

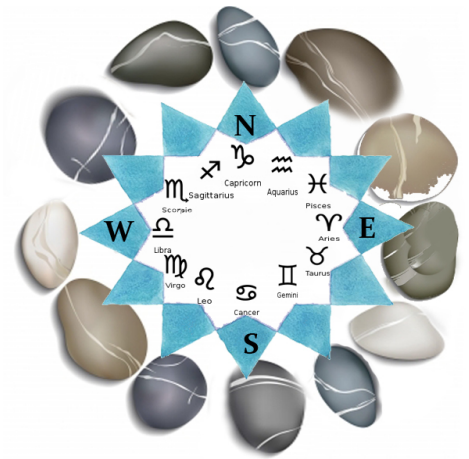
# Daily Basic Meditation

Lila Sophia and David Tresemer 2015

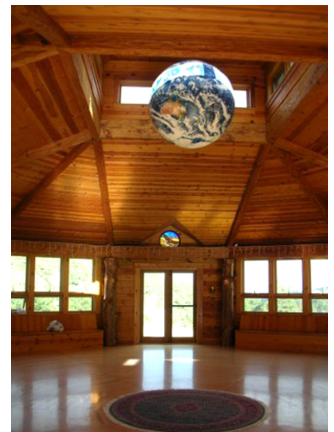
Renewed on site, or practiced off site in **sacred imagination**

*Set the template, using EITHER the StarHouse as the pattern, or a 12-sided stone circle, which will resonate with the 12-sided geometry of The StarHouse.*

*To create the 12-stoned circle, identify the 4 Directions and place those 4 stones first. Then fill in with 8 more stones, or shells, or objects that will create the 12, and make a circle that you can stand in and move around easily. Each of the 12 points resonates with the Zodiacal Being of that sign.*



- Breathe and center before beginning this sequence.
- Walk the Stones with yoga postures, mudras or eurythmy gestures (a body-based gesture for each zodiacal sign, from Rudolf Steiner's philosophy). Feeding the stone-people is also great! They like oats, cornmeal, and even beer! If more than one person, one goes in each direction, to begin the vortex movement.
- If you are doing this practice at the StarHouse, or imagining the StarHouse, enter the building and walk the posts (if more than one person, each one goes in one of the two directions).
- In the space, orient to the seven directions, including Above, Below, Within—and call them in to hold the container. Invite in the Archangelic Presences as well.
- Feel the construction of the double tetrahedron, between earth signs and water signs, then allow it to spin (see diagram below).
- Walk the Father /Mother vortex: 'Ah' sound as Mother walks clockwise, left hand up, right into center; 'Eee' sound as Father walks counter-clockwise, left hand to center, right hand up. Feel the energies in both arms, carrying the circuit, and creating the sweeping energy motion of the vortex as it moves through from top to bottom, and bottom to top, through the kiva, into the upper reaches of the cupola.



*The diagram shows the double tetrahedron, and the way it spins. The diagram shows the scale of a human; in StarHouse, the form is larger. The vortex on the top and bottom is the beginning of the movement as it would initiate the larger motion of the Father/Mother vortex in the space.*

Once this invocation is complete, the temple (or your personal stone circle) is energized, and ready to work with the established intention for the meditation. What follows can look several ways: you can enter the center of the vortex alone or with others. (Consider staying slightly 'off-center' if you're in StarHouse alone, to allow the core energy to keep moving up and down unimpeded; it can be very intense in the direct center!)

In the deep core, a beam of light, the intensity of StarFire, travels up from the core of the kiva (in The StarHouse) and the deep earth, through the center and up to the Star or constellation of choice. It also runs down from StarBeings to the core of earth. Create an invocation for the destiny of StarHouse or your personal temple-space fulfilled; for your personal alignment with Heaven and Earth; for inspiration and vision to walk the day with grace and attunement. This is a pattern that will greatly support and deeper Sacred Activism work you do, either alone or with a group.

All these are appropriate ways to work with the temple, as Keepers of the Temple. There are many other patterns that can be explored as to how this 'enlivened' Temple can be worked with. We will continue to explore this in ritual space. Use your own intelligence and guidance to discover appropriate ways to interact with the space.

One can also add the power of a torroidal pattern, which moves from the area just out from the Stone Circle, into the core—converging just at the point where the circular rug rests on the floor. This energy rolls both in and out—  
David and I found that we did the pattern in 2 different directions: mine rolled in from the outside into the center; his rolled out from the middle down the outside. See which feels accurate for you.

Once this pattern is fully engaged, you can send blessings to Earth, as well as review some of the Sophia Elements imagery for working with issues that you are called to.

Those meditation suggestions are also available.

When complete, release the seven directions as well as the vortex.

