

# LOVE WISDOM PEACE COMPASSION FREEDOM

## Remember who are you?

We are shaped and fashioned by what we love. J. Goethe  
Love divorced from wisdom is no longer love. White Eagle - THE QUITE MIND  
Everything passes away; only true love never dies. Elizabeth Haich - INITIATION

The search for reality is  
the most dangerous  
of all undertakings  
for it will destroy  
the world in which  
you live. But if your  
motive is love of  
truth and life, you  
need not be afraid.  
Nisargadatta Maharaj  
1897-1981

## PUZZLE, CROSSWORD, QUOTATIONS, WISDOM

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Any life no matter  
how long and  
complex it may be,  
is made up  
of a single moment.  
The moment in which  
a man finds out,  
once and for all,  
who he is.  
Jorge Luis  
Borges 1899-1986

**All truly wise thoughts have been thought already  
thousands of times; but to make them truly ours,  
we must think them over again honestly,  
till they take root in our personal experience.  
Johann W. Goethe 1749-1832**

**The beauty of life is, while we cannot undo what is done,  
we can see it, understand it, learn from it and change so  
that every new moment is spent not in regret, guilt, fear  
or anger but in wisdom, understanding and love.  
Jennifer Edwards**

**If you would see let love be in the pupil of the eye. Mikhail Naimy**

## CONTENT

Puzzle and quotations with words from puzzle. . . page 1 and 2

1. Love . . . . . 3 and 4

2. Use letters and numbers

What is not and what love is. . . 5 and 6

3. Love - Man-woman. . . . . 7 and 8

4. Parent's love. . . . . 9 and 10

5. Religions and love . . . 11 and 12

6. Forgiveness and love. . . . 13 and 14

7. The other kinds of love. . . 15 and 16

8. Love and death. . 17 and 18

9. The highest love - Freedom. . . 19 and 20

10. Puzzle . . . 21

11. Unity - Duality . . . 22

12. Solutions. . . 24

Spiritual Practice is Will Asserted and Re-asserted . . . 25

Being Happy, Making Happy is the Rhythm of Life

13 . Write your most loved quotations

**THE ENDING OF SUFFERING MEANS LOVE. J. KRISHNAMURTI**

# All things are connected.

**First return to your true being and then**

**This we know.**

**act from the heart of love.**

## Chief Seattle, 1854.

**Nisargadatta Maharaj**

## 1786-1866

## 1897-1981

**May our secret acts nourish the common good. May we meet in peace and harmony. May our resolve be strong and thoughtful.**

Love would put a new face on this weary old world. Ralph Emerson

SELF REALISATION IS THE GREATEST SERVICE YOU CAN RENDER THE WORLD

The way of peace is the way of love

LOVE  
PEACE  
WORLD

### J. Krishnamurti 1895-1986

is the way of love.

## Peace Pilgrim 1908-1981

1. Find and cross off words

[www.warningforseamen.info](http://www.warningforseamen.info)

UNDERSTANDING  
FORGIVENESS  
COMPASSION  
KNOWLEDGE  
STRENGTH  
COURAGE PURI

SPIRITUALITY  
BLESSEDNESS  
HUMBLENESS  
GRATEFUL  
PATIENCE  
WISDOM

ENLIGHTENMENT  
INSPIRATION  
GENTLENESS  
NOBILITY  
GOODNESS  
PEACE      LIG

INTELLIGENCE  
SPONTANEITY  
HAPPINESS  
KINDNESS  
ABILITY  
LOVE

2. Letters (left) not included in any words - check rows from top, from right to left and encircle letters for quotation:

Alice Bailey -

3. Find and encircle hidden words.

Leo spirit OK vent nod eat under lit (3times) sos sin line hum grate  
lib pass hip fog fen tie (2times) rip pen (2times) tig ion cod tun  
tan (2times) tin tea pea (2times) con lie (2times) pin dot rag mod  
run leg bless kin net get flight for Leeds pass den ness (4times)  
men Sam gen good site give send end

**May our talks lead to protection and peace. Through our actions, may we invoke peace and honor the Truth that resides in all. Rig Veda**

**Until he extends the circle of his compassion to all living things,  
man will not himself find peace. Albert Schweitzer 1875-1965**

**True love is no game of the faint-hearted and the weak; it is born of strength and understanding.**  
**Meher Baba**  
**The most important knowledge is that which guides the way you lead your life.**  
**Seneca 5 B.C. - A.D. 65**

But forgiveness is the final quality that leaves painful memories in the dust of the past. You will see that the pain and abuse, when perceived and released, are valuable means of moving up the ladder. Holding on to such memories with bitterness blocks such growth. Thomas Nehrer

Wisdom by itself is like an empty gold vessel, it needs to be filled with compassion. Wisdom and compassion are the two sides of the same coin, one representing personal and the other transpersonal consciousness and both equally indispensable for the attainment of enlightenment.  
Madmilla Moacanin: 'Jung's Psychology & Tibetan Buddhism'

Man is the product of the law of the survival of the fittest operating through millions of years, perhaps millions of ages; yet in brute strength he is far inferior to many animals. He rules the earth today because of the principle of intelligence within him. But there is being evolved in man a higher principle than intelligence, namely, Divine Love, which is as much higher and more powerful than intelligence as intelligence is higher and more powerful than brute force. I use the term "Divine Love" in order to distinguish it from human affection, and from that intermittent kindly impulse, which are both spoken of as Love. Intelligence may aid selfishness, but not so Love; in Love all selfishness is swallowed up and brute force is no more, both being transmuted into gentleness. James Allen

**Feelings and emotions are only the creation of mind and energy Love is the creation of the soul.**  
**Meher Baba**

**One virtue stands out above all others: the constant striving upwards, wrestling with oneself, the unquenchable desire for greater purity, wisdom, goodness, and love. Johann Goethe**

**Purity of body and clarity of mind, non-violence and selflessness in life are essential for survival as an intelligent and spiritual entity. Nisargadatta Maharaj**

**Kindness in words creates confidence, kindness in thinking creates profoundness, kindness in giving creates love. Lao Tse**

Sooner or later, all the people's of the world will have to discover a way to live together in peace ... The foundation of such a method is love. Martin Luther King. Jr

**Love does not claim possession, but gives freedom. Love is the only reality and it is not a mere sentiment. It is the ultimate truth that lies at the heart of creation. Love's gift cannot be given, it waits to be accepted. Rabindranath Tagore**

**Spontaneity is of the essence of true spirituality. Meher Baba 1894-1969**

To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness. Robert Muller

**They say love's greatness is this: it yields to good families worldly happiness here and heavenly bliss hereafter. 75**

**The uninformed say love abides with virtuous souls, unaware that love is also friend to those immersed in vice. 76**

**As the blazing sun dries up a boneless worm, so does virtue scorch a loveless being. 77**

**Thirukkural / Holy Kural**

To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him. Buddha

You may know all the right words, quote the scriptures, be brilliant in your discussions and yet remain a bag of bones: or you may be inconspicuous and humble, an insignificant person altogether, yet glowing with loving kindness and deep wisdom. Nisargadatta Maharaj

The noblest pleasure is joy of understanding. Leonardo da Vinci 1452-1519

## QUOTATIONS OF LOVE

Truth is far removed from him whose life is not governed by Love. James Allen

|   |   |   |   |   |   |   |   |   |   |   |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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| D | I | I | N | T | R | U | E | L | O | V | E                                                                                                                                                                                                                                                                                                                             | Y | O | U | A | T | T | A | I | N | F | R | E | E | D | O | M | F | Y |
| O | N | E | O | N | L | Y | F | O | R | C | E                                                                                                                                                                                                                                                                                                                             | L | O | V | E | L | I | N | K | S | I | N | F | I | N | I | T | E | W |
| N | S | U | F | F | E | R | I | N | G | I | S                                                                                                                                                                                                                                                                                                                             | C | O | M | M | O | N | T | O | A | L | L | H | U | M | A | N | I | O |
| O | W | I | T | H | O | U | T | L | O | V | E                                                                                                                                                                                                                                                                                                                             | T | R | U | T | H | I | S | N | O | T | O | E | P | U | L | T | T | R |
| T | E | T | D | L | L | T | P | O | T | A | <p>The consciousness<br/>in you and<br/>the consciousness<br/>in me, apparently<br/>two, really one,<br/>seek unity<br/>and that is love.<br/>Nisargadatta<br/>Maharaj - I AM THAT</p>                                                                                                                                        |   |   |   |   |   | F | I | L | L | H | W | U | U | N | O | H | Y | L |
| S | M | H | A | O | O | H | E | V | H | L |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | Y | N | O | O | E | E | N | R | I | V | E | T | D |
| E | U | E | R | V | V | E | R | E | R | L |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | O | L | V | V | P | R | D | E | V | E | H | H | S |
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| K | T | E | T | D | H | E | E | E | U | A |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | L | V | K | T | W | O | R | O | R | S | A | E | N |
| P | L | I | O | O | A | W | C | A | G | R | <p>When in Love, body,<br/>mind, heart and soul<br/>don't even exist.<br/>Become this, fall in<br/>Love, and you will<br/>not be separated<br/>again. J. Rumi</p>                                                                                                                                                             |   |   |   |   |   | O | E | N | H | E | R | S | V | S | N | R | N | D |
| E | I | S | L | E | S | O | T | D | H | R |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | V | N | O | E | R | M | T | E | A | O | T | D | M |
| R | V | L | O | S | C | U | L | S | L | O |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | E | O | W | M | O | S | A | B | L | T | R | O | A |
| F | E | I | V | N | O | L | O | T | O | W |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | S | O | S | A | F | O | N | R | L | H | E | F | K |
| E | L | B | E | O | M | D | V | O | V | N |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | O | N | N | I | L | F | D | O | O | I | Q | S | E |
| C | O | E | G | T | E | B | E | W | E | E | <p>We love purely<br/>when we release<br/>other people<br/>to be who they are.<br/>Marianne Williamson<br/>A RETURN TO LOVE</p>                                                                                                                                                                                               |   |   |   |   |   | M | E | O | N | O | L | S | U | V | N | U | U | S |
| T | V | R | O | C | F | E | I | I | T | S |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | E | C | B | S | V | O | W | G | E | G | I | F | T |
| I | E | A | D | L | R | N | S | S | H | S |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | T | A | O | P | E | V | H | H | L | I | R | F | H |
| O | M | T | W | A | O | O | R | D | E | L |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | H | N | U | R | I | E | O | T | E | F | E | E | E |
| N | A | I | I | I | M | D | A | O | D | I |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | I | H | N | I | S | O | L | T | A | I | S | R | M |
| I | N | O | T | M | E | I | R | M | E | M | <p>I claim that I am<br/>moved by love,<br/>that I feel it<br/>all the time. . . .<br/>There is nothing so<br/>powerfull as love<br/>and thought<br/>- no institution,<br/>no government,<br/>no "ism",<br/>no scripture,<br/>no weapon. . .<br/>love and thought,<br/>are the only<br/>source of power.<br/>Vinoba Bhawe</p> |   |   |   |   |   | N | A | D | N | T | B | O | H | D | T | T | I | A |
| N | I | N | H | P | T | V | E | A | A | I |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | G | R | A | G | H | S | V | E | I | I | R | N | L |
| A | F | O | O | O | E | I | I | N | D | T |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | S | M | R | O | E | T | E | U | N | S | U | G | I |
| C | E | F | U | S | R | S | N | D | W | S |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | E | A | I | F | P | R | S | N | G | N | E | M | V |
| H | S | T | T | S | N | I | D | W | I | L |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | T | N | E | A | O | U | L | I | T | O | L | E | E |
| A | T | H | M | E | I | O | E | I | L | O | <p>- no institution,<br/>no government,<br/>no "ism",<br/>no scripture,<br/>no weapon. . .<br/>love and thought,<br/>are the only<br/>source of power.<br/>Vinoba Bhawe</p>                                                                                                                                                   |   |   |   |   |   | I | Y | S | L | W | C | O | V | O | T | O | A | O |
| N | L | E | E | S | T | N | E | S | L | V |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | T | O | O | L | E | T | V | E | L | S | V | N | U |
| G | O | H | D | S | Y | S | D | D | A | E |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | F | N | R | L | R | T | E | R | I | P | E | S | W |
| I | V | E | I | I | A | I | O | O | L | U |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | R | E | B | I | O | H | Y | S | B | O | L | L | D |
| N | E | A | A | O | N | N | S | M | L | E |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | E | E | A | F | F | E | O | E | E | N | E | O | L |
| G | A | R | T | N | D | R | E | I | B | T | <p>love and thought,<br/>are the only<br/>source of power.<br/>Vinoba Bhawe</p>                                                                                                                                                                                                                                               |   |   |   |   |   | E | L | R | E | P | R | U | I | R | T | L | V | O |
| W | N | T | O | B | P | E | V | S | E | E |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | B | S | S | C | U | E | R | N | A | A | E | E | I |
| O | D | H | R | U | A | L | N | A | C | T |                                                                                                                                                                                                                                                                                                                               |   |   |   |   |   | H | E | U | A | R | L | E | T | T | N | E | P | U |
| R | B | B | O | T | S | I | P | C | O | M | E                                                                                                                                                                                                                                                                                                                             | A | L | I | V | E | I | L | O | N | I | E | N | O | I | E | F | Y | O |
| L | E | Y | R | G | S | G | U | T | I | V | I                                                                                                                                                                                                                                                                                                                             | T | Y | O | F | L | O | V | E | A | T | A | E | B | O | O | R | E | Y |
| D | C | L | V | I | E | I | O | N | I | F | Y                                                                                                                                                                                                                                                                                                                             | O | U | L | O | V | E | D | E | L | Y | S | M | E | N | U | S | E | E |
| I | O | O | E | V | S | I | N | T | O | E | T                                                                                                                                                                                                                                                                                                                             | E | R | N | I | T | Y | I | N | S | G | E | I | I | O | S | I | S | T |
| N | M | V | I | E | S | F | R | E | E | D | O                                                                                                                                                                                                                                                                                                                             | M | H | E | A | C | T | O | F | O | L | O | E | N | F | O | V | E | Y |
| S | E | E | L | G | O | D | I | S | L | O | V                                                                                                                                                                                                                                                                                                                             | E | E | S | L | O | V | E | I | B | S | F | S | G | M | I | N | D | F |
| T | T | H | E | E | M | B | O | D | I | M | E                                                                                                                                                                                                                                                                                                                             | N | T | O | F | L | O | V | E | E | R | P | U | R | E | L | O | V | E |
| E | A | D | P | E | R | F | E | C | T | Y | O                                                                                                                                                                                                                                                                                                                             | U | R | L | O | V | E | E | E | M | I | S | A | P | P | L | I | E | D |

1. Do not seek perfection in a changing world. Instead, perfect your love. (57 letters) Buddha
2. In true love, you attain freedom. (26) Thich Nhath Hanh
3. Love leads to wisdom, and wisdom is activity of love. (42) Alice bailey 1880-1949
4. One only force, Love, links infinite worlds and makes them alive. (52) Giordano Bruno 1548-1600
5. Suffering is common to all humanity the ending of suffering means Love. (59) J. Krishnamurti
6. Love, the mainspring of all life, can also be misapplied. (45) Meher Baba - The Path of Love
7. There is liberation of the heart by love. (34) Buddha
8. Without Love Truth is not. (21) Hermit of Ling-Shi-La
- THE YOGA OF THE CHRIST by Murdo MacDonald-Bayne
9. He understands who loves. (22) Kabir 1440-1518
10. Pure love brought the universe into being. (35) Annie Besant
11. Love does not claim possession, but gives freedom. (41) Rabindranath Tagore
12. Only love can bring about transformation in the world of corruption. (57) J. Krishnamurti
13. Love is nothing if it is not spontaneous. (33) Meher Baba
14. A pure heart is the end of all religion and the beginning of divinity. (56) James Allen
15. Lower forms of love obstruct the release of pure love. (44) Meher Baba
16. We must live love, manifest love, and become the embodiment of love. (54) Kevin R. Williams
17. Dare to love God without mediator or veil. (31) Ralf W. Emerson 1803-1882
18. God is love. (9) John – BIBLE
19. There would be no divisions of religion, if you loved. (43) J. Krishnamurti
20. Perfect love is rare indeed. (23) Leo Buscaglia 1924-1998
21. The heart requires true love. (24) Paramahansa Yogananda
22. Through Love the dead will all become alive. (35) Jalaluddin Rumi 1207-1273
23. Where love rules, there is no will to power. (34) Carl Jung
24. In love, no one can harm anyone else. (28) Paulo Coelho
25. If you love something, set it free. (27) Abraham Lincoln
26. Love has come from Eternity and passes into eternity. (44) Rabi`a al-Adawiyya 714-801
27. Love knows no boundaries or bars. (27) Mikhail Naimy

## 1. Mikhail Naimy -

[illegible][illegible][illegible]

# What love is not and what is

Only a few people in millions know what true love is. Omraam Mikhaël Aïvanhov 1900-1986

Look for number of row and letter in column and get words for quotation. Example: 1AD = Love

|    | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |    |    |
|-------------------------------------------------------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---------------------------------------------------------------------------------------|----|
| 1                                                                                   | L | O | V | E | T | H | E | P | O | W | E | R | O | F | I | S | P | U | R | I | T | Y | N | O | T |   | 1                                                                                     |    |
| 2                                                                                   | B | U | T | D | I | V | E | S | T | E | D | O | F | T | R | U | T | H | B | E | A | U | T | Y | : |   | 2                                                                                     |    |
| 3                                                                                   | A | N | D | G | O | O | D | N | E | S | S | I | S | O | N | L | Y | I | L | L | U | S | I | O | N |   | 3                                                                                     |    |
| 4                                                                                   | A | S | E | N | T | I | M | E | N | T | A | P | H | I | L | O | S | O | P | H | I | C | , | . | ? |   | 4                                                                                     |    |
| 5                                                                                   | D | I | S | T | O | R | T | I | O | N | A | P | S | Y | C | H | I | C | Y | O | U | M | U | S | T |   | 5                                                                                     |    |
| 6                                                                                   | A | S | P | I | R | I | T | U | A | L | D | E | C | E | P | T | I | O | N | L | E | A | R | N | ; |   | 6                                                                                     |    |
| 7                                                                                   | T | O | D | I | S | T | I | N | G | U | I | S | H | B | E | E | T | W | E | E | N | T | R | U | E |   | 7                                                                                     |    |
| 8                                                                                   | I | M | P | A | R | T | I | A | L | A | N | D | C | O | M | P | A | S | S | I | O | N | A | T | E |   | 8                                                                                     |    |
| 9                                                                                   | E | M | O | T | I | O | N | A | L | I | S | M | W | H | I | C | H | W | I | L | L | F | E | E | T |   | 9                                                                                     |    |
| 10                                                                                  | S | W | E | E | P | Y | O | U | O | F | F | Y | O | U | R | A | N | D | D | E | S | T | R | O | Y |   | 10                                                                                    |    |
| 11                                                                                  | G | A | M | E | O | F | T | H | E | F | A | I | N | T | - | H | E | A | R | T | E | D | W | E | E | K |                                                                                       | 11 |
| 12                                                                                  | B | O | R | N | S | T | R | E | N | G | T | H | U | N | D | E | R | S | T | A | N | D | I | N | G |   | 12                                                                                    |    |
| 13                                                                                  | E | X | P | R | E | S | S | I | T | S | E | L | F | B | Y | I | M | P | O | S | I | N | G | D | I |   | 13                                                                                    |    |
| 14                                                                                  | S | U | F | F | E | R | I | N | G | S | O | N | O | T | H | E | R | S | T | H | R | O | U | G | H |   | 14                                                                                    |    |
| 15                                                                                  | N | E | G | A | T | I | O | N | O | F | W | H | A | T | I | N | D | E | K | S | R | E | A | L | Z |   | 15                                                                                    |    |
| 16                                                                                  | E | X | A | G | G | E | R | A | T | E | D | L | E | A | D | S | D | I | S | O | R | D | E | R | F |   | 16                                                                                    |    |
| 17                                                                                  | D | O | E | S | N | ' | T | M | A | K | E | Y | O | U | I | T | S | V | E | R | Y | G | I | V | E | S |                                                                                       | 17 |
| 18                                                                                  | E | S | S | E | N | C | E | L | I | B | E | R | T | Y | C | O | M | P | A | T | I | B | I | L | E |   | 18                                                                                    |    |
| 19                                                                                  | N | E | I | T | H | E | R | W | I | T | H | O | B | I | D | I | E | N | C | E | F | R | O | M | T |   | 19                                                                                    |    |
| 20                                                                                  | J | E | A | L | O | U | S | Y | N | O | R | F | E | A | R | A | S | K | S | P | O | W | E | R | K |   | 20                                                                                    |    |
| 21                                                                                  | Q | U | E | S | T | I | O | N | S | E | N | D | L | E | S | S | S | U | P | P | O | R | T | D | C |   | 21                                                                                    |    |
| 22                                                                                  | P | R | O | C | E | E | D | E | G | O | T | I | S | M | L | U | S | T | F | O | R | H | O | N | E |   | 22                                                                                    |    |
| 23                                                                                  | D | I | S | P | A | R | G | E | M | E | N | T | C | O | N | T | E | M | P | T | A | F | T | E | R |   | 23                                                                                    |    |
| 24                                                                                  | R | I | S | I | N | G | A | B | O | V | E | E | G | O | C | E | N | T | R | I | C | D | C | A | N |   | 24                                                                                    |    |
| 25                                                                                  | A | W | A | R | E | N | E | S | S | F | I | N | D | W | I | T | H | I | N | T | H | E | N | T | O |   | 25                                                                                    |    |
| 26                                                                                  | U | N | I | V | E | R | S | E | A | L | L | A | N | D | E | X | L | U | D | E | N | O | N | E | B |   | 26                                                                                    |    |
| 27                                                                                  | F | U | L | F | I | L | M | E | N | T | O | F | D | E | S | I | R | E | , | W | H | I | C | H | I | S |                                                                                       | 27 |
| 28                                                                                  | P | L | E | A | S | U | R | E | , | T | H | A | T | B | U | T | W | H | I | L | E | T | A | K | E | S |                                                                                       | 28 |
| 29                                                                                  | F | O | R | C | E | D | U | P | O | N | A | N | Y | O | N | E | , | A | W | A | K | E | N | E | D | K |                                                                                       | 29 |
| 30                                                                                  | A | N | D | G | I | V | E | S | S | T | R | E | N | G | H | T | T | H | I | S | R | W | H | E | N |   | 30                                                                                    |    |
| 31                                                                                  | H | I | G | H | E | S | T | N | E | I | T | H | E | R | B | U | Y | S | S | E | L | L | S | ; | G | H |                                                                                       | 31 |
|  | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |  |    |

But if you still want to find out, you will see that fear is not love, dependence is not love, jealousy is not love, possessiveness and domination are not love, responsibility and duty are not love, self-pity is not love, the agony of not being loved is not love, love is not the opposite of hate any more than humility is the opposite of vanity. J. Krishnamurti

|                                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Deepak Chopra - 1EN,AD,OP,EN,QV → THE POWER OF LOVE IS THE POWER OF PURITY.                                                                                                               |
| 2. THE URANTIA BOOK - 2AC; 1AD; 4W; 2DR; 4W; 2SY; 4W; 3AK; 4W; 3LQ; 4AJ,W,KV; 5AJ; 4W; 5KR; 3RZ; 4W; 6AS. → LOVE IS THE HIGHEST MOTIVATION WHICH MAN MAY UTILIZE IN HIS UNIVERSE ASCENT.     |
|                                                                                                                                                                                              |
|                                                                                                                                                                                              |
| 3. Indian chief - White Eagle - THE QUITE MIND - 5SZ; 6TY; 7AZ; 4W; 8AZ; 1AD; 4W; 8JL; 9AL; 4W; 9MU; 10AO; 9VZ; 10PZ; 1AD. → BEAR IN MIND THAT LOVE DIVORCED FROM WISDOM IS NO LONGER LOVE.  |
|                                                                                                                                                                                              |
|                                                                                                                                                                                              |
| 4. Meher Baba - 11AU; 10PR; 1EG; 11VZ; 6Z,FG; 7KL; 12AD; 2LM; 12EL; 10PR; 12MZ → TRUE LOVE IS NO                                                                                             |
|                                                                                                                                                                                              |
| 5. Mahatma Gandhi - 13AW; 14AR.<br>→ LOVE CAN NEVER                                                                                                                                          |
| 6. J. Krishnamurti - 14SZ; 15AN; 1OP,WZ,AD; 4W; 1AD,OP.<br>→                                                                                                                                 |
| 7. Ranmana Maharshi 1879-1950 - 1OP,WZ,EG; 15OT; 1MN; 7VZ; 1AD.<br>→ MOURNING                                                                                                                |
| 8. Annemarie Wächter - 16AK; 1AD; 16LP; 7AB; 16QY<br>→                                                                                                                                       |
| 9. Eckhart Tolle - 15UY; 1AD; 17AM; 14AF. →                                                                                                                                                  |
| 10. Percy Bysshe Shelley - 17NT; 18AG; 1OP; 18HN; 2Z; 1TU,OP; 18OZ; 19AT; 4W; 20AH; 4W; 20IO. → LOVE WITHERS UNDER CONSTRAINTS:                                                              |
|                                                                                                                                                                                              |
| 11. William Shakespeare - 1AD; 20PS; 4GH; 1WY; 21AI; 4W; 10PR; 17UZ; 4GH; 21JW.<br>→                                                                                                         |
| 12. James Allen - 19UY; 1EG; 6BG; 1MN; 13JM+1AD; 22AN; 4W; 22OU; 20TY; 4W; 3AC; 23AL; 3AC; 23MT. →                                                                                           |
|                                                                                                                                                                                              |
| 13. Swami Rama - 3NQ; 23UZ; 24AU; 25AI; 4W; 24WZ; 22WZ; 25JM,TV; 26AH; 25NS; 4Y; 3NQ; 25TW; 24WZ; 26VY; 6TY; 25YZ; 1AD; 26IY. → ONLY AFTER RISING ABOVE EGOCENTRIC AWARENESS,                |
|                                                                                                                                                                                              |
| 14. J. Krishnamurti - 19DF; 27AZ; 28AL; 1OP,WZ,AD. → SEEING IS THE ACT OF LOVE. . . -                                                                                                        |
|                                                                                                                                                                                              |
| 15. Meher Baba - 28MT; 1AD; 24WY+1WZ; 2ST; 29AL; 25OP; 24WZ; 2ST; 14SZ; 1AD; 13HM;<br>→ LOVE AND COERCION CAN NEVER GO TOGETHER                                                              |
|                                                                                                                                                                                              |
| 16. Nyanaponika Thera - 30AP; 2Z; 30QT,ST; 1EG; 31AG; 1AD.<br>→ LOVE, THAT IS STRENGTH                                                                                                       |
| 17. Mikhail Naimy - THE BOOK OF MIRDAD - 1AD; 19AH; 31OR; 20IK; 31SW; 28MO; 30VZ; 31JK 17UZ,NP; 26IK; 6Z; 30AC,VZ; 31JK; 28UZ; 4W; 31JK; 28UZ; 17NP; 26IK. → LOVE NEITHER LENDS NOR BORROWS; |
|                                                                                                                                                                                              |

But if you still want to find out, you will see that fear is not love, dependence is not love, jealousy is not love, possessiveness and domination are not love, responsibility and duty are not love, self-pity is not love, the agony of not being loved is not love, love is not the opposite of hate any more than humility is the opposite of vanity. J. Krishnamurti

# Love man - woman

The balancing point between men and women is the great secret of love. Eliphas Levi 1844-1911

|    | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | Y | Z  |    |
|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|----|
| 1  | L | O | V | E | W | H | O | S | H | A | L | L | R | E | N | O | V | A | T | E | L | I | F | E | ?  | 1  |
| 2  | A | N | D | O | U | R | S | O | C | I | A | L | S | T | A | T | E | H | A | V | E | A | L | S | O  | 2  |
| 3  | M | I | S | U | N | D | E | R | S | T | O | O | D | T | H | E | P | L | A | C | E | O | F | I | N  | 3  |
| 4  | T | H | E | Y | H | A | V | E | M | A | D | E | I | T | I | N | T | O | P | L | A | Y | , | . | ;  | 4  |
| 5  | P | L | E | A | S | U | R | E | S | E | X | A | N | D | T | O | M | E | E | T | O | N | F | O | R  | 5  |
| 6  | G | R | O | U | N | D | O | F | C | O | M | M | O | M | H | U | M | A | N | I | T | Y | N | O | W  | 6  |
| 7  | W | I | L | L | Y | O | U | R | W | O | M | E | N | R | E | A | L | L | Y | M | O | R | E | B | E  | 7  |
| 8  | D | E | V | E | L | O | P | U | N | T | I | L | T | H | E | N | T | H | E | Y | A | R | E | O | F  | 8  |
| 9  | P | L | A | Y | T | H | I | N | G | S | N | O | T | H | I | N | G | M | O | R | E | E | V | I | L  | 9  |
| 10 | E | M | A | N | C | I | P | A | T | E | T | H | E | W | O | M | A | N | B | Y | H | I | S | I | F  | 10 |
| 11 | I | N | T | E | L | L | I | G | E | N | C | E | H | U | M | I | L | I | A | T | E | D | W | A | S  | 11 |
| 12 | D | E | G | R | A | D | E | D | B | E | C | A | U | S | E | O | P | R | E | S | S | E | S | G | K  | 12 |
| 13 | I | N | F | E | R | I | O | R | I | T | Y | A | N | D | S | U | B | J | E | C | T | I | O | N | D  | 13 |
| 14 | T | H | E | S | E | S | U | P | E | R | S | T | I | T | I | O | N | S | B | O | N | D | A | G | E  | 14 |
| 15 | P | E | R | P | E | T | U | A | T | E | S | E | N | S | E | S | A | R | E | F | I | V | E | Y | G  | 15 |
| 16 | T | H | I | S | T | H | E | S | A | M | E | M | A | L | E | A | N | D | F | E | M | A | L | E | H  | 16 |
| 17 | I | T | D | O | E | S | N | O | T | M | A | T | T | E | R | W | H | E | T | H | E | R | O | N | E  | 17 |
| 18 | B | O | R | N | P | O | W | E | R | O | V | E | R | T | H | E | M | S | E | L | V | E | S | O | F  | 18 |
| 19 | B | U | T | T | H | O | U | G | H | T | N | E | W | W | O | R | L | D | I | S | L | O | V | E | 'S | 19 |
| 20 | R | E | L | A | T | I | O | N | S | H | I | P | S | A | R | E | D | E | E | P | L | Y | T | W | O  | 20 |
| 21 | F | L | A | W | E | D | A | N | D | U | L | T | I | M | A | T | E | L | Y | B | O | D | I | E | S  | 21 |
| 22 | D | Y | S | F | U | N | C | T | I | O | N | A | L | U | N | I | O | N | I | N | B | O | D | Y | Z  | 22 |
| 23 | C | A | N | N | O | T | O | C | U | P | Y | S | A | M | E | S | P | A | C | E | U | N | I | T | Y  | 23 |
| 24 | I | N | V | A | R | I | A | B | L | Y | B | I | N | D | S | F | R | E | E | D | O | M | A | L | L  | 24 |
| 25 | A | N | D | J | O | Y | L | U | S | T | I | S | C | R | A | V | I | N | G | S | E | N | S | E | S  | 25 |
| 26 | E | X | P | R | E | S | S | I | O | N | S | P | I | R | I | T | T | H | E | W | I | L | L | T | O  | 26 |
| 27 | F | R | E | E | D | O | M | F | R | O | M | T | H | E | F | L | E | S | H | A | N | D | A | L | L  | 27 |
| 28 | T | H | E | I | M | P | E | D | I | M | E | N | T | S | I | T | P | L | A | C | E | S | I | N | U  | 28 |
| 29 | T | H | E | I | R | W | A | Y | T | O | P | E | R | F | E | C | T | U | N | I | T | Y | A | N | D  | 29 |
| 30 | H | O | L | Y | U | N | D | E | R | S | T | A | N | D | I | N | G | D | T | W | I | S | D | O | M  | 30 |
|    | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | Y | Z  |    |

For man and woman are each essentially an expression of the divine love and purpose. They are a union now overwhelmed and divided by false notions and beliefs of what love and truth are. To return to what I am as a man or woman is the only purpose of love between them.

Barry Long 1926 - 2003 - TO WOMAN IN LOVE

Man made a prisoner by the love of a woman, and a woman made prisoner by the love of man are equally unfit for Freedom's precious crown. But man and woman made as one by love, inseparable, indistinguishable are verily entitled to that prize.

Mikhail Naimy 1889 - 1988 - THE BOOK OF MIRDAD

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# Love one another, but make not a bond of love. Khalil Gibran

|                                                                                                                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Ralph W. Emerson - 1EY; 2AQ. → WE WANT MEN AND WOMEN                                                                                                                                                          |
| 2. Rainer M. Rilke - 2RZ; 3AW; 1AD; 4OP; 1UY; 4W,AV; 2AC; 5AH. → LIKE SO MUCH ELSE, PEOPLE                                                                                                                       |
| 3. Swami Vivekananda - 5IV; 6R,AV; 7AS; 8AG; 3Y; 8HW; 9AU. → NOT UNTIL YOU LEARN TO IGNORE THE QUESTION OF                                                                                                       |
| 4. Eliphas Levi - 10AW; 11AL; 3Y; 10YZ,KR,VW; 11MV; 10ST,KM,PR; 3W; 1OKM,PR; 7AD,YZ; 12AH; 10ST,KR. → THE WOMAN MUST CAPTIVATE THE MAN BY HER CHARM, AND THE MAN MUST                                            |
| 5. Swami Vivekananda - 6WZ,TU; 10VW; 7TW; 5WZ; 9VZ; 12IO; 10PR; 12PW; 10NR. → WOMEN ARE POWER, ONLY NO.                                                                                                          |
| 6. Elizabeth Cady Stanton - 13AY; 3Z; 14AR; 15AJ; 14SZ. → RELIGIONS HAVE OPPOSED FEMALE FREEDOM AND TAUGHT                                                                                                       |
| 7. Dogen - zen master, 13 <sup>th</sup> c.- 15KS; 10KM; 15TW,KP; 3Y; 16AD,CD,EK; 5WZ; 16LY. WHAT IS → MORE WORTHY ABOUT THE MALE? EMPTINESS IS EMPTINESS AND THE FIVE                                            |
| 8. Susan E. Jootla - 17AZ; 11WZ; 18AD; 16LO; 18BC; 18SY. → IF ONE IS REALLY DEVELOPING MORALITY, CONCENTRATION AND WISDOM,                                                                                       |
| 9. Mary Wollstonecraft 1759-1797 - 18EM; 7KM; 4Z; 19AC; 18JW. → I DO NOT WISH THAT WOMEN HAVE                                                                                                                    |
| 10. Barry Long - 10NR,VW,C; 19DJ; 18YZ; 10PR; 4Y; 18NP; 19KZ. THE NEW WORLD IS NOT → TO BE WOMAN'S WORLD - FOR ANY THOUGHT OF                                                                                    |
| 11. Eckhart Tolle - 20AM; 4W; 20NV; 21AS; 22AM. → UNLESS AND UNTIL YOU ACCESS THE CONSCIOUSNESS FREQUENCY OF PRESENCE, ALL RELATIONSHIPS, AND PARTICULARLY                                                       |
| 12. Elizabeth Haich - 22NT; 17SU; 22UY; 10VW; 17GI; 4Z; 20WZ; 21TZ; 23AK; 17SU; 23LT. → UNION IN THE SPIRIT IS POSSIBLE, BUT                                                                                     |
| 13. Nisargadatta Maharaj - 24AO; 4Z; 19UY; 24AB,PV; 10VW; 19UY; 18YZ; 24WZ. → PERSONAL LOVE, HOWEVER INTENSE AND GENUINE,                                                                                        |
| 14. Meher Baba - 23UZ; 25AF; 4V; 25GL,A,MS; 18YZ,NP; 25TZ; 4Z; 19UY,ST; 17SU; 26AJ; 18YZ,NP; 26KP. → THUS, IN LUST THERE IS THE ACCENTUATION OF SEPARATENESS AND SUFFERING; BUT IN; LOVE THERE IS THE FEELING OF |
| 15. Mikhail Naimy - 26QZ; 27AZ; 28AY; 29AZ; 30AQ. → BUT MEN AND WOMEN YEARNERS MUST REALIZE THEIR UNITY EVEN WHILE IN THE FLESH; NOT BY COMMUNION OF THE FLESH, BUT BY                                           |

Power need not be aggressive and I believe that human evolution can only come about through men and women understanding one another and working together, instead of each fighting for supremacy.  
Danae Brook - NATURE BIRTH - Preparing for natural birth in an age of technology

# Parent's love

Children are the greatest treasures we have here on Earth. Jeannine Parvati Baker

|    | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R  | S | T  | U | V | W | Y | Z |    |
|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|---|----|---|---|---|---|---|----|
| 1  | L | O | V | E | T | H | E | Y | L | I | V | E | T | O | S | O | F | T  | E | N  | A | N | D | B | Y | 1  |
| 2  | P | U | R | I | F | Y | O | U | R | H | E | A | R | T | S | A | N | D  | A | S  | I | T | , | . | ; | 2  |
| 3  | W | E | R | E | T | O | G | U | I | D | E | U | S | W | O | E | T | O  | H | I  | M | W | H | O | ? | 3  |
| 4  | O | F | F | E | N | D | S | A | C | H | I | L | D | B | E | F | O | R  | E | T  | H | O | S | E | - | 4  |
| 5  | S | A | N | C | T | I | F | I | C | A | T | I | O | N | C | A | N | A  | T | T  | A | I | N | G | R | 5  |
| 6  | I | N | V | I | O | L | A | B | I | L | I | T | Y | O | F | M | A | R  | R | I  | A | G | E | F | O | 6  |
| 7  | I | D | E | A | L | P | E | R | F | E | C | T | C | H | A | S | T | I  | T | Y  | I | S | N | O | T | 7  |
| 8  | D | I | V | I | N | I | T | I | E | S | N | O | T | A | S | S | E | X  | O | R  | G | A | N | S | P | 8  |
| 9  | T | H | E | R | O | F | V | E | R | Y | D | I | S | T | A | N | T | T  | O | K  | E | N | T | R | P | 9  |
| 10 | T | E | A | C | H | E | V | E | R | Y | C | H | I | L | D | Y | O | U  | K | N  | O | W | T | H | E | 10 |
| 11 | S | I | M | P | L | E | R | U | L | E | S | S | E | L | F | A | W | A  | R | E  | N | E | S | S | K | 11 |
| 12 | R | E | S | P | E | C | T | K | I | N | D | T | O | E | A | C | H | O  | T | H  | E | R | S | O | N | 12 |
| 13 | T | H | A | T | T | H | E | Y | M | A | Y | G | R | O | W | W | I | T  | H | P  | E | A | C | E | U | 13 |
| 14 | M | I | N | D | A | R | E | A | L | L | G | L | O | R | I | O | U | S  | W | H  | O | T | H | E | J | 14 |
| 15 | C | H | I | L | D | R | E | N | E | V | E | N | T | H | O | S | E | W  | E | A  | K | E | S | T | M | 15 |
| 16 | M | A | N | I | F | E | S | T | A | T | I | O | N | B | A | R | B | A  | R | O  | U | S | B | U | T | 16 |
| 17 | D | E | S | I | R | E | D | P | A | R | E | N | T | O | R | T | E | A  | C | H  | E | R | I | S | K | 17 |
| 18 | I | G | N | O | R | A | N | T | S | U | P | E | R | S | T | I | T | I  | O | N  | I | D | E | A | L | 18 |
| 19 | I | F | O | N | E | L | O | V | E | S | T | H | E | N | T | H | E | R  | E | I  | S | A | P | E | T | 19 |
| 20 | P | O | S | S | I | B | I | L | I | T | Y | H | E | L | P | I | N | G  | H | I  | M | M | U | S | T | 20 |
| 21 | T | O | U | N | D | E | R | S | T | A | N | D | H | I | M | S | E | L  | F | A  | S | H | E | I | S | 21 |
| 22 | T | A | U | G | H | T | S | E | L | F | I | S | H | N | E | S | S | R  | E | P  | L | A | C | E | D | 22 |
| 23 | B | R | I | N | G | A | C | U | T | E | P | A | I | N | R | E | M | I  | N | D  | E | D | A | L | L | 23 |
| 24 | P | E | R | C | E | I | V | E | D | U | N | W | O | R | T | H | I | N  | E | S  | S | O | A | N | D | 24 |
| 25 | S | O | N | S | D | A | U | G | H | T | E | R | S | L | I | F | E | 'S | L | O  | N | G | I | N | G | 25 |
| 26 | I | T | S | E | L | F | T | H | R | E | S | H | O | L | D | L | O | V  | E | 'S | H | O | L | Y | L | 26 |
| 27 | T | E | M | P | L | E | F | U | T | U | R | E | O | F | T | H | O | S  | E | G  | P | E | A | C | E | 27 |
| 28 | W | I | L | L | P | R | O | V | E | S | U | I | C | I | D | A | L | W  | E | L  | F | A | R | E | T | 28 |
| 29 | A | D | V | A | N | C | E | M | E | N | T | O | F | C | I | V | I | L  | I | Z  | A | T | I | O | N | 29 |
|    | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R  | S | T  | U | V | W | Y | Z |    |

The education of the child begins with conception. The physical and mental states of the parents at the moment of conception are reproduced in the baby. Then during the period of pregnancy it continues to be affected by the mother's moods, desires and temperament, as also by her ways of life. After birth the child imitates the parents. Mahatma Gandhi

The followers of Pythagoras had rituals to prepare for the incarnating soul, as did the Essenes. Manu Samitha, the ancient Hindu law-book, delineates explicit directions for a conception ritual called garbhadaana samskara, or "the seed-giving ceremony". Jeannine Parvati Baker - author of Conscious Conception (mother of six children, five of whom were born at home, a shamanic midwife, a long time vegetarian, and founder of Hygieia College.

But you, children of space, you restless in rest, you shall not be trapped nor tamed. K. Gibran

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**To love one's children is to be in complete communion with them: it is to see that they have the kind of education that will help them to be sensitive, intelligent and integrated. J. Krishnamurti**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Fyodor Dostoyevsky - 1EW; 2AV; 3AY; 4AM. → LOVE CHILDREN ESPECIALLY, FOR THEY TOO ARE SINLESS LIKE THE ANGELS;                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 2. Swami Vivekananda - 5AN; 2PR; 6AW; 2W; 4NS; 2UV; 5OW; 1MN,EG; 7AE; 6NO; 7FT.→ A RACE MUST FIRST CULTIVATE A GREAT RESPECT FOR MOTHERHOOD THROUGH THE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 3. Omraam Mikhaël Aïvanhov - 8AJ; 3W; 8KY.<br>→ REGARD ALL WOMEN AS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 4. Mikhail Naimy - 7UZ; 1AD; 2Y; 7RS,UV; 9AF,O,GV.→ THE LOVE OF MAN FOR WOMAN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 5. Dr. Frank Kinslow - 10AZ; 11AK; 6NO; 11LY.→ TEACH YOUR CHILDREN -.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 6. Native American wisdom - 2W; 1MN; 12AG; 2W,PR; 4NO; 12HY; 13AY; 12IJ; 14AD.→ O GREAT SPIRIT. . . GIVE US THE WISDOM TO TEACH OUR CHILDREN TO LOVE,                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 7. Sidney Sweet - 20VZ; 4NO; 22AF; 13AD; 22GQ; 20VZ; 4NO; 22RZ; 1YZ,AD.<br>→THE FUTURE OF THE CHILDREN IS AT STAKE AND THEY TOO                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 8. Swami Vivekananda - 13AH; 11RT; 14HR; 15AH; 2W; 15IQ; 14SU,EG,VY; 15RY; 14BC; 16AM.<br>→ MEN ARE TAUGHT FROM CHILDHOOD THAT THEY ARE WEAK AND SINNERS. TEACH THEM                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 9. Tom Butler-Bowdon - 23AN; 7OP; 10PR; 11RT; 23OV; 4AB; 24AU.→ IF YOU WERE MADE TO FEEL UNWORTHY AS A CHILD, EACH SEEMING FAILURE IN LATER LIFE WILL                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 10. Aurobindo 1872-1950 - 17AG; 1YZ,EG; 17HY; 16B,NV; 2PR; 18AT.→ THE IDEA OF HAMMERING THE CHILD INTO THE SHAPE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 11. Khalil Gibran - 25AD; 21JL; 25EM; 9EF; 25NZ; 4PR; 26AF.→ YOUR CHILDREN ARE NOT YOUR CHILDREN. THEY ARE THE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 12. Mikhail Naimy - 26GO; 21AB; 26PY; 27AF.→ THE LOVE OF PARENT FOR THE CHILD IS BUT THE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 13. J. Krishnamurti - 19AJ; 2W; 7WZ; 1EG; 18UZ; 2W; 16WZ; 10WZ,KO; 2W; 19KV; 20AK; 9EF; 20LU; 21AZ.→ IF ONE LOVES, NOT THE IDEAL, BUT THE CHILD,                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 14. J. Krishnamurti - 19OQ; 27GN; 23WZ; 27OS; 15AH; 3Z. → ONE WONDERS WHAT IS THE FUTURE OF MANKIND,                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 15. THE URANTIA BOOK - 28AQ; 9RS,AC; 28RY; 24WZ; 29AZ.→ ANY ATTEMPT TO SCHIFT PARENTAL RESPONSIBILITY TO STATE OR CHURCH                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Most of us have no love for our children, though we use that word frequently. Without love, can you understand another? Without love, can you educate another? Without love, the system becomes all-important, which turns out machines, not human beings. Love is immediate communion and understanding on the same level at the same time, and because hearts are withered, we turn to systems, governmental or religious, as a means of freeing thought and awakening intelligence. . . Systems and blueprints of education cannot solve the conflict and misery of man. The love of systems destroys love, and without love there can be no right thinking; there can be no creation. The efficacy and the efficiency of love is greater than the efficiency of the machine. J. Krishnamurti |

# Religions and love

## Non-violence is the supreme religion. Mahavira

|    | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | Y | Z |    |
|-------------------------------------------------------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---------------------------------------------------------------------------------------|
| 1                                                                                   | L | O | V | E | D | S | U | P | R | E | M | E | N | O | N | V | I | O | L | E | N | C | E | H | E | 1                                                                                     |
| 2                                                                                   | I | S | P | U | R | I | F | Y | A | N | D | C | E | A | S | E | R | E | L | I | G | I | O | N | S | 2                                                                                     |
| 3                                                                                   | H | E | A | R | T | S | K | I | L | L | Y | O | U | R | T | O | T | H | A | T | T | R | U | E | A | 3                                                                                     |
| 4                                                                                   | B | U | T | S | A | M | E | W | A | Y | A | S | A | L | L | I | T | N | O | T | , | . | ? | M | Y | 4                                                                                     |
| 5                                                                                   | F | R | O | M | L | A | C | K | O | F | O | Z | G | G | O | D | I | M | A | K | E | S | L | ! | ; | 5                                                                                     |
| 6                                                                                   | H | O | M | A | G | E | W | H | O | A | B | H | O | R | S | U | U | V | V | W | A | R | S | Z | Z | 6                                                                                     |
| 7                                                                                   | A | L | O | N | E | T | H | E | R | E | W | O | U | L | D | I | N | S | T | I | G | A | T | E | S | 7                                                                                     |
| 8                                                                                   | S | L | A | U | G | H | T | E | R | B | E | C | O | M | E | D | I | V | I | S | I | O | N | S | T | 8                                                                                     |
| 9                                                                                   | S | E | C | T | A | R | I | A | N | I | S | M | P | E | R | V | E | R | S | E | X | F | O | R | M | 9                                                                                     |
| 10                                                                                  | W | O | R | L | D | L | I | N | E | S | S | D | I | S | G | U | I | S | E | O | T | H | E | R | G | 10                                                                                    |
| 11                                                                                  | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | Y | Z | 11                                                                                    |
| 12                                                                                  | C | H | R | I | S | T | I | A | N | I | T | Y | W | A | S | P | E | R | V | E | R | T | E | D | E | 12                                                                                    |
| 13                                                                                  | O | R | D | I | N | A | R | Y | S | E | N | S | E | T | P | U | R | G | E | N | T | W | O | R | D | 13                                                                                    |
| 14                                                                                  | S | U | F | F | E | R | I | N | G | A | W | A | R | E | N | E | S | S | E | N | T | O | D | A | Y | 14                                                                                    |
| 15                                                                                  | N | E | E | D | O | R | G | A | N | I | Z | E | D | S | E | C | T | S | M | A | N | K | I | N | D | 15                                                                                    |
| 16                                                                                  | W | H | A | T | L | O | O | K | S | L | I | K | E | P | O | L | I | T | I | C | S | W | I | L | L | 16                                                                                    |
| 17                                                                                  | I | M | A | G | I | N | E | S | I | T | S | E | L | F | P | O | L | I | T | I | C | A | L | G | G | 17                                                                                    |
| 18                                                                                  | U | N | M | A | S | K | S | T | R | E | L | I | G | I | O | U | S | M | O | V | E | M | E | N | T | 18                                                                                    |
| 19                                                                                  | T | H | E | Y | S | A | Y | A | B | O | U | T | W | O | N | D | E | R | H | O | W | M | U | C | H | 19                                                                                    |
| 20                                                                                  | R | E | A | L | L | Y | F | E | A | R | P | U | R | E | N | D | B | E | G | I | N | N | I | N | G | 20                                                                                    |
| 21                                                                                  | D | I | V | I | N | I | T | Y | W | I | T | H | O | U | T | M | E | D | I | A | T | O | R | S | S | 21                                                                                    |
| 22                                                                                  | V | E | I | L | A | B | I | D | E | S | F | I | N | A | L | T | E | S | T | B | E | T | T | E | R | 22                                                                                    |
| 23                                                                                  | R | E | L | I | G | I | O | U | S | N | E | S | S | M | A | K | E | H | I | M | S | E | L | F | D | 23                                                                                    |
| 24                                                                                  | M | A | N | I | F | E | S | T | C | O | W | A | R | D | S | C | A | N | M | A | R | V | E | L | S | 24                                                                                    |
| 25                                                                                  | A | N | Y | T | H | I | N | G | T | H | A | N | F | E | E | L | S | A | B | A | N | D | O | N | S | 25                                                                                    |
| 26                                                                                  | H | I | S | N | A | T | I | O | N | L | O | V | E | S | H | A | S | B | E | L | I | E | F | S | D | 26                                                                                    |
| 27                                                                                  | W | H | E | N | E | I | T | H | E | R | G | O | O | D | N | O | R | B | A | D | O | N | L | Y | E | 27                                                                                    |
| 28                                                                                  | S | P | I | R | I | T | U | A | L | I | T | Y | M | E | N | T | A | L | H | I | G | H | E | R | A | 28                                                                                    |
| 29                                                                                  | I | D | E | A | L | I | S | M | T | R | U | T | H | N | A | M | E | S | A | W | A | Y | L | A | W | 29                                                                                    |
| 30                                                                                  | P | E | R | S | O | N | A | L | I | T | I | E | S | P | A | S | S | R | E | M | A | I | N | S | A | 30                                                                                    |
| 31                                                                                  | C | R | E | E | D | S | B | O | D | Y | M | I | N | D | L | E | V | E | L | K | N | O | W | S | T | 31                                                                                    |
| 32                                                                                  | B | E | G | I | N | S | A | B | O | V | E | C | O | N | S | C | I | O | U | S | N | E | S | S | A | 32                                                                                    |
| 33                                                                                  | C | O | N | T | A | C | T | F | L | U | X | C | O | S | M | I | C | K | N | O | W | N | L | E | T | 33                                                                                    |
| 34                                                                                  | N | A | M | E | D | M | E | L | T | E | D | O | W | N | H | U | M | A | N | G | O | N | E | A | T | 34                                                                                    |
| 35                                                                                  | F | O | R | E | V | E | R | T | R | A | N | S | F | I | X | I | N | G | T | O | U | C | H | F | A | 35                                                                                    |
| 36                                                                                  | W | I | S | D | O | M | F | L | O | W | S | H | I | G | H | E | S | T | S | O | U | R | C | E | A | 36                                                                                    |
| 37                                                                                  | W | O | R | K | T | O | G | E | T | H | E | R | U | N | I | T | Y | S | A | L | U | T | E | W | E | 37                                                                                    |
| 38                                                                                  | A | P | P | A | R | E | N | T | L | Y | S | E | E | K | T | W | O | F | A | N | A | T | I | C | S | 38                                                                                    |
|  | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | Y | Z |  |

|                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. BUDDHA - 2CH; 3KN,AF; 2IK, LP; 3OP, GJ; 5Z; 3QT; 2AB; 3UY; 2QY.<br>→ PURIFY YOUR HEARTS AND CEASE TO KILL; THAT IS TRUE RELIGION.                               |
| 2. DANDAMIS - 1YZ; 7AE; 2AB; 7FH; 5NP,IJ; 4YZ; 6AF; 4U; 6GI, JO; 8AI; 2IK; 7PZ; 4RS; 6TV.<br>→                                                                     |
| 3. J. KRISHNAMURTI - 7FJ, KO; 8JK; 4RS; 8PY; 5IJ; 2QY; 4U; 2FG; 3KM; 1AE.<br>→                                                                                     |
| 4. RABINDRANATH TAGORE - 9AL; 2AB, I; 9MT, VZ; 5IJ; 10AK; 7PQ, FH; 10LS; 5IJ; 2QY.<br>→                                                                            |
| 5. LEO TOLSTOY - 12AL,MO,PY; 7PQ, FH; 4DG,HJ,KL,MO; 7FH; 10TY; 2QZ.<br>→                                                                                           |
| 6. Anthony de Mello - 4PQ , 2AB; 4RT; 5AD,EH,IJ; 2QY; 7PQ ,FH; 13AH,IM; 5IJ; 7FH; 13VZ; 3QT; 7FH; 10AE; 2AB; 14AI; 4U,PQ; 2AB; 5AD,EH,IJ; 1AD; 4U; 5EH,IJ; 14JR. → |
| 7. ANONYMOUS – 2QY; 21IO; 1AD; 5RU; 18PQ; 38RZ.→                                                                                                                   |
| 8. MEHER BABA - 14UZ; 7FH; 13PU; 15AD; 5IJ; 15SZ; 2AB; 4RT; 15NR; 6MN; 15EM; 2QZ; 4U; 4AC; 1AD.<br>→                                                               |
| 9. SOREN KIERKEGAARD - 16AU; 4U; 2IK; 17AH,IN; 14UV; 8JK; 17OW; 4U; 16VZ; 7CE; 14WZ; 18AF; 17IN; 2NO; 18D, IQ , RZ.→                                               |
| 10. DEB CALETTI - 19AD,EG; 2QY, AB; 19HL; 1AD; 4U,AC; 3KM; 19MR,SU,VZ; 5IJ; 12JK; 20AF, AB; 19HL; 20GJ.<br>→                                                       |
| 11. JAMES ALLEN - 2I; 20KN; 3AE; 2AB; 7FH; 20NP; 5IJ; 4MO; 2QY, IK; 7FH; 20QZ; 5IJ; 21AH.<br>→                                                                     |
| 12. RALPH EMERSON - 1AD; 5NP; 21IO, PW, VW; 22AD.→                                                                                                                 |
| 13. 1 JOHN 4:16 BIBLE - 5NP; 2AB; 1AD; 4U; 2IK; 1YZ; 6GI; 22EJ; 7PQ; 1AD; 22EJ; 7PQ; 5NP; 4U; 2IK; 5NP; 7PQ; 23RT →                                                |
| 14. HENRY DRUMMOND - 7FH; 22KO,PS; 5IJ; 2QY, AB; 4RT; 23AM; 4U,AC; 1AD.<br>→ TH                                                                                    |
| 15. RALPH EMERSON - 5NP; 16VZ; 4RT; 23NQ ,RY; 24AH; 3OP; 24IO.<br>→                                                                                                |
| 16. YUNUS EMRE 1240-1320 - 24PR; 7FJ; 8JK; 25AH; 22TZ; 25IL; 1AD; 4W; 7FH; 15SU; 6GI; 25MQ; 7FH; 24SZ; 5IJ; 3UY; 1AD; 25RZ; 26AC; 2QY,IK; 26DI. →                  |
| 17. J. KRISHNAMURTI - 2I; 24AC; 6GI; 26JN; 4U; 26OQ; 4RS; 26RY; 1YZ; 26JN; 4V; 27AD; 7FJ; 2AB; 1AD; 4U; 7FJ; 2AB; 27DJ,KN,OQ ,RT; 4U; 7FJ; 2AB; 27UZ; 1AD. →       |
| 18. SRI AUROBINDO - 28AL; 2AB; 10TY; 25IL; 28MR; 29AH; 2IK; 10TY; 25IL; 2QY.<br>→                                                                                  |
| 19. HELENA P. BLAVATSKY - 7FJ; 2AB; 4RS; 2QY; 28SY; 25IL; 29IM.<br>→                                                                                               |
| 20. JAMES ALLEN - 29NR; 4U; 2QZ; 4U; 30AM,NQ; 29SV; 4U; 4AC; 7FH; 29WZ; 5IJ; 1AD; 30RY.<br>→                                                                       |
| 21. NISARGADATTA MAHARAJ - 4MO; 2QZ; 2IK; 31AF; 14LN; 3ST; 7FH; 31GJ,KN,OS.<br>→                                                                                   |
| 22. SWAMI SIVANANDA 1887-1964 - 31TW; 3QT,UY; 2QY; 32AF; 27AD; 3KM; 5NO; 32GK; 31GJ; 32LY.<br>→                                                                    |
| 23. RICHARD MAURICE BUCKE - 7PQ; 33AG; 21IL; 7FH; 33HK; 5IJ; 33LQ; 32LY; 4MO; 2QZ; 33RV; 2IK; 34AE; 14UZ; 16VZ; 8JK; 34FK,KN. →                                    |
| 24. SRI YUKTESWAR - 7FH; 33HK; 5IJ; 7FH; 34OS; 3AE; 2AB; 34TW; 35AG; 3ST; 7FH; 35FR,SW; 5IJ; 20KN; 1AD.<br>→                                                       |
| 25. MAHATMA GANDHI - 4YZ; 36AF,GK; 5AD; 7FH; 36LR,SY; 4V; 37O,RW; 3QT; 36SY; 7PQ; 3KM; 4V; 33YZ; 18PQ; 37AD,EL; 9VY; 37MQ; 2IK; 1AD. →                             |
| 26. NISARGADATTA MAHARAJ - 7FH; 32LY; 7PQ; 3KM; 2IK; 7FH; 32LY; 7PQ; 32LY; 7PQ; 4U; 38AJ,OQ; 4U; 20AF; 7CE; 4U; 3R8EKPNO;O A3C7MQ; 2IK; 3QT; 2AB; 1AD. →           |

# Forgiveness and love

He who is devoid of the power to forgive is devoid of the power to love. Martin L. King, Jr.

|    | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |    |
|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|
| 1  | L | O | V | E | L | E | T | U | S | M | U | T | U | A | L | L | Y | P | A | R | D | O | N | O | F |   | 1  |
| 2  | E | A | C | H | O | T | H | E | R | O | U | R | F | O | L | L | I | E | S | V | I | C | T | I | M |   | 2  |
| 3  | F | O | R | G | I | V | E | N | E | S | S | M | U | S | T | I | N | C | L | U | D | E | T | H | E |   | 3  |
| 4  | L | E | T | T | I | N | G | G | O | C | O | M | P | L | E | T | E | L | Y | O | F | , | . | ; | ? |   | 4  |
| 5  | C | O | N | S | C | I | O | U | S | N | E | S | S | U | T | T | E | R | L | Y | M | E | R | C | Y |   | 5  |
| 6  | T | R | A | N | S | C | E | N | D | S | I | T | I | S | F | I | R | S | T | S | K | I | L | L | K |   | 6  |
| 7  | S | E | L | F | G | I | V | I | N | G | R | E | T | U | R | N | Y | O | U | W | I | L | L | P | D |   | 7  |
| 8  | R | E | C | I | E | V | E | U | N | T | O | L | D | P | E | A | C | E | A | N | D | O | N | L | Y |   | 8  |
| 9  | H | A | P | I | N | E | S | S | A | N | O | T | H | E | R | W | A | Y | S | A | Y | I | N | G | T |   | 9  |
| 10 | W | I | L | L | N | O | T | F | O | R | G | I | V | E | W | R | O | N | G | - | D | O | E | R | D |   | 10 |
| 11 | E | V | E | R | Y | T | I | M | E | A | C | T | C | O | M | E | S | B | A | C | K | T | O | U | S |   | 11 |
| 12 | M | U | S | T | P | A | S | S | I | F | H | E | W | O | U | L | D | R | E | A | C | H | F | O | R |   | 12 |
| 13 | H | E | A | V | E | N | E | V | E | R | Y | O | N | E | H | A | S | N | E | E | D | T | O | B | E |   | 13 |
| 14 | L | O | W | E | R | I | N | G | H | I | M | I | N | H | I | S | O | W | N | E | N | M | I | T | Y |   | 14 |
| 15 | E | S | T | I | M | A | T | I | O | N | A | N | D | Y | O | U | R | S | T | O | O | I | N | T | O |   | 15 |
| 16 | M | A | N | W | H | O | L | O | V | E | S | O | B | V | I | O | U | S | L | Y | H | A | S | N | O |   | 16 |
| 17 | A | N | D | T | O | A | L | L | T | H | E | S | E | T | H | I | N | G | S | P | O | W | E | R | Z |   | 17 |
| 18 | I | N | D | I | F | F | E | R | E | N | T | D | I | S | C | O | V | E | R | T | H | A | T | G | R |   | 18 |
| 19 | P | R | I | S | O | N | E | R | W | A | S | Y | O | U | S | O | M | E | T | H | I | N | G | I | T |   | 19 |
| 20 | W | I | L | L | E | N | D | A | L | I | F | E | T | I | M | E | O | F | P | A | I | N | C | A | N |   | 20 |
| 21 | W | A | S | N | E | V | E | R | M | E | A | N | T | T | O | B | E | M | A | K | E | Y | O | U | A |   | 21 |
| 22 | D | O | O | R | M | A | T | O | R | A | I | N | S | U | F | F | E | R | A | B | L | E | Y | O | F |   | 22 |
| 23 | M | A | N | I | P | U | L | A | T | O | R | T | H | E | R | E | P | E | N | T | A | N | C | E | G |   | 23 |
| 24 | A | H | Y | P | O | C | R | I | T | E | I | T | S | E | L | F | H | Y | P | O | C | R | I | S | Y |   | 24 |
| 25 | A | N | D | P | R | E | P | A | R | E | O | U | R | S | E | L | V | E | S | M | O | S | T | Z | K |   | 25 |
| 26 | C | O | M | P | L | E | T | L | Y | F | O | R | T | H | E | J | O | U | R | N | E | Y | P | D | L |   | 26 |
| 27 | T | H | R | O | U | G | H | D | E | A | T | H | F | R | E | E | D | O | M | T | H | E | Y | Z | R |   | 27 |
| 28 | A | R | E | F | O | U | N | D | A | T | I | O | N | A | U | T | H | E | N | T | I | C | Z | I | T |   | 28 |
| 29 | U | N | L | E | S | S | Y | O | U | C | O | N | T | I | N | U | E | R | E | M | E | M | B | E | R |   | 29 |
| 30 | F | L | O | W | H | A | R | M | O | N | I | O | U | S | L | Y | F | R | O | M | F | O | U | R | D |   | 30 |
| 31 | S | O | U | R | C | E | T | H | R | O | U | G | H | Y | O | U | R | B | O | D | I | E | S | T | O |   | 31 |
| 32 | C | R | E | A | T | U | R | E | S | B | E | Y | O | N | D | B | L | E | S | S | T | H | E | M | K |   | 32 |
|    | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |    |

- Your spirit is divine, but until you have overcome, your personality remains human and needs the forgiveness of your spirit. As you forgive, as your spirit forgives your personality, so also you will learn to forgive your brother man for his seeming errors. If you will train yourself to think in terms of love and forgiveness every moment of your life, a most beautiful healing will take place in you. . . - Do not criticise your brothers, for this brings about disintegration in your own being, in your own life. Instead, look in love and thankfulness on those with whom your karma has brought into association. THE QUIET MIND - Sayings of White Eagle

## Forgiveness is better than revenge, for forgiveness is the sign of a gentle nature, but revenge is the sign of a savage nature. Epictetus

|                                                                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Francois Voltaire – 1EW; 2AS. → WE ARE ALL FULL OF WEAKNESS AND ERRORS;                                                                                              |
| 2. Colin Tipping - 3AV; 4AU; 2TZ; 5AM.→ WE HAVE MADE JESUS THE ULTIMATE VICTIM. THIS WILL NOT MOVE US FORWARD IN OUR SPIRITUAL EVOLUTION. TRUE                          |
| 3. THE URANTIA BOOK - 3WZ,AK; 1YZ,AD; 5NT; 6AJ; 3WZ,AK; 1YZ; 5UZ.→DIVINE LOVE DOES NOT MERELY FORGIVE WRONGS; IT ABSORBS AND ACTUALLY DESTROYS THEM.                    |
| 4. Mahatma Gandhi - 1AD; 4W; 6KN; 3WZ; 6OY; 1YZ; 7AJ; 1AD.→ FORGIVENESS IS CHOOSING TO                                                                                  |
| 5. Robert Muller - 7KP; 4V; 7QW; 8AU; 9AH.→TO FORGIVE IS THE HIGHEST, MOST BEAUTIFUL FORM OF LOVE. IN                                                                   |
| 6. Henry Ward Beecher - 6MN; 8VZ; 9IR; 1YZ; 9SY; 4V; 10L,AN.→ I CAN FORGIVE, BUT I CANNOT FORGET,.                                                                      |
| 7. H. P. Blavatsky - 10OR; 11AI; 3WZ; 11JZ.→ TO FORGIVE WITHOUT FORGETTING, IS AGAIN TO REPROACH THE                                                                    |
| 8. George Herbert -12AV; 13AF; 4Y; 12WZ; 13GZ; 3AH.→ HE THAT CANNOT FORGIVE OTHERS, BREAKS THE BRIDGE OVER WHICH HE HIMSELF                                             |
| 9. Henry Wheeler Shaw - 14AS; 15AJ; 4V; 15KU.→ IT IS A VERY DELICATE JOB TO FORGIVE A MAN, WITHOUT                                                                      |
| 10. J. Krishnamurti - 3AK; 4V; 6KN; 9JL; 1AD; 4W; 16V,AZ; 14TZ; 4V; 17AS; 12KL; 6MN; 18AK. → WHEN I ACCUMULATE RESENTMENT AND THEN DENY THAT RESENTMENT, WHICH YOU CALL |
| 11. Confucius - 29AQ; 31YZ; 29RZ; 28YZ.→ TO BE WRONGED IS NOTHING                                                                                                       |
| 12. Lewis B. Smedes - 18LW; 3WZ; 19AN.→TO FORGIVE IS TO SET A PRISONER FREE AND                                                                                         |
| 13. James Blanchard Cisneros - 20AV.<br>→ A MOMENT OF TRUE FORGIVENESS                                                                                                  |
| 14. Lewis B. Smedes - 15VZ; 19OZ; 21AQ; 4V; 21RZ; 22AV; 23AK.→ FORGIVING IS LOVE'S TOUGHEST WORK, AND LOVE'S BIGGEST RISK. IF YOU TWIST IT                              |
| 15. William Hazlitt - 23LY; 22YZ; 24AJ,WY,KZ.→THE ONLY VICE WHICH CANNOT BE FORGIVEN IS HYPOCRISY.                                                                      |
| 16. Sogyal Rinpoche - 25AW; 26AV; 27AL.→ THROUGH FORGIVING AND BEING FORGIVEN, WE PURIFY OURSELVES OF THE DARKNESS OF WHAT WE HAVE DONE,                                |
| 17. Gary Zukav - 27MS; 4W; 27TW; 28AC; 26MO; 28DM; 22YZ; 28NV; 17TY.→ HUMBLENESS, FORGIVENESS, CLARITY AND LOVE ARE THE DYNAMICS OF                                     |
| 18. Babaji - 30AT; 31AQ; 30UY; 31RZ; 32AO; 31NP,YZ; 32PY.→ LOVE AND FORGIVE ALL CREATURES, ESPECIALLY SELF. THEN ALL ENERGIES                                           |

# The other kinds of love

## The other kinds of love

|                                                                                     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |                                                                                       |   |
|-------------------------------------------------------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---------------------------------------------------------------------------------------|---|
|    | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | Y | Z |    |   |
| 1                                                                                   | L | O | V | E | S | M | E | N | M | E | E | K | L | Y | A | C | C | E | P | T | O | N | E | O | R | 1                                                                                     |   |
| 2                                                                                   | A | N | O | T | H | E | R | O | F | T | H | E | S | E | S | T | E | R | E | O | T | Y | P | E | D | 2                                                                                     |   |
| 3                                                                                   | V | I | E | W | S | F | O | R | M | L | I | V | I | N | G | B | Y | I | M | P | L | I | E | S | ? | 3                                                                                     |   |
| 4                                                                                   | A | L | I | F | E | O | F | S | O | C | I | A | L | J | U | S | T | I | C | E | O | F | T | H | E | 4                                                                                     |   |
| 5                                                                                   | B | E | C | A | U | S | E | E | N | C | O | M | P | A | S | S | E | S | E | A | C | H | , | . | ; | 5                                                                                     |   |
| 6                                                                                   | P | E | R | S | O | N | E | Q | U | A | L | L | Y | I | T | C | A | N | N | O | T | S | H | O | W | 6                                                                                     |   |
| 7                                                                                   | I | M | P | A | R | T | I | A | L | I | T | Y | F | I | S | S | U | R | E | S | I | N | A | N | D | 7                                                                                     |   |
| 8                                                                                   | M | A | N | K | I | N | D | ' | S | S | O | C | I | A | L | S | O | L | I | D | A | R | I | T | Y | T                                                                                     | 8 |
| 9                                                                                   | B | E | A | N | N | E | A | L | E | D | A | R | T | T | H | A | T | R | E | Q | U | I | R | E | S | 9                                                                                     |   |
| 10                                                                                  | I | N | T | E | L | L | E | C | T | U | A | L | A | T | T | A | I | N | M | E | N | T | S | D | G | 10                                                                                    |   |
| 11                                                                                  | B | U | T | I | N | F | I | N | I | T | E | P | A | T | I | E | N | C | E | T | P | E | A | C | E | 11                                                                                    |   |
| 12                                                                                  | G | E | N | U | I | N | E | H | O | W | T | H | E | N | I | S | P | O | S | S | I | B | L | E | K | 12                                                                                    |   |
| 13                                                                                  | T | O | E | S | T | A | B | L | I | S | H | S | U | C | H | A | S | O | C | I | E | T | Y | T | Z | 13                                                                                    |   |
| 14                                                                                  | T | H | R | O | U | G | H | C | O | E | R | C | I | O | N | O | R | L | E | G | A | L | O | W | N | 14                                                                                    |   |
| 15                                                                                  | C | O | M | P | U | L | S | I | O | N | P | R | I | N | C | I | P | L | E | O | F | T | H | E | W | 15                                                                                    |   |
| 16                                                                                  | G | E | N | E | R | A | L | W | E | L | F | A | R | E | T | H | A | T | I | S | A | N | F | O | R | 16                                                                                    |   |
| 17                                                                                  | E | X | P | R | E | S | S | I | O | N | P | O | W | E | R | F | U | L | A | W | I | S | D | O | M | 17                                                                                    |   |
| 18                                                                                  | S | T | I | M | U | L | A | N | T | O | T | H | E | I | M | M | U | N | E | S | Y | S | T | E | M | 18                                                                                    |   |
| 19                                                                                  | B | E | A | U | T | Y | W | H | I | C | H | B | R | I | N | G | I | T | S | S | K | I | L | L | R | 19                                                                                    |   |
| 20                                                                                  | A | R | O | U | N | D | T | H | E | S | O | C | I | A | L | S | I | T | U | A | T | I | O | N | G | 20                                                                                    |   |
| 21                                                                                  | T | O | T | A | K | E | P | O | W | E | R | F | R | O | M | T | H | O | S | E | W | H | O | T | U | 21                                                                                    |   |
| 22                                                                                  | M | I | S | U | S | E | I | T | - | A | T | W | H | I | C | H | P | O | I | N | T | T | H | E | Y | 22                                                                                    |   |
| 23                                                                                  | C | A | N | B | E | C | O | M | E | H | U | M | A | N | T | O | O | H | F | R | E | E | D | O | M | 23                                                                                    |   |
| 24                                                                                  | A | N | D | R | O | A | M | I | N | G | A | R | O | U | N | D | I | T | S | G | I | L | T | Z | U | 24                                                                                    |   |
| 25                                                                                  | C | A | G | E | O | N | L | Y | S | E | E | K | S | T | O | A | D | O | R | N | I | S | T | H | E | 25                                                                                    |   |
| 26                                                                                  | I | T | S | P | R | I | S | O | N | B | E | A | U | T | Y | G | R | O | W | S | S | O | U | L | K | 26                                                                                    |   |
| 27                                                                                  | B | E | L | I | E | V | I | N | G | I | N | A | H | A | R | M | L | E | S | S | W | A | Y | O | F | 27                                                                                    |   |
| 28                                                                                  | L | I | F | E | O | N | E | H | U | M | A | N | I | T | Y | C | H | A | S | T | E | N | E | D | P | 28                                                                                    |   |
| 29                                                                                  | D | I | S | C | I | P | L | I | N | E | D | A | N | D | I | L | L | U | M | I | N | E | D | A | Z | 29                                                                                    |   |
|  | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | Y | Z |  |   |

A huge cosmetic industry encourages us to paint ourselves - our faces, nails, hair - every colour they can think of. We are encouraged to be colourful beings. We can paint on colour but this will not create beauty. Beauty comes from our inner colours.

Annie Wilson and Lilla Bek - WHAT COLOUR ARE YOU?

If there are seven categories of man there must be, correspondingly, seven categories of everything that belongs to man. P. D. Ouspensky

We look forward to the time when the power to love will replace the love of power. Then will our world know the blessings of peace. William Gladstone 1808-1898

The spiritual path is one of love, compassion, and nonviolence. Sant Darshan Singh

Inebriations of love, shadows of love, fantasies of love, but never yet the one true love. Unknown

**Human love leads to innumerable complications and tangles; but Divine Love leads to integration and freedom. Meher Baba**

1. P. D. Ouspensky - 1FZ; 2AZ; 3AE. → WE HAVE EVOLVED A SERIES OF STEREOTYPED VIEWS ON LOVE, AND

2. Annemarie Wächter - 3FI; 5Y; 3JQ; 1AD; 3RY; 4AT; 5W,AG; 1AD; 5HV; 6AZ; 7AL.→ CONSISTENT ADHERENCE TO A LIFE OF LOVE WILL NOT TOLERATE VIOLENCE IN ANY

3. Arnold Toynbee - 7MV; 8AY; 6PU; 9AJ.→ WITHOUT THE FIRE OF LOVE, THE DANGEROUS

4. P. R. Sarkar - 12AG; 1AD; 5Z; 12HP; 11IJ; 12QY; 13AW; 14AV; 15AK; 3Z.  
→ THE BASIC INGREDIENT FOR BUILDING A HEALTHY SOCIETY IS SIMPLY

5. J. Krishnamurti - 9KZ; 5W; 6SU; 4NQ; 10AW; 5W; 11AS; 7WZ; 1AD.→ TEACHING IS THE NOBLEST PROFESSION - IF IT CAN BE CALLED A PROFESSION AT ALL. IT IS AN

6. Rolf A. F. Witzsche - 15KY; 16AV; 17AJ; 15TU; 1AD.→ THE VERY NOTION OF PRIVATIZATION AND PROPERTY RUNS CONTRARY THE

7. Bayard Rustin - 20AY; 5W; AZ; 21AW; 22AZ; 23AQ.→ LOVING YOUR ENEMY IS MANIFEST IN PUTTING YOUR ARMS NOT AROUND THE MAN BUT

8. Bernie Siegel M.D - 17KR; 18AZ.→ UNCONDITIONAL LOVE IS THE MOST

9. John Donne - → LOVE BUILT ON BEAUTY,

10. J. Krishnamurti - 19AF; 5W; 19GS; 14WZ; 19TY. → THE ABSENCE OF "ME" IN LIVING IS LOVE AND

11. Mary Wollstonecraft 1759-1797 - 24AW; 25AD; 5W; 25ET; 26AI.→ TAUGHT FROM INFANCY THAT BEAUTY IS WOMAN'S SCEPTER, THE MIND SHAPES ITSELF TO THE BODY,

12. St. Augustine - 26JT; 5W; 16WZ; 1AD; 25UZ; 26JO; 4UZ; 26UY.→ INASMUCH AS LOVE GROWS IN YOU, SO IN YOU

13. Richard St. Barbe Baker 1889-1982 - 27AZ; 28AY; 29AW. → THE CONCEPTION OF TREE LOVERS, AS WELL AS LOVERS OF ANIMALS AND NATURE, IS THAT OF ONE GREAT FAMILY GOING FORWARD INTO THE FUTURE,

Infantile love follows the principle: "I love because I am loved." Mature love follows the principle: "I am loved because I love." Immature love says: "I love you because I need you." Mature love says: "I need you because I love you." Erich Fromm - THE ART OF LOVING

"What the hell else is war than killing people? I pictured the people of My Lai: the bodies, and they didn't bother me. I had closed with, I had destroyed the Vietcong, the mission that day. I thought, It couldn't be wrong or I'd have remorse about it. . . . Personally, I didn't kill any Vietnamese that day: I mean personally. I represented the United States of America. My country". William Calley's words at court - On March 18 1968 Lieutenant William Calley and "Charlie Company" spent four hours in Vietnamese village My Lai, murdering over two hundred old men, women and children.

I would say love is impossible with identification. Identification kills all emotions, except negative emotions. With identification only the unpleasant side remains. P. D. Ouspensky

Identification with something is one of the most hypocritical states - to identify oneself with a nation, with a belief . . . J. Krishnamurti

Like every great virtue, love, the mainspring of all life, can also be misapplied. Meher Baba

# Love and death

**The point of balance between life and death is the great secret of immortality. Eliphas Levi**

|                                                                                     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |                                                                                       |
|-------------------------------------------------------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---------------------------------------------------------------------------------------|
|    | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | Y | Z |    |
| 1                                                                                   | L | O | V | E | S | E | E | K | T | H | E | R | O | A | D | W | H | I | C | H | M | A | K | E | S | 1                                                                                     |
| 2                                                                                   | D | E | A | T | H | A | F | U | L | F | I | L | M | E | N | T | D | E | S | I | R | E | , | . | ? | 2                                                                                     |
| 3                                                                                   | W | H | A | T | I | S | C | O | M | P | A | S | S | I | O | N | I | F | T | H | E | R | E | I | S | 3                                                                                     |
| 4                                                                                   | G | O | D | D | E | A | T | H | A | S | P | E | C | T | S | O | F | O | U | R | W | H | I | C | H | 4                                                                                     |
| 5                                                                                   | E | G | Z | I | S | T | E | N | C | E | I | N | T | H | O | S | E | T | H | R | O | U | G | H | Z | 5                                                                                     |
| 6                                                                                   | W | E | C | O | M | E | I | N | T | O | D | I | R | E | C | T | C | O | N | T | A | C | T | K | - | 6                                                                                     |
| 7                                                                                   | W | I | T | H | E | T | E | R | N | I | T | Y | I | N | A | N | D | B | E | L | O | N | G | S | Z | 7                                                                                     |
| 8                                                                                   | N | O | T | T | O | L | I | V | E | O | R | I | T | I | S | A | L | I | V | I | N | G | A | N | D | 8                                                                                     |
| 9                                                                                   | T | I | M | E | B | E | F | O | R | E | B | I | R | T | H | B | O | D | Y | M | I | N | D | I | T | 9                                                                                     |
| 10                                                                                  | T | H | A | T | S | T | A | T | E | Y | O | U | M | U | S | T | P | E | R | C | I | E | V | E | D | 10                                                                                    |
| 11                                                                                  | I | N | I | T | I | A | L | C | R | E | A | T | I | O | N | E | X | P | O | N | E | N | T | K | L | 11                                                                                    |
| 12                                                                                  | E | A | R | T | H | H | O | R | I | Z | O | N | I | S | N | O | T | H | I | N | G | S | A | V | E | 12                                                                                    |
| 13                                                                                  | L | I | M | I | T | O | U | R | S | I | G | H | T | F | E | A | R | O | F | D | Y | I | N | G | T | 13                                                                                    |
| 14                                                                                  | L | I | F | E | L | I | V | E | S | O | N | L | Y | T | H | R | O | U | G | H | S | P | E | N | D | 14                                                                                    |
| 15                                                                                  | I | T | F | O | R | S | O | M | E | T | H | I | N | G | T | H | A | T | W | I | L | L | D | I | E | 15                                                                                    |
| 16                                                                                  | O | U | T | L | A | S | T | W | H | A | T | S | U | R | V | I | V | E | O | F | U | S | I | S | G | 16                                                                                    |
| 17                                                                                  | C | H | R | I | S | T | B | E | U | N | D | E | R | S | T | O | O | D | A | N | D | M | E | N | R | 17                                                                                    |
| 18                                                                                  | P | A | S | S | O | N | T | O | W | A | R | D | S | A | J | O | Y | F | U | L | F | O | R | H | E | 18                                                                                    |
| 19                                                                                  | R | E | S | U | R | R | E | C | T | I | O | N | S | E | P | A | R | A | T | E | S | A | L | L | T | 19                                                                                    |
| 20                                                                                  | T | H | I | N | G | S | F | R | O | M | T | H | E | S | O | U | L | M | O | U | R | N | I | N | G | 20                                                                                    |
| 21                                                                                  | I | S | N | O | T | T | H | E | I | N | D | E | X | O | F | T | R | U | E | D | R | U | N | K | Z | 21                                                                                    |
| 22                                                                                  | T | H | E | W | A | T | E | R | O | F | I | M | M | O | R | T | A | L | I | T | Y | T | Z | D | S | 22                                                                                    |
| 23                                                                                  | L | I | V | I | N | G | B | U | T | T | O | T | H | O | S | E | W | H | O | Y | E | A | R | N | R | 23                                                                                    |
| 24                                                                                  | O | V | E | R | C | O | M | E | P | R | E | A | C | D | E | L | I | V | E | R | A | N | C | E | F | 24                                                                                    |
| 25                                                                                  | F | R | O | M | B | O | T | H | L | O | W | L | Y | T | H | E | A | B | S | O | L | U | T | E | G | 25                                                                                    |
| 26                                                                                  | T | H | E | D | Y | I | N | G | S | E | E | K | P | E | A | C | E | A | N | D | L | O | V | E | H | 26                                                                                    |
| 27                                                                                  | N | O | B | L | Y | A | N | D | H | O | N | O | R | A | B | L | Y | B | E | F | O | R | E | U | W | 27                                                                                    |
| 28                                                                                  | B | E | T | H | E | H | I | G | H | E | S | T | B | E | T | H | E | I | N | F | I | N | I | T | E | 28                                                                                    |
|  | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | Y | Z |  |

- Denying death makes us tense; accepting it brings peace. And it helps us become aware of what is really important in life - for example, being kind and loving to others, being honest and unselfish - so that we will put our energy into those things and avoid doing what would cause us to feel fear and regret in the face of death. Sangye Khadro (Kathleen McDonald)

- PREPARING FOR DEATH AND HELPING THE DYING

And then a Word sounds forth. The descended, radiating point of light ascends, responsive to the dimly heard recalling note, attracted to its emanating source. This man calls death and this the soul calls life. (17-469) Alice Bailey 1880-1949

Think not disdainfully of death, but look on it with favor; for even death is one of the things that Nature wills. Marcus Aurelius Antoninus (121 AD - 180 AD) - MEDITATIONS

# Life and death are like sunrise and sunset. Buddha

|                                                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Dag Hammarskjold - 1EZ; 2AP. → DO NOT SEEK DEATH; DEATH WILL FIND YOU. BUT                                                                             |
| 2. J. Krishnamurti - 2QV; 2W; 3AF; 1AD; 2W; 3AP; 2W; 3QZ; 4AC; 2W; 3AF; 4DH. → WE NEVER LOOK, UNDERSTAND, DELVE INTO OURSELVES TO FIND OUT DEEPLY WHAT IS |
| 3. P. D. Ouspensky - 4IT; 5AJ; 2W; 5KQ; 4IO; 5RY; 4UZ; 6AW; 7AN; 1AD; 7OQ; 2AE. → ESPECIALLY MANY NEW THINGS ARE REVEALED TO US IN THE MOST MYSTERIOUS    |
| 4. Ralph Waldo Trine - 8AI; 2W; 8JO,DI,PV; 2AE. → NOT TO LOVE IS                                                                                          |
| 5. Kabir 1440-1518 - 7RY; 6IJ; 7CE; 9AJ; 2AE. → WHAT YOU CALL "SALVATION"                                                                                 |
| 6. Nisargadatta Maharaj - 9KO; 8WZ; 2AE; 4PQ,I; 9PS; 8JK,P; 9TW; 2W; 10AY. → THAT IMMOVABLE STATE, WHICH IS NOT AFFECTED BY THE                           |
| 7. Emily Dickinson - 6Z,IJ; 2AE; 2W; 11AG; 4PQ; 11HO; 2W; 8WZ; 1IK; 11PW; 12AE. → LOVE - IS ANTERIOR TO LIFE, POSTERIOR - ,                               |
| 8. Rossiter W. Raymond - 12FZ; 1IK; 13AE; 4PQ; 13FM. → LIFE IS ETERNAL AND LOVE IS IMMORTAL; AND DEATH IS ONLY A HORIZON, AND A                           |
| 9. Ivan Turgenev - 13NY; 2Y; 14AT; 1AD. → LOVE IS STRONGER THAN DEATH AND MORE POWERFUL THAN ALL                                                          |
| 10. William James - 14UZ; 15AV; 16AG; 15AB. → THE GREAT USE OF LIFE IS TO                                                                                 |
| 11. Larkin Philip - 16HK; 15SV; 16LY; 1AD. →                                                                                                              |
| 12. Alice Bailey - 17AY; 18AT; 19AL. → ONLY THROUGH LOVE (AND SERVICE AS THE EXPRESSION OF LOVE) CAN THE REAL MESSAGE OF                                  |
| 13. Meister Eckhart - 1AD; 19MY; 20AQ. → DEATH SEPARATES THE SOUL FROM THE BODY, BUT                                                                      |
| 14. Xu Yun - 26AY. → Nisargadatta Maharaj - THE WITNESS OF BIRTH, LIFE                                                                                    |
| 15. Ramana Maharshi - 20OZ; 21AS; 1AD. → THE MAN MOURNS ANOTHER'S DEATH. HE NEED NOT DO SO. . .                                                           |
| 16. Buddha - 15SV; 14EH; 8WZ,AC; 15WZ; 2W; 18UZ; 4HJ; 21TY; 22AU. → HE WHO HARBOURS IN HIS HEART LOVE OF TRUTH                                            |
| 17. Mikhail Naimy - 23AF; 2W,AE,Y; 23GN,JK; 24AY. → PREACH LIFE TO THE DYING, AND TO THE                                                                  |
| 18. Nisargadatta Maharaj - 25IM; 2AE,Z; 15WZ; 27AQ; 2Y. 27RW; 2AE,W; 28AL; 2W; 28MZ; 25NY. → IF YOU ARE CERTAIN OF YOUR DEATH, WHY SUFFER A               |

# The highest love - freedom

Without love there is no unfoldment, because love belongs to the life of the Spirit, to the real Self; without love all search is in vain. N. Sri Ram

|    | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |    |
|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|
| 1  | L | O | V | E | S | H | E | A | L | T | H | O | F | O | U | R | S | O | C | I | A | L | T | I | S |   | 1  |
| 2  | B | E | I | N | G | I | N | A | T | T | A | I | N | I | N | G | G | O | O | D | N | E | S | S | : |   | 2  |
| 3  | A | N | D | O | F | O | U | R | S | E | L | F | S | U | M | M | I | T | T | H | E | M | , | . | ; |   | 3  |
| 4  | P | E | R | F | E | C | T | I | O | N | E | V | E | R | Y | B | O | D | Y | H | I | S | B | U | T |   | 4  |
| 5  | F | E | W | T | H | E | I | R | R | E | A | L | P | R | E | F | I | G | U | R | I | N | G | O | F |   | 5  |
| 6  | V | I | S | I | O | N | H | E | A | V | E | N | S | T | H | A | T | S | A | I | N | T | S | W | E |   | 6  |
| 7  | A | N | D | P | O | E | T | S | H | A | V | E | I | M | A | G | I | N | E | D | L | I | G | H | T |   | 7  |
| 8  | B | O | T | H | W | O | R | L | D | S | W | I | L | L | F | I | N | D | S | E | C | R | E | T | K |   | 8  |
| 9  | - | B | E | A | U | T | Y | C | R | E | A | T | I | V | I | T | Y | J | O | Y | F | R | O | M | T |   | 9  |
| 10 | I | N | N | E | R | P | E | A | C | E | A | R | I | S | E | B | E | Y | O | N | D | M | I | N | D |   | 10 |
| 11 | U | P | O | N | T | H | I | N | G | S | A | N | D | M | A | K | E | S | U | S | A | W | A | R | E |   | 11 |
| 12 | N | O | T | H | I | N | G | A | L | L | D | I | V | I | N | E | D | E | S | T | R | O | Y | S | R |   | 12 |
| 13 | O | U | R | E | G | O | M | I | N | D | S | E | N | S | E | S | F | R | E | E | S | S | O | U | L |   | 13 |
| 14 | W | H | I | C | H | P | E | O | P | L | E | M | A | N | K | I | N | D | M | E | R | E | L | Y | Z |   | 14 |
| 15 | A | C | C | I | D | E | N | T | A | L | A | C | T | I | V | I | T | Y | W | I | S | D | O | M | W |   | 15 |
| 16 | D | I | V | I | N | E | H | I | G | H | E | S | T | E | A | R | T | H | M | A | Y | S | E | E | N |   | 16 |
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| 26 | I | N | T | E | L | L | E | C | T | A | N | I | M | A | T | E | D | B | Y | A | N | G | E | L | S |   | 26 |
| 27 | S | U | P | R | E | M | E | A | N | D | L | I | V | E | I | N | E | T | E | R | N | I | T | Y | O |   | 27 |
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The highest kind of love of all, divine love, is the perfectly impartial love! It must be a matter of complete indifference to you whether a thing or a person is beautiful or ugly, good or bad, true or false, you must love them all with the same love. You must learn that the beautiful wouldn't even exist without the ugly. You must learn that the good wouldn't even exist without the evil, nor the true without the false. And that's why you must love them all equally. You must learn that the beautiful and the ugly, the good and the evil, the true and the false are only reflected pictures of the ineffable which we for convenience' sake call God. Elisabeth Haich – INITIATION

Love is the sap of Life. While hatred is the pus of Death. But Love, like blood, must circulate unhindered in the veins. Repress the blood, and it becomes a menace and a plague. And what is Hate but Love repressed, or Love withheld, therefore becoming such a deadly poison both to the feeder and the fed; both to the hater and to that he hates?

Mikhail Naimy - THE BOOK OF MIRDAD

**Without love there is no unfoldment, because love belongs to the life of the Spirit, to the real Self; without love all search is in vain. N. Sri Ram**

|                                                                                                                                                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Rabindranath Tagore - 1FV; 2AY; 3AL; 2FP; 1AD. → THE EMANCIPATION OF OUR PHYSICAL NATURE IS IN ATTAINING                                                                                                                                          |
| 2. Nisargadatta Maharaj - 3MR,DE; 4AJ; 3Y; 4KS; 1AE; 4TV,PS; 3W; 4WZ; 5AC; 1AD; 5DL; 2AE. → LOVE YOUR SELF WISELY AND YOU WILL REACH THE                                                                                                             |
| 3. Bertrand Russell - 5MW; 6AF; 1LM; 5DF; 6GW; 7AT. IN THE UNION OF LOVE I HAVE SEEN IN A MYSTIC MINIATURE THE                                                                                                                                       |
| →                                                                                                                                                                                                                                                    |
| 4. Farid ud Din Attar - 8AJ; 3W; 8KR; 3SU; 8SY; 3EF,SV; 8AD; 3W; 1YZ,AD.→ HE WHO WOULD KNOW THE SECRET OF                                                                                                                                            |
| 5. Eckhart Tolle - 9AG; 3W; 1AD; 3W; 9HQ; 3W; 9RT; 3W; 10AJ; 9A; 10KO; 9UY; 10PU; 3SU; 10VZ. → YOU ALSO REALIZE THAT ALL THE THINGS THAT TRULY MATTER -                                                                                              |
| 6. Ralph Emerson - 11AJ; 3W; 11KZ; 6NQ,YZ; 11WZ; 12AG; 3W; 4WZ; 3SU; 7UZ; 1YZ; 12HJ. → FROM WITHIN OR FROM BEHIND, A LIGHT SHINES THROUGH US                                                                                                         |
| 7. Darshan Singh - 12KP; 1AD; 12QY; 13AF; 3W; 13AC,GJ,AC,KP, 3W; 4WZ; 13QU,AC,VZ. → THAT DIVINE LOVE DRAWS US ON. THAT DIVINE LOVE SUSTAINS US. THAT                                                                                                 |
| 8. P. D. Ouspensky - 14PQ,AK; 3W; 14LR; 3W; 11WZ; 14SY; 15AJ.→ IN REALITY LOVE IS A COSMIC PHENOMENON,                                                                                                                                               |
| 9. Fyodor Dostoevsky - 16AF; 1AD; 3AC; 1YZ; 3SU; 16GM; 1AD; 10ST; 16NR. →LOVE PEOPLE EVEN IN THEIR SIN, FOR THAT IS THE SEMBLANCE OF                                                                                                                 |
| 10. Swami Vivekananda - 17AZ; 1AD; 6NQ; 16SU; 9BC; 16VZ; 18AJ.→ TO LOVE, BECAUSE IT IS NATURE OF LOVE TO LOVE, IS UNDENIABLY THE HIGHEST AND MOST                                                                                                    |
| 11. Nyanaponika Thera - 18KW; 19AS; 20AH; 2Z; 20IL,KL; 3SU; 16GM; 1AD.→ LOVE, WITHOUT DESIRE TO POSSESS, KNOWING WELL THAT IN THE                                                                                                                    |
| 12. Alice Bailey - 15SY; 3W,AC; 15SY; 1YZ; 15KR; 1LM,AD. → LOVE LEADS TO                                                                                                                                                                             |
| 13. LANKAVATARA SUTRA - 20MU; 15SY; 19TV; 21AI; 3W; 4WZ; 21JZ; 22AT; 14AE; 1YZ,AD. → THE PARAMITA OF WISDOM (PARAMITA PRAJNA - NOBLE WISDOM). WILL NO LONGER BE CONCERNED WITH                                                                       |
| 14. Meher Baba - 24AV; 14AE; 25AY. → EVEN THE HIGHEST TYPE OF HUMAN LOVE IS SUBJECT TO THE                                                                                                                                                           |
| 15. Paracelsus - 26AS; 3SU; 1AD; 17YZ; 3SU; 27AG; 18YZ,CE; 26AI; 5YZ,DF; 26TZ; 3W; 19TV; 21JM; 27KY.→ THE HIGHEST POWER OF THE INTELLECT, IF IT IS NOT ILLUMINED BY LOVE, IS ONLY A HIGH GRADE OF ANIMAL INTELLECT, AND WILL PERISH IN TIME; BUT THE |
| Seek ye always to aspire for the highest of the high, the mightiest of the mighty, the eternal and immortal power of love and creation. Ted Ollikkala                                                                                                |

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ALL YOU NEED IS LOVE  
HAVE A HEART OF GOLD

AS THE SAYING GOES  
ONE IN THE EYE

KEEP A COOL HEAD  
CHINWAG

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LEND A NEAR  
BAD HAIR DAY  
FANCY FREE  
ET TU BRUTE  
WOEISME  
OF FOUR HEAD  
WHAT A CHEEK  
MY SALAD DAYS  
ON BENDED KNEE  
RULE OF THUMB  
AS MACK ON THE WRIST  
BITE THE DUST  
ABOVE MY HEAD  
MUMS THE WORD  
GLASS CHIN  
ARM IN ARM  
BEAR ARMS  
LOUD MOUTH  
GONE TIT SUP  
ARSE OVER TIT  
COIN A PHARSE  
CAP IN HAND  
AS MACK ON THE WRIST  
PEACE BE WITH YOU

## **Only in love are unity and duality not in conflict. Rabindranath Tagore**

**Abide not with dualism, Carefully avoid pursuing it; as soon as you have right and wrong, confusion ensues, and Mind' is lost. Seng-ts'an**

WHERE PASSION is, peace is not; where peace is, passion is not. To know this is to master the first letter in the divine language of perfect deeds. To know that passion and peace cannot dwell together is to be well prepared to renounce the lesser and embrace the greater.

Men pray for peace, yet cling to passion. They foster strife, yet pray for heavenly rest. This is ignorance, profound spiritual ignorance. It is not to know the first letter in the alphabet of things divine.

Hatred and love, strife and peace, cannot dwell together in the same heart. Where one is admitted as a welcome guest, the other will be turned away as an unwelcome stranger. He who despises another will be despised by others. He who opposes his fellow man will himself be resisted. He should not be surprised, and mourn, that men are divided. He should know that he is propagating strife. He should understand his lack of peace.

He is brave who conquers another; but he who conquers himself is supremely noble. He who is victorious over another may, in turn, be defeated; but he who overcomes himself will never be subdued.

By the way of self-conquest is Perfect Peace achieved. Man cannot understand it, cannot approach it, until he sees the supreme necessity of turning away from the fierce fighting of things without, and entering the noble warfare against evils within. He who has realized that the enemy of the world is within, and not without; that his own ungoverned thoughts are the source of confusion and strife; that his own unchastened desires are the violators of his peace, and of the peace of the world; such a man is already on the Saintly Way.

If a man has conquered lust and anger, hatred and pride, selfishness and greed, he has conquered the world. He has slain the enemies of peace, and peace remains with him.

Peace does not fight; is not partisan; has no blatant voice. The triumph of peace is an unassailable silence.

He who is overcome by force is not thereby overcome in his heart; he may be a greater enemy than before. But he who is overcome by the spirit of peace is thereby changed at heart. He that was an enemy has become a friend. Force and strife work upon the passions and fears, but love and peace reach and reform the heart.

The pure-hearted and wise have peace in their hearts. It enters into their actions; they apply it in their lives. It is more powerful than strife; it conquers where force would fail. Its wings shield the righteous. Under its protection, the harmless are not harmed. It affords a secure shelter from the heat of selfish struggle. It is a refuge for the defeated, a tent for the lost, and a temple for the pure.

Where peace is practiced, and possessed, and known, then sin and remorse, grasping and disappointment, craving and temptation, desiring and grieving—all the turbulence and torment of the mind - are left behind in the dark sphere of the self to which they belong, and beyond which they cannot go.

Beyond where these dark shadows move, the radiant Plains of Divine Beatitude bask in Eternal Light, and to these, the traveler on the High and Holy Way comes in due time. From the blinding swamps of passion, through the thorny forests of many vanities, across the arid deserts of doubt and despair, he travels on, not turning back nor straying his course. He ever moves toward his sublime destination, until at last he comes, a humble and lowly, yet strong and radiant conqueror, to the beautiful City of Peace.

James Allen - FROM PASSION TO PEACE

The great Tao flows everywhere.

All things are born from it,  
yet it doesn't create them.  
It pours itself into its work,  
yet it makes no claim.  
It nourishes infinite worlds,  
yet it doesn't hold on to them.  
Since it is merged with all things  
and hidden in their hearts,  
it can be called humble.  
Since all things vanish into it  
and it alone endures,  
it can be called great.  
It isn't aware of its greatness;  
thus it is truly great.

Thus it is said:

The path into the light seems dark,  
the path forward seems to go back,  
the direct path seems long,  
true power seems weak,  
true purity seems tarnished,  
true steadfastness seems changeable,  
true clarity seems obscure,  
the greatest are seems unsophisticated,  
the greatest love seems indifferent,  
the greatest wisdom seems childish.

The Tao is nowhere to be found.  
Yet it nourishes and completes all things.

**Tao Te Ching** - Written by Lao-tzu  
From a translation by S. Mitchell

**It is love which gives meaning and value to all the happenings in the world of duality. But, while love gives meaning to the world of duality, it is at the same time a standing challenge to duality**

**Meher Baba**

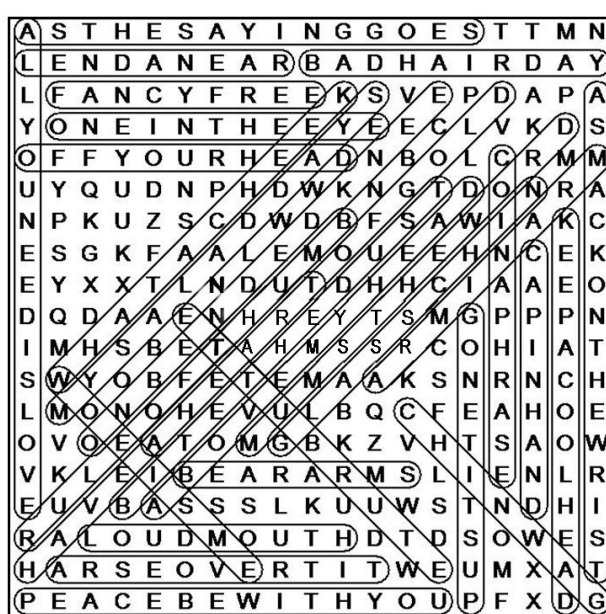
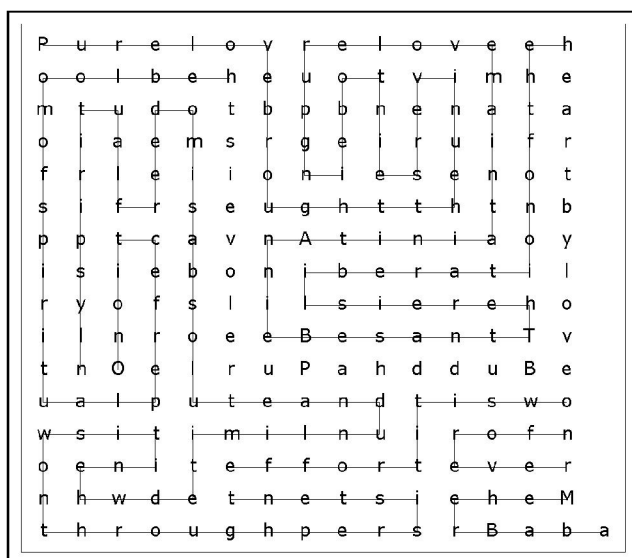
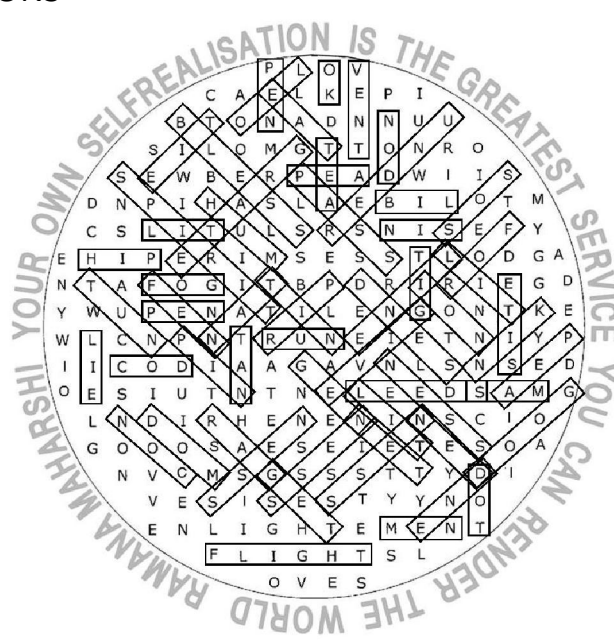
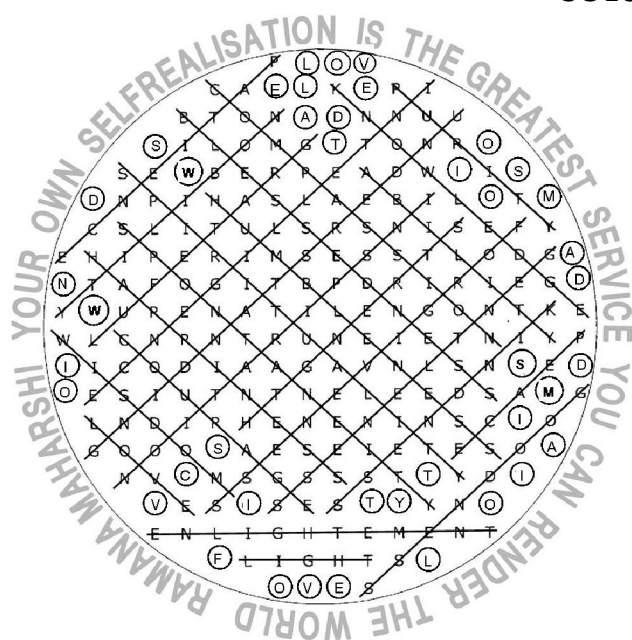
- "Everything is Dual; everything has poles; everything has its pair of opposites; like and unlike are the same; opposites are identical in nature, but different in degree; extremes meet; all truths are but half-truths; all paradoxes may be reconciled"
  - "Love and Hate" are generally regarded as being things diametrically opposed to each other; entirely different; unreconcilable. But we apply the Principle of Polarity; we find that there is no such thing as Absolute Love or Absolute Hate, as distinguished from each other. The two are merely terms applied to the two poles of the same thing. Beginning at any point of the scale we find "more love" or "less hate" as we ascend the scale; and "more hate" or "less love" as we descend - this being true no matter from what point, high or low, we may start. There are degrees of Love and Hate, and there is a middle point where "Like and Dislike" become so faint that it is difficult to distinguish between them. Courage and Fear come under the same rule. The Pairs of Opposites exist everywhere. Where you find one thing you find its opposite - the two poles.
  - Things belonging to different classes cannot be transmuted into each other, but things of the same class may be changed, that is, may have their polarity changed. Thus Love never becomes East or West, or Red or Violet - but it may and often does turn into Hate - and likewise Hate may be transformed into Love, by changing its polarity.
- THE KYBALION by the three initiates
- The Hermetic Philosophy of Ancient Egypt and Greece

Q: In love there must be duality,  
the lover and the beloved.

Nisargadatta: In love there is not  
the one even, how can there be two?  
Love is the refusal to separate, to make  
distinctions. Before you can think of unity,  
you must first create duality. When you  
truly love, you do not say: 'I love you';  
where there is mentation, there is duality.  
Nisargadatta Maharaj

- As in the denser spheres of Life the male and the female are one, so are they in Life's rarer spheres. The interval between is but a segment in eternity dominated by the illusion of Duality. Those who can see neither before nor aft believe this segment of eternity to be itself Eternity. They cling to the delusion of Duality as if it were of Life its very core and essence, not knowing that the rule of Life is Unity.
  - Not a punishment is Duality, but a process inherent in the nature of Unity and necessary for the unfolding of its divinity. How childish to think otherwise! How childish to believe that so stupendous a process can be made to run its course in three-score years and ten, or even in three-score millions years!
  - A stage in Time is Duality. As it proceeds from Unity, so does it lead to Unity. The quicker you traverse this stage the sooner you embrace your freedom.
- MIKHAIL NAIMY - THE BOOK OF MIRDAD

## SOLUTIONS



Our knowledge is the amassed thought and experience of innumerable minds.

Ralph Emerson

- Whoever is capable of seeing beyond 'facts' begins to see many new things precisely in love and through love.

- If we enter there with logical principles of the threedimensional world, they will drag us back, will not allow us to rise above the ground. We must first of all, throw off the fetters of our logic. This is the first, the great and the principal liberation towards which humanity should strive. A man who has thrown off the fetters of 'three-dimensional logic', has already passed in thought into another world. And this transition is not only possible but is being constantly accomplished. Unfortunately, we are not entirely aware of our rights to the 'other world' and often lose these rights, considering ourselves locked into this terrestrial world. And yet ways leading there exist. Poetry, mysticism, idealistic philosophy of all ages and peoples preserve traces of such transition. Following these traces we also can find the way. Ancient and modern thinkers have left us many keys with which we can unlock the mysterious doors, and many magical formulae before which these doors open by themselves. But we failed to understand the purpose of either the keys or the formulae; and we have lost the understanding of magical ceremonies and rituals of initiation in the Mysteries, which pursued only one aim - to help this transition in man's soul.

P. D. Ouspensky

### Spiritual Practice is Will Asserted and Re-asserted

**Questioner:** The Westerners who occasionally come to see you are faced with a peculiar Difficulty. The very notion of a liberated man, a realized man, a self-knower, a God-knower, a man beyond the world, is unknown to them. All they have in their Christian culture is the idea of a saint: a pious man, law-abiding, God-fearing, fellow-loving, prayerful, sometimes prone to ecstasies and confirmed by a few miracles. The very idea of a gnanis foreign to Western culture, something exotic and rather unbelievable. Even when his existence is accepted, he is looked at with suspicion, as a case of self-induced euphoria caused by strange physical postures and mental attitudes. The very idea of a new dimension in consciousness seems to them implausible and improbable. What will help them is the opportunity of hearing a gnanirelate his own experience of realization, its causes and beginnings, its progress and attainments and its actual practice in daily life. Much of what he says may remain strange, even meaningless, yet there will remain a feeling of reality, an atmosphere of actual experiencing, ineffable, yet very real, a centre from which an exemplary life can be lived.

**Maharaj:** The experience may be incommunicable. Can one communicate an experience?

Q: Yes, if one is an artist. The essence of art is communication of feeling, of experience.

M: To receive communication, you must be receptive.

Q: Of course. There must be a receiver. But if the transmitter does not transmit, of what use is the receiver?

M: The gnani (sage) belongs to all. He gives himself tirelessly and completely to whoever comes to him. If he is not a giver, he is not a gnani. Whatever he has, he shares.

Q: But can he share what he is?

M: You mean, can he make others into gnanis? Yes and no. No, since gnanis are not made; they realize themselves as such, when they return to their source, their real nature. I cannot make you into what you already are. All I can tell you is the way I travelled and invite you to take it.

Q: This does not answer my question. I have in mind the critical and sceptical Westerner who denies the very possibility of higher states of consciousness. Recently drugs have made a breach in his disbelief, without affecting his materialistic outlook. Drugs or no drugs, the body remains the primary fact and the mind is secondary. Beyond the mind, they see nothing. From Buddha onwards the state of self-realization was described in negative terms, as 'not this, not that'. Is it inevitable? Is it not possible to illustrate it, if not describe. I admit, no verbal description will do, when the state described is beyond words. Yet it is also within words. Poetry is the art of putting into words the inexpressible.

M: There is no lack of religious poets. Turn to them for what you want. As far as I am concerned, my teaching is simple: trust me for a while and do what I tell you. If you persevere, you will find that your trust was justified.

Q: And what to do with people who are interested, but cannot trust?

M: If they could stay with me, they would come to trust me. Once they trust me, they will follow my advice and discover for themselves.

Q: It is not for the training that I am asking just now, but for its results. You had both. You are willing to tell us all about the training, but when it comes to results, you refuse to share. Either you tell us that your state is beyond words, or that there is no difference; that where we see a difference, you see none. In both cases we are left without any insight into your state.

M: How can you have insight into my state when you are without insight into your own? When the very instrument of insight is lacking, is it not important to find it first? It is like a blind man wanting to learn painting before he regains his eyesight. You want to know my state - but do you know the state of your wife or servant?

Q: I am asking for some hints only.

M: Well, I gave you a very significant clue - where you see differences, I don't. To me it is enough. If you think it is not enough, I can only repeat; it is enough. Think it out deeply and you will come to see what I see. You seem to want instant insight, forgetting that the instant is always preceded by a long preparation. The fruit falls suddenly, but the ripening takes time. After all, when I talk of trusting me, it is only for a short time, just enough time to start you moving. The more earnest you are, the less belief you need, for soon you will find your faith in me justified. You want me to prove to you that I am trustworthy! How can I and why should I? After all, what I am offering you is the operational approach, so current in Western science. When a scientist describes an experiment and its results, usually you accept his statements on trust and repeat his experiment as he describes it. Once you get the same or similar results, you need not trust him any more; you trust your own experience. Encouraged, you proceed and arrive in the end at substantially identical results.

Q: The Indian mind was made ready for metaphysical experiments by culture and nurture. To the Indian words like 'direct perception of the Supreme Reality' make sense and bring out responses from the very depths of his being. They mean little to a Westerner; even when brought up in his own variety of Christianity, he does not think beyond conformity with God's commandments and Christ's injunctions.

First-hand knowledge of reality is not only beyond ambition, but also beyond conceiving. Some Indians tell me: 'Hopeless. The Westerner will not, for he cannot. Tell him nothing about self-realization; let him live a useful life and earn a rebirth in India. Then only will he have a chance'. Some say: 'Reality is for all equally, but not all are equally endowed with the capacity to grasp it. The capacity come with desire, which will grow into devotion and ultimately into total self-dedication. With integrity and earnestness and iron determination to overcome all obstacles, the Westerner has the same chance as the Oriental man. All he needs is the rousing of interest'. To rouse his interest in self-knowledge he needs to be convinced about its advantages.

M: You believe it is possible to transmit a personal experience?

Q: I do not know. You speak of unity, identity of the seer with the seen. When all is one, communication should be feasible.

M: To have the direct experience of a country one must go and live there. Don't ask for the impossible. A man's spiritual victory no doubt benefits mankind, but to benefit another individual, a close personal relation is required. Such relation is not accidental and not everybody can claim it. On the other hand, the scientific approach is for all. 'Trust-test-taste'. What more do you need? Why push the Truth down unwilling throats? It cannot be done, anyhow. Without a receiver what can the giver do?

Q: The essence of art is to use the outer form to convey an inner experience. Of course, one must be sensitive to the inner, before the outer can be meaningful. How does one grow in sensitivity?

M: Whichever way you put it, it comes to the same. Givers there are many; where are the takers?

Q: Can you not share your own sensitivity?

M: Yes, I can, but sharing is a two-way street. Two are needed in sharing. Who is willing to take what I am willing to give?

Q: You say we are one. Is this not enough?

M: I am one with you. Are you one with me? If you are, you will not ask questions. If you are not, if you do not see what I see,

what can I do beyond showing you the way to improve your vision?

Q: What you cannot give is not your own.

M: I claim nothing as my own. When the 'I' is not, where is the

'mine'? Two people look at a tree. One sees the fruit hidden

among the leaves and the other does not. Otherwise there is no

difference between the two. The one that sees knows that with a

little attention the other will also see, but the question of sharing does not arise. Believe me, I am not close-fisted, holding back your share of reality. On the contrary, I am all yours, eat me and drink me. But while you repeat verbally: 'give, give', you do nothing to take what is offered. I am showing you a short and easy way to being able to see what I see, but you cling to your old habits of thought, feeling and action and put all the blame on me. I have nothing which you do not have. Self-knowledge is not a piece of property to be offered and accepted. It is a new dimension altogether, where there is nothing to give or take.

Q: Give us at least some insight into the content of your mind while you live your daily life. To eat, to drink, to talk, to sleep - how does it feel at your end?

M: The common things of life: I experience them just as you do. The difference lies in what I do not experience. I do not experience fear or greed, hate or anger. I ask nothing, refuse nothing, keep nothing. In these matters I do not compromise. Maybe this is the outstanding difference between us. I will not compromise, I am true to myself, while you are afraid of reality.

Q: From the Westerner's point of view there is something disturbing in your ways. To sit in a corner all by oneself and keep on repeating: 'I am God, God I am', appears to be plain madness. How to convince a Westerner that such practices lead to supreme sanity?

M: The man who claims to be God and the man who doubts it - both are deluded. They talk in their dream.

Q: If all is dreaming, what is waking? - - M: How to describe the waking state in dreamland language? Words do not describe, they are only symbols.

Q: Again the same excuse that words cannot convey reality.

M: If you want words, I shall give you some of the ancient words of power. Repeat any of them ceaselessly; they can work wonders.

Q: Are you serious? Would you tell a Westerner to repeat 'Om' or 'Ram' or 'Hare Krishna' ceaselessly, though he lacks completely the faith and conviction born of the right cultural and religious background. Without confidence and fervour; repeating mechanically the same sounds, will he ever achieve anything?

M: Why not? It is the urge, the hidden motive that matters, not the shape it takes. Whatever he does, if he does it for the sake of finding his own real self, will surely bring him to himself.

Q: No need of faith in the efficacy of the means?

M: No need of faith which is but expectation of results. Here the action only counts. Whatever you do for the sake of truth, will take you to truth. Only be earnest and honest. The shape it takes hardly matters.

Q: Then where is the need of giving expression to one's longing?

M: No need. Doing nothing is as good. Mere longing, undiluted by thought and action, pure, concentrated longing, will take you speedily to your goal. It is the true motive that matters, not the manner.

Q: Unbelievable! How can dull repetition in boredom verging on despair, be effective?

M: The very facts of repetition, of struggling on and on and of endurance and perseverance, in spite of boredom and despair and complete lack of conviction are really crucial. They are not important by themselves, but the sincerity behind them is all-important. There must be a push from within and pull from without.

Q: My questions are typical of the West. There people think in terms of cause and effect, means and goals. They do not see what causal connection can there be between a particular word and the Absolute Reality.

M: None whatsoever. But there is a connection between the word and its meaning, between the action and its motive. Spiritual practice is will asserted and re-asserted. Who has not the daring will not accept the real even when offered. Unwillingness born out of fear is the only obstacle.

Q: What is there to be afraid of?

M: The unknown. The not-being, not-knowing, not-doing. The beyond.

Q: You mean to say that while you can share the manner of your achievement, you cannot share the fruits? - - - M: Of course I can share the fruits and I am doing so all the time. But mine is a silent language. Learn to listen and understand.

Q: I do not see how one can begin without conviction.

M: Stay with me for some time, or give your mind to what I say and do and conviction will dawn.

Q: Not everybody has the chance of meeting you.

M: Meet your own self. Be with your own self, listen to it, obey it, cherish it, keep it in mind ceaselessly. You need no other guide. As long as your urge for truth affects your daily life, all is well with you. Live your life without hurting anybody. Harmlessness is a most powerful form of Yoga and it will take you speedily to your goal. This is what I call nisarga yoga, the Natural yoga. It is the art of living in peace and harmony, in friendliness and love. The fruit of it is happiness, uncaused and endless.

Q: Still, all this presupposes some faith.

M: Turn within and you will come to trust yourself. In everything else confidence comes with experience.

Q: When a man tells me that he knows something I do not know, I have the right to ask: 'what is it that you know, that I do not know?'

M: And if he tells you that it cannot be conveyed in words?

Q: Then I watch him closely and try to make out.

M: And this is exactly what I want you to do! Be interested, give attention, until a current of mutual understanding is established. Then the sharing will be easy. As a matter of fact, all realization is only sharing. You enter a wider consciousness and share in it. Unwillingness to enter and to share is the only hindrance. I never talk of differences, for to me there are none. You do, so it is up to you to show them to me. By all means, show me the differences. For this you will have to understand me, but then you will no longer talk of differences. Understand one thing well, and you have arrived. What prevents you from knowing is not the lack of opportunity, but the lack of ability to focus in your mind what you want to understand. If you could but keep in mind what you do not know, it would reveal to you its secrets. But if you are shallow and impatient, not earnest enough to look and wait, you are like a child crying for the moon.

## 52

### Being Happy, Making Happy is the Rhythm of Life

Questioner: I came from Europe a few months ago on one of my periodical visits to my Guru near Calcutta. Now I am on my way back home. I was invited by a friend to meet you and I am glad I came.

Maharaj: What did you learn from your Guru and what practice did you follow?

Q: He is a venerable old man of about eighty. Philosophically he is a Vedantin and the practice he teaches has much to do with rousing the unconscious energies of the mind and bringing the hidden obstacles and blockages into the conscious. My personal sadhanawas related to my peculiar problem of early infancy and childhood. My mother could not give me the feeling of being secure and loved, so important to the child's normal development. She was a woman not fit to be a mother; ridden with anxieties and neuroses, unsure of herself, she felt me to be a responsibility and a burden beyond her capacity to bear. She never wanted me to be born. She did not want me to grow and to develop, she wanted me back in her womb, unborn, nonexistent. Any movement of life in me she resisted, any attempt to go beyond the narrow circle of her habitual existence she fought fiercely. As a child I was both sensitive and affectionate. I craved for love above everything else and love, the simple, instinctive love of a mother for her child was denied me. The child's search for its mother became the leading motive of my life and I never grew out of it. A happy child, a happy childhood became an obsession with me. Pregnancy, birth, infancy interested me passionately. I became an obstetrician of some renown and

contributed to the development of the method of painless childbirth. A happy child of a happy mother - that was my ideal all my life. But my mother was always there - unhappy herself, unwilling and incapable to see me happy. It manifested itself in strange ways. Whenever I was unwell, she felt better; when I was in good shape, she was down again, cursing herself and me too. As if she never forgave me my crime of having been born, she made me feel guilty of being alive. 'You live because you hate me. If you love me - die', was her constant; though silent message. And so I spent my life, being offered death instead of love. Imprisoned, as I was, in my mother, the perennial infant, I could not develop a meaningful relation with a woman; the image of the mother would stand between, unforgiving, unforgiven. I sought solace in my work and found much; but I could not move from the pit of infancy. Finally, I turned to spiritual search and I am on this line steadily for many years. But, in a way it is the same old search for mother's love, call it God or Atma or Supreme Reality. Basically I want to love and be loved; unfortunately the so-called religious people are against life and all for the mind. When faced with life's needs and urges, they begin by classifying, abstracting and conceptualizing and then make the classification more important than life itself. They ask to concentrate on and impersonate a concept. Instead of the spontaneous integration through love they recommend a deliberate and laborious concentration on a formula. Whether it is God or Atma, the me or the other, it comes to the same! Something to think about, not somebody to love. It is not theories and systems that I need; there are many equally attractive or plausible. I need a stirring of the heart, a renewal of life, and not a new way of thinking. There are no new ways of thinking, but feelings can be ever fresh. When I love somebody, I meditate on him spontaneously and powerfully, with warmth and vigour, which my mind cannot command. Words are good for shaping feelings; words without feeling are like clothes with no body inside - cold and limp. This mother of mine - she drained me of all feelings - my sources have run dry. Can I find here the richness and abundance of emotions, which I needed in such ample measure as a child?

M: Where is your childhood now? And what is your future?

Q: I was born, I have grown, I shall die.

M: You mean your body, of course. And your mind. I am not talking of your physiology and psychology. They are a part of nature and are governed by nature's laws. I am talking of your search for love. Had it a beginning? Will it have an end?

Q: I really cannot say. It is there - from the earliest to the last moment of my life. This yearning for love - how constant and how hopeless!

M: In your search for love what exactly are you searching for?

Q: Simply this: to love and to be loved.

M: You mean a woman?

Q: Not necessarily. A friend, a teacher, a guide - as long as the feeling is bright and clear. Of course, a woman is the usual answer. But it need not be the only one.

M: Of the two what would you prefer, to love or to be loved?

Q: I would rather have both! But I can see that to love is greater, nobler, deeper. To be loved is sweet, but it does not make one grow.

M: Can you love on your own, or must you be made to love?

Q: One must meet somebody lovable, of course. My mother was not only not loving, she was also not lovable.

M: What makes a person lovable? Is it not the being loved? First you love and then you look for reasons.

Q: It can be the other way round. You love what makes you happy.

M: But what makes you happy?

Q: There is no rule about it. The entire subject is highly individual and unpredictable.

M: Right. Whichever way you put it, unless you love there is no happiness. But, does love make you always happy? Is not the association of love with happiness a rather early, infantile stage? When the beloved suffers, don't you suffer too? And do you cease to love, because you suffer? Must love and happiness come and go together? Is love merely the expectation of pleasure?

Q: Of course not. There can be much suffering in love.

M: Then what is love? Is it not a state of being rather than a state of mind? Must you know that you love in order to love? Did you not love your mother unknowingly? Your craving for her love, for an opportunity to love her, is it not the movement of love? Is not love as much a part of you, as consciousness of being? You sought the love of your mother, because you loved her.

Q: But she would not let me!

M: She could not stop you.

Q: Then, why was I unhappy all my life?

M: Because you did not go down to the very roots of your

being. It is your complete ignorance of yourself, that covered up

your love and happiness and made you seek for what you had never lost. Love is will, the will to share your happiness with all. Being happy - making happy - this is the rhythm of love.

Nisargadatta Maharaj - I AM THAT

**Drink deep at the fountain of love, but do not lose consciousness! Meher Baba**

"I have to create a circle of reading for myself: Epictetus, Marcus Aurelius, Lao-Tzu, Buddha, Pascal, The New Testament. This is also necessary for all people. . ." (so Tolstoy set out to compile) "a wise thought for every day of the year, from the greatest philosophers of all times and all people". . . - "I know that it gives one great inner force, calmness, and happiness to communicate with such great thinkers as Socrates, Epictetus, Arnold, Parker...They tell us about what is most important for humanity, about the meaning of life and about virtue. I would like to create a book ... in which I could tell a person about his life, and about the Good Way of Life." -- "I felt that I have been elevated to great spiritual and moral heights by communication with the best and wisest people whose books I read and whose thoughts I selected for my Circle of Reading. Leo Tolstoy 1864-1910

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