate to hatred, you are a man of the future. Perhaps in the future there will be conditions for temples to be built for centuries and valued by people, then hatred will know its limits... But it will be a different world, and you were born too early and will not be able to help us in any way,” said one of the main sages of Keb. He said this in another city, even in another country. But in that times people had not yet forgotten how to feel each other and communicate with each other, even being at a great distance.

– What if **my** Temple is not going to be destroyed? – he emphasized the word “my” in such a way, as if the Temple was in his heart, as if it were already a part of him.

– But for this you will have to give a part of yourself! – the sage said quietly, after some thought, remembering something from his long-abandoned sacred books.

– This just doesn't scare me! Still, I don't see any other way out. And I don't see the future. And none of you, the wisest, sees it. If you call me a man of the future, then I will take forces from the future to bring them to the present, and thanks to this, the future will become possible... For this I am ready to lay down my life! – Theo assured the sage in a completely unchildish way.

The legend does not tell how exactly Theo sacrificed himself. But after that, a fire of hope was lit in many people. They found the few ancient Sakh books that had survived at that time and began to read them.

And they did as it was written in that books. People turned to the stars, invited the stars to come to them in a circle, and each star gave an essential piece of itself. And when these pieces united, a crystal of perfect shape and incredible beauty was obtained. And then each of the people did the same: they invested a piece of the most valuable of their souls - and suddenly another crystal appeared. How surprised everyone was when this crystal turned out to be exactly the same as the "star" crystal, just a little smaller!

The two crystals were carefully joined together and placed in the foundation of the Temple as its Cornerstone. And the hatred burning with hellish fire in all people began to gradually fade away.

A lot of wind flew around the entire planet. A lot of water became eternal ice, and a lot of eternal ice melted. Many stones became sand. The Temple was built. And the Temple was destroyed.

Do you believe or not, the priests, forced to secretly pass on their knowledge from mouth to mouth, now talk about it timidly and quietly - and what a blessing it is that these priests still exist! So, they say that at the moment when the Temple was destroyed, millions, no, even billions of strangely shaped crystals, as if from a volcano, burst out from the base of the Temple. But people didn't notice them. And someone says that people picked up crystals, tried to throw them at each other, even tried to shoot with them, but they realized that they could not cause harm - and simply threw them away as unnecessary.

"But the secret of this crystal," the priests mysteriously pause meaningfully, "is not to use it to achieve something for oneself at the expense of others, which has never ended well. Rather, on the contrary, do as Theo did - and then, indeed, the opportunity arises to bring real lasting Good. Of course, including yourself..."

## Instructions for use

In your hands there is the spark of the Temple Foundation Stone.

If you follow the instructions given in this manual, it will not be a piece of plastic, but it will come to life in your hands, connect you with other sparks and ignite a real fire! And although it will be virtual, it will be the one that will be able to warm the hearts and souls of people.

People will be able to connect in vibrations, the overtones will coincide, and the rhythm from the human heart will resonate with cosmic rhythms.

1. Before using it for the first time, take yourself out of the turbulent flow of life at least for a short time and think about what internal flaw of yours constantly creates problems for you - perhaps it's even some trait that you've been tired of for a long time, but you can't just get rid of it. Now everything will work out! The strongest in spirit can take several traits.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
2. Every time you pick up the Stone, remember the Temple, which was destroyed, but which gave us its sparks.
3. Try to "clean up" your head: if thoughts are bothering you now, try to stop them and at least for a moment think about something good and eternal. For example, about the stars.
4. Optional: read one of the tablets given in the appendix below, corresponding to the current weekday. These tablets do not belong to a particular confession, although they contain an appeal to Christ. If you are not a Christian, it will be

valuable to understand the word "Christ" in a philosophical sense - if you follow the previous steps, we are sure that you will understand us.

5. For the greatest effect, these tablets should be read three times a day: in the evening, in the morning and at noon.
6. Feel gratitude. This could be gratitude for success in business, for the fact that your family gathered at one table, for the fact that someone helped when it was really needed, for the fact that today there is a roof over your head, or at least that today has come. Although we know that experiencing gratitude can sometimes be very difficult now, when many people are in a critical situation.
7. Maintain the qualities from point 1 in everyday life. If you manage to transform some quality, do not cross it off the list - mark it in a special way to remember your victories in the spirit.



Join the Telegram group, which brings together a circle of those who have such a Stone, to stay in touch, ask questions and share discoveries.

<https://t.me/+SJlvgr8wM7dINTEy>

The project was developed by the team «Virtual Goetheanum»

<https://goetheanum.ai>

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## Tablet 1

Friday evening, Saturday morning and afternoon

Geist-Erinnern

Spirit-recollection

Das eigne Ich  
Im Gottes-Ich  
erweset

Thine own I  
Comes to being  
Within the I of God

Geist-Besinnen

Spirit-mindfulness

Das eigne Ich  
Dem Welten-Ich  
vereinen

Do thine own I  
Unite  
Unto the I of the World

Geist-Erschauen

Spirit-vision

Dem eignen Ich  
Zu freiem Wollen  
schenken

On thine own I  
Bestow  
For thy free Willing

## Tablet 2

Saturday evening, Sunday morning and afternoon

Das eigne Ich  
Im Gottes-Ich  
Erweset

Thine own I  
Comes to being  
Within the I of God

Leben  
Menschen-Welten-Wesen

Live  
All-World-Being of Man

Das eigne Ich  
Dem Welten-Ich  
Vereinigen

Do thine own I  
Unite  
Unto the I of the World

Fühlen  
Menschen-Seelen-Wirken

Feel  
Weaving of the Soul of Man

Dem eignen Ich  
Zu freiem Wollen  
schenken

On thine own I  
Bestow  
For thy free Willing

Denken  
Menschen-Geistes-Gründen

Think  
Ground of the Spirit in Man



## Tablet 4

Monday evening, Tuesday morning and afternoon

Übe Geist-Erinnern

S.Ch.T.

Lasset aus den Höhen erklingen  
Was in den Tiefen das Echo findet

Practise Spirit-recollection

S.Ch.T.

Let this ring out from the Heights  
And in the Depths be echoed

Übe Geist-Besinnen

K.D.Ex.

Lasset vom Osten befeuern  
Was durch den Westen sich gestaltet

Practise Spirit-mindfulness

K.D.Ex.

Let this be fired from the East  
And through the West be formed

Übe Geist-Erschauen

R.R.R.Äng.

Lasset aus den Tiefen erbitten  
Was in den Höhen erhöret wird

Practise Spirit-vision

R.R.R.Äng.

Let this be prayed in the Depths  
And from the Heights be answered

## Tablet 5

Tuesday evening, Wednesday morning and afternoon

Geist-Erinnern  
Übe Geist-Besinnen  
Übe Geist-Erschauen

Spirit-recollection  
Practise Spirit-mindfulness  
Practise Spirit-vision

Dass gut werde  
Was wir aus Herzen  
gründen  
aus Häuptern zielvoll  
führen  
wollen

That good comes  
What from our Hearts  
founds  
What from our Heads  
guides

## **Tablet 6**

Wednesday evening, Thursday morning and afternoon

Göttliches Licht  
Christus-Sonne

O Light Divine,  
O Sun of Christ!

Das hören die Elementargeister  
vom  
O.W.N.S.  
Menschen mögen es hören!

The Spirits hear it  
from  
E.W.N.S.  
May human beings hear it!

## Tablet 7

Thursday evening, Friday morning and afternoon

Du lebest in den Gliedern

Thou livest in the Limbs

Denn es waltet der Vater-Geist

For the Father-Spirit of the Heights

der Höhen

holds sway

In den Weltentiefen Sein-erzeugend

In Depths of Worlds begetting Life

Du lebest in dem Herzens-Lungen-Schlage

Thou livest in the beat of Heart and Lung

Denn es waltet der Christus-Wille

For the Christ-Will in the encircling Round

im Umkreis

holds sway

In den Weltenrhythmen

In the Rhythms of the Worlds,

Seelen-begnadend

blessing the Soul

Du lebest im ruhenden Haupte

Thou livest in the resting Head

Denn es walten des Geistes

For the Spirit's Universal Thoughts

Weltgedanken

hold sway

Im Weltenwesen Licht-erflehend

In the Beings of all Worlds,

craving for Light

## Foundation Stone Meditation

I  
Menschenseele!  
Du lebest in den Gliedern,  
Die dich durch  
                  die Raumeswelt  
In das Geistesmeereswesen tragen:  
Übe Geist-Erinnern  
In Seelentiefen,  
Wo in waltendem  
Weltschöpfer-Sein  
Das eigne Ich  
Im Gottes-Ich  
Erweset;  
Und du wirst wahrhaft leben  
Im Menschen-Welten-Wesen.

Denn es waltet der Vater-Geist  
                  der Höhen  
In den Weltentiefen Sein-erzeugend:  
Seraphim, Cherubim, Throne,  
Lasset aus den Höhen erklingen,  
Was in den Tiefen das Echo findet;  
Dieses spricht:  
Ex Deo nascimur.  
Das hören die Elementargeister  
Im Osten, Westen, Norden, Süden:  
Menschen mögen es hören.

I  
Soul of Man!  
Thou livest in the Limbs  
Which bear thee through  
                  the world of Space  
Into the ocean-being of the Spirit.  
Practise Spirit-recollection  
In depths of soul,  
Where in the wielding  
World-Creator-Life  
Thine own I  
Comes to being  
Within the I of God.  
Then in the All-World-Being of Man  
Thou wilt truly live.

For the Father-Spirit of  
                  the Heights holds sway  
In Depths of Worlds begetting Life.  
Spirits of Strength!  
Let this ring out from the Heights  
And in the Depths be echoed,  
Speaking:  
From God, Mankind has Being.  
The Spirits hear it in  
East and West and North and South:  
May human beings hear it!



II  
Menschenseele!  
Du lebest in dem Herzens-Lungen-  
Schlage,  
Der dich durch  
den Zeitenrhythmus  
Ins eigne Seelenwesensfühlen leitet:  
Übe Geist-Besinnen  
Im Seelengleichgewichte,  
Wo die wogenden  
Welten-Werde-Taten  
Das eigne Ich  
Dem Welten-Ich  
Vereinen;  
Und du wirst wahrhaft fühlen  
Im Menschen-Seelen-Wirken.

Denn es waltet der Christus-Wille  
im Umkreis  
In den Weltenrhythmen Seelen-  
begnadend.  
Kyriotetes, Dynamis, Exusiai,  
Lasset vom Osten befeuern,  
Was durch den Westen sich gestaltet;  
Dieses spricht:  
In Christo morimur.  
Das hören die Elementargeister  
Im Osten, Westen, Norden, Süden:  
Menschen mögen es hören.

II  
Soul of Man!  
Thou livest in the beat of Heart  
and Lung  
Which leads thee through  
the rhythmic tides of Time  
Into the feeling of thine own Soul-being.  
Practise Spirit-mindfulness  
In balance of the soul,  
Where the surging  
Deeds of the World's Becoming  
Do thine own I  
Unite  
Unto the I of the World.  
Then 'mid the weaving of the Soul of Man  
Thou wilt truly feel.

For the Christ-Will in the encircling  
Round holds sway  
In the Rhythms of the Worlds,  
blessing the Soul.  
Spirits of Light!  
Let this be fired from the East  
And through the West be formed,  
Speaking:  
In Christ, Death becomes Life.  
The Spirits hear it in  
East and West and North and South:  
May human beings hear it!

III

Menschenseele!

Du lebest im ruhenden Haupte,  
Das dir aus Ewigkeitsgründen  
Die Weltengedanken erschließet:  
Übe Geist-Erschauen  
In Gedanken-Ruhe,  
Wo die ew'gen Götterziele  
Welten-Wesens-Licht  
Dem eignen Ich  
Zu freiem Wollen  
Schenken;  
Und du wirst wahrhaft denken  
In Menschen-Geistes-Gründen.

Denn es walten des Geistes  
Weltgedanken  
Im Weltenwesen  
Licht-erflehend.  
Archai, Archangeloi, Angeloi,  
O lasset aus den Tiefen erbitten,  
Was in den Höhen erhöret wird:  
Dieses spricht:  
Per spiritum sanctum  
reviviscimus.

Das hören die Elementargeister  
Im Osten, Westen, Norden, Süden;  
Menschen mögen es hören.

III

Soul of Man!

Thou livest in the resting Head  
Which from the ground of the Eternal  
Opens to thee the Thoughts of Worlds.  
Practise Spirit-vision  
In quietness of Thought,  
Where the eternal aims of Gods  
World-Being's Light  
On thine own I  
Bestow  
For thy free Willing.  
Then from the ground of the Spirit in Man  
Thou wilt truly think.

For the Spirit's Universal  
Thoughts hold sway  
In the Beings of all Worlds,  
craving for Light.  
Spirits of Soul!  
Let this be prayed in the Depths  
And from the Heights be answered,  
Speaking:  
In the Spirit's Universal Thoughts,  
the Soul awakens.

The Spirits hear it in  
East and West and North and South:  
May human beings hear it!

IV

In der Zeiten Wende  
Trat das Welten-Geistes-Licht  
In den irdischen Wesensstrom;  
Nacht-Dunkel  
Hatte ausgewaltet;  
Taghelles Licht  
Erstrahlte in Menschenseelen;  
Licht,  
Das erwärmet  
Die armen Hirtenherzen;  
Licht,  
Das erleuchtet  
Die weisen Königshäupter -

Göttliches Licht,  
Christus-Sonne,  
Erwärme  
Unsere Herzen;  
Erleuchte  
Unsere Häupter;  
Dass gut werde,  
Was wir aus Herzen  
Gründen,  
Aus Häuptern  
Zielvoll führen wollen.

IV

At the turning-point of Time  
The Spirit-Light of the World  
Entered the stream of Earthly Being.  
Darkness of Night  
Had held its sway;  
Day-radiant Light  
Poured in the souls of men;  
Light  
that gives Warmth  
To simple Shepherds' Hearts,  
Light  
that enlightens  
The wise Head of Kings.

O Light Divine,  
O Sun of Christ!  
Warm Thou  
Our Hearts,  
Enlighten Thou  
Our Heads,  
That good may become  
What from our Hearts we would  
found  
And from our Heads direct  
With single purpose.