

Desiderata

Go placidly amid the noise and haste, & remember what peace there may be in Silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull & ignorant; they too have their story. Avoid loud and aggressive persons, they are vexations to the spirit. If you compare yourself with others, you may become vain & bitter; for always there will be greater & lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism. Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity & disenchantment it is perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue & loneliness. Beyond a wholesome discipline, be gentle with yourself. **YOU ARE A CHILD OF THE UNIVERSE, NO LESS THEN THE TREES & THE STARS; YOU HAVE A RIGHT TO BE HERE.** And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors & aspirations, in the noisy confusion of life keep peace with your soul. With all its sham, drudgery & broken dreams, it is still a beautiful world. Be careful. Strive to be happy.*

-Found in Old Saint Paul's Church, Baltimore; Dated 1692

SUICIDE, from Latin **SUI**, of himself, and **CAEDO**, to kill. The act of designedly destroying one's outer physical body, not one's true **SELF** which is eternal. The destroying of the physical body creates a great deal of bad Karma in the next reincarnation.

The desire to be free of this world can be achieved through meditation. The way **OUT** of this material condition is to go **INSIDE**. To return to your original **SELF** is to be free of the world. In the state of Godself- realization nothing will effect you.

The impulse of suicide is the **INNER SELF SEEING** and **FEELING** the need to escape the hellish condition that the human race has created.

If one wants to eliminate the pain and suffering that one feels, practice meditation and learn not to be attached to the person-ality of the physical body-brain which is the actual source of suffering.

Finding your true **SELF** and realizing that you are eternal, is called **SPIRITUAL ENLIGHTENMENT**, it is also called God-self realization, Satori, Nirvana, Samadhi, Tao, eternal spirit and many many other names.

There is a place far away from this world and I found it deep inside of my self.

-J.M. HENDRIX

So,...So you think you can tell...HEAVEN from HELL, blue skies from pain; can you tell a green field from a cold steel rain?

- PINK FLOYD

Reach out and touch the flame...on a high desert plane...where the streets have no name.**

-U-2

*The happiness of spiritual realization.

The universal love found on/in the **INNER PLANE of pure consciousness spirit (meditation).

Pay attention to the teaching that comes to you in your everyday life. You will find inspiring teachings, informal rather than formal, everywhere if you are open to them, once you nurture the sensitivity of your spiritual energy. They come disguised as events, situations, gifts, people, environments, jobs, objects, difficulties and thoughts, etc. Your life is your teacher and my books with their recommended practices will help you learn.

Both positive and seemingly negative happenings can be recognized to great advantage in your learning. So, be open to what comes to you, and ask yourself, "What is the lesson that I can learn from this? What is my relationship to this? What can this show me about the truth?" More importantly, the right inspiration will come to you according to the stage of life you are in and your level of spiritual development.

There was never a time when I did not exist, nor you, nor will there be any future in which we shall cease to be.

-Sri Krishna, The Bhagavad-Gita