

# The Path

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*If you believe that your life will end with death, nothing that you think, feel, or do has any meaning. Everything will end with incoherence and disintegration.*

*If you believe that your life does not end with death, you must bring into agreement what you think with what you feel and what you do. All must advance toward coherence, toward unity.*

*If you are indifferent to the pain and suffering of others, none of the help that you ask for will find justification.*

*If you are not indifferent to the pain and suffering of others, in order to help them you must bring your thoughts, feelings, and actions into agreement.*

Learn to treat others in the way that you want to be treated.

Learn to surpass pain and suffering in yourself, in those close to you, and in human society.

Learn to resist the violence that is within you and outside of you.

Learn to recognize the signs of the sacred within you and around you.

Do not let your life pass by without asking yourself, "Who am I?"

Do not let your life pass by without asking yourself, "Where am I going?"

Do not let a day pass by without giving an answer to yourself about who you are.

Do not let a day pass by without giving an answer to yourself about where you are going.

Do not let a great joy pass without giving thanks internally.

Do not let a great sadness pass without calling into your interior for the joy that you have saved there.

Do not imagine that you are alone in your village, in your city, on the Earth, or among the infinite worlds.

Do not imagine that you are enchained to this time and this space.

Do not imagine that in your death loneliness will become eternal.