Book I.

1951

Book I

Dr. Svetoslav Roerich's

Diary Leaves

- a Guide to those who live today.

TATGUNNI ESTATE

BANGALORE.

1951

1)

Beauty is the ultimate ratio
of any given Combination

2) No one can either give us or
take away from us our happiness.
unless we do so ourselves.
What is happiness to one is not
necessarily happiness to another,
just as a person may be madly
in love with someone, yet
that person would mean nothing
to others.

3) The scope of a man's consciousness
and the constant broadening of
his horizons are the measure of
his development.

Goodness directed by a powerful intellect becomes a Tremendous, Wondrous force, while goodness in an undeveloped individual can act only within the restricted sphere of his consciousness. —

4) The Energy which is generated in Striving Transmutes the lower Energies of our organism into Vibrations of the higher tension. Prayers, discipline, Vigils, Fasts are just so many Ways to arouse and generate these Energies. —

5) Repetition builds up habit and habit is the very basis of our personality.

6) Character is a sum total of assimilated habits, Illumined by the light of our Higher Self-

7) We become what we want to become. The creative potential of our imagination builds and objectivises our subjective Striving and inner Thoughts —

8) It is the Inner Goal of Man which attracts to it and Tunes in on To the Higher Influences. The Master Comes when the pupil is ready

9/ To be at peace with oneself is to be at peace with the world. and one can be at peace with oneself only if and when the conflict of our outer and inner selves are reconciled.

—

10/ It is kindness which builds and conquers. Kindness like love attracts and is the positive force of Life. Real kindness is pure. True Justice is also the greatest kindness. Kindness is born of Sympathy and Understanding, it is really Synonimous

11) Sometimes a great Saint can arouse in us a latent Spiritual Striving and awaken us to a new Life, in other words regenerate us. In some ways it can be compared to the sudden falling in Love, when a strong feeling is suddenly generated within us by a seemingly casual contact with another person.

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12) Trust like faith is a great force, building and uniting. Trust lies at the foundation of True Success and it has the power to regenerate a person.

13) The tendency to relax and to follow the paths of least resistance is fairly common to all.
But while we must relax at certain periods, relaxation must be followed by a period of fresh activity and fruit building, otherwise the natural Evolutionary Trend will outstrip us and leave us behind. ———

14) Let us Bless the Obstacles, these milestones on the way to Success. Let us grow to understand them and conquer them. The Energy generated in the process will take us a long way along His Royal Road.

15) A Strong Will is the result of a conscious Effort. It is the manifestation of a strong Character and is in direct proportion to the magnitude of our Inner Self. The gradual unfolding of our Inner Self builds both Character and Will and these Energies in Turn help to bring out our Inner Self. ———

16.) How Wonderful it is that we with our physical Eye can look into the Unfathomed Expanse of our Universe, where Infinity Shows itself to us and speaks to us Through the myriads of

Stars and Worlds. We as if we could hear infinite voices from the Great Vast which contains and carries and is Everything there was, is and will be. ——— The Stars speak to us through the Infinity of their rays and place us face to face with the Greatest of all Mysteries — Infinity —

17) The Atom with its whirling particles and the planetary Systems are the two Extremes of our physical matter. And within these limits all Our physical manifestations of Life are bound. ———

18) We must look back only to have a detached view of certain incidents of our Life. Let us live over again those moments which meant a great deal to us, those blessed Memories which contribute to Highlight of our Life. While sad Moments or Periods that are shrouded with regret must only be remembered as Lessons learned, as steps of ascent, something we can award in the future.

19) We must always try. However difficult the task, however seemingly unsurpassable the obstacles. Every setback must be taken as a beating spell for a greater effort and greater achievement. No one can overcome an obstacle without struggle. The struggle will generate the energy of success.

20) The cultivation of a fully and greater Man is the task which we have to face every day. Every day we can either fail or succeed in our task. If only we could realise the Enormous good and New happiness which we can reach by an Even insignificant Effort we would never let days go by without some progress accomplished.—

21) As we progress Spiritually, our visions will Extend and we shall contact other Spheres. Very likely we shall contact other Beings, Men who have gone on and Progressed far ahead of us.
But one thing we must always

remember we have no claim whatever, Spiritually on any one. Whatever we accomplish must come from our own Effort and our own achievement. As we progress, many things will come to be revealed to us, but they will come naturally and we should never expect something which is beyond our reach —, Something we do not deserve.

—

22) It is useless and futile to clog our brain with endless facts and data. We must Strive to acquire the Essentials, the fundamentals. We must Strive to build up the correct understanding of the phenomena which surround us in order to understand life. Details will only tend to take us away from the Essentials and while giving us no solutions will retard our understanding.

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23) Great Art is Simple — because it is a Synthesis, it is the Essence, the Summum Bonum of the Theme depicted. It gives us phenomena resolved to their fundamental properties, they being Universal Formulae for the Life of the Subjects so depicted.

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24) Life - Our Great Teacher.

We must always go to Life for all and Every answer to our Problems.

We Time and often presume that we can find solutions outside of Life - Nature. Yet, invariably we must come to the Source of Every Thing. Nature - Mother of Every Thing and of all. Stern and (inflexible) in Her Search of more perfect combinations and Tender and Sheltering to its Newly born.

25) Life - Nature holds the Golden Key that unlocks the most Secret and innermost Chambers, to Those who Search, to Those who know, and give themselves up to the Greater of all adventures - to Search for the innermost Self.

26) We must not Ever Lose heart and feel despondent and discouraged. We must Ever remember that There is no defeat, only a momentary Set-back and the quicker we can bring ourselves to realize This the nearer we are to Success.

27) We must try to instill beauty and harmony in all our actions. When our thoughts shall be perfectly ballanced, then our outer behaviour and actions shall be perfectly harmonised. And when our inner and outer behaviour shall be perfectly harmonised then the Mighty Vibrations shall manifest themselves through us.

28) The Striving towards the Beautiful must become our normal Everyday Attitude to Life. And in that Striving we shall find the Highest fulfillment.

30) The philosophy or religious Teaching of certain period is the Doctrine most needed by the people when the Doctrine was being preached.
The Character and Track of the people can be judged from the point stressed.

31) It is important to overcome Mental inertia by keeping up an active interest.

32) Consciousness of the fundamental principle of the Universe —

Every part and particle of Matter in whatever state it may find itself is endowed with the principle of Consciousness and Self-determination.

33) To transcend the Everyday, to Progress on to the next Step is the task we must set ourselves to achieve.

34) The prerequisite for Success is the unflinching determination to Succeed. Just like along a rough and stony road we stumble and may even fall down, likewise along the road of Life there will be innumerable obstacles and we may even ask ourselves at Times - Is there a chance to succeed, is there a way out of all these crowding obstacles. But Like a bright Light, like a guiding thread our determination will always lead us out on to the clear path and show the way. Only not to give up, not to feel defeated, but to fight on and to build.

35) Every problem of Life carries its own deliverance

Sometimes when it is darkest
when all issues seem to have
been obscured and there is seemingly
nowhere to turn to, the Light
is already there, the problem
has resolved itself and is
non existant. It is always
darkest just before Dawn. -

36) Great Trials, Great
Upheavals - They come
to us often just before
something New a Real Life
or phase Had to begin in us.
A release from the Old,
a new Step successfully
ascended.

37) Patience and Hope what
Untold power resides in
these two Concepts.

38)
The Great Giants of Moral
Force and achievements are the
Examples we should try to Emulate
- To have a conscious and active
intent in all we do and
weigh our actions as against
what we think we ought to have
done is already a great step
forward. We must remember
that Every Effort begets and
awakens a new set of hidden
or dormant forces and the intensity
of the Effort is proportionate to the
P. 2 increase

39) If we but clearly visualize that our thoughts are tangible centers of Energy, that our thoughts are creative inasmuch as they can influence others and even affect us in so many different ways, we would pause and take stock of the trends of our thoughts and bring them into line with the type of thoughts a person we would like to emulate would have. The Laws of Chain reaction and the Phenomenon of the multiplication of Energy will Explain to us the importance of cultivating thought.

40) We desire to be better, We desire to become a better person, must be like a constant inner urge that would affect all our actions, all our thought and Efforts. Like a burning flame. We can gradually make the desired a part of our Life And we shall be transformed by it into whatever we have for our ideal. —

41) And as we advance the Gates into the higher regions will open and we shall have communion with other and higher Beings. And they shall come to us because we have reached their plane and they shall communicate to us higher truths as in the Ladder of Jacob.

42) In the silence of the early Morning or in the Stillness of the night let us commune with our heart and let us listen to its whispers.

It will give us the direction and our thought will shape its promptings and translate it into objective means of realisation.
Within us lie the answers to all our problems.
Friends or a teacher can guide us, but the final realisation and assimilation of the Truth can only come from within us.

43) If we could only remember that whatever we do must be done better than what has

already be done by us and
the our passage Thought Life
must be a constant becoming.
By widening constantly our
horizons and by shedding all
small, petty and selfish
thoughts we are laying the
foundations of a more beautiful
tomorrow. We must realise
that nothing belongs to us and
nothing is bound to us, nothing
but our own self and actions.
Freedom is born of this realisation
the greatest Wealth, the
greatest Treasure lies within
our own self. Independent
of anyone, Free and

limitlessly Great.

44)

Criticism must always be
constructive if it is to achieve
the real purpose of all Criticism,
the comparative interpretation
of a work of Art together
with an analysis of its
relative merits or faults,
rendered so as to help in
producing a better work of
art, as well as a better
understanding of it.
Constructive criticism has
always something to offer,
to suggest and helpfully lead

on, whole destructive criticism on the contrary tears down and has usually nothing to offer in return. By magnifying the good and minimising the weak sides we build up the particular subject so analysed and encourage the person to still greater efforts and greater results. What applies to a work of art, also applies to human behaviour.

45) The difficulty in dealing with human nature is that very few people are able to maintain a sustained effort. It is usually a give up followed by a period of relaxation. To maintain the effort is the secret of achievement. The greater the effort, the greater the energy generated, the greater the contacts with still greater sources of energy. We must try to overcome difficulties by facing them. Facing them as problems and usually the effort made will in itself carry many an answer to out lot that is unsolvable problems

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46) A Beautiful Life —
What a great and lofty
concept. To build by
means of the beautiful
& the Sacred command
given to us by the Great
Leaders of Evolution.
Beauty & Harmony and
Harmony & the Advanced
Ideals we all should have
at least and make an
object of striving. —
Beauty & the Sacred Alone
of the Philosophers Transmuting
baser metals into pure
Gold, Beauty & Fulfillment
and Beauty & the Ultimate Goal
& —

47) —
Let our Search for the
Beautiful become our
Everyday Experience. Let us
try to find the beautiful
in all our daily duties,
the smallest Task can be
beautifully discharged.

—

48) Always forward in the
Name of the Beautiful. Let
us unfurl our Banner,
the Banner of the Beautiful
and fulfill our duty
towards Mankind by
bringing more and more
Beauty into Everyday Life.

49) If only we could endow all our actions with that measure of consciousness that would be always there without even an Effort on our part if the action was believed by us to have some special importance, we would generate and gain Enormous Energy and Control over our Activities.

50). No Effort is great Enough on the Path of Liberation. Liberation is only rising to a higher State by overcoming the attractions and bonds of the plane on which we are at present. When our Inner Self Matures all the bonds of the Every day fall off by themselves. What Delighted us yesterday loses its meaning tomorrow.

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51)

It cannot be stressed too often that we become what we believe we are. Every day we must try to Enrich our Inner Life. Either by Study or Experience or Both. We must nurture Vast plans and Expand our

Consciousness and learning.—
Let us pray Every day, let
us remember That there is
nothing permanent in this
Outer World and let us not
mistake a fleeting experience
for a permanent Set of
circumstances. Our Inner
Striving is our Stable refuge,
our Great Joy and fulfillment.

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52) We must learn to discriminate
between That which is in our
power to adjust and change
and That which is inevitable.
Then to no use fighting against
That which is beyond our
power. The wisest plan is to
build our life accepting
the Inevitables as the best
possible solution to problems
which would become unresolvable.

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53)

At the basis of Sacrifice lies
the Strength of our conviction
and the Great Energy generated
directly in proportion to the
Magnitude of the Sacrifice.
This Energy then generated
Energizes the Soul and causes
it to the Higher Spheres. There
Spiritual Energies feed so to say
our Souls and builds them up.

54) Where do find Peace, that all pervading Peace, build of happiness and fulfillment? If we can build our Life so as to depend as little, as possible on others and correlate our words and actions, we can gradually find a balanced mean. The conflict of complex vortexes of Life's current can only be steadied by our not being drawn into the multiple currents.

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54) By basing the Life of a great Man as an Example and by building our character around that Ideal we can readily rise and improve ourselves. — An actual Example gives us the necessary pattern which can be adapted and this will save us endless perplexities of behaviour.

There are problems so complex, so involved that to grapple with them peacefully with our limited means is futile should only lead us into an inextricable maze of unresolvable sequences.

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55)
To be True to The Type
we have chosen and want
to Emulate is great Virtue,
The best kind of actions
and the Shortest path to
achievement and success.

56)
Thus day by day; step
by step we can build
our Moral Strengths.
Let us pursue the greatest of
Plans, the greatest Ideals
to follow and Hope will
help us and place new
opportunities before us.

57)
If we only could clearly realize
and see how foolish and unproductive
of any positive results are our
petty, selfish feelings of resentment
and immagined offences.
How much precious time and
nervous Energy can be saved
if we only have a greater care not
to lose sight of the bigger
issues.

58)
Let us always strive towards
Something that is beautiful,
Let us strive to little, gray
Every day, which covers all
with its grey, dusty cover.

Heroic deeds and plans
move our Spirits grow.
They build a Greater future
and attract Success.
No matter how small the
deed we have to perform,
let us carry it out as if
it were only a small, but
necessary Step towards a
Greater future. By surrounding
ourselves by an Aura of
Greater Striving we only
release a latent Energy
and we increase our Chances
of Success.
By Expanding our perimeter
of activity we grow,
by contracting it we
shrink and loose the grip
of success. ———

59) It is a wonderful quality
in Man to forget pain and
hardships and to remember
the good and pleasant things.
As if the good and pleasant
Experiences have actually
added something to us and
the something has become a
part of us, while the Experience
which took something away
from us have left us and are
not with us anymore.

———

60) Great Artists have the most profound influence on our Loves. They guide our perceptions and Tastes, they awaken our latent vision and they Enrich our Inner Life. To think of the millions influenced by Leonardo da Vinci and one will understand his words that a Virtuous Man is like a God and deserves Worship as much as all Sacred Statues and Images.

61) Illumination seldom, if ever comes suddenly, in a flash. Usually it comes on gradually like a light growing in intensity, it is a slow inner process. We often think that is the more effort we can achieve the hardest of all things to achieve, Inner Growth, Inner Illumination. The gradual unfolding of Our Self is a process similar to that of any Growth. It may be fastened, but it must follow certain lines of development.

62) Everyday in a thousand ways life places before us problems

which we must solve. By always holding to the principle of goodness, by always viewing a problem from a constructive point of view first and then from the point of view of Expediency we learn to build up a definite point of view which will help us to resolve the problems in a constructive way. ——

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63) Often we ask ourselves: where to start? How to proceed? The start is our firm resolve to change and pursue a new course of Life. The actual course must be our desire for Self improvement, as it will lead us to the right course of actions. Nature and Life are so finely adjusted that circumstances form themselves around us, attracted to us and marshalled by the forces we have generated. Let us not worry too much as to the path we must follow. As long as we have made up our mind and are determined to live a new Life, the Path will open up and will become more and more clear, as we proceed. The Universe, the Life are all interlinked by the finest threads

of sympathetic currents. And the moment we tune in, so to say, we line up with a whole new plane of Existence.

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64) How Easily and Lightly we speak of Infinity, Absolute, Merging in the Paramatma and Identifying ourself with Eternity. But how few of us have really understood the full import of these Transcendental Concepts. We treat them as mere words, whereas they are something which can never be described, nor realised without the loss of One's own Self. The Infinitely Small and the Infinitely Great, where does the One comes from and where does the other End?

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65) And to the Great Now, the immediate Reality and while we may look ahead and remember the past, yet our immediate perception is the indefinable transition from the past into the future which we call the present. And that moving line is

our conscious perception
which we define as Life
and our Conscious Existence

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66).
The Greatest of all Treasures
to Discover, is our own Self.
Therein lies the True Meaning
of all Teachings.
We search out vainly where
the real Treasures are instant.
We Try to build up an outer
Life and forget that it shall
be left behind like all
Else. And the only possible
benefit would be from the
Efforts generated and the
Good we might have done
to others. By Enriching
our Inner Self we Enrich
Everyone we come in contact
with. But because it is
the nearest it is the most difficult
as rightly it has been said:
"He who conquers self is greater
than him who conquers thousands
in Battle."

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67) Harmony is also Justice
Not legalities which spring
from accepted modes of Life
and interpretations, but
Justice in its loftiest Sense

The restoration of disturbed Equilibrium the Establishment of Harmony. How many, many factors must be considered, weighed and understood Rightly in order to reestablish Harmony and ballance up the disturbed Equilibrium. The causes, too often are so little understood Inner motives and aspirations. Our human frailties so relastic. Just as our conscience is to overcome of habit and ingrained altruistic reactions. The Voice of our Heart is greatly coloured by our actual Social behaviour and dictum.

681.

How small and futile sometimes seems our hope, our Efforts and all the perfections to our Everyday. We must try to tune in to the greater urges and movements of Mankind. By thinking about the Great Problems we Extend our Consciousness and we tune in on to these vast currents. We then can hear those Silent Voices and see the future Trends, not as we would like them to be, but as they really are - Mighty - indefferable.

69) Every day Life can be made into a most fascinating adventure full of discoveries and new lessons. Instead of a dreary tiresome routine, full of irritating details and struggles. We should try to solve the problems cheerfully and with interest. To see in every problem a lesson; a new experience. Something to overcome and learn from at the same time.

70) Let us ponder sometimes what are the qualities we would expect of a Superior Man,

what sort of behaviour, what sort of attitude and reactions.

Let us take various qualities one by one and try to visualise the Superior Type as having those qualities. Let us try to visualise various behaviour and try to imagine this person behaving in this or that manner. By comparing and analysing various behaviour we come to visualise more clearly the qualities that go to making a Great Man. And we can in turn emulate them and mould our character!

71) The accepted Standards of right or wrong cannot and are not necessarily the Standards by which a Superior Man will determine his behaviour. There are conditions when for the benefit of all concerned a course of action may be desirable and even expedient which course may be at variance with the generally accepted Standards. This may cause criticism to be levelled at the person concerned, but will always be the right course of action if taken from the larger and impersonal point of view as an example we may have a Greater Man who having given his word finds out that the fulfillment of his promise would be detrimental and harmful even if it does not appear so to others. He would be fully justified in not fulfilling his promise, as that would be for the greater good. But only a Superior Man would know what is the greater good.

72) There is such a vast difference in the degrees of Man's mental development that it is impossible to have a set of rules to suit

all and Every condition.
We can of course generalize
and as a general set of
Rules, as a general code
of conduct certain rules
and sets of Moral and
Ethical conduct applicable
to all and our average
daily Life can be formulated.
But the Higher realms of
Morality and Ethics or
Goodness can only be
known & that of the
Higher levels of Evolution
We would be only wasting
our Time and coming to
wrong solutions or deductions.
were we to use our present
Knowledge to solve problems
of Interplanes.

73)

Our Search for the Higher Life
can become a reality only if
our Entire Life becomes that
Search in all we do and in all
we think. In other words we must
Tune in on to that higher Life
and become aware of it. Our
Faith must be awakened
and our Contacts will become
real and we shall gradually
partake of another Life.

until we shall live in it.
Our Horizons will broaden,
our limitations shall recede
and we shall find ourselves
living, Running and acting
as if from another and on
another plane.

74) That power to realize is
the Power of Faith.
It is that inner immutable
conviction and absolute
knowledge that something
is a reality, more real and
more immediate than the
outer plane which surrounds us.

75)
There are moments when we suddenly
feel as if an access of power,
We want to do things, we want
to expand. If we but have one
of these moments as a starting
point to do something great
and persevere, we shall definitely
find ourselves moving forward
and before the Every day again
crowds in on us but have thrown
the vicious circle and advanced.
The inexorable laws of Life
Work will neither wait nor
change for anyone unless we
change ourselves and learn
and do what these Laws

76)

How often we give up our Effort when already at the very threshold of success. The night is darkest just before dawn, the coldest days are just before Spring and the air is most still just before a Storm.
An extra Effort would see us across the last barrier to success and would lead us on to the wide road of achievement.
In the hope of Spirit ~~the~~ there comes the same feeling of Emptiness, of Isolation, but out of that feeling, often bordering on despair, Illumination is born. Determination, Steadfastness, perseverance - what Tremendous forces and obstacles these qualities can overcome.

77)

To be in complete control of all one's faculties is a state to which we must aspire - with all strength of any determination. By holding the attention of our Mind and being fully conscious of all our actions we gain Tremendous power.

a great Economy of Energy
takes place and the
control of Effort gives us
the additional power of concentration

VI)

One often hears the remark,
"What is the use of Thinking on,
or of any Spiritual Subjects, does
it gets us anywhere, can it give
us any Tangible benefits?,
beyond some nebulous dreams
and phantasmagorias of a
very doubtful and unreal
character? In saying so people
forget that the very basis
of our Existence is the
Intangible, Spiritual
background, which cannot
be measured or defined beyond
its outward manifestation on
this physical plane, through
the grosser, physical senses.
Who can measure the ability
to Think and the degrees of
various intellection, who
can measure Talents and
the degrees of our imagination.
Where can we find words or
a scale to define the inner
workings of Man's Innermost
Mental processes? Yet, these
processes are as real as Life
Itself, since there is nothing

outside them and they
constitute the Deeper, Root
Causes of visible outer Effects.
And since all the visible, living
phenomena have an origin in
an inner plane it is Essential
to Study these higher planes,
these higher Causes which
we may call the Realm of
the Spiritual-that is of
a higher plane. ———

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79)
In Life we have to associate
with people of our own Mental
development, we have to exchange

our views, and we relax in
their company. But it is not
only the outer contact which
is so satisfying-it is also
and to a large extent the
intangible tuning in on
to the vibrations, the aura
of these people. The harmony
which our Experience is the
result of these contacts.
The Higher minds feed us and
we absorbing their emanations
and vibrations become charged
with the Energies emitted by
them. ———
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80) It is very often that after the attainment of some success that we relax and in doing so lose all the benefits that accrue to us from our previous efforts. Success has a certain momentum and by exploiting this momentum we can multiply our success many times. The sweep of the momentum will carry before it self many an apparition or obstacle before they have time to grow up and become real impediments.

—

81) It is very useful at times to sit back and review our life, not from the point of view of crying over lost opportunities or nurturing regrets, but in order to take stock of our achievement or failures, analyse the results and see ourselves in the true light of our actions. What have we accomplished, what good have we done to our near ones and to people at large, to humanity. What are the outstanding Events of our life, the important years, who are our friends and how do we stand now with the world.

This impartial Self-analysis is a most useful study, often revealing to us our weak points and giving us clues to our future behaviour. To see ourselves clearly is of inestimable help to us. In this Enemies are most useful, because they reveal certain of our traits which may not be even suspected by us.

22) The difficulty of pursuing an independent course becomes greater and greater as we deviate from the old beaten path and everyday habits. people will seldom forgive anyone who is different, who dares to think independently. Yet, as it is said: "He who looks for the approbation of the crowd will never rise above the crowd" and this saying is just as true today as when it was first said. This martyrdom is the price that we all must pay if we want to advance and the greater our advancement the greater the opposition we must overcome. But he who succeeds in overcoming this, one of the greatest of obstacles, acquires enormous strength.

83/ Thoughts and actions rule Karma
We are the masters of our
destiny and we can build
our future and mould it
according to our ideals.—
The Fatalistic view that
there is no use of fighting
against predestined Events
is a most destructive attitude
of despair. Even if we
admit that certain Events
are likely to take place
and certain Karmic
consequences will have
to be faced by us, yet
we can build up Punya
of the good actions that
the Evil will be greatly lessened
and outweighed by the Good.
Hence we must always
cultivate a positive attitude
and pursue an active
constructive life. By
developing ourselves we
overcome any Evil that
might have been in store
for us and grow and reach
a much higher position and
State.

84/ The great difficulties which
beset any path of achievement
are the stepping stones of success.
Without difficulties and the

mastering of adversities our
character could never develope
and we could never properly
appreciate or utilize success. —
Our Lower self would dictate
to us instead of our Higher Self
through the Power of our Will
if we fail to build a Strong
and positive character. But
Where do we find the Strength
to begin our fight, our
building up of our character?
The Strength lies in the
determination to Change, to
Succeed in the realisation
that Life unless it is pertured
will work itself through the
thousands of channels of a
procreating, perpetuating
Mass individual existence.
The more we want, the higher
the price we must pay, the
greater must be our Effort.
And we can succeed, beyond
all expectations, beyond all
hopes, if we but realise
with all the strength of
our Self that we are given
infinite opportunities,
infinite achievements if
we but make the Effort
and go all out to Succeed.

———

85) It is indeed not difficult at times, almost impossible to tell whether an action is right or wrong. To take the right decision, to discern the correct path to follow often is beyond our immediate capacity. The only way out of a problem which seems to be beyond any means, is to always try to follow a constructive, positive course of action and maintain a positive point of view. If we try to think in a positive constructive way our actions will themselves assume a correct course and even if in the wrong, they will straighten out, because the impulse was a good one, and a strong impulse will have sufficient inertia to correct a mistake. Thus we must cultivate goodwill and goodness, to be positive and constructive, to work ardently to do good, improve oneself and help others. By doing so we render the greatest service to all around us. ——

86) To overcome difficulties and
bad circumstances to one's
will constitute one of the
major problems we must face
in Life. Had often we make
splendid plans, for making
ideas come to us, but when we
begin to apply them in Life
almost immediately
obstacles appear and we are
faced with all sort of
difficulties that fly out at
us from all directions like
bats that have been disturbed
in their slumber. It takes
a strong will and determination
to overcome the obstacles.
to stop circumstances and
Events. At times all these
difficulties may appear so
disheartening that the natural
impulse would be to give up
the fight. But it is in such
moments that one must
remember that without a
struggle nothing can be achieved.
Our character shall grow through
the overcoming of these trials
And we shall grow to take on
greater responsibilities and
greater tasks. Hence, we must
welcome all difficulties

87) Our thoughts have a direct reaction on our body. As our mode of thinking changes so also does our body. Our thoughts induce in our bodies Physico-chemical reactions and changes which cannot be perceived at first glance, but become apparent in the course of years. — We must be careful of the quality of our thoughts. Thoughts are potent discharges of Energy and we must control their impulse and course.

88) In reviewing a day that has passed, let us ask ourselves have we spent it to the best of our ability the hours of our waking state so as to make the most of the precious time which was ours. This analysis is very important as it teaches us to be conscious of the preciousness of Time and Teaches also not to leave things undone. Days well spent like a precious necklace make up a life of achievement. And the weakness of days well spent will give a new Day of fulfillment and things that Day we shall see a new Life full of a real Meaning and Purpose

89) The Alchemists of old maintained that their Secret fire was the foundation of their operations. They maintained that it had to be continuous, equal, and its failure would arrest all processes of making the Stone. One interpretation of "Alchemical work" was its application to Man. The Transmutation of the Lower Man. The continuous fire & the fire of our burning faith, aspiration and striving. The True Transmutation demands complete mastery without any Turning back of features, since the physiological processes

work once set in motion cannot be arrested at will. Their stopping would result in the current bursting and the process cannot be re-started at will. The physiological changes must be carried Through to their conclusion and ultimate Transformation. The burning, inner glow of our aspiration & the Secret fire. It quickens all processes and new nerve centres come to operate and receive impulses.

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90) The Task and Problem of

cultivating oneself, neither means to cultivate goodness only or to develope oneself only. - It means both and more. We must develope and improve in all our qualities and in all our spheres of activity, learning and abilities. — To produce a complete, higher Type of man. Fulfilling the Decrees of Evolution. We all know and agree on the general characteristics That belong or should belong to an advanced Type of Man. We all carry a certain prototype within our heart.

But how many people do follow who they know should be correct. We know that all work of Self improvement is an uphill task. It must be so, because we must accumulate new impressions, overcome certain very potent inherent tendencies and build new sets of habits and Exercise our Mind. — Every Exercise is an Effort, but like all application of Energy it arouses new Centers and the Energy spent is Transmuted into new and Great Accumulations

91) We cannot hope to change by expecting a more propitious period for the change. It is significant that this propitious moment never comes. The change is within us and we can never find a better time than "now". For a change of that sort is in our inner self that has to change regardless of time. The most precious gift we have in life is time since time is our very existence. And the sooner a positive action is attempted the greater the benefits that will accrue to us. But while we want the benefits we are loathe to make an effort. The old saying that one of the strongest impulses in man is his desire to get something for nothing, is quite true. And we must constantly remind ourselves that Labour, Toil, Work, Labours they may be are the great fundamental building forces of life.

People don't realize the joy that is ours when we make up our mind to follow a new life. It is the feeling of liberation, joy. We place ourselves within the attunement to a greater life and suddenly we begin to live.

92) There are moments when we can suddenly have a subjective view of our life. We, so to say, rise above it and view it in a detached way.
We are then able to see it as it is and we can judge whether our life is worthwhile or whether it is just an Existence, maintaining a certain level.
We must remember that only by a fearless selling out against the current of Life that we can become masters of our destiny. If people could only realize that the reward of Enlarging one's consciousness is so great, so immeasurably more important than anything Else in this Life, people would not fear to go out and seek. And in comparison to the new Horizons that will open up. Our small, grey and insignificant our Life would appear.
And so Rising we cling to something, which we must give up anyway, we cling, as if we could hope to maintain a permanent Existence on this plane.
We Try to clutch on to something which we must leave — is it not better to prepare in good time.

93) We must remember that the
State to which we must aspire
and strive for is the State
of Cultural Enlightenment,
not of mere, however Extensive,
learning. One can learn by heart
the names of thousands of
Men and Women, yet know
nothing about them in reality.
What we must acquire is the
inner relation ship of the
phenomena of Life. We must
so to say, clearly perceive the
true Significance of the
phenomena that surround us.
To reach into the language
of Life and understand it,

it is something like the difference
between Wisdom and Knowledge.
Here is a wonderful definition
of the two terms in the following
line. Knowledge dwells in minds
replete with other people's thoughts
while Wisdom is a mind attentive
to its own.

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94) Life places before us endless
opportunities and dangers as to
name the best of them. These
opportunities are Everywhere
and in Everything. We can
be Everything and nothing at all.
To see these opportunities and

to move us all them depends upon us, our knowledge, alertness, good judgement and other personal qualities, but above Everything it is a matter of our own preparedness. We can deceive our fellowing benefits of other people were to constantly guide us in life and make us have this or that choice. By sitting and waiting for this or that other to happen we lose precious time and confuse our own powers of discrimination which must constantly be Exercised, independently and with full responsibility to be developed and to give us a clear impulse and direction.

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95) We must constantly Exercise our faculties in order to keep them at a certain level. Just as we must Exercise our muscles if we do not want them to waste away. Take for instance Memory unless we constantly Exercise it we lose the facility to remember, the power of retaining an impression is lost.

and so to do unto Every Thing.
Very few indeed keep their
faculties in constant
Exercise. The General tendency
is to gradually let go, and
to succumb to the narcotic
of Entertainment. No one
can deny that Entertainment
is a wonderful relaxation
if it is in moderation and
at the proper place and time,
but often the need of the
stimulants to our senses
begins to take hold of us.
And we succumb to the
comfortable feeling of
being occupied while being Entertained.

96) Nothing can compare to the
joy of Self-improvement.
What a wonderful feeling to
see new horizons opening up,
new faculties manifesting
themselves in us, very often
unsuspected gifts and
qualities. Many things become
easy, many things become
revalued and new ideas
guide us in life. We attract
new people and the feeling
of achievement and progress
fills us with new, untold
unfelt and unknown joys.

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97) The true artist, is also the Prophet, By virtue of his responding to certain more advanced vibrations he can see and guess the Trends of Evolution. He can see along what particular groove the Life impulse will travel and he tells us in words, Harmonies of Transcendental Music and beautiful Shapes and Colour Symphonies the patterns of Beauty which underlie in the Great Evolutionary Trends.

Every race, Every sub-race or group, Has its highest

point - The most beautiful balance of all the Elements, characteristic of the group. The True Artist can read, so to say, ahead and guess the Ultimate Apex - Harmony.

98) Consciousness - Life is the inherent quality of matter. It is Life itself. From the Tiniest particles of whirling Vortices of Matter, to the Self-Consciousness of Man stands all the States and conditions of Matter the rudiments of Consciousness are present as the qualifying behaviour of Matter. In other words the -

The Infinite is Trying to know
Itself, to realize Itself through
the finite.
Infinity – what a truly
all explaining – all containing
concept. The beginning and
the End of all philosophy,
of all speculations, as
well as of all wisdom. –
How awe inspiring is this
Great Concept – Infinity.
It attracts us, yet it is
always beyond us.
It confuses us, yet it
holds the Explanation to
Everything. It surrounds
us and is Every Thing – Yet
we cannot be aware of it, as
it is beyond anything which we
may hold for comprehension
and comparison.

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94) It is Infinity – this beautiful
all-explaining and all-
-containing concept which is the
source of Hope. Hope the motive
power of Humanity. Hope –
which holds deliverance and
consolation and compensation.
And it is the reflection of Infinity
deep down in us, Lavery
Lazy, Harvey Unconscious,
unrealized and unrecognized

which makes us act as if there could never be death a dissolution for us. As if our life was to continue somehow. Truly in Infinity there is no death only transition. That Infinity which manifest Itself as Everything Else and makes us conscious of Itself through ourselves.

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100)

The Elixir of Life, the fountain of Youth, the Waters of Immortality. These beautiful Visions were not Visions of Escapism as a protest against Death and finality. These Visions were Truly based on Sound understanding of the process of Life. Man who searches for Life for others, Man who faces Death and gladly gives his Life for some Great Ideal, This Man who can look straight into the Eyes of Death has he not Conquered Death, has he not Transcended the fatalistic point of Dissolution has he not partaken of the Waters of Immortality?

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101)

Life can be made beautiful through achievement. It is given to us to mould our own Destiny. It is given to us to Transcend the average man in the crowd.

There is no Impediment which cannot be Transcended by a determined Will.

It seems as if this Power becomes a focus of Divine Forces and Moulds the destinies of Mankind.

There no Limit which Man cannot Exceed.

and this is the Real Freedom. The Freedom to become Something Great. The Chance and possibility by which are Life and that no one can take away from him Except Himself.

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102)

The problems which are placed before us by the Ever-changing [process] of Life are the testing & Onerous Trials every which we must Triumph They are building our character and we grow strong through the contact with the Forces of Trials

we don't read often the magnitude of the difficulties that may open up before us. But in these moments we must remember that we have to do any power to prove a thousandfold by bending the obstacles to our will and growing strong beyond any of our dreams.

We repeat with the philosophers: Blessed are the obstacles.

103) It is the cobwebs of the small personal feelings that we must brush aside if we want to see a wide, free, bold & bracing horizon.

Like weeds they cling to us weighing us down and robbing of our safe an instinctive existence or rather vegetation. The sense of security is often false, since security is real only when it is based on our own invincible strength. — Our own strength & our own security, the best armour against adversity. — Great thoughts are like suns or airways, they lead into the bright sunfield of achievement and they burn the edges. — —

104) Only when facing & actual

situation we can tell how well we are prepared for meeting it. Who can tell beforehand all the subconscious reactions & almost unconscious reflexes which we shall have to face. It is almost impossible to imagine our own attitude. And in this respect hope is our great reality. If we have learnt a problem as something we must overcome to the best of our ability the very desire to learn from it will help us to overcome it in the end. To actively pursue a determination to do better to be positive and constructive surrounds us with a sort of very potent aura. The magnetism generated helps to overcome all the difficulties which we have to face in the course of our life.

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105)

Freedom - this cherished concept. A bird in a cage, a man shackled by his own thoughts and fears. Yet, both strive towards that wonderful state, the state of being free, this state of Promise and fulfillment. How far it seems at times and

yet how real as hard. The
fear of losing the means
of defining oneself lies at
the basis of our fear of
losing our freedom. What
Great deeds, what Great
Laws have been enacted
in this Sublime Concept.
But of all the Concepts of
freedom the True and
permanent is the Inner
Liberation of our Self.
There are no bars to the
Free Spirit of Man.
above all limitations
and victories, Tides of Love,
above all Strife and

during Years the Emancipated
Spirit in True Freedom
and Self-obtainment.

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106).

The Joy of being better. Nothing
can compare to the feeling of
a well accomplished Love, a
well solved problem. We have
ourselves as our own problem
and we try to Examine and
mould our Thoughts and
actions. To be better, to
perfect will some more
in mind, to free ourselves
of Passion, to try to live up
to the Ideal we place before us

The material well-being, prosperity or even riches can never make us either happier or better. On the contrary the temptations which they place before us, the superficial comforts of our life and heavy burdens of need responsibility all tend to check any good intentions we have as well as for us time to think over things worth while and we to for our sympathy for our fellow beings & and happiness. Our finance dealing and quality cannot find a congenial ground to transform itself and leaves us overburdened, tired and disillusioned. One can acquire all the riches known and yet be as far from happiness and even unfit than the man who leaves ahead to acquiring wealth and thinks it to be a potential source of happiness. The External wealth and wellbeing can never give us anything by themselves if it is not written us to receive it and channel them it for our true benefit. All happiness, all joy

is our own. God has given us
our own powers to save us
under all circumstances
and under all conditions.
Nothing Eternal can
compare to the Wealth
of Inner Happiness that
becomes ours as we activate
our Selves. Our Inner
Wealth permits us to
access in a myriad ways
to Life's Resources.
Our Life Defenses, our
Consciousness grows and
the Joy of a Real World
fills us with Total Wholeness
Inclusive of all Elements.

107/ By Dedicating our Life to
some sort of Ideal, that
Ideal will begin to manifest
itself through us. We cannot
expect to become channels for
the Higher Forces to work
through unless we completely
surrender ourselves to these
Higher Ideals. Our regeneration
must be complete.
There is to be seen a fundamental
change in our consciousness,
the change is just as much
physical, as it is spiritual
and mental. Soon Science will
discover the chemical changes

which take place in us when our inner outlook and attitude are changed. The laws of affinities are so fundamental that we shall soon understand the full meaning of the words; regeneration and resurrection. Why should there be more rejoicing at the conversion of one sinner than over ten righteous ones. There is a deep meaning in these words, the realisation of the great forces involved in the process of conversion and regeneration.

108) What are the means to build a greater and better future? To improve ourselves and Energise ourselves with the force of our resolve. Just like the pulse of Life around us beat impurpetually and the myriads of cells unknown to us go through their cycles of Existences, such must be our desire to progress. He must possess us in all we do, permeate us and fill all our thoughts and actions with an all-present, all-pervading command progress. The inner expanding force

will mould all our actions
quite imperceptibly and will
give a new aspect to our life.
And in our waking hours, as
well as in Sleep there shall be
a constant stopping of our selves
/ves as well, as Ours. The
Chemical constituents of
our brain will change, and
new combinations will mean
their appearance. And in
Seven years our Cells will
have changed Completely
and truly be said
to belong to another Man.
The new and Regenerated
Man born like Phoenix

out of the ashes of his former
Self through the purifying
fire of our Mighty Aspirations.

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109)

Despair — That feeling
born of frustrated aspirations
and hopes. No one can escape
it — no one can go through life
without experiencing it. It is
known to all — Even to the Greatest
But out of the Storm of Despair
grows the Stillness of realisation.
Our Inner Striving may outstrip
the progress of outward
circumstances and the —

growing disparity may bring about the feeling of frustration and despair. In the progress of the Cycles the outer circumstances will again catch up and we shall find ourselves in harmony and progressing rapidly.

We can always calculate his progress and time it so perfectly in all its manifestations that it shall never cause any of its fellowmen like all living forces, outer circumstances have their inevitable impacts on all we think and do and it is too much to expect to never transgress. Then the past Karma with it accumulated retribution. The degree of our true progress is the measure of the rapidity with which Karma matures and a great, intense aspiration and progress may bring about the fulfillment of Karmic debts which normally may last fourteen years to come to fruition. They are, so to say, fanned into manifestation by the fires of our Spiritual Striving.

Despair can be a measure of our Striving!

110). Where can one find an answer to the age long question that always afflicted humanity Is there hope after Death, is there continuity of our Existence? The answer lies in the complete accord of all Spiritual leaders throughout the World and throughout the Ages on this point. There is a continuity of Existence Even in Buddhism, that maintains and advocates that there is no abiding principle in Man, this particular tenet is only based upon the interpretation of the true meaning. The personality must of course change as Long as

must change & the embodiment becoming of a Manifestation, but that Being which will Incarnate, that will Experience Nirvana, or as an Arhat go to Devachan, that Being Survives Earthly dissolution and passes onwards from one type of Existence to another.

The Search and realisation of a Higher State to the Ultimate of the Great Spiritual Quest. The hard discipline, the great privations, fasts, vigils and Even martyrdom are all so many means to Energise our

latent Powers and awaken in
us new States of Consciousness.
There are few, very few indeed,
Men who can honestly say that
they have fulfilled the purpose
of their Life. Who when left
to themselves would not
feel that they could have
done more and better, had
they elected themselves more.
And it is the election in
many directions which takes
us to new achievements and
is and was at the Basis of
all Spiritual Exercise.
Hence we must repeat "Blessed
be our labours and our trials."

Oct. 9. 51.