



And so he did. Abandoning his stony and unprotected hill, he went to live in the gentle quiet of a small path among trees, near the murmuring spring.

On the first night, however, as he rested in his new hovel, his sleep was disturbed by a strange dream.

He dreamt that while crossing a forest he had encountered a weeping angel.

“Why are you crying?” he asked him.

“I am a servant of the Lord!” replied the angel. “God has charged me to count, every day, the steps of your penance as you descended from your hut and came to the spring. Your reward will be judged by the greatness of your sacrifice. Now there is nothing more for me to do.”

And, having uttered these words, the angel disappeared.

Upon awakening, the hermit reflected on the dream that had assailed him and recognized the truth contained in the words of the weeping servant of God.

He moved his cell back to its original location and never again lamented the sacrifice he made when, down the steep slope, he descended in search of refreshment.

The saint knew well that God counted the steps of his daily penance so that the weariness of his body would guarantee him, in eternal life, the serenity of his soul.

Above the three main doors of the famous Milan Cathedral there are three inscriptions. Above the first door is carved a garland of roses with this inscription:

“Everything that gives pleasure lasts only a moment.”

Above the other one sees a cross and the words:

“Everything that afflicts us is momentary.”

The large central door, however, displays on a golden shield this epigraph: “Only that which is eternal has importance.” (M. T.)

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The above short story was translated from the book “**Lendas do Céu e da Terra**” (“**Legends of Heaven and Earth**”), by Malba Tahan: Conquista Publishing House, Rio de Janeiro, Brazil, 1956, 222 pages, see pp. 127-129.

On a related topic, read the article “[The Desertion of Discipline](#)”, by B.P. Wadia.

The image above reproduces the illustration of the story in the original book. [Click here to see other writings by Malba Tahan](#). A famous Brazilian writer, Mr. Malba Tahan was born on 6 May 1895, and lived up to 1974.

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## Independent Lodge of Theosophists

**“A group or branch, however small, cannot be a theosophical Society - unless all the members in it are magnetically bound to each other, by the same way of thinking at least in some one direction ...”.**

Image reproduced from the original manuscript of Letter C (100) in “Letters of H. P. Blavatsky to A. P. Sinnett”, TUP, Pasadena, California, USA, p. 222:

*A group or branch however small, cannot be a theosophical Society - unless all the members in it are magnetically bound to each other, by the same way of thinking at least in some one direction*

(The founders of the Independent Lodge obtained from the British Library a complete copy of the original of Letter 100)

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Join **E-THEOSOPHY** group on **Google Groups**, and study a little bit of theosophy every day: <https://groups.google.com/g/e-theosophy> .

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## Spiritual Path

# The Price of the Blessing



Everyone loves the idea of getting spiritual enlightenment:

“I want to be a sage. I want to be a wise man. I want to cease to suffer. I want to be admired by everyone because I am the owner of such a tremendous wisdom.”

Many are those who feel like that.

Few are those who want to get rid of their own ignorance, for renouncing ignorance, renouncing attachment, comfort and anxiety, renouncing expectations, is painful.

Renouncing bad habits is most painful.

The bad habit of believing that I am wise is very resistant. It endures.

It looks like it disappears and then it comes back in the form of vanity, pride, attachment to applause and so on. (...)

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\* Transcribed from the beginning of the five-minute video “[Spiritual Path: The Price of the Blessing](#)”.

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Read the article “[The Blessing of Self-Discipline](#)”.

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# Meditation: Seeing the Future of My Country



I invite you to practice a meditation now on your country. Let us do the following: I make a meditation and you share it. I think of my country and you think of your country. It is an exercise in visualizing the future. But it applies to the visualization of my own future as well as the future of my country, and the future of my city, the future of my family - the future in general.

I'll consider "my country" - whatever it is - as any human community, any human life. The view of my country is a generalization and an expansion of my own individual future. The meditation is the following.

*I think now of my country and of the countries I love. As I say "my country", I mean potentially every country around the globe, for I am a friend to them all.*

*I now see my country free of organized crime in its elites. I see its government and its economic elites honest, with pure minds and pure hearts. I can feel the flow of sacred energies going down to enlighten the hearts and minds of the leaders of my country. I see my country purified from ill-will, from the intention to commit any crime, purified from insincerity, from envy, from violence of the mind, from violence of the emotions and also from physical violence. (...)*

\* Watch the full 5m video "[Meditation: Seeing the Future of My Country](#)".

# The Strategic Independence That Liberates Us From Misinformation

## The Best Information Comes from One's Heart



A correct definition of information says, “Information is that which allows you to make right decisions in life”.

This, by the way, is a strategic definition of information. But it also gives us a definition of misinformation, implicitly. For *misinformation* is that supposed “information” that does not lead you to a wise decision regarding life.

We can infer then that most of the so-called journalistic news nowadays - since they do not help us make better decisions in our lives - is but misinformation which aims at leading us to buy this or buy that, or to believe this and that, vote in one way or another, and so on.

The best kind of information to which we may have access now comes from our own heart if our heart is pure, if our heart wants the best for us and for all beings, and if our mind - an inseparable companion to our heart - has the right kind of information regarding a philosophical view of life, and a clear understanding of life seen as a temporary but meaningful phenomenon.

\* Watch the 5m video

[“The Strategic Independence That Liberates Us From Misinformation”](#).

# Two Approaches to Self-Discipline



## **1. Raising Our Thoughts to the Divine World**

Spiritual ignorance consists of not having the right discernment to see unreal from real, to see reality from illusion. It consists of thinking that passing or false phenomena are real, and that the real phenomena, the reality of life, the lasting eternal reality, is but an illusion. If you talk to a materialistic person, he or she will laugh at you, as soon as you talk about reincarnation or mention any religious feeling. The individual is full of himself and will laugh at you because you think that the divine world and the law of ethics are two real and permanent things. On the other hand, of course we do not laugh at such a person, or at least not too much. We feel solidarity and compassion, because perhaps a few lifetimes ago we were at the same degree of development. But I would like to invite you now to make a short meditation. Every world citizen now is surrounded by so-called bad news, involving war, inflation, economic crisis, difficulties to pay one's debts and so on. (...)

\* Watch the 5m video "[Raising Our Thoughts to the Divine World](#)".

## **2. Contrast and Consistency In One's Life**

We all strive to be consistent in daily life. Consistent with ourselves, hopefully in the first place. And then, as a secondary layer of consistency, we try to be consistent with the outward world. The equilibrium between inner and outer consistency is not easy. It is worse than useless to pretend that we are made of one piece: we are not. We are not a single stone able to live in every situation according to its own insensibility. (...)

\* Watch the full the 9m video "[Contrast and Consistency In One's Life](#)".

## Saturn, an Angel and a Master in the Sky



We all know that there are angels in the sky - lots of angels in the sky. And we should not be too surprised to know that these angels are in fact the celestial bodies, or rather the celestial spirits presiding over celestial bodies. Helena Blavatsky says, for instance, that Saturn, the planet, is but the physical body of the spirit presiding over it, which can also be called Saturn, if you don't have a better name for that. The spirits of the stars protect and guide humankind. The spirit present in the physical Sun directs all kinds of souls and hierarchies, or hosts of angels in our solar system. We have a miniature of the Sun in our heart of hearts, in our soul. And we have miniatures of each planet of the solar system within our personal and impersonal and spiritual soul. Saturn is an important example of that. The Lord of the Rings, the Lord of Karma, the Lord of Equilibrium, the Lord of Discipline, the teacher of self-discipline who prefers to inspire us with self-organization and self-responsibility. (...)

\* Watch the 4m video "[Saturn, an Angel and a Master in the Sky](#)".

### **Managing Enthusiasm and Discipline**

Jupiter and Saturn are two extremely important spiritual teachers that we have and which dwell in the sky. As we all know Jupiter is the Lord of Enthusiasm, of confidence about the future, the lord of self-expansion, the Lord of going ahead, the Lord of Self-Confidence, the Lord of not paying too much attention to circumstances around us.

Saturn is the Lord of self-restraint, of self-discipline, of self-responsibility, of going ahead, the Lord of responsible victory. It is the Lord of planning, the Lord of Time, the Lord of management of time. We need both. The two are present in our souls. Are we able to learn

from them? Well, one of the first things for us to be able to learn from the Angels in the sky is to recognize in ourselves various levels of perception and different levels of living. (.....)

\* Watch the 7m video “[Managing Jupiter and Saturn: Enthusiasm and Discipline](#)”.

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## A Selection: **Eight Short Videos on the Daily Practice of Theosophy**



### 1. Spiritual Purpose and Daily Discipline

Your soul is not motionless. Your spiritual soul has a purpose. It points to the future. And you should learn to serve your immortal soul. You pass: you are not eternal. Your soul stays, it is eternal, or *relatively eternal*. As you are a moment of life and your soul remains, then you must serve your soul. You are an instrument of your spiritual soul on this Earth. If you recognize this fact, you have to develop a spiritual will, and your spiritual will then will naturally create a daily discipline. (....)

\* Watch the 2m video “[Spiritual Purpose and Daily Discipline](#)”.

### 2. Victory: The Path From Dispersion to Concentration

A scattered mind tends to have a hundred different objects and goals which happen to be contradictory among them. So if my goals, my wishes, my desires are fighting one another,

my magnetism, my vital strength is wasted. From a scattered mind to a concentrated mind, we have the path that goes from spiritual childhood to spiritual wisdom. (....)

\* Watch the 2m video “[Victory: The Path From Dispersion to Concentration](#)”.

### **3. How the Blessing of Reincarnation Defeats Fear**

Your soul will never die. Your soul does not die when your physical body dies. The law of reincarnation gives you a tremendous freedom and a non-limited confidence in life, as long as you calm down and dedicate yourself to understanding the law of periodicity in the universe, and the law of reincarnation in the unfoldment of your own soul in the middle of the universe and in the middle of the human realm. There is no need for you to learn everything in your present lifetime. You will have others. Let us suppose you are 20 years old. See the fear of death you may have if you believe that you will completely die at the end of present life is one. The kind of fear you have if you know you will *not* die but only your physical body will die, will be different. You will just innerly transcend into a wider horizon. (....)

\* Watch the 4m video “[How the Blessing of Reincarnation Defeats Fear](#)”.

### **4. Using the Art of War Along the Path to Wisdom**

Everyone knows that life is a battle or rather a series of battles. For one who wants to improve himself, life is a war against his own ignorance. And in such a war, it is useful to try to use the main principles of that ancient Chinese book called “The Art of War” by Sun-Tzu, in order to be more effective in fighting our own ignorance. Sun-Tzu wrote, for instance, that if you know your enemy and you know yourself, you have no reason to fear the result of 100 battles. The idea is found by the end of chapter three in “The Art of War”. Very well, very nice. But who are you, and who is your enemy? Your enemy is the inherited ignorance which was born with yourself in the present lifetime, and *you* are your higher self. There is a battle between the **higher self** (the top of the mountain is the best place to be in any intense battle), and your ignorance, down in the valley. You try to conquer positions. In conquering positions, you establish new daily habits. (....)

\* Watch the 4m video “[Using the Art of War Along the Path to Wisdom](#)”.

### **5. Envious People Are Your Best Friends**

You cannot make real progress along the path to wisdom and spirituality if you don't have real obstacles to face. You need people that can serve you in the quality of troublemakers. Think of the people who help you to boycott yourself (since you have also an important self-boycott). Say *thanks* to the envious people who have problems with their Antahkaranas, who have serious problems with their connection to their own higher selves and spiritual souls. Paradoxically, by being defeated and trying to *export* to yourself their own spiritual defeat, they are but helping Life to test you, and you need to be tested by Life. It not them that are testing you - or trying to destroy you. Through the envious people and troublemakers around you, Life is testing you and strengthening you. (....)

\* Watch the full 9m video “[Envious People Are Your Best Friends](#)”.

## **6. Mind, Mantra, and Bliss**

Mind is a collection of rates of vibration that happen to be central to your life and happen to be the definition of who you are. So, improve your favorite rates of vibration, improve the way you - as a wave of life - develop yourself, and you will find peace. Transcend hurry, and you will find peace. Transcend fear and ambition, and you find blessing, and bliss. Understand others and you will understand yourself. Organize yourself so that you have quietness within, and by having quietness within you will see quietness around you. (....)

\* Watch the 3m video “[Mind, Mantra, and Bliss](#)”.

## **7. Invoking the Sources of Divine Protection**

If you want to go somewhere, the path starts where you are in the first place. And it also starts depending on when you take the first step to go there. So, if you have a noble goal, the path you have to walk is unique to you, for it is largely determined by the circumstances from which you start making the effort. From that, we can infer the fact that there are many different doors, paths and roads leading to eternal truth, to the divine world, and to a divine perception of everything, around us and inside ourselves. There is no need and no possibility for uniformity in seeking truth. That’s why there are as many sources of inspiration as there are aspects of our lives. Inspiration can be found nearly anywhere, as a master of the wisdom says. (....)

\* Watch the 9m video “[Invoking the Sources of Divine Protection](#)”.

## **8. Spiritual Discernment Transcends Dead Letter**

In 2 *Corinthians* 3:6, we see St. Paul warning us that the letter kills but spirit gives life. The dead letter of any holy scripture misleads us. On pp. 282-283 of [Mahatma Letters](#) we see a Master saying that it is impossible to put discernment in such and such words. (See also the article [How the Mysteries Are Taught](#).) It is impossible to write down a handbook studying whose words you will become wise enough to see the truth and to clarify your path ahead.

Understanding truth is something that must be born from the heart, not from the dead letter.

The constitution of a nation is but the recording of the outward expression of a living spirit in marriage. The civil aspect of marriage and that part of love that can be described in words is not the essential part of love.

Love is something internal. The social contract of a nation is born in the *hearts* of people. Common sense cannot be produced by mere wording, however beautiful and truthful the wording may be. In any sort of philosophy or religion there is a time for the young bird to fly away from the nest of mere words or mere belief. (....)

\* Watch the full 6m video “[Spiritual Discernment Transcends Dead Letter](#)”.

## The Unpredictable Power of Lightning



Since time immemorial, there have been a number of deities that express the sacred power of sudden change. Now, I would like to examine how friendly I am, and how confident I am, with regard to the sudden change caused by lightning and thunder, both physical and metaphorical.

Life has a way to change that is not always gradual and predictable. There is a radical unpredictability about life, and that is good. If I have a conscious relation with eternity, I should know that eternity is present in every moment, and eternity is present in every lightning in the sky. Lightning gives you light in the fraction of a second. (...)

\* Watch the 4m video “[The Unpredictable Power of Lightning](#)”.

## Making Silence in the Tower of Babel

The world today is largely a tower of Babel where everyone talks in their own language and nobody is understood. Few make an effort to understand each other. Beyond noise, we can find wisdom and peace. Everything has been said already. There is no need to seek truth through words. Many of us have studied enough: truth must be found in one’s heart. There is no need to use words, except for those words which create, install, establish and maintain the right kind of vigilance in our states of mind. There is no need to speak, if we do not speak from our heart. There is no need to say anything, if there is nobody to listen to us. There is no need to listen to others, if we do not listen to ourselves at the same time. There is no need to listen, except to silence: and silence speaks with no need of words.

\* Watch the full 2m video “[Making Silence in the Tower of Babel](#)”.

# The Divine Geometer and the Soul Within Selected Fragments From “Isis Unveiled”

Helena P. Blavatsky



## 1. Spirit and Matter

Movers gives a definition of the Phœnician idea of the ideal sun-light as a spiritual influence issuing from the highest God, IAO, “the light conceivable only by intellect - the physical and spiritual Principle of all things; out of which the soul emanates.” It was the male Essence, or Wisdom, while the primitive matter or *Chaos* was the female. Thus the two first principles - co-eternal and infinite, were already with the primitive Phœnicians, spirit and matter. Therefore the theory is as old as the world; for Democritus was not the first philosopher who taught it; and intuition existed in man before the ultimate development of his reason. But it is in the denial of the boundless and endless Entity, possessor of that invisible Will which we for lack of a better term call GOD, that lies the powerlessness of every materialistic science to explain the occult phenomena.

(From “[Isis Unveiled, Volume I](#)”, p. 61)

## 2. The Imagination of the Divine Geometer

The ancient philosophy affirmed that it is in consequence of the manifestation of that Will - termed by Plato *the Divine Idea* - that everything visible and invisible sprung into existence. As that Intelligent Idea, which, by directing its sole will-power toward a centre of localized

forces called objective forms into being, so can man, the microcosm of the great Macrocosm, do the same in proportion with the development of his will-power. The imaginary atoms - a figure of speech employed by Democritus, and gratefully seized upon by the materialists - are like automatic workmen moved inwardly by the influx of that Universal Will directed upon them, and which, manifesting itself as force, sets them into activity. The plan of the structure to be erected is in the brain of the Architect, and reflects his will; abstract as yet, from the instant of the conception it becomes concrete through these atoms which follow faithfully every line, point and figure traced in the imagination of the Divine Geometer.

(From "[Isis Unveiled, Volume I](#)", pp. 61-62)

### **3. The Perfection of the Soul Within**

Apollonius and Iamblichus held that it was not "in the knowledge of things *without*, but in the perfection of the soul *within*, that lies the empire of man, aspiring to be more than men." [1] Thus they had arrived at a perfect cognizance of their godlike souls, the powers of which they used with all the wisdom, outgrowth of esoteric study of the hermetic lore, inherited by them from their forefathers. But our philosophers, tightly shutting themselves up in their shells of flesh, cannot or dare not carry their timid gaze beyond the *comprehensible*. For them there is no future life; there are no godlike dreams, they scorn them as unscientific; for them the men of old are but "ignorant ancestors", as they express it; and whenever they meet during their physiological researches with an author who believes that this mysterious yearning after spiritual knowledge is inherent in every human being, and cannot have been given us utterly in vain, they regard him with contemptuous pity.

(From "[Isis Unveiled, Volume I](#)", p. 64)

NOTE BY HPB:

[1] Bulwer-Lytton: "Zanoni."

### **4. The Mystics of the Middle Ages**

Says a Persian proverb: "The darker the sky is, the brighter the stars will shine." Thus, on the dark firmament of the mediæval ages began appearing the mysterious Brothers of the Rosie Cross. They formed no associations, they built no colleges; for, hunted up and down like so many wild beasts, when caught by the Christian Church, they were unceremoniously roasted. "As religion forbids it", says Bayle, "to spill blood", therefore, "to elude the maxim, *Ecclesia non novit sanguinem*, they burned human beings, as burning a man does not *shed his blood!*"

Many of these mystics, by following what they were taught by some treatises, secretly preserved from one generation to another, achieved discoveries which would not be despised even in our modern days of exact sciences.

(From "[Isis Unveiled, Volume I](#)", p. 64)

### **5. Pure Spiritual Beings**

[...] The magic of the ancient Chaldeans was but a profound knowledge of the powers of simples and minerals. It was only when the theurgist desired *divine* help in spiritual and earthly matters that he sought direct communication through religious rites, with pure spiritual beings. With them, even, those spirits who remain invisible and communicate with mortals

through their awakened inner senses, as in clairvoyance, clairaudience and trance, could only be evoked *subjectively* and as a result of purity of life and prayer. But all physical phenomena were produced simply by applying a knowledge of natural forces, although certainly not by the method of legerdemain, practiced in our days by conjurers.

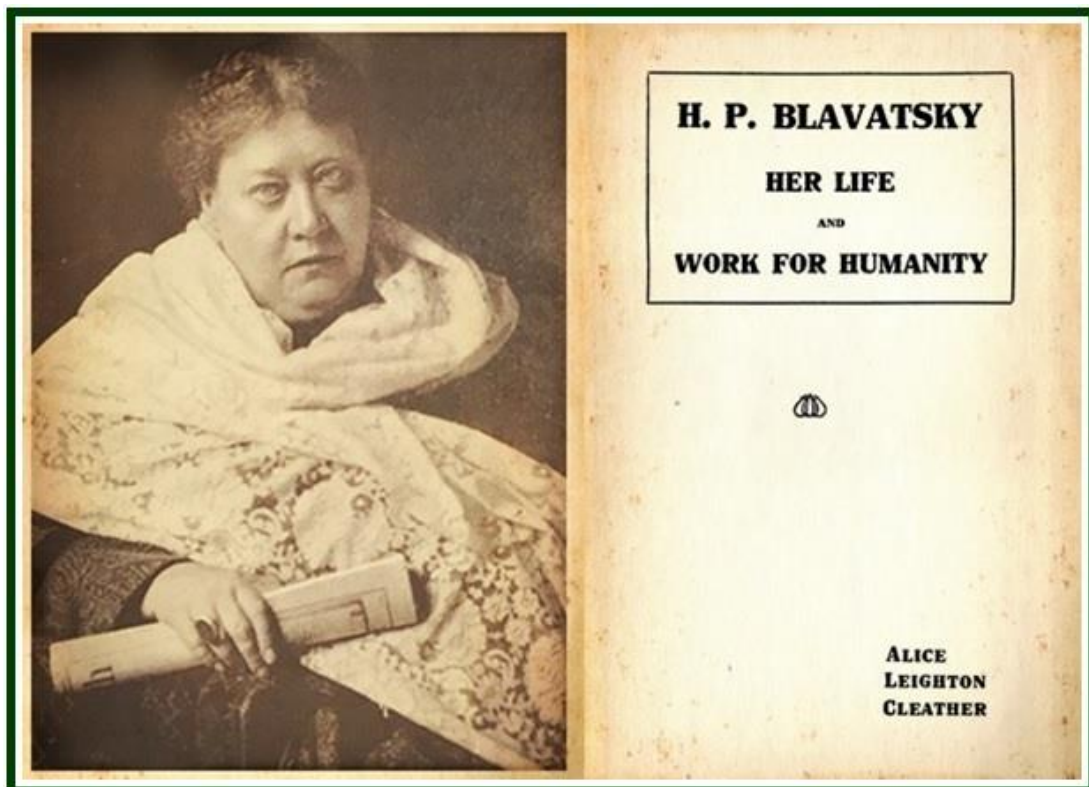
Men possessed of such knowledge and exercising such powers patiently toiled for something better than the vain glory of a passing fame. Seeking it not, they became immortal, as do all who labor for the good of the race, forgetful of mean self. Illuminated with the light of eternal truth, these rich-poor alchemists fixed their attention upon the things that lie beyond the common ken, recognizing nothing inscrutable but the First Cause, and finding no question unsolvable. To dare, to know, to will, and REMAIN SILENT, was their constant rule; to be beneficent, unselfish, and unpretending, were, with them, spontaneous impulses. Disdaining the rewards of petty traffic, spurning wealth, luxury, pomp, and worldly power, they aspired to knowledge as the most satisfying of all acquisitions.

(From "[Isis Unveiled, Volume I](#)", pp. 66-67)

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## H. P. Blavatsky, Her Life and Work for Humanity

Alice Leighton Cleather



[Click here to read the book](#)

[H. P. Blavatsky, Her Life and Work for Humanity](#)

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# Thoughts Along the Road

## The Epidemics of Crime, and How to Defeat Them



\* **T**he Laws define the basic structure of the Karma of a nation. They establish the Dharma, the duty of the citizens, and the Dharma is the guiding line for the Karma to be built, and for the Karma to be faced, in its negative aspects.

\* The Laws are the guiding light of a country: especially its Constitution. This is of theosophical importance because Theosophy is about Karma. Theosophy is about managing our lives under the light of the Law of Karma and from a long-term perspective.

\* What about being outlaw? What about organized crime?

\* Henry S. Olcott, one of the main founders of the modern theosophical movement, while he was in a conversation with Helena Blavatsky and other theosophists in New York, spoke about *waves* of crime, and Olcott called such events *epidemics of crime*.

\* Crime from a theosophical perspective is a disease, and when crime becomes fashionable, it's a large combination of manifestations of such a disease. It's an epidemic, perhaps a pandemic. Olcott says that the theory according to which crime is propagated by invisible seeds, and therefore there are epidemics of crime, has its foundation in facts. The astral aspect of crimes remains, he says, and potentially contaminates everyone. This is the main idea of his brief mention of the topic of *epidemics of crime*. And that is enough for us to think about the topic.

\* The astral aspect of crime may have more importance than its physical aspect. Of course, laws must be enforced. I am not going to discuss now (much less question) the principle according to which it is necessary to enforce the laws. However, I am much more interested in the *causes* of crime, and in removing the causes of crime.

\* It is the good example of honest citizens that removes the causes of crime and the epidemics of crime, especially in the elites, because crime as a “popular” event results from a certain kind of behavior of our political, economic and cultural elites. Let us suppose for instance that the class of artists finds it beautiful to be a drug-addict - which implies involvement with organized crime - and artists often die from overdoses. Then we have factors like organized crime and drug-addiction stimulating suicidal impulses and other forms of disrespect for life - bad examples for the people as a whole.

\* The elites have a special place in organizing the karma of a nation.

\* If the elites give us the example of being outlaws in their thoughts, and sometimes perhaps being outlaws in fact, then large amounts of the nation will be contaminated by a feeling of disrespect for the law, disrespect for the social contract (remember Jean-Jacques Rousseau). The social contract is the common commitment in the hearts of all citizens regarding our country. The mental and emotional contamination will finally materialize in terms of crimes and violence in the streets, in politics, among the social elites and so on.

\* Now, theosophy has nothing against law enforcement. However, theosophy can serve us in showing the importance of removing the causes of criminality. Nothing against law enforcement. But what about removing the causes of criminality, the causes of waves of crime in the elites, including the causes of negative thinking, of the love for wars, the causes of mental, emotional and physical violence, including military operations.

\* These causes must be understood, studied, observed and removed. And they will not be removed by anything negative: - “We are against crime, let us kill criminals.”

\* Theosophy has nothing against law enforcement. Laws exist to be obeyed and respected. But the solution to crime must include, as central elements in it, doing good, the love for doing good, the love for right action, the love for an active and creative commitment to peace. The solution for the problem of an epidemic of crime includes the active love for giving the whole of society luminous examples as citizens who love life and have respect for their adversaries in every aspect of life.

\* Does our society have a religion nowadays? Do we have an ethics that is embedded or ingrained in our social relationships? That’s what we need. If a certain dogmatic Christianity has died, now it’s time for a non-dogmatic Christianity to be born. We don’t need to destroy Christianity in the West in order to adopt some kind of Buddhism. And we know that Buddhism is not above crime. It’s not above corruption. Far from that.

\* What we need is to have respect for our past, including our Christian traditions, and regenerate ourselves as individuals and communities. Does the theosophical movement itself need some regeneration? Does it need to be born again into the 21st century? I’ll tell you, yes, it needs.

\* The theosophical movement is not much better than other sections of the society in the West. It should be much better, but it is not. It may have very important things to say to the society as a whole, but it needs to live the wisdom before being able to tell the Western society about wisdom in an efficient way. The effective way to talk is the existential way, which comes from one's own daily life. It is not a question of "fighting our enemies". It is not a question of fighting criminals only. We as theosophists do not need to discuss that. We are not lawyers. It is not enough to fight that which we call *evil*, even if it is evil, in the world of appearance only. Fighting evil in a merely military way sometimes improves and expands the power of evil.

\* The solution includes "contaminating" the society with a wave of good feelings.

\* It is our duty to create a wave of sane feelings towards life. It is our duty to contaminate the West with a love for transcendence that is sane and not drug-dependent, and does not depend on drug-traffickers. It makes no sense to search for transcendence with the help of drugs and drug-addiction and other forms of immorality that lead people to crime and death.

\* Theosophy and mystical Christianity offer another way for young people - and old people as well - to attain transcendence. A form that is free from drug addiction, from crime, from hate, and which is produced by love of life, respect for life, by love for all beings, by respect for the forests, respect for the planet as a whole and self-respect, which is respect for our own spiritual soul.

\* The feeling of respect for the divine world must also be mentioned, because we are a part of the divine world. Self-respect comes together with having a feeling of respect for the sacred dimension of life. (CCA)

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The above text is a transcription, revised by the author, of the thirteen-minute video "[The Epidemics of Crime, and How to Defeat Them](#)".

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## **Meditation:** **Pure Attention Without an Object**

It would be a tremendous waste of time and energy to spend our days thinking about small specific tasks, small specific topics and having small personal worries. I would like to share with you a short meditation in which we kind of get rid for a moment of these petty worries and activities of our minds. Let us develop now an attention without an object and let's exercise our willpower with no goal, no specific goal. Let us get rid of specific activities and specific ideas. Let us let them float around us without attaching our attention to them. We could call it an exercise in pure attention. Things, ideas, topics, words surround us, feelings surround us. Even urgent ideas and tasks surround us. We are stopping time now. *Stopping* urgencies - not neglecting them, not forgetting them, not wasting them away.

\* Watch the 6m video "[Meditation: Pure Attention Without Object](#)".

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