

And we can change the world within ourselves for the better. We can transform ourselves in sources of peace. We can make friends with time. Time is our friend. We can make friends with duty. Our duty is our friend and our counselor, our teacher. We can make friends with world events because they are chaotic only outwardly. Hegel wrote, and correctly so, that the destiny of nations is governed by reason, by divine reason.

The whole universe is peacefully governed by divine law, and divine order, and divine reason, just as our lives are: we are not different from the universe. We have the same substance as the universe, and we obey to the same law as the whole cosmos.

We have nothing to lose from the future. We have nothing to lose in the present situation - except our ignorance. Yes: we can say, we can admit, that we are to lose our own ignorance, which is a good thing after all. In the middle of the apparent chaos, we find peace within and give the flow, the results, and the fruits of our peace to our fellow-men. (CCA)

[The above text is the transcript of a video: [Peace in the Middle of Chaos: The Secret.](#)]

Unmasking the Mystery of Altruism



Let us try to unmask or at least start to unmask the mystery of altruism.

Altruism is normally presented to us as self-denial, as thinking of the others. And that's correct. But when I think of self-denial, I am denying not only myself in a simple way: I am denying some Self in me, because human beings have several selves.

Human beings have, according to theosophy, seven kinds of self. We have the physical self, the emotional self, the mental lower, the objective mental self, the highest or the higher mental self, the spiritual self and let us say the seventh principle Atma, the almost absolute Self, the Star - to which we belong.

And then self-denial is the denial of one or two or three levels of self perhaps. But the self-denial on the lower levels of consciousness allows us to be one with our higher levels of existence, our higher levels of consciousness, which are above verbal expression, our higher levels of being, our higher levels of self. So, self-denial is tantamount to ignorance denial.

Self-denial is the denial of that lower selfish consciousness of a misinformed child in ourselves. Therefore, you can understand that Christ was never crucified and Helena Blavatsky never suffered, and every other friend of humanity who sacrificed their lower selves never really suffered in their true selves.

Christ was never crucified. If we believe the popular legend - which is mainly symbolical - of the life of Jesus, Jesus was never crucified. Only his physical body and probably his emotional body or emotional principle were crucified indeed, so that he could be totally One with his own eternal Self, in Resurrection.

And this is the path of every learner along the path to wisdom - to eternal wisdom. Sacrifice in spirituality means *the sacrifice of ignorance in us*, so that we can embrace togetherness, embrace totality, embrace transcendence, universality - and wisdom. (CCA)

000



The above text is the transcript of a video with CCA: [Unmasking the Mystery of Altruism](#).

000



Visit the channel of [The Aquarian Theosophist](#) on [YouTube](#):
<https://www.youtube.com/@theaquariantheosophist845>

000

A Daily Miracle: **How to Increase Your Precious Metal Reserves**



The solution to our problems is simple. Honest words are silver, silence is golden. Ill-will is made of mere tin and makes a lot of noise for nothing.

The present moment is propitious.

In Western countries, we can all take steps to increase the production of precious metals and reduce the presence of empty tin cans making noise in daily life.

Goodwill attains victory in almost invisible ways, and it slowly improves everything before a single word is spoken.

The gold that flows from spiritual souls has no limits.

The silver being born from a clear mind is both precious and sacred. Clinging to illusions, however, is a waste of time. The spiritual world constitutes a treasure island located in the heavens, and we can all sail to it.

(CCA)

000

See the article [Everything is Constructed in Silence.](#)

000

Selected Fragments
From “Isis Unveiled”:
The Human Cycles
and the Eyes of the Soul

Helena P. Blavatsky



1. The Cycles of Human Existence

[Ancient philosophers] *divided the interminable periods of human existence on this planet into cycles, during each of which mankind gradually reached the culminating point of highest civilization and gradually relapsed into abject barbarism.* To what eminence the race in its progress had several times arrived may be feebly surmised by the wonderful monuments of old, still visible, and the descriptions given by Herodotus of other marvels of which no traces now remain. Even in his days the gigantic structures of many pyramids and world-famous temples were but masses of ruins. Scattered by the unrelenting hand of time, they are described by the Father of History as “these venerable witnesses of the long bygone glory of departed ancestors.” He “shrinks from speaking of divine things”, and gives to posterity but an imperfect description from hearsay of some marvellous subterranean chambers of the Labyrinth, where lay - and now lie - concealed, the sacred remains of the King-Initiates.

(From “[Isis Unveiled, Volume I](#)”, p. 5)

2. The Veil of Secrecy

The impenetrable veil of arcane secrecy was thrown over the sciences taught in the sanctuary. This is the cause of the modern depreciating of the ancient philosophies. Even Plato and Philo Judæus have been accused by many a commentator of absurd inconsistencies, whereas the design which underlies the maze of metaphysical contradictions so perplexing to the reader of the *Timæus*, is but too evident. But has Plato ever been read understandingly by one of the expounders of the classics? This is a question warranted by the criticisms to be found in such authors as Stalbaum, Schleirmacher, Ficinus (Latin translation), Heindorf, Sydenham, Buttman, Taylor and Burges, to say nothing of lesser authorities. The covert allusions of the Greek philosopher to esoteric things have manifestly baffled these commentators to the last degree.

(From "[Isis Unveiled, Volume I](#)", pp. 7-8)

3. Plato and the Pythagoreans

Plato, the ardent disciple of Pythagoras, realized it so fully as to maintain that the Dodecahedron was the geometrical figure employed by the *Demiurgus* in constructing the universe. Some of these figures had a peculiarly solemn significance. For instance *four*, of which the Dodecahedron is the trine, was held sacred by the Pythagoreans.

(From "[Isis Unveiled, Volume I](#)", p. 9)

4. The Mortal Soul and the Immortal Soul

There was not a philosopher of any notoriety who did not hold to this doctrine of metempsychosis, as taught by the Brahmans, Buddhists, and later by the Pythagoreans, in its esoteric sense, whether he expressed it more or less intelligibly. Origen and Clemens Alexandrinus, Synesius and Chalcidius, all believed in it; and the Gnostics, who are unhesitatingly proclaimed by history as a body of the most refined, learned, and enlightened men, [1] were all believers in metempsychosis. Socrates entertained opinions identical with those of Pythagoras; and both, as the penalty of their divine philosophy, were put to a violent death. The rabble has been the same in all ages. Materialism has been, and will ever be blind to spiritual truths. These philosophers held, with the Hindus, that God had infused into matter a portion of his own Divine Spirit, which animates and moves every particle. They taught that men have *two souls*, of separate and quite different natures: the one perishable - the Astral Soul, or the inner, fluidic body - the other incorruptible and immortal - the *Augoeides*, or portion of the Divine Spirit; that the mortal or Astral Soul perishes at each gradual change at the threshold of every new sphere, becoming with every transmigration more purified. The astral man, intangible and invisible as he might be to our mortal, earthly senses, is still constituted of matter, though sublimated.

(From "[Isis Unveiled, Volume I](#)", p. 12)

NOTE BY HPB:

[1] See Gibbon's "Decline and Fall of the Roman Empire".

5. The Eyes of the Soul

As well as those who lived in the days of the Psammetics, our present-day philosophers “lift the Veil of Isis” - for Isis is but the symbol of nature. But, they see only her physical forms. The soul within escapes their view; and the Divine Mother has no answer for them. There are anatomists, who, uncovering to sight no indwelling spirit under the layers of muscles, the network of nerves, or the cineritious matter, which they lift with the point of the scalpel, assert that man has no soul. Such are as purblind in sophistry as the student, who, confining his research to the cold letter of the Kabala, dares say it has no vivifying spirit. To see the true man who once inhabited the subject which lies before him, on the dissecting table, the surgeon must use other eyes than those of his body.

(From “[Isis Unveiled, Volume I](#)”, p. 16)

000

A Daily Duty: Mental Hygiene in Theosophy



Your soul is more important than your physical body, because your physical body is but an instrument of whom you are. It is but an instrument of your soul. And if your soul is more important than your body, then, mental and emotional hygiene are more important than the physical hygiene.

You must keep your mind clean and pure, and clean and pure your emotions. This means you must build your character constantly.

Your character is not something that your parents gave you. Your character is not something you built yourself in your childhood. Your character must be built and strengthened each day for you to be able to face the present world, which is not precisely spiritual - at least in its outward form. It is easy to find pollution on the mental and emotional plane, nowadays.

What to do with regard to that? How to preserve your mind? How to preserve your soul? How to feed your soul with divine substance, with the divine spirit?

First, I would say you should recognize yourself, and recognize that your true self is an inhabitant of the divine world.

Second, you should make a commitment to live accordingly. You must make a commitment to live according to the will of your spiritual soul and not according to the wishes of the outward world. That means a daily discipline.

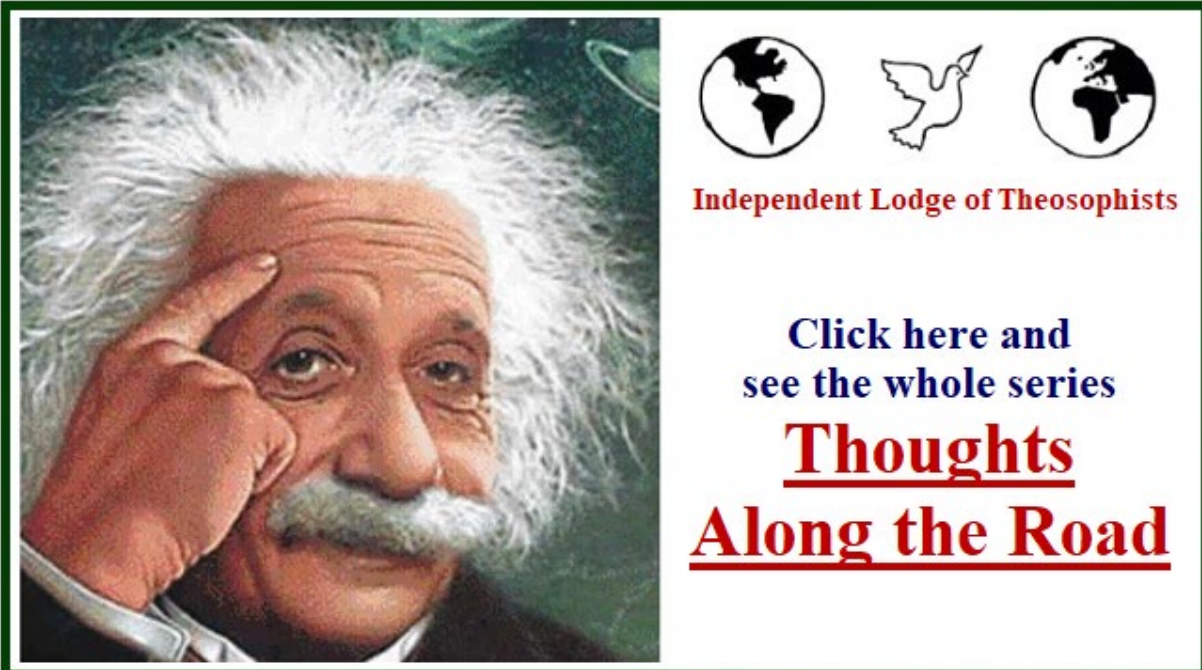
In order for you to have a daily discipline, you must have an ideal: a clearly defined ideal of life. And for that, you have hundreds of examples of sages of all times and different religions pointing to the same way, the same path, the path of self-knowledge, the path by which we can know our own divine self, the divine level of our own being, which is its center, which is its essence.

(CCA)

000

The above text is the transcript of a video with CCA: [Mental Hygiene in Theosophy](#).

000



Independent Lodge of Theosophists

Click here and
see the whole series
Thoughts
Along the Road

Examine All Insights Along the Path:

<https://www.carloscardosoaveline.com/category/thoughts-along-the-road/>

000

Naivete Is Not the Same as Stupidity

Purity of Mind Opens the Door to Spiritual Intelligence



Naivete is not the same as idiocy or absence of intelligence. In fact, naivete is often the outward form of the Christ consciousness in us. Christ consciousness is the same as the sixth principle, in theosophy, which means the spiritual intelligence, the intuitive perception of things, the intuitive perception of unity of all that exists. And this is, of course, sacrificed in the materialistic society and civilization. It looks like naivete. It looks like even idiocy to the idiotic persons who believe in matter alone.

But for those who see the spiritual world, even if imperfectly, it is easy to see that naivete is the outward appearance of a pure mind, of a mind that is clean, of a free conscience and free consciousness, of a consciousness that is open to the higher aspects of truth.

Looking like an idiot to blind people is the price to pay for you to be loyal to your soul.

We have several kinds of intelligence, and the lower levels of intelligence are simply astuteness.

The march ahead of humankind is also a march upwards. We must elevate ourselves to a spiritual perception of things; and Christ, in the symbolic narrative of the New Testament, clearly abandoned short-term astuteness to embrace the highest forms of spiritual intelligence. We are invited by himself - the Christ of the New Testament - to follow his path. (CCA)

[Transcribed from the video [Naivete Is Not the Same as Stupidity.](#)]

Practical Effects of the Divine Presence



If you try to live a spiritual ideal, if you try to live according to the wisdom of mystical Christianity and mystical theosophy, you will tend to understand that you are not trying to obtain the help coming from a distant God or a distant Master living somewhere else; some kind of help coming from an external intelligence, an external being.

You will understand, sooner or later, that you depend on the practice of divine presence, the divine presence of your own spiritual soul, which is One with all the Sages of the world, all the great immortal sages that have helped and will always help humanity.

The problem and the solution are between you and your higher self, which is an impersonal, transcendent intelligence.

Pythagoreans say that we have a silent and sacred witness of our actions which observes and registers everything we do on the physical plane, on the emotional plane and on the mental plane. Every thought, every feeling, every action is recorded for our future debit and credit. This is also what one of the masters of the wisdom says in writing.

So, what could we do, and what should we say to this silent sacred witness of our daily efforts?

One of the first things to say - that's my experience - is to ask forgiveness to our own higher self, who is the judge of our actions, who is also that part of the universal law which is focused on our lifetimes. The very fact of experiencing - up to a certain degree - a divine presence, shows me my mistakes with a tremendous clarity and I have to immediately apologize for them, while committing myself to improve myself each and every day.

[Transcribed from the video [Practical Effects of the Divine Presence.](#)]

A Daily Confession

Theosophy is more than a mere collection of great ideas about the universe and about your soul, from the spiritual point of view. Theosophy is also a knowledge of how you can best improve yourself, so that you become more and more in tune with the rules of the universe.

Pythagorean tradition invites you and invites us all to improve ourselves by reviewing at the end of the day what we did right, what we did wrong, and what good we should have done and didn't do.

Christian mystical tradition invites us to make a confession regularly.

A theosophist would say we could make daily confessions, not before a salaried priest, but before our own conscience, examining - as Pythagoras invites us to do - our actions at the end of the day and asking for forgiveness for our mistakes from our own spiritual soul, which is our Master.

[Transcribed from the video [A Daily Confession](#).]

Regarding the Fear of God

One of the most difficult ideas in Christianity for a theosophist to understand and accept is the idea of being afraid of God: the fear of God.

Why should I be afraid of the universal law of equilibrium? The universal law of balance, the universal law of compassion? Perhaps I should rely on that law, dedicate my life to cooperate with that law?

If you look at it in the first moment, you tend to reject that. Fear is not good. Fear does not help you go ahead. However, one must learn to understand things beyond mere appearance. Fear, here, means respect, and respect for the law is good. So, it is not a question of getting paralyzed by fear, but it is the duty of being respectful towards the Law.

The Law is not something external. The Law presides our soul from within. And the fear of God also means in mystical Christianity the remembrance of the fact that our present lifetime is rather short. Therefore, we should not waste time but we should use the time we have to learn and to be one with the Law of the Universe, which is the Law presiding over each one of our souls. Therefore, being respectful to Law, being respectful to the Law of Karma means being respectful to my own higher self, to my own spiritual soul.

000

The above text is a transcript of the video [Regarding the Fear of God](#).

000

The Long Road to Victory

There is a long road to spiritual victory and it has at least four steps.

The first one is to have a goal, an elevated goal, a noble goal or spiritual goal, an immortal, if possible, goal, a permanent goal: a transcendent goal, and a clear goal, all in one. A goal which belongs to your spiritual soul.

The second step is to do your best. Doing your best relates to a passage in the Mahatma Letters in which a teacher invites his disciple to try and repeatedly invites him to try; to try and to have patience.

The third step is to accept imperfections. Honestly accept to yourself and to the others the fact, the basic fact, that you are far imperfect in more than one aspect.

And the fourth step is correct your mistakes. It is not enough to say “yes, I am imperfect”. It is also necessary to have the willpower to correct your mistakes in no hurry to obtain results. These four steps, to have a noble goal, to do your best, to accept imperfections and to correct imperfections, these four steps occur in a timeline that includes various incarnations. So, patience is in fact as necessary as intensity, and courage, and a few other qualifications which would exact much more time to examine.

[The above text is a transcript of the video [The Long Road to Victory.](#)]

Celebrate the Obstacles Ahead of You Impediments Are Your Brothers and Teachers

Celebrate your obstacles. Celebrate the challenges you must face every day.

If you have a goal, you have obstacles. If you don't have obstacles, it is because you don't have any clear goal and are making no effort. As long as you make an effort to walk in the right direction, challenges will multiply. And challenges are not enemies. Obstacles are your friends, your brothers. So, you are surrounded by brothers.

If you are surrounded by obstacles, take them one after the other. You were born to face obstacles. That's the purpose of human life. Obstacles are our teachers. Difficult persons, difficult circumstances, are our best chances to learn some real wisdom.

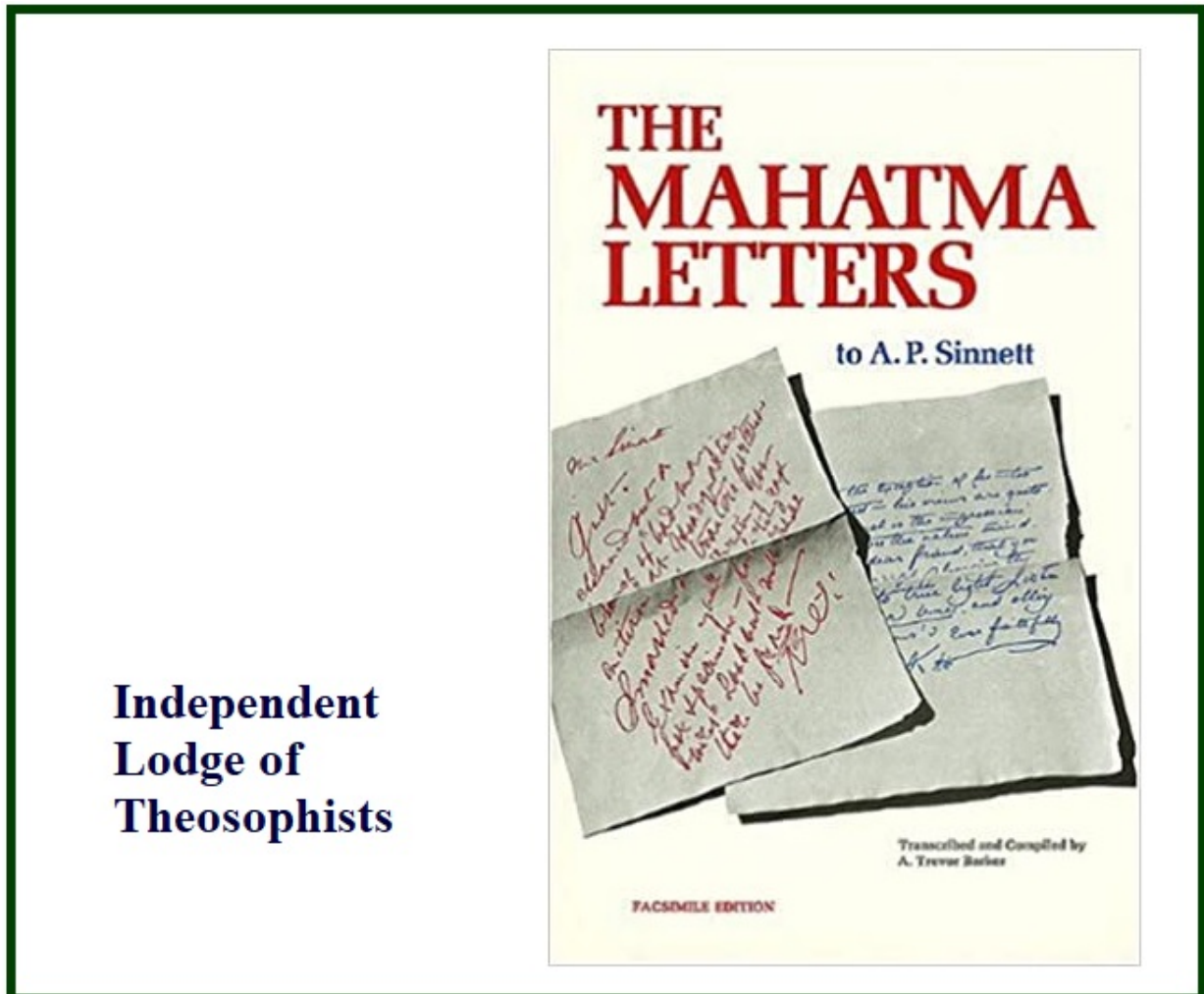
000

The above text is a transcript of the video [Celebrate the Obstacles Ahead of You.](#)

000

The Journey of Christ and the Eastern Initiates

A Special Passage from the Mahatma Letters



There is a passage in the Mahatma Letters, the first paragraph of letter 62, in which an Eastern Master of the Wisdom describes the journey of the hero towards final liberation from ignorance. And the passage happens to be very similar to the summaries we have of Jesus Christ's life. The master says:

“You were told (...) that the path to Occult Sciences has to be trodden laboriously and crossed at the danger of life; that every new step in it leading to the final goal, is surrounded by pitfalls and cruel thorns; that the pilgrim who ventures upon it is made first to confront and *conquer* the thousand and one furies who keep watch over its adamantine gates and entrance - furies called Doubt, Skepticism, Scorn, Ridicule, Envy and finally Temptation - especially the latter; and that he, who would see *beyond* had to first destroy this living wall; that he must be possessed of a heart and soul clad in steel, and of an iron, never failing determination and yet be meek and gentle, humble and have shut out from his heart every human passion...”.

As you see, this is not very easy, but Christ in the New Testament invites every one of us to take up our cross, which means our Karma, and follow his path, which is essentially the same as the one seen above. Are you ready?

000

The above text is a transcript of the video [The Journey of Christ and the Eastern Initiates](#).

000

The Karma That You Are Planting Now



There are three kinds of Karma. The Karma that you are sowing or planting now, the Karma that is already accumulated by your past actions but which is not ripe yet for you to harvest, and the third kind of Karma is the *prarabdha* Karma, which is the Karma that is ripe.

The Karma that is ripe basically forms the circumstances around you. Of these three Karmas, *Kriyamana* Karma, which is the Karma that you are sowing right now through your daily actions, is obviously the most important.

We have far too many *opinionators* in the world today, but we need more people that are able to take up their crosses and follow the path to wisdom, which means to be responsible, to be consciously responsible, for the past Karma, for the ripe Karma which is *prarabdha* Karma, and generate in a conscious and self-responsible way the right kind of *Kriyamana* Karma, the new Karma, which means right action, good actions, responsible behavior.

This leads us to Epictetus, that classical Greek philosopher of the Stoic school, who says to us, *pay attention to that which depends on you and do not pay unnecessary attention to that which does not depend on you.*

In other words, “be responsible for what you do and don’t try to be responsible for what you do not do”.

So, if we combine Epictetus with the lesson coming from the East, which refers to the three kinds of Karma, we see that the important thing in life is to sow good Karma. Interestingly enough, however, the very fact that we have to face our *Prarabdha* Karma, our ripe Karma, combines with Epictetus lesson, because Epictetus tells us to be responsible for what depends on us. And this includes the way we harvest our past Karma. We must harvest our past Karma in the right way, with humbleness and a commitment to do our best.

000

The above text is a transcript of the video [The Karma That You Are Planting Now](#).

000

Silence Is Our Teacher **We Should Be Able to Listen to It**

Silence is your friend.

Once you get away from noise, you have to confront yourself on your various levels of consciousness. So, silence will perhaps show you the enemies within which you must fight, and this is much better than listening to the radio, or watching television, or seeing any kind of unworthy things.

From facing your “inner enemies” as a Christian mystic would say, your negative feelings and negative ideas, you can replace them with positive ideas and worthwhile thoughts. And this is what Patanjali says, *you must replace wrong thoughts with the right ones*. This must be done in silence, away from agitation.

Silence has many levels of consciousness. As you seek for heaven, hell comes to you. Hell is within you, just as heaven: you have to transmute it.

Hell is the furnace working at high temperatures which will melt down ignorance and transmute it into real wisdom.

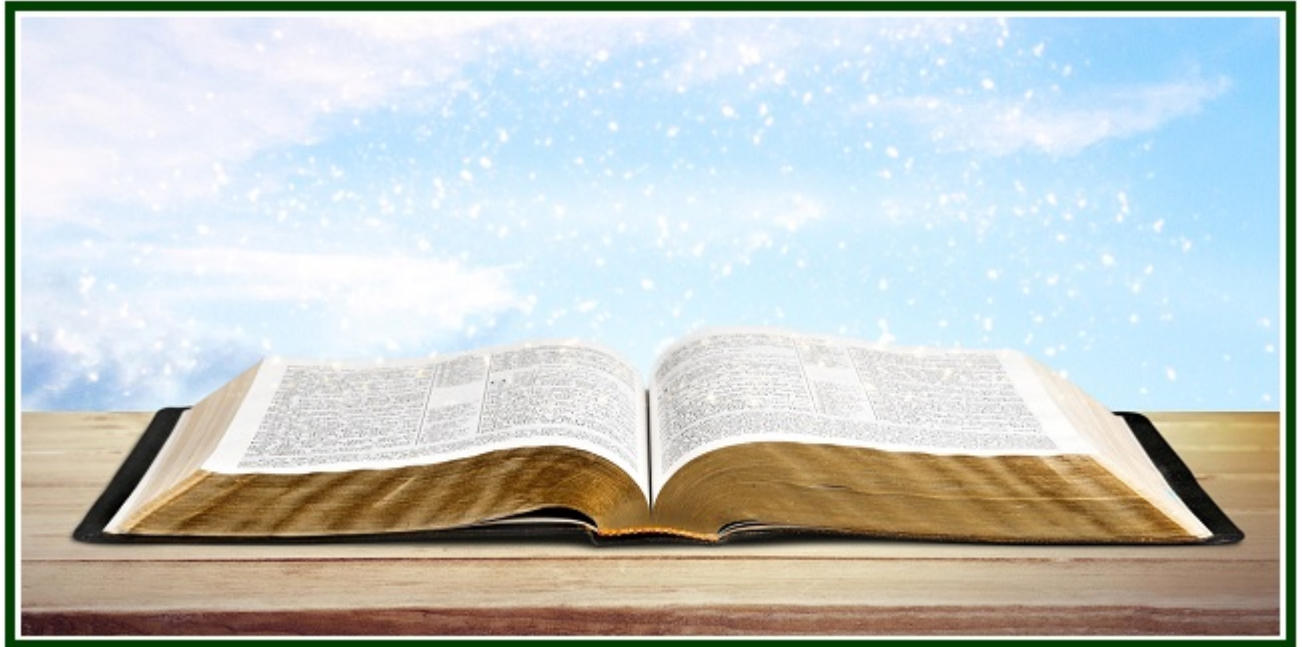
Real knowledge comes from within. And to produce it, you must have persistence, and must change. You must be capable of seeing the different moments, some of which need persistence and some need change, even radical, but inner, more than outward change. We must not avoid, necessarily, outward transformations. But the priority is inner change towards light. From mere heat, we can produce spiritual light.

000

The above text is a transcript of the video [Silence Is Our Teacher, We Should Be Able to Listen to It](#).

000

Spiritual Knowledge Is Different From Mere Information



There is a profound difference between knowledge and information. A mind that is separated from the soul may have information, but only the soul has real knowledge, because only the soul has the ability to give the right direction to the knowledge, as it is used. This point makes the difference from the perspective of a theosophist or a student of mystical Christianity.

Real knowledge is not something that I acquire for myself.

Real knowledge is something that I acquire for me to act in a correct way, in the best way possible. This makes the difference as to the future. If you have persons that try to learn in order to act accordingly to the divine knowledge, then the situation is one. It is quite different if you have a society in which many people try to get knowledge to have more money than the others, or to have more personal power than the others and manipulate them.

Jean-Jacques Rousseau discussed the matter of “what do we use knowledge for”, just before the French revolution. It seems things didn’t go well in France by that time, because the modern knowledge in the 18th century was not being used for the good of mankind. So, let us ask ourselves, “is the knowledge in our present times being used for the good of mankind, for the good of human beings?” And let us not criticize authorities and political leaders. Let us look at ourselves, instead. What is our intention, when we try to obtain spiritual knowledge? Is it to improve our souls, to change ourselves for the better and be a better person?

Good Karma is created by acting in obedience to the voice of my own conscience. Do I follow the path of renunciation, which is the path of wisdom? Or what are my objectives? This includes of course the subconscious motivations that I have with regard to attaining spiritual knowledge. Remember that spiritual knowledge is not spiritual information: it’s not about reading books only.

Spiritual knowledge is studying, understanding, practicing, correcting our mistakes, studying better, understanding better, acting better. And this in a virtuous circle. This is learning. And there is no knowledge in the absence of the corresponding degree of responsibility. If there is a pseudo-knowledge or information in the absence of the corresponding degree of responsibility, it is fake.

Real knowledge is a brother of the heart. Real knowledge comes from the heart and submits itself to the heart, which is the location of our spiritual soul.

000

The above text is a transcript of the video [Spiritual Knowledge Is Different From Mere Information](#).

000

You Are Partially Immortal: Your Highest Self Will Not Die



There is something in you that will never die. You are immortal in your essence. And you can right now start investigating such a mystery.

Human beings don't enjoy and don't like and use to reject the idea of ever dying. And this does not come out of nothing. The feeling that we do not like the idea of dying comes from the eternal essence in our soul.

We have a calling for eternal life because something eternal resides in us and the Law of Reincarnation explains that.

In the nature nothing is lost, nothing is created, everything is recycled, including human souls. So, as you "die", it is just the outward physical body that is left out of your life. You don't

die, you go to sleep. There is that story of Rip Van Winkle, a man who slept 20 years non-stop just to come back and see that everything had changed in his local village.

And we don't sleep just 20 years. We sleep one thousand, two thousand, three thousand, perhaps 4,000 years according to the *Mahatma Letters*. And then we go out and recover self-consciousness in a new body. And then we get to organize ourselves, live for 70 to 100 years or so, depending on karmic conditions, and then take a certain amount of new lessons and go back to our Home.

Where is home?

Home is *Devachan* or Heaven, where we accomplish and fulfill all our spiritual aspirations. It is something that has some equivalence to *samadhi*, to ecstasy, supreme happiness, contentment, a small eternity of one thousand up to four thousand years. And then implicitly our soul sees that there is some need to learn more and we will meet again our Karma on Earth, and take renewed lessons.

So, we have a dialectic equilibrium between physical life and spiritual life, with some intermediary states in the immediate or short-term afterlife.

The important thing for us to recognize now in our physical lives is that the essential part in us, the essential part of our souls, is eternity. And not only eternity in space, for it is also universal in its nature: eternal in time and universal in space.

Here and now is eternity. Here and now is the universe. Not only outside of us, but also internally, inside of us. That's why Eastern tradition says that individuality is a *maya*, an illusion. The essential thing is eternity and universality.

We are a little bit of cosmos, or condensed cosmos, thinking about itself. But we are learning, and just as we have a night sleep in each cycle of 24 hours, during which we are outside of our body, the so-called death is also a sleep happening outside of our body with the difference that it is far longer than an eight hours night, and you will come back from it to a new body, not the same one.

This is a mystery: it cannot be conveyed in so many words. One must study to know, to understand and then integrate this consciousness into our daily life. We are essentially eternal, secondarily mortal.

000

The above text is a transcript of the video [You Are Partially Immortal: Your Highest Self Will Not Die](#).

000

_____ See the article [The Process Between Two Lives](#). _____

000

Forgiveness and Bliss

Forgiveness and blessing give you freedom.

Positive thought is something that must emerge from your heart. It is not wishful thinking. And for you to discover the source of positive thinking, which is also known under the name of faith, you must be a friend of yours. You must accept yourself, with your shortcomings, and must be in touch with your higher soul, your higher self.

Forgiveness liberates us from the vicious circle of mutual recrimination in our connection with others. But there is one more step you may take, which is blessing the world, blessing yourself, blessing your past, blessing humanity, blessing your country, as you send blessings to people. And I'm not talking about doing that aloud. I'm not talking about saying that in so many words. I'm talking about thinking.

If you silently bless others in your thoughts, bless the world, bless your country, and bless yourself and each one in your family, each one of your friends, your colleagues in your job, then you are liberating yourself to live truly.

Living is not the same as living in misery. Living is living in a joy that comes from your heart. And forgiving means that you are in touch with your higher soul and the divine world. And from the point of view of the divine world, blessings should be spread. Blessings should be produced from each one of our hearts.

The act of blessing liberates yourself more than liberates others. Forgiveness is grace.

000

The above text is a transcript of the video [Forgiveness and Bliss](#).

000

The Silence That Leads to Truth

Right thought and right understanding come from the right kind of silence. Silence needs a purpose. Silence is not something simply void. There is a silence that leads to understanding. There is a silence that leads to truth. But we need a degree of concentration in order to have silence. And concentration is the elimination of unnecessary thoughts. Of course, if your soul decides that all thoughts are unnecessary, then there will be no thoughts, and there will be *samadhi*, or total contentment and absolute wisdom, which is Void, something akin to *nirvana*. But as long as you have to have thoughts in daily life, then the right thoughts will be surrounded by a sort of silence.

Silence is that elimination of unnecessary thoughts which, by surrounding right thought, entitles you to look for truth and to be truthful in whatever you do.

000

The above text is a transcript of the video [The Silence That Leads to Truth](#).

000

The Theosophy of the Lightning and the Turtle



Helena Blavatsky wrote that *knowledge comes to us in visions*, and that means that knowledge comes to us at the speed of light. It does not need therefore the slow accumulative process of thinking. Of course, thinking, and thinking with clarity, is of the greatest importance. But even the accumulative process of thinking will be enlightened by visions, by internal visions, which make the synthesis, and which show us the whole picture of that truth which we are entitled to obtain.

Truth does not come to us. We go to truth, degree after degree, on several levels of perception, like one who climbs a mountain and gradually attains to a wider picture. As to the coming in visions of knowledge to us, that also means that we must be ready to it. We must have the courage to say *No* to excessive information, to pseudo-information, to mere factoids which may come to us at any time and all the time, so as to keep us free from noise, and able to face real new facts.

Attention means excluding noise. And we must be able to have the speed of a lightning in the sky when necessary, and also have the patience of a turtle, who is able to live long, long time. In fact, in the search for wisdom, we must be able to wait for several lifetimes. So, our patience in learning theosophy or universal wisdom means we will do our best here and now, when necessary, with the intensity of a lightning in the sky, and at the same time we will be able to be a turtle who is a testimony of centuries.

000

The above text is a transcript of the video [The Theosophy of the Lightning and the Turtle](#).

000

Renunciation Gives You Victory: by Abstaining, You Obtain

If you stop the course of a river, you can generate electric energy. By stopping action on whatever level of life, you have access to the immediately higher level of perception and action.

If you calm down and peacefully stop your personal emotions, you have access to spiritual emotions and to clearer thoughts and perceptions on the mental level. And if you stop your thoughts, if you calmly, peacefully stop your thinking principle, then you have access or perhaps full access to spiritual silence, and to a spiritual perception of things on a level that does not depend on mere emotion or mere thought.

On every level of life, stopping activity means transcending the present level of activity toward a higher one. And spiritual teacher Omraam Mikhaël Aïvanhov - who was born in the year 1900 - wrote that, by fasting, one learns to develop, and *one's body* learns to develop, the ability to absorb *prana*, vital energy, through the lungs, from the air, from the atmosphere, especially a pure atmosphere, pure air - this, besides giving some rest to the physical body in terms of the digestive apparatus.

Aïvanhov also says that in previous ages, a long time ago, humanity knew how to absorb vitality directly by breathing, and it can learn again. This fits perfectly with modern theosophy. The future humanities will be less and less physical, less and less material. And we can learn right now to be less material and more spiritual, including in the way we feed ourselves. Our food can be less material and more ethereal; more vital, more directly *pranic*; it can come from the direct *prana* that does not need to be physically absorbed through our stomach.

A Portuguese Christian thinker, Manuel Bernardes, who was born in August 1644, says that during prayer we can absorb spiritual food, which means another level of *pranic* energy; a higher and spiritual level of *prana*, which feeds our physical body, too, but comes directly from divine or spiritual levels of perception.

The important thing here is that whatever our activities are, the moment they stop we have access to a higher form of activity, which will basically discharge the same duty, perform the same action as before, but from a higher point of view. So, less is more.

Abstaining is obtaining. Abstaining from a lower energy is obtaining higher levels of energy, perception, happiness, and contentment.

000

The above text is a transcript of the video [Renunciation Gives You Victory: by Abstaining, You Obtain](#).

000

The Mystery of Right Action

Saturn Reveals the Price of Victory



When the Christian mystics worship angels in the sky, they are in fact thinking about the spirits that preside over stars and planets. This was written by Helena Blavatsky and is a self-evident fact, if you take the trouble to study a little bit. Regarding the angels or great beings around us in our solar system, let us think about Saturn. Saturn has therefore a Lord, a Lord of the Rings, a spirit, an angel, taking care of its physical body and much more.

There is a wisdom associated to it, and the ancients created a magical seal of Saturn which makes a summary of its qualities and a summary of its wisdom.

Saturn of course is the Lord of the limits in our small Solar System and the Lord of Karma, the Lord of Justice; and the magical seal of Saturn is expressed in a motto divided in three brief statements.

The first one says that “Realization can only be obtained through Antagonism”, which means that understanding life is the result of understanding antagonism, confrontation and contrast. Contrast is life. Life is contrast. If you see Unity in Contrast, then you can start understanding life.

The second statement is “Prudence and Justice Yield Victory”. Prudence is responsibility. If you are responsible for what you do and for what you think, then you will be prudent, too. And justice is the sense of equilibrium. This is Capricorn; this is Saturn. Prudence and Justice bring about victory, and victory of course must be protected by humbleness, humility, modesty.

The third statement says “Right action is the result of the Knowledge of Willpower”. Right action is not the result of just being able to see things. Right action depends on right willpower. You must be just. You must have a wide horizon. You must have a clear and noble goal. And then you must have willpower. Unless you have a strong amount of willpower

aiming at a noble direction, you cannot have a chance to obtain a victory that lasts, and obtain a victory that is worthwhile for you; which means a victory that is just and valuable for all beings. This is the price to pay for victory according to the Lord of the Limits and the Lord, the Master, of Karma in our Solar System. The price to pay for victory is to be responsible, to be prudent, to be just, to be persistent, and to aim at the good of all beings.

[The above text is a transcript of the video [The Mystery of Right Action: Saturn Reveals the Price of Victory.](#)]

000

Thoughts Along the Road

Nine Transcripts of Short Videos



1. The Metaphysics of the Misinformed

* Every complete idiot deceives himself thinking he's smarter than the others. Every really intelligent people knows that his duty and the best thing to do is to create sincere mechanisms of mutual help with other people.

(Transcript of the short video [The Metaphysics of the Misinformed.](#))

2. The Law Is the Teacher

* Karma is our teacher and from our failures we learn. We learn much more from our pain,

from our suffering and our mistakes than from nice things that come to us. So, karma is our teacher because he is stern, he's rigorous and he takes illusions from us.

(Transcript of the short video [The Law Is the Teacher](#))

3. A Door to Eternal Truth

* What about simplicity? Simplicity is the opposite of noise. Simplicity is our connection to that which is essential. Simplicity is silence and silent perception of eternal truth that we have in our heart. So, renouncing noise, renouncing agitation, renouncing anxiety and rather seeing the falsity of artificial complexities in our lives, makes us reconcile ourselves with the simplicity of our eternal soul.

(Transcript of the short video [A Door to Eternal Truth.](#))

4. I'm Making a Vow of Obedience

* I'm making a vow of obedience. I'm making a vow of obedience to my own soul, to the dictates of my conscience, to my spiritual ideal. I am a little bit tired of trying to reform the world. And I have realized that the great revolution consists in taking care of my own responsibility before my own conscience and before my duties, inner duties and social duties as well. I have realized that changing outside circumstances is not the way to heaven.

* Changing outward factors leads us to nothing except disappointment. The path is within, and in order to follow the inner path to wisdom I must obey my best judgment. I will obey it imperfectly and my best judgment will often fail as it has failed already, constantly so; but I learn from observing my mistakes, and from trying to remove them, and gradually removing them. I must obey my own judgment while observing the results and correcting the mistakes I make.

* You are witnessing my promise to myself to obey better, to obey every day in a more loyal way the dictates of my own, and best, conscience.

(Transcript of the video [I'm Making a Vow of Obedience.](#))

5. Self-Restraint Gives You Plenitude

* Patanjali defines yoga as *the hindering or the reduction or cessation of modifications in our mind*. So, less is more in terms of mental operations. If you desire less, you accomplish more. If you reduce your thoughts, you have access to more intuition.

* If you renounce a diversity of goals, you may have one goal which is supreme, elevated, the highest goal, and then get nearer to it.

* In order to learn that which is sacred, you must liberate yourself from all things not sacred. It is by renouncing to rubbish that we attain a degree of wisdom. The issue is that one must be void for things that are void of meaning, in order to attain to the plenitude in things that pertain to celestial realms.

* To be wise is to be a fool from the point of view of the world outwardly. And to be wise is to be able to renounce everything that is not compatible with wisdom.

(Transcript of the video [Self-Restraint Gives You Plenitude.](#))

6. The Ocean of Space and Time

* If you are navigating a boat in the infinite ocean of Life, then the rudder of your boat is your motivation, your intention.

* By the end of letter 81 in the Mahatma Letters, an Eastern Master of the Wisdom says that sages judge human beings by their motives and by the moral effects of their actions. As a result, if we believe that this sentence makes sense, we must rigorously examine our own motives and intentions in life, because they are the rudder of our boat.

* There are several levels of consciousness in a human being. Therefore, we have several layers of purpose. What is my physical intention? What is my subconscious, emotional purpose? What is my mental intention on the subconscious level? What are my intentions which are conscious, and which I declare to myself, but do not declare to the others?

* What are my declared intentions which are 100% honest, and why are my declared intentions that are mixed with other intentions not so noble? What are my efforts in terms of the constant purification of my intentions, since I live in a world where there is a reasonable number of selfish people, governed by subconsciously selfish goals and motives, which of course mix and get mixed with my own aura?

* I have to constantly clean my aura from undignified objectives, just as I must clean my physical body. There is a hygiene of the soul, a hygiene of the mind, and a constant self-purification is the price to pay to walk along the path to wisdom. We have to have a pure mind or a self-purifying mind and a self-purifying intention, *before* we have a strong will: because a strong will dominated by selfishness - which is ignorance - is worse than nothing.

* A constant effort to be loyal to our soul - to our spiritual soul - is the best safeguard we can ever have in life.

(Transcript of the video [You Are Navigating on a Boat in the Vast Ocean of Life.](#))

7. Humbleness and Contentment

* Everyone wants to be original and everyone wishes to be independent. But in order to be really original, one must be humble and obey his own soul.

* Jesus, in Luke 22:42, says to his father in heaven, "Not my will but yours be done", which means that in front of our own higher self, we must be humble. We must have humility. We must recognize that we are nothing if compared to eternal wisdom. And then, this is being original. And this is rebelling against the mediocrity of our times which is materialism.

* Obedience is not blind. Obedience is common sense. Obedience to spirituality, to that spirituality which is within ourselves, this is good. Now rebelling against social norms, rebelling against morality, rebelling against laws, etc., is but blindness, and a dangerous kind of blindness.

* Humbleness liberates us and humbleness opens the path to happiness, to contentment, to harmony. First and foremost, harmony with myself and then harmony with the others. A reasonable amount of obedience liberates me from worldly worries and gives me time to fight the real fight, to fight the real war, the war against my own ignorance. There is no need to waste time and energy fighting outward circumstances and persons, or outward opinions that may be different from my own.

* The real adversary is my own ignorance. The real fight is for the wisdom that I can find within.

(Transcript of the video [Humbleness, Harmony and Contentment.](#))

8. Establishing a New Level of Self-Discipline

* If you want to achieve something significant in life, then forget about comfortable things and say welcome to challenges. Now, in order to turn the page in terms of going from comfortable and routine things to a highly self-disciplined life, or at least an improved life in terms of self-discipline, one important thing you must know is that everything is cyclic in life.

* The moment you make an important, a significant effort to live in a correct, spiritual way, you create a cycle. The cycle will be weekly, will be monthly and will be yearly, because every significant action tends to repeat itself. In fact, every action, even unimportant ones, tend to repeat themselves. That's why we must be careful with isolated actions which are not correct, because they tend to repeat themselves.

* So, we must use the tidal effect of actions. Making a strong effort in some passage of the year will make it easier, next year, and next month, and next week, to repeat that effort, to recover that act and that effort, and to make it more productive the second time, the third time, and so on. Of course, the cycle of 24 hours is the most important of all. You should have a time for your spiritual effort and keep that time, and keep the rhythm, because life is music, so to say. Life is rhythm. The rhythm of breathing, the rhythm of walking, the rhythm of thinking, the rhythm of feeling, etc. Everything is like a wave light, a wave motion. There is no isolated fact, much less in spiritual efforts and in self-discipline.

* The first thing you must do is to gather all your strength and change your daily life and create a daily dynamic of effort in terms of improving yourself. Then you must consolidate that effort and create a habit out of it.

* You must remain vigilant, watching for dangers and watching for opportunities to improve such, let us say, *structure of daily effort*.

* And finally, you should be aware of any sensation of victory. Never take for granted your progress. Never relax too much. You must be able to take rest. You must be able to be in peace with yourself, in peace with others, in peace with life, in peace with your imperfections. *But peace is different from excessive relaxation or lack of vigilance.* Peace must be granted by vigilance.

* Progress must be improved every day, otherwise it will disappear. By listening to the silence within, by listening to the highest and most inspired silence of your soul, you will make progress, create an effective structure for your daily efforts, and win a victory that is never proclaimed; win the best and most enduring victory, which is silent.

(Transcript of the video [Establishing a New Level of Self-Discipline.](#))

